

Webinar + Roundtable: Impactful Virtual Programming for Youth

Additional Resources

Developmental + Psychosocial Considerations

- *Guides on growth and development my age groups*
 - Elementary age, middle-age and adolescents: <https://extension.psu.edu/programs/4-h/leaders/resources/children-and-youth-their-growth-and-development>
 - 13-17 years old: <https://advocatesforyouth.org/resources/health-information/parents-16/>
 - Middle years: <http://www.children.gov.on.ca/htdocs/English/documents/middleyears/On-MY-Way-Middle-Years.pdf>
 - Children & Adolescents: <https://www.apa.org/pi/families/resources/newsletter/2014/12/healthy-development>
- *Feelings, Emotions & Coping*
 - Sara's STEPS Picture Book: <http://www.phoenix-society.org/resources/saras-steps-resource>
 - Teaching your child about feelings (birth-2 years old): http://csefel.vanderbilt.edu/documents/teaching_your_child-feeling.pdf
 - Teaching your child to Identify & Express Emotions: http://csefel.vanderbilt.edu/documents/teaching_emotions.pdf
 - Tips for Early Care and Education Providers (Simple Concepts to Embed in Everyday Routines): https://www.acf.hhs.gov/sites/default/files/ecd/child_development_tips_for_ece_providers.pdf
 - 3 Principles to Improve Outcomes for Children and Families: https://46y5eh11fhgw3ve3ytpwxt9r-wpengine.netdna-ssl.com/wp-content/uploads/2017/10/HCDC_3PrinciplesPolicyPractice.pdf
 - Identifying stress & ways to cope: <https://www.bgca.org/news-stories/2018/October/Warning-Signs-Kids-and-Teens-are-Stressed-and-How-to-Help>
 - Website for kids (likely more adolescent aged) that has live chats and phone lines to discuss various topics (e.g. stress, depression, self-care, family activities, etc.), also includes various articles on these topics: <https://kidshelpphone.ca/topic/emotional-well-being/self-care/>
 - My toolkit: <https://mytoolkit.ca/>
 - Coping Skills for Kids: <https://copingskillsforkids.com/>
- *Grief & Loss*
 - Impact of Grief on Kids: <https://www.bgca.org/news-stories/2019/November/Impact-of-Grief-on-Kids>
 - Phoenix Society Resource: <http://www.phoenix-society.org/resources/grief-loss-during-covid-19>
 - Phoenix Society Resource: <http://www.phoenix-society.org/resources/supporting-grief-loss-tips-for-providers>
 - Phoenix Society Resource: <http://www.phoenix-society.org/resources/principles-for-supporting-grief>
- *COVID-19 Discussions with Children*
 - Talking you're your children about COVID-19: <http://www.dec.al.ga.gov/documents/attachments/TalkingwithYourChildrenaboutCOVID19.pdf>
 - COVID-19 through the eyes of a child: <https://www.mindheart.co/descargables>

- “Everything Canceled” and helping kids cope: <https://www.girlscouts.org/en/raising-girls/happy-and-healthy/happy/disappointment-everything-canceled-coronavirus.html>
- How to talk to kids about COVID-19: <https://www.girlscouts.org/en/raising-girls/happy-and-healthy/happy/coronavirus-and-kids.html>

Organizational Considerations

- Writing letters to unit staff and peers from past camps (no resources, but lots of information supporting this)
- Phoenix Society Resource: <http://www.phoenix-society.org/resources/taking-that-camp-magic-home-with-you>
- Fostering social and emotional learning during social distancing: <https://blog-youth-development-insight.extension.umn.edu/2020/04/how-to-foster-social-and-emotional.html>
- Phoenix Society Resource: <http://www.phoenix-society.org/resources/starting-a-support-group-for-children-and-teens>
- Phoenix Society Resource: <http://www.phoenix-society.org/resources/beyond-surviving>

Interactive Sessions

- Virtual Bookfest: <https://kids.scholastic.com/kids/games/homebase/bookfest/>
- Learning Heroes: <https://r50gh2ss1ic2mww8s3uvjq1-wpengine.netdna-ssl.com/wp-content/uploads/2020/03/Learning-Heroes-KeepCalm2020-031820-English-outlines-1.pdf>
- TIME for Kids: <https://www.timeforkids.com/>
- Activities by topics and age groups: <https://wideopenschool.org/>
- 100 Activities to do during a Pandemic: <https://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002/>
- Interactive videos on arts & learning: <https://www.yamd.org/arts-learning-kids/>
- Help develop motor, cognitive & communication abilities: <https://www.timocco.com/page-games/>
- Interactive games that support mental health with individuals and/or families: <https://mentalhealthdeltadivision.com/interactive-games/>
- Step By Step Painting - Canvas Acrylic Painting: <https://stepbysteppainting.net>
- Phoenix Society Resource: <http://www.phoenix-society.org/resources/chair-yoga-poses>
- Phoenix Society Resource: <http://www.phoenix-society.org/resources/intro-to-deep-breathing>
- Phoenix Society Resource: <http://www.phoenix-society.org/resources/intro-to-mantras>
- Phoenix Society Resource: <http://www.phoenix-society.org/resources/intro-to-guided-imagery-and-body-scan>
- “My Life” app: helps you find you quiet place and allows you to check-in with how you’re feeling and recommends short guided meditations and mindfulness activities, tuned to your emotions

Activity sheets: (produced by Sadie Wilcox for Champ Camp): https://docs.google.com/document/d/1-Z9uN79e0dvkrjRZWUWUwxtEI4e5Lt_Zz7fySHgSUE/edit?usp=sharing_eip&ts=5ed6b51b

Positivelypresent on Instagram: creative and colorful infographics that promote self-reflection, encouragement, and positivity