

Summer Activities for Youth

Many children look forward to having a break from school, homework and tests. However, it typically does not take long for children to feel bored. SCIP has prepared a list of healthy summer activities available throughout Nebraska to help keep children active. Check out a list of summer activities below:

YMCA: The YMCA offers several activities like summer camps, day camps and sports programs to keep youth active all summer long. There are over 20 locations in Nebraska offering activities for all ages. Use the link below to find a YMCA near you.

<http://www.ymca.net/find-your-y/?address=Nebraska&x=0&y=0>

Kids Bowl Free Sumer Program- Sign children up to receive two free games of bowling per day all summer long. To see if your local bowling alley participates check out the website below.

<http://www.kidsbowlfree.com/>

Husker Kids and Adventure Summer Camp- Summer Camps at UNL Recreation. For more information go to: <http://crec.unl.edu/youth/camps>

The Zone (Norfolk, NE) will offer a summer program with the theme of "Strengthening Ourselves to Strengthen Others", which includes Boys Council and Girls Circle for character development. The Zone partners with Nebraska Games and Parks area educator to provide outdoor activities, fishing, kayaking, exploration of the Elkhorn river, swimming, games at our neighborhood park, art and crafts. For more information go to:

<http://www.thezoneafterschool.com/>



Recreation Summer Day Camps (Lincoln, NE): At Parks and Recreation camps, participants will experience: Recreation and Leisure Skill Building; Physical Fitness Through Active Play; Social Development; Nutrition Awareness and Nature Interaction. To learn more go to:

<http://lincoln.ne.gov/city/parks/programs/daycamps/>

Reading Programs: Reading is great way to keep minds active through the summer months. The Nebraska Library Commission offers a summer reading program available throughout the State of Nebraska. For more information about the summer reading program go to:

<http://nlc.nebraska.gov/youth/summerreading/#Manuals> or visit your local library.

Czech Days: Experience Czech culture through this fun family festival in Wilber, NE on August 5-7th.

<http://www.nebraskaczehsofwilber.com/czech-days/>

Mead Days: June 17-19, 2016

Geneva Summer Festival: June 4, 2016

Parent to Parent Network Event (Norfolk, NE): This event includes games, prizes, food and more! This event will be held on June 3, 2016 from 4-7 pm at Ta-Ha Zouka Park. For more information call 402-379-2268

Local Zoo's and Wildlife Experiences:

Wildlife Encounters of Gretna, NE offers summer programs and a summer reading list to educate youth about wildlife. <http://www.wildlifeencounters.org/home.html>

The Henry Doorly Zoo offers day camps for ages 3-12 and educational courses for all ages. For more information go to: <http://www.omahazoo.com/education/day-camps/>

The Lincoln Children's Zoo offers day camps and overnight stays for ages 3-12 and adventure camps for ages 14-20. For more information go to: <http://www.lincolnzoo.org/education/>

Aksarben Aquarium Outdoor Education Center is one of four education centers in Nebraska. Aksarben Aquarium Outdoor Education Center offers an interactive classroom experience, tours and wildlife films. For more information go to: <http://outdoornebraska.gov/aksarben/>

Pioneers Park & Nature Center is an 1,100-acre park that includes public art, an outdoor amphitheater, picnic areas, hiking/biking trails, ponds, a sled run and a golf course. For more information go to: <http://lincoln.ne.gov/city/parks/naturecenter/index.htm>

Nebraska has thousands of miles of wildlife and scenery to see. Information about wildlife viewing throughout the state can be found on the Nebraska Game and Parks website: <http://outdoornebraska.gov/wildlifeviewing/>

Parks:

Nebraska Game and Parks website contains information about parks, trails, hunting and fishing throughout the state. <http://outdoornebraska.gov/placestogo/>

Visit the website of your local Parks and Recreation Department to find out information about swimming pools, local parks, summer camps and more!



Museums:

The Nebraska History Museum re-opened in spring of 2016 in Lincoln, NE. This is a great FREE educational opportunity for all ages. <http://www.nebraskahistory.org/sites/mnh/>

The Lincoln Children's Museum offers summer activities for ages 2-10, volunteer opportunities and internship opportunities. <http://www.lincolnchildrensmuseum.org/>

Kearney Children's Museum offers summer camps starting in June. <http://kearneychildrensmuseum.org/>

There are hundreds of museums state wide that have educational opportunities for all ages. To find museums in your area go to: <http://www.nebraskamuseums.org/>

County Fairs:

<https://www.nebraskafairs.org/>

Around the House:

- Cooking or baking
- Family game night
- Arts and crafts – Adult coloring books are all the rage this year. Color with your child or make a summer wreath to display on the front door. Pinterest is a great resource when looking for do-it-yourself craft ideas.

Tickets on Sale Now for Hop, SCIP, Jump and Run Event

SCIP is holding its third annual fundraiser, "Hop, SCIP, Jump and RUN", at Haymarket Park on May 28, 2016. Proceeds will benefit SCIP, a program of Lincoln Medical Education Partnership. At the event, children and adults of all ages will participate in a 1-mile Fun Run or 5K Race. After the race, participants will have the opportunity to visit sponsor booths to become eligible for prizes.



The 5K Race is \$25.00 per person and the 1-mile Fun Run is \$15.00 per person. Tickets purchased by May 18th include an event t-shirt. Children under the age of 9 must be accompanied by an adult; 1 adult can run for free if they are with a child under the age of 9. The first 500 people to purchase tickets will receive vouchers to a Lincoln Saltdogs baseball game. Tickets for the event can be purchased through the SCIP website www.scipnebraska.com.

SCIP Team Training July 12-15, 2016

This training will provide you with the tools needed to recognize warning signs of at-risk behaviors and the ability to develop an appropriate plan to assist the student and his or her family through the process of getting the help they need. Following is a partial list of topics that will be included in the training:

Trauma
Working with Refugee Families and Cultural Sensitivity
Drug Use Trends
Gang Activity
Dating Violence
SCIP Program Framework

This workshop is for new SCIP teams, new members joining existing SCIP teams, as a refresher for long-time team members, or for any other interested community member. This training may be used to claim CEUs for LMHP's and Social Workers. CEU's will be offered for drug and alcohol counselors pending approval.

Registration is available now! Contact your SCIP Coordinator or call 402-327-6843 for more information.