#LifeSkillsNow Season Five 2026 Itinerary

When	What	Host	Length	Age Group	Complete	Prize Entry
Before June 8th	Share the camp with friends to win a prize! raisinghealthyfamilies.com/sharecamp			Parents	☐	☐
Available Now	How to Organize Camp Week With Your Itinerary	Mrs. Katie Kimball	10 min	5-teen	☐	☐
Available Now	How to Leave a Constructive Review	Mrs. Katie Kimball	8 min	5-teen	☐	☐
June 7, 3p EDT (noon PDT)	Opening Ceremonies raisinghealthyfamilies.com/LSNopeningceremonies	Mrs. Katie Kimball	LIVE	Family	☐	☐
June 7, 8p EDT (5p PDT)	Grown-up Kick-Off Party raisinghealthyfamilies.com/LSNkickoff	Mrs. Katie Kimball	LIVE	Parents	☐	☐
During Camp Week	June 8-12: Daily Campfire Circle videos available to cheer kids on: get a preview of the day and a bonus life skill mini-lesson.	Mrs. Katie Kimball	10-20 min	Family	☐	☐

Monday, June 8th - Each workshop will be available on-demand for 24 hours starting at 8 a.m. EDT

Track	Workshop	Camp Leader	Length	Age Group	Complete	Prize Entry
Campfire Circle	Unteachable Life Skill	Mrs. Katie Kimball	TBD	family	☐	☐
Advanced Cooking for Teens	Food Demo: 100% Whole Wheat Rolls	from Teens Cook Real Food	17 min	8+	☐	☐
Communication & Etiquette	Buying, Wearing, and Caring for a Suit Correctly [Gentlemen's Guide to Dressing Well Series, Part 1 of 3]	Nate from Jos A. Bank	20 min	12+	☐	☐
Communication & Etiquette	How to Set the Table in 6 Steps	Mariah G. Humbert	3 min	5-teen	☐	☐
Cooking for Everyone	Better for You Than Soda: Blackberry, Lemon & Mint Shrub Summer Drink	Abigail Thomas of Homesteading Family	6 min	5-teen	☐	☐
Cooking for Everyone	How to Make Traditional Japanese Onigiri (Rice Balls)	Amy Nesbitt	17 min	5-teen	☐	☐
Entrepreneurship	Why Most Young Entrepreneurs Quit (And Why You Won't)	Derrick Kinney	8 min	12+	☐	☐
Entrepreneurship	Earn & Learn®: How Kids Can Earn What They Want and Be More Independent	Denise Albright	7 min	8+	☐	☐
Finance	Compound Interest Is a Money Machine: How to Build Your Future While You Sleep	Victoria Lakers Kyle	11 min	12+	☐	☐
Finance	Grow Your Money While You Go Play	Justine Nelson	3 min	8+	☐	☐
Gardening	Understanding Annuals & Perennials [Part 1 of 4: Flower Gardening Series]	Jodi Urbanski	16 min	5+	☐	☐
Gardening	Planning and Preparing Your Vegetable Garden [Part 1 of 4: Vegetable Gardening Series]	Andrew Pleasant	10 min	5+	☐	☐
Hands-On	Five Basic Tools Kids Should Know How to Use	Anika Gandhi, Ph.D.	18 min	8+	☐	☐
Hands-On	Save a Life by Stopping the Bleed: How to Make a Tourniquet	Warrior Kid Medic	13 min	8+	☐	☐
Health & Wellness	Collecting Your Flecks of Gold: The Skill of Gratitude	Rachel Nielson of 3 in 30 Podcast	7 min	5+	☐	☐
Household Skills	How to Make Glass Squeaky Clean: Mirrors & Windows	Mrs. Katie Kimball	18 min	5+	☐	☐
Leadership	Servant Leadership: How Integrity and Service Build Real Influence	Brandon Beckley	9 min	12+	☐	☐
Neurodivergent Families	How to Build Self-Confidence with ADHD & Executive Functions	Michael McLeod	18 min	family	☐	☐
Organization	Using a Daily Planner so You Don't Spend the Whole Day Doing Chores	Kayse Pratt	14 min	8+	☐	☐
Parent Professional Dev	Teaching Elementary Kids to Do Chores	Lisa Yvonne	23 min	parents	☐	☐
Tech Savvy	Tech Terms for Rookies	Mrs. Katie Kimball	10 min	5-12	☐	☐
Tech Savvy	AI Is Your Frenemy	Saren Eyre Loosli, M.Ed. and Neylan McBaine	31 min	12+	☐	☐

