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Virtual Camps

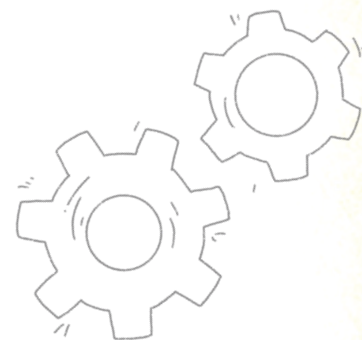
and

Activities



for

Children



Big Life Journal

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35 Virtual Camps and Activities for Children

VIRTUAL CAMPS AND CLASSES



1 ARREE (FREE)

Writing, storytelling and drawing classes, for all ages, from award-winning author/illustrator Arree Chung.

2 VARSITY TUTORS (FREE)

Free live lessons and virtual summer camps on diverse subjects for grades K - 12. Topics include enrichment-based classes, wildlife, art, recycling, crafts and more.

3 SERIOUS FUN CHILDREN'S NETWORK (FREE)

Thirty life-changing camps and programmes serving children of all ages living with serious illnesses and their families around the world.



4 MICHAELS CRAFT STORE (FREE)

Live sessions that include crafts, art and building activities for all ages.

5 IMACS

Interactive, instructor-led online classes for grades 1-9. Topics include maths, computer science and logical reasoning.

6 AZULED'S VIRTUAL SUMMER CAMP 2020

Global Virtual Summer Camp for students ages 3 - 14. Children have the opportunity to meet and interact with children from all over the world and participate in a wide variety of classes, including music, art, languages, science and more.

7 ACTON ACADEMY MIAMI

Hero's Virtual Summer Camp for children ages 7 - 12. Children learn skills such as leadership, S.M.A.R.T goals, entrepreneurship, healthy habits, learning techniques and more. Game-based learning, art, music and social-emotional skills.

8 WILD EXPLORERS CLUB

Educational Adventure Programme for children ages 6 - 12. Includes print magazines and patches delivered by post in the US & Canada.



VIRTUAL CAMPS AND CLASSES, CONT.



9 ID TECH

Virtual Tech/ STEM camps for kids ages 7 - 19. This virtual STEM camp teaches skills for future careers in science, engineering, technology and maths in a fun and engaging summer setting.

10 OUTSCHOOL

Live Online classes for children ages 3-18. Subjects include art, maths, coding, writing and more.



11 CODE NINJAS

At Home Coding and Virtual Camps for children ages 5 - 14. Topics include coding, video games, and STEM.

12 ACT ONE THEATRE CAMP

An online summer acting camp, for ages 6-15, that brings the exciting world of theatre home to your living room. Students spend each and every day acting, singing, dancing and more.



13 CAMP HULLABALOO

A reading camp for ages 2 - 8. The weekly subscription boxes include crafts and family-friendly activities.

14 BAKETIVITY BAKE-A-CAMP BOX

For ages 6-11, this virtual summer camp helps bakers learn new skills and tips, while discovering the secrets of great baking. Includes online video courses too.

15 PORTFOLIO SCHOOL

The "Summer Makers Programme" offers a wide range of online hands-on academic and enrichment classes for kids ages 5 - 11. Topics include creative & performing arts, design, and engineering.





OUTDOOR FUN



16 GEOCACHING (FREE)
Explore new areas worldwide with Geocache Travel. There are millions of geocaches hidden around the world for you to find! All ages.

17 BACKPACK SCIENCES
8 weeks of video lessons that encourage critical thinking skills with hands-on science activities. Best for ages 5-10.



18 THINK OUTSIDE
Monthly subscription box for kids ages 4 - 14+ full of outdoor equipment and resources that will get your children away from a screen and outside exploring nature.



ONLINE LEARNING

19 12 FAMOUS MUSEUMS OFFER VIRTUAL TOURS (FREE)
Experience the best museums virtually from your home. Perfect for all ages.



20 SCHOLASTIC (FREE)
Projects and activities to keep children thinking, reading and growing. Geared for ages 3-9.



21 KHAN ACADEMY (FREE)
Online learning platform for ages 2+. Students learn maths, science, technology, art history and more!

22 SAN DIEGO ZOO (FREE)
Online learning resources for families that help you stay connected with virtual visits anytime you want. Activities include wildlife cams, games and crafts.

23 SEW A SOFTIE (FREE)
Online sewing patterns and videos to help children, ages 5+, learn to sew.



24 HOFFMAN ACADEMY (FREE)
Online piano lessons, for children of all ages, that empower them with the knowledge and techniques to become true musicians in a supportive, child-friendly way.

