

# Different Types Of

# **Boot Camps**

## For Your Teenager



Boot camps for the mind Involves activities related to academics

## Boot camps for the soul

Involves religious and spiritual activities



#### Boot camps for the body

Involves activities and adventurous tasks related to physical fitness

### Military-style boot camps

Involves activities that teach discipline, set goals, and problem-solving skills





Source: https://www.momjunction.com/articles/boot-camp-for-troubled-teenagers\_00813880/