

# A Happy Camper



“Bahá’u’lláh came to bring unity to the world, and a fundamental unity is that of the family.” —Bahá’í Writings

It's time for your family camping trip! You're excited to pack up and hit the road.

But when you get to the campsite, it starts to rain, and you forgot your umbrella. To make matters worse, the tent has a hole in it and you're swarmed by mosquitoes. Not cool!

Instead of getting bugged, you take a deep breath of fresh air. You stay positive and point out that at least you

didn't forget the tents or meet a hungry bear. Your sunny attitude lifts your family's spirits. When the rain stops, you set up camp, then all huddle around the campfire, roasting marshmallows and telling jokes.

Sometimes things don't work out like you expect. Optimism and flexibility help everyone swat away stress and disappointment. When you pitch in to kindle your family's joy and unity, you all can be happy campers.

On this family camping trip, match each negative thought with the positive one that can replace it.

1 IT STINKS THAT THERE'S NO WI-FI. I'M SO BORED.

A I'LL TALK TO CODY ABOUT TAKING TURNS WITH THE GEAR.

2 I HATE SETTING UP CAMP. WHY COULDN'T WE RENT A CABIN?

B I LOVE SINGING TOGETHER, EVEN THE SILLY SONGS.

3 THE FOOD WE BROUGHT IS WEIRD. I MISS PIZZA.

C IT'LL BE FUN TO TELL MY FRIENDS ABOUT THIS TRIP.

4 UGH—I THOUGHT THERE WOULD BE A LAKE FOR SWIMMING.

D HIKING CAN BE LONG AND HARD, BUT I'LL GIVE IT ANOTHER SHOT.

5 THIS IS ANNOYING. MY FRIENDS ARE PROBABLY HAVING FUN WITHOUT ME.

E UNPLUGGING HELPS ME CONNECT WITH MY FAMILY.

6 THIS MUSIC IS SO CHEESY. WISH I HAD MY PHONE.

F SETTING UP CAMP TAKES WORK, BUT I LEARNED TO DO SOME COOL STUFF.

7 I CAN'T BELIEVE I'M NOT ALLOWED TO RUN AROUND BY MYSELF.

G I WANTED TO SWIM, BUT I'LL FIND OTHER THINGS TO DO.

8 HIKING IS SUCH A PAIN. WE NEVER DO ANYTHING COOL.

H CAMP FOOD ISN'T MY FAVORITE, BUT THE CAMPFIRE IS FUN.

9 CODY NEVER SHARES THE BINOCULARS. I'LL JUST GRAB THEM.

I IT'S EASY TO GET LOST IN A NEW PLACE. WE SHOULD STICK TOGETHER.