25 WOW ART (FREE)
Free daily painting tutorials for children of all ages.





ONLINE LEARNING, CONT.



26 YOUSICIAN
Yousician is an online music platform for anyone to learn, play, create and teach music.

27 JAM WITH JAMIE
A virtual music club for kids ages 0-12. This children's entertainment company that specialises in birthday parties, events and private classes/playgroups.



28 MARCOPOLO LEARNING
A STEAM and literacy digital learning platform for children ages 3-7 that includes online learning, video lessons and printable resources.



29 TYNKER
A coding platform where children learn problem-solving, critical thinking skills and programming in a fun way. Self-paced coding tutorials for children aged 5 - 14+.

GARDENING

30 KIDS GARDENING (FREE)
Fun gardening ideas and activities for children of all ages.



31 CITY BLOSSOMS (FREE)
Free gardening resources, lessons and activities for children of all ages.

32 LIFE LAB
Curriculum and online lessons for education in gardening for grades K-5. Lessons, videos and fun activities that include garden scavenger hunts and gardening lessons.



SPORTS

33 NET GENERATION (FREE)
Fun activities and tips to stay connected and engaged in tennis at home. All ages.



34 SUPER SOCCER STARS
Fully interactive virtual football classes and camps for children ages 2-18.

35 CHESS NYC
Online Chess classes ages 4+, from beginners to highly advanced play. Lessons, classes, games, gamesmanship and Chess Mentorship.




"The expert at anything
was once a beginner"

Helen Hayes

2020

June


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

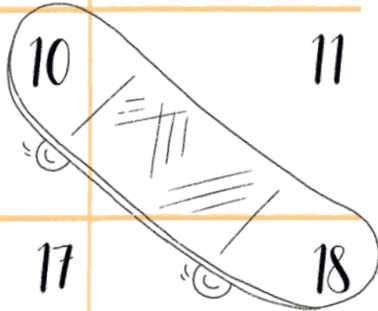





"The day you plant the seeds
isn't the day you eat the fruit"

UNKNOWN

July 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

"Each moment and every person you meet presents an opportunity to learn something new" unknown

2020 August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1						
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
 30	31					

5 Ways to Help Your Child Be a Problem Solver

1. Encourage Free Play

Playing offers your child lots of **problem-solving opportunities**. Unstructured play, or free play, is especially impactful. Without set guidelines, children have the freedom to **create, discover, and establish** their own rules.



2. Teach Flexible Thinking

Building cognitive flexibility begins early. When children **know there are choices** and options from a young age, they begin to see all the possibilities.



You can start with:

- **changing the daily routine** in a small way ("Do you want to take a bath before or after dinner?")
- using **"flexible" language** ("Let's see if we can try this another way")
- **brainstorming options** for as many things as possible (pizza toppings, ways to travel, ice cream flavours, or paint colours)
- deciding on a **new rule** for a favourite family game

3. Celebrate Failure

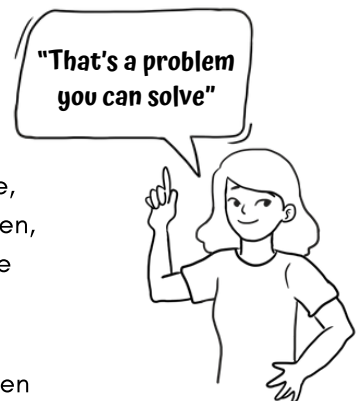
Children who fear making mistakes or failing are **less likely to address their own problems**. Discuss how failing often happens when we work hard and practice a lot.



Talk with your child about how **mistakes prime our brains** for learning. Give them an **opportunity to boast** about their mistakes and how they overcame them (and do the same with yours)!

4. Don't Rush In

The next time you're tempted to immediately solve your child's issue, **choose a different strategy**. Often, they just need to hear the message they're capable.



It's also key to differentiate between **"child problems"** and **"adult problems."** Make a list with your child of issues a parent should always help solve: when someone's hurt, in danger, or there's a safety issue.

5. Practice Mindfulness

Studies show **mindfulness promotes problem-solving**. When we learn to quiet down, the answer often becomes obvious.



- ★ Take a **listening** walk together and count the sounds you hear
- ★ Read stories and **discuss** how mindfulness helps each character solve their problems
- ★ Praise your child for **pausing** or taking a deep breath before reacting to a challenge

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