



35

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 programs 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 math, 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 intelligence.
- 8 WILD EXPLORERS CLUB**  
Educational Adventure Program for children ages 6 - 12. Includes print magazines and patches delivered by mail 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 math in a fun and engaging summer setting.

### 10 OUTSCHOOL

Live Online classes for children ages 3-18. Subjects include art, math, 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 Program" 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 math, 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 specializes in birthday parties, events, and private classes/playgroups.



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### MARCOPOLO LEARNING

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



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### 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



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### 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



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### 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 soccer classes and camps for children 2-18.

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### 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

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

UNKNOWN

July 2020

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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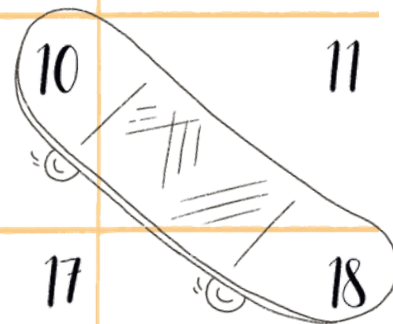
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"Each moment and every person  
 you meet presents an opportunity  
to learn "something new"  
 unknown

2020  
 August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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# 5 Ways to Help Your Child Be a Problem Solver

Big Life Journal

## 1. Encourage Free Play

Playing offers your child tons 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 flavors, or paint colors)
- deciding on a **new rule** for a favorite family game

## 3. Celebrate Failure

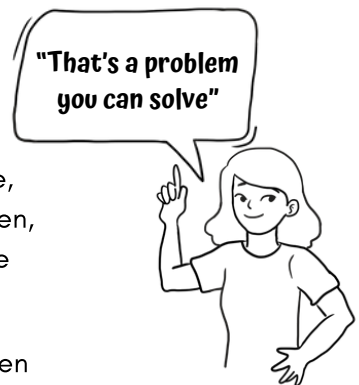
Children who fear making mistakes or failing are **less likely to tackle their own problems**. Discuss how failing often happens when we work hard and practice a lot.



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 **"kid 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 that **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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