Tuesday, June 9th - Each workshop will be available on-demand for 24 hours starting at 8 a.m. EDT						
Track	Workshop	Camp Leader	Length	Age Group	Complete	Prize Entry
Campfire Circle	Unteachable Life Skill	Mrs. Katie Kimball	TBD	family	☐	☐
Advanced Cooking for Teens	Grilling Basic Burgers [bonus vid: Quick Taste: Gas (Propane) Grill Basics]	from Teens Cook Real Food	6 min	12+	☐	☐
Communication & Etiquette	Chivalry Basics: How Gentlemen Treat Ladies	Jackie Vernon-Thompson	7 min	5-teen	☐	☐
Communication & Etiquette	Take Your Conversations from Awkward to Awesome!	Joey Mascio, M.Ed.	29 min	8+	☐	☐
Cooking for Everyone	Your New Favorite Snack: Peanut Butter Kisses	Gabe Kimball	12 min	5+	☐	☐
Entrepreneurship	Teen Entrepreneur Dishes on 5 Business Secrets You Need ASAP (Even Without a Business)	Malcolm Keith	9 min	10+	☐	☐
Finance	First-Time Homebuying Workshop [Own a Home Series, part 1 of 3]	Jairia Williams	30 min	15+	☐	☐
Finance	Your Money Today Can Grow Up with You - How IRAs Work to Earn More	Holly Reid, CPA	16 min	15+	☐	☐
Gardening	How to Plan a Perennial Garden with Color All Season Long [Part 2 of 4: Flower Gardening Series]	Jodi Urbanski	25 min	5+	☐	☐
Gardening	Planting Your Vegetable Garden [Part 2 of 4: Vegetable Gardening Series]	Andrew Pleasant	27 min	5+	☐	☐
Hands-On	How to Start a Campfire Two Ways	John Kimball	18 min	10+	☐	☐
Hands-On	The Basics of How to Crochet	Kara Hubbard	11 min	8+	☐	☐
Health & Wellness	Every Color Has a Superpower - Eat the Rainbow	Amanda Rohwedder, M.S.	5 min	5+	☐	☐
Health & Wellness	Rest Doesn't Mean to Do Nothing	Ashton Tate	8 min	8+	☐	☐
Household Skills	Taking Out the Trash: A Job the Littlest Helpers Can Do!	Jenn Conklin	5 min	5+	☐	☐
Leadership	My Awesome Life Page: Build Your Life Map	Joe & Ashley Jernigan	12 min	5+	☐	☐
Leadership	The Power of Your Choices Helps Us Win Together	Bryan Saint-Louis	25 min	8+	☐	☐
Neurodivergent Families	Morning-to-Bedtime Flow: Building Executive Function Through Simple Daily Systems	Jessica Litman, MSpEd	21 min	parents	☐	☐
Neurodivergent Families	What it's Like to be Gifted and Distractible: You're Not Alone	Julie F. Skolnick, M.A., J.D.	6 min	5+	☐	☐
Organization	The Proactive Sitter: Be Prepared for Anything	Melanie Papworth	16 min	12+	☐	☐
Parent Professional Dev	What Kids Learn from How Fathers Handle Stress	Jon Hord	7 min	parents	☐	☐
Tech Savvy	Take Control of Your Gaming so Your Adults Don't Have To	Jessica Joelle Alexander	4 min	8+	☐	☐

Wednesday, June 10th - Each workshop will be available on-demand for 24 hours starting at 8 a.m. EDT

