



# International School Ho Chi Minh City

24 June - 26 July

## LIFE SKILLS SUMMER CAMP 2024


Open to children from all schools (age 5 - 15)




Powered by



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 ISHCMC Secondary Campus | 1 Xuan Thuy | Thao Dien | Thu Duc City | HCMC

# Program Content

Inspire Educamps' Life Skills Summer Camp 2024 offers an empowering five-week journey, imparting children with essential life skills that extend beyond traditional education. The camp skillfully integrates themes such as digital literacy, emotional intelligence, and practical life skills including financial knowledge and time management, while cultivating critical thinking and entrepreneurial insights. Central to the program is a comprehensive Social-Emotional Learning (SEL) component, enhancing self-awareness, resilience, empathy, and responsible decision-making. Enriched with a variety of activities including sports, team-building, cooking, arts & crafts and creative projects, this camp not only prepares children for future challenges but also sparks a lifelong enthusiasm for learning and personal development cultivating a growth mindset.

Inspire Educamps' SEL Program promotes children's holistic growth, targeting five key areas across five weeks. This curriculum aims for thorough SEL skill enhancement, enriching children's educational journey.



**Self-Awareness** explores emotions, strengths, confidence, values, and mindfulness.

**Self-Management** covers impulse control, stress handling, organization, goal-setting, and resilience.

**Social Awareness** teaches empathy, diversity, community involvement, social cues, and global consciousness.

**Relationship Skills** highlights communication, teamwork, conflict resolution, and empathy in relationships.

**Responsible Decision-Making** deals with situational analysis, ethical considerations, problem-solving, and decision reflection.

## Digital

Screen time, digital literacy, online safety, and awareness of cyberbullying and social media influence. Activities range from understanding the basics of the internet and online safety storytelling to managing digital footprints and social media ethics.

Age 5-7: Basics of the internet, online safety storytelling, interactive games, and lessons in kindness and respect in digital interactions.

Age 6-11: Responsible internet use, safe browsing, understanding privacy, cyberbullying awareness, and fostering positive social media behaviors.

Age 12-15: Managing digital footprints, evaluating online information critically, understanding digital etiquette, social media ethics, and strategies for dealing with cyberbullying.

## Week 1

(24 - 28 June)



## EMO

Mindset, mental health awareness, mindful resilience, and coping skills. Participants engage in activities like mindfulness, expressing emotions through art, identifying emotions, stress-relief exercises, and learning various coping strategies.

Age 5-7: Mindfulness activities, expressing emotions through art, and relaxation techniques.

Age 8-11: Identifying emotions, stress-relief exercises, problem-solving skills, and discussions on common challenges.

Age 12-15: Emphasis on mental health, resilience-building, understanding stress and anxiety, and learning various coping strategies.

## Week 2

(01 - 05 July)



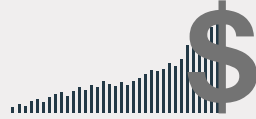
## UPGRADE

Emphasizes life skills, practical knowledge, and life hacks. It includes learning basic organizational skills, financial concepts, time management techniques, and managing personal projects.

Age 5-7: Basic organizational skills and financial concepts through play.

Age 8-11: Financial literacy and time management techniques.

Age 12-15: Financial concepts, time management, and managing personal projects to reach goals.



## Week 3

(08 - 12 July)



## NO PROBLEM

Dedicated to critical thinking and problem-solving, this week includes activities like logical thinking through puzzles and games, brain teasers, scientific method exploration, and project-based learning.

Age 5-7: Logical thinking through puzzles and games, basic decision-making, and strategy introduction.

Age 8-11: Brain teasers, introduction to the scientific method, and team-based problem-solving challenges.

Age 12-15: Advanced puzzles, critical media analysis, in-depth problem-solving scenarios, and project-based learning.

## Week 4

(15 - 19 July)



## MY BUSINESS

A Focus on entrepreneurship with a special emphasis on start-ups, this week introduces basic entrepreneurial concepts, explores business planning, market analysis, and pitching ideas.

Age 5-7: Basic entrepreneurial concepts through play, understanding the creation and sale of products or services.

Age 8-11: Exploring entrepreneurship with project-based activities, basics of running a business, and introduction to market research with a focus on start-up culture.

Age 12-15: In-depth exploration of entrepreneurship, business plan development, market analysis, and pitching ideas with an emphasis on start-up methodologies and innovation.

## Week 5

(22 - 26 July)



## Life Skills Exhibition

On the last day of summer camp, students will present an exhibition where they will interact with parents displaying their growth mindset and personal development journey throughout the summer!

**Invitation to:** All families

**Date:** Friday 26th July

**Time:** 2pm

**Location:** ISHCMC  
Secondary Campus

**S**

Power down the phone, put away the iPad and switch off the TV! Kids will get active in daily sports and teamwork games! These activities nurture kids' motor skills, confidence, and enthusiasm for active, collaborative play.

**A**

Activity sessions are art & craft-based activities that link closely to each weekly theme. Using age-appropriate techniques and materials, children will engage in activities designed to challenge their creative thinking skills.

**TB**

Teambuilding focuses on boosting confidence and promoting self-esteem. Children are encouraged to learn the true value of collaboration in activities to achieve collective goals through synergy.

**LS**

This summer, our Life Skills sessions focus on Core Values. We aim to instill key principles such as empathy, respect, responsibility, integrity, and perseverance. Engaging workshops nurture these virtues, aiding children in integrating these values into daily life for meaningful growth.

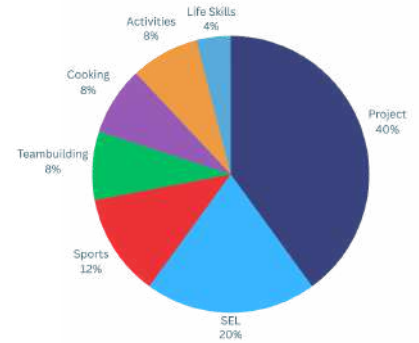
**C**

This year's cooking will mix sweet and savory tastes. Kids will learn about different baking styles and use a variety of ingredients to make tasty cakes and biscuits. It's a fun and valuable life skill, and fun too!

## EXAMPLE TIMETABLE

	MON	TUE	WED	THUR	FRI
08.30 - 09:30	Weekly Project	Weekly Project	Weekly Project	Team Building	SEL
Break					
10:00 - 11:00	Sports	Weekly Project	Weekly Project	Activities	Weekly Project
11:00 - 12:00	Activities	Team Building	Sports	Weekly Project	Sports
Lunch					
12:45 - 13:45	SEL	Cooking	SEL	Cooking	Weekly Project
Break					
14:00 - 15:00	Weekly Project	SEL	Weekly Project	SEL	Life Skills

### Monday to Friday 8.30am to 3pm



## FEES

### EARLY BIRD 10%

(Register & Pay Before 15 March)

### REGULAR FEES

2 Weeks	20,025,000	22,250,000
3 Weeks	28,035,000	31,150,000
4 Weeks	36,045,000	40,045,000
5 Weeks	40,050,000	44,500,000

#### Included in fees:

Lunch - Snacks - Learning Resources - Completion Certificate

**School Bus:** Register & pay online

**Extend Registration:** Fixed fee 11,125,000 per week

(Payment by Credit Card ONLY)



**Register Here**

