



Kindred Creative Residence + Agro-Forest

IG: @kindredcraft.vt

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## A Note to Caregivers

We live in a world that is full of distraction and stress. For children, especially, it can be difficult to find peaceful, safe spaces in which to ground their minds and bodies. At Apprentice Earth we offer a place where young people can learn to step away from the stresses of modern life and connect with the land and the nourishment found there. To help us focus on building relationships in our community, please review these guidelines with your child.

1. I will practice kindness to myself and to all who live or work or play or grow on the land.
2. I will be welcoming. I am learning that all living things have their own way of being and create families that might differ from mine.
3. I will try to listen to the needs of other people and to the needs of my own body.
4. I will ask for help when my feelings are too big for my body or my mind.
5. I will explore the land with the understanding that it is a living entity.

Please assess your child's needs before registering for camp. We are not able to provide one to one care, or to meet therapeutic needs. We will not be using electronics. We will be exploring the woods and assisting in the gardens daily. We will get dirty and wet, we will walk long distances on rough grounds, there will be bugs. We understand that this will be a new experience for some children and we are happy to help them become comfortable with the woods, *if it is the right experience for your child.*

### What to Bring

Lunch and a morning snack. An afternoon snack will be provided.

A water bottle.



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A hat.

Sunscreen and insect repellent. Please apply both upon or before arrival. We will need written permission if you would like us to reapply these items.

Sturdy shoes for running and hiking. No flip flops.

You may want to supply a small towel and change of clothes. We will not be swimming, but will play by the brook.

Make sure that all items are labeled with your child's name.

## Please do not bring

Games, toys, trading cards, electronics or personal items of value.

Knives, tools, matches, lighters or other weapons.