Track	Workshop	Camp Leader	Length	Age Group	Complete	Prize Entry
Campfire Circle	Unteachable Life Skill	Mrs. Katie Kimball	TBD	family	☐	☐
Advanced Cooking for Teens	Food Demo: French Fries Two Ways (+ intro to Air Fryer) [bonus vid: Quick Taste: Cutting Potatoes]	from Teens Cook Real Food	12 min	12+	☐	☐
Advanced Cooking for Teens	Save Money, Save Time, Eat Well: The Allergy Chef Teaches How to Make Dinner YOUR Way	Kathlena, The Allergy Chef	33 min	12+	☐	☐
Communication & Etiquette	How to Tie a Tie [Gentlemen's Guide to Dressing Well Series, Part 2 of 3]	Nate from Jos A. Bank	13 min	12+	☐	☐
Communication & Etiquette	It's Ok to Wonder, Here's How to Ask *(the skill of respectfully interacting with someone who looks visibly different)*	Sonali Vongchusiri	13 min	5-teen	☐	☐
Cooking for Everyone	Allergy-Friendly Blueberry Oat Cake	Wardee Harmon	14 min	5-teen	☐	☐
Entrepreneurship	A Teen's Guide to Starting a Podcast	Rose Patton	8 min	12+	☐	☐
Finance	Mastering Your Credit Score (and Why It Matters)	Anya Boekestein	35 min	15+	☐	☐
Finance	When You're Ready to Buy Your First Car: How to Make Decisions	Sam Tillema	14 min	15+	☐	☐
Gardening	Keeping Those Veggies Alive All Season: Weeding, Watering, and Feeding [Part 3 of 4: Vegetable Gardening Series]	Andrew Pleasant	17 min	5+	☐	☐
Gardening	Planting Annuals: Beautiful Hanging Pots and All-Summer Flower Gardens [Part 3 of 4: Flower Gardening Series]	Jodi Urbanski	28 min	5+	☐	☐
Hands-On	Visual Mending: How to Fix a Hole in Your Clothes	Alice, The Fabric Ninja	43 min	5-teen	☐	☐
Health & Wellness	Get F.A.T. for Your Brain!	Rachel Daugherty of Booty & Brains	9 min	12+	☐	☐
Health & Wellness	The Real Life Skill No One Teaches: Self-Soothing	Hunter Clarke-Fields, Mindful Mama Mentor	5 min	5+	☐	☐
Household Skills	The Art and Science of Vacuuming	John Kimball	12 min	5+	☐	☐
Leadership	Don't Panic: Know What to Do in an Emergency	Warrior Kid Medic	17 min	8+	☐	☐
Neurodivergent Families	Creating CALM for Teens: Understanding Your Neurodivergent Brain	Cynthia Heren	20 min	12+	☐	☐
Neurodivergent Families	Tame Your Anxiety: Understanding First, Then Tools	Emily Hamblin, M.A.	10 min	5+	☐	☐
Organization	Meal Prep on the Weekend for Easy Solo Meals All Week	Leah Kimball	6 min	10+	☐	☐
Parent Professional Dev	The Mindset Shift That Makes Parenting Teens Finally Make Sense	Mrs. Katie Kimball	16 min	parents	☐	☐
Tech Savvy	Spotting the Scams in the Online World	Amy Carney	13 min	12+	☐	☐

Thursday, June 11th - Each workshop will be available on-demand for 24 hours starting at 8 a.m. EDT

Track	Workshop	Camp Leader	Length	Age Group	Complete	Prize Entry
Campfire Circle	Unteachable Life Skill	Mrs. Katie Kimball	TBD	family	☐	☐
Advanced Cooking for Teens	Roasting Vegetables	from Teens Cook Real Food	19 min	12+	☐	☐
Communication & Etiquette	Moving Gracefully for Young Ladies	Jackie Vernon-Thompson	4 min	5-teen	☐	☐
Communication & Etiquette	Sending a Message Without a Device: The Adventure of Writing a Real Letter	Lori-Anne Poirier	30 min	5+	☐	☐
Cooking for Everyone	Grain-Free Brownies	Jacob Tietje	5 min	5-teen	☐	☐
Entrepreneurship	Cheaper, Better, Unique: What Makes a Business Successful?	Mrs. Katie Kimball	24 min	10+	☐	☐
Finance	The Dark Side of Interest: The Numbers Behind Getting a Loan	Katie and Paul Kimball	25 min	15+	☐	☐
Finance	Why Smart Future Homeowners Start Now [Own a Home Series, part 2 of 3]	Jairia Williams	12 min	15+	☐	☐
Gardening	Enjoying Your Garden Bounty: Harvesting Veggies [Part 4 of 4: Vegetable Gardening Series]	Andrew Pleasant	15 min	5+	☐	☐
Gardening	How to Care for Annual Flowers to Keep Them Beautiful [Part 4 of 4: Flower Gardening Series]	Jodi Urbanski	22 min	5+	☐	☐
Hands-On	How to Darn a Sock	Aubrey Larobardiere	30 min	8+	☐	☐
Health & Wellness	Energy Smart: How to Match Your Tasks to Your Brain and Your Energy Levels	Risa Williams, LMFT	5 min	8+	☐	☐
Health & Wellness	The Life Skill of Falling Asleep: Simple Tools for Calm Bedtimes (A Family Workshop)	Layne Burkette, LPC	10 min	family	☐	☐
Household Skills	Inexpensive Homemade Cleaners	Mrs. Katie Kimball	21 min	8+	☐	☐
Leadership	The Be Brave Workshop	Tania Johnson, M.A.	4 min	5+	☐	☐
Neurodivergent Families	Soft Skills to Get Unstuck for Neurodivergent Brains	Debbie Reber of Tilt Parenting	16 min	12+	☐	☐
Organization	Control Your Camera Roll	Casey von Stein (Miss Freddy)	11 min	12+	☐	☐
Parent Professional Dev	Helping Your Kids Resolve Conflict	Tosha Schore	18 min	parents	☐	☐
Tech Savvy	Digital Distraction Defenders: The Council of Teens Weighs In [multiple episodes]	A Panel of Teens	50 min	12+	☐	☐

Friday, June 12th - Each workshop will be available on-demand for 24 hours starting at 8 a.m. EDT

Track	Workshop	Camp Leader	Length	Age Group	Complete	Prize Entry
Campfire Circle	Unteachable Life Skill	Mrs. Katie Kimball	TBD	family	☐	☐
Advanced Cooking for Teens	Step by Step Guide to Meal Planning	from Teens Cook Real Food	7 min	12+	☐	☐
Communication & Etiquette	How to Have Difficult Conversations	JoAnn Crohn, M.Ed.	8 min	8+	☐	☐
Cooking for Everyone	Don't Burn Dinner: All the Ways to Heat Your Food	Mrs. Katie Kimball	17 min	8+	☐	☐
Cooking for Everyone	Veggie-Loaded Double Chocolate Muffins	Levi Jensen	10 min	5-teen	☐	☐
Entrepreneurship	Buying a Business Instead of Starting One	Mrs. Katie Kimball	19 min	10+	☐	☐
Hands-On	How to Hem Pants	Amber Bright	15 min	10+	☐	☐
Health & Wellness	Natural Remedies for Colds	Kate Tietje of Earthley	7 min	8+	☐	☐
Household Skills	The No-Slime No-Sludge Plan: Cleaning Out the Fridge	Mrs. Katie Kimball	17 min	8+	☐	☐
Leadership	Confidence Is Yours to Decide	Laura Ollinger	15 min	10+	☐	☐
Neurodivergent Families	Think Sensory Smart: Systems to Make Your House Run Smoother (A Family Workshop)	Greg Santucci	10 min	family	☐	☐
Organization	Keeping Your Space Tidy as a Teen	Leah Kimball	14 min	12+	☐	☐
Parent Professional Dev	From Chaos to Capability: Strength-Based Skill Building for Kids with ADHD	Rachel Bailey, M.A.	11 min	parents	☐	☐
Tech Savvy	You Are More Than Your Screen	Mandee Hamann of ScreenStrong	30 min	10+	☐	☐

Bonus Workshops for Purchasers (always available in the All-Access Package)

Track	Workshop	Camp Leader	Length	Age Group	Complete	Prize Entry
Communication & Etiquette	Looking Sharp From Neck to Toe [Gentlemen's Guide to Dressing Well Series, Part 3 of 3]	Nate from Jos A. Bank	15 min	12+	☐	☐
Cooking for Everyone	Fun Frosting Flavors and Decorations	Lindsy of Dizzy Donuts	14 min	5+	☐	☐
Finance	Pros and Cons of Buying Versus Renting a Home [Own a Home Series, part 3 of 3]	Jairia Williams	9 min	15+	☐	☐
Finance	The Real Cost of Driving	Sam Tillema	11 min	15+	☐	☐
Gardening	Finding Budget-Friendly Perennials & Splitting Peonies	Jodi Urbanski	24 min	5+	☐	☐
Gardening	Putting Your Garden to Bed + Bonus Fall Garlic	Mrs. Katie Kimball	10 min	5+	☐	☐
Health & Wellness	Author Read-Aloud of Children's Book "What Calms You Down"	Risa Williams, LMFT	4 min	3-8	☐	☐
Household Skills	Carpet Care: Shoes, Stains, Spills and Smells	Mrs. Katie Kimball	15 min	5+	☐	☐
Household Skills	Clogs and Overflows: Avoiding Toilet Terror	Mrs. Katie Kimball	11 min	5+	☐	☐
Neurodivergent Families	2E Adults at Work and at Home	Julie F. Skolnick, M.A., J.D.	31 min	parents	☐	☐
Parent Professional Dev	How to Guide Your Child Through Schoolwork	Ned Johnson	23 min	parents	☐	☐
Parent Professional Dev	Kids' Brains & Screens: Solutions to Screen Conflicts in Your Home	Mandee Hamann of ScreenStrong	32 min	parents	☐	☐

If it feels like a lot to fit in one week, you can KEEP #LifeSkillsNow and work at your own pace + get 12 more exclusive bonus workshops! Check out the All-Access Package.

HOW TO ENTER FOR PRIZES:

Each day you can enter for prizes by completing Missions from #LifeSkillsNow Workshops!

1. Watch a workshop *and* complete the camp leader's mission.
2. Go to raisinghealthyfamilies.com/campform for how it all works, info about the prizes, and the form for entry.
3. Fill out the form as many times as you can—once for EACH person and EACH mission completed on whatever day you want.
4. Prizes are drawn at the close of each day of camp, and if you've submitted an entry when a prize is drawn, you're eligible. You get to choose what prize category you enter for on the form. (More details on the prize page.)
5. Winners will be listed on the prize page.

We will draw daily prizes at 8 a.m. Eastern the following day and post winners that afternoon. The final day you get a little extra time, closing at noon Eastern on Saturday.

Prizes You Can Enter to Win:

Enter for these prizes anytime between 8a EDT Monday, June 8th – noon EDT Saturday, June 13th. When five–ten prizes are available, 1–2 will be drawn each day of camp. Single prizes will all be drawn Saturday from Friday's entries. Any mission may be used to enter for any day's prizes. Check the prize page for exact drawing dates: raisinghealthyfamilies.com/campform

Fitting for Young Children (but anyone can enter for any prize):

- ✻ One copy of *A Tale of Silvershire* fiction book for 5-teen by Zoe C. Faulkner, $9 value, 10 available
- ✻ *Lenora and Her Super Duper Messy Room* children's book by Deanna Yates, from Wannabe Clutter Free, $12 value, 10 available
- ✻ Probiotic Gummies from Just Thrive, $44.99 value, 5 available
- ✻ *Dad And The Recycling-Bin Roller Coaster* picture book from Dude Dad, $20 value, 5 available
- ✻ *ABC Worry Free* (A Picture Book About Anxious and Fearful Thoughts) by Noel Foy, from Neuro Noel Consulting, $10.95 value, 2 available
- ✻ *Are You a Bird Like Me?* a bedtime story read-aloud by Noel Foy, from Neuro Noel Consulting, $15.99 value, 2 available
- ✻ *Chef Junior* autographed cookbook from Raising Healthy Families, $20 value, 2 available
- ✻ Faith Friends Doll Bundle (includes 18-inch doll and 40-page girls' journal for a journey of play, creativity, virtue & faith), $115 value, 1 available
- ✻ Mindful Mealtime Set from Ahimsa Kids (stainless steel divided compartment plate, 8 ounce cup, 8 ounce bowl, fork, and spoon), $68 value, 1 available
- ✻ Xero Shoes Prio, barefoot-inspired shoes for strong, healthy feet, $60 value, 1 available

Food and Stuff That Everyone Would Love:

- ✻ *Positive Patterns Family Coloring Book*: 45 side-by-side designs with affirmations, quotes, and doodles to make the good thoughts stick from Elizabeth Sautter Consulting, $10 value, 5 available
- ✻ Watermelon Electrolytes from Paleovalley, $49.99 value, 5 available
- ✻ $25 Gift Card to Earthley Wellness for herbal remedies, supplements, and natural skincare, 5 available
- ✻ Re-Lyte electrolyte drink mix + Real Salt Seasoning bundle from Redmond, $40 value, 5 available
- ✻ Perfect Hydrolyzed Collagen from Perfect Supplements, $42.95 value, 5 available
- ✻ Pluck animal-based seasoning shaker, $36.33 value, 3 available
- ✻ ButcherBox Signature Box, your choice of meat delivered to your doorstep, $179 value, 1 available
- ✻ 43 lb Pail of Regenerative Organic Spelt Berries from Grand Teton Ancient Grains for milling and baking, $150.50 value, 1 available

Fitting for Teens (but anyone can enter for any prize):

- ✻ Kumon "Managing Your Money" Life Skills Workbook, $12.90 value, 10 available
- ✻ Balance Trial Kit - Aloe Herb Cleanser, Ayurvedic Facial Scrub, Neroli Toning Mist, and Herbal Facial Oil for Normal & Combination Skin from Annmarie Skin Care, $46 value, 5 available
- ✻ $50 MadeOn Gift Card to use on hard lotion, soap, lip balms and more, 5 available
- ✻ *Chef Junior* autographed cookbook from Raising Healthy Families, $20 value, 3 available
- ✻ Troomi phone + 6 months of service on any plan (Samsung A15 5G phone built for Troomi's kid-safe plans, from text-and-talk up to Safe Browser & Safe Apps), $379.65 value, 1 available

Best Fit for Grown-Ups (but anyone can enter for any prize):

- ✻ Summer Survival Kit from 3rd Rock Essentials (sunscreen/itchblock/deodorant spray/Nutrasporin), $78 value, 5 available
- ✻ Family Summer Sun Protection from 3rd Rock Essentials (3 types of sunscreen - infant/aromatherapeutic/unscented), $90 value, 10 available
- ✻ Germs Away Kit from 3rd Rock Essentials (1 silver infusion spray and 16 oz refill), $77 value, 10 available
- ✻ Winner's Choice (one of Sleep, Circadian Rhythm, Attention or Focus blend) from Vibrant Blue Oils, $38.95 value, 5 available
- ✻ $100 Class Keeper® Gift Card, tools to get your kids' papers, memories, and milestones organized without the clutter, 5 available
- ✻ *Mama Bear Survival* book by Emily Richett, $24 value, 5 available
- ✻ *15 Minute Focus: Executive Function* (Tips and tools for teachers, counselors, and parents on how to build executive function in the classroom, home and beyond) from Neuro Noel Consulting, $16.95 value, 2 available
- ✻ Best Sellers Bundle from Truly Free (non-toxic laundry wash, dishwasher & dish soap, OxyBoost, and everyday cleaner refills), $138.55 value, 1 available
- ✻ A portable changing room for kids from Change Up Kids® (a pop-up changing room that gives kids a clean, private space to change at the beach, sports fields, or on the go), $79 value, 1 available
- ✻ Aura Parents digital wellbeing app (online safety & wellbeing app designed with child psychologists that gives parents insight into their kids' digital habits), $250 value, 1 available
- ✻ Aura whole-family online protection (all-in-one protection from identity theft, scams, and online threats, plus digital safety features for kids), $600 value, 1 available

Digital/Available for Worldwide Participants without Shipping:

- ✻ American Revolution Fashion Doll Sewing Pattern Digital Download from Leaping Lemur Designs, $7 value, 10 available
- ✻ 1-Year Subscription to Plan to Eat, the all-in-one meal planning app, $49 value, 5 available
- ✻ Stress Free Japanese Cooking Course from Whole Wellness Mamas, $39 value, 5 available
- ✻ Zero to Sew online machine sewing course for rookies from Fabric Ninja, $29 value, 4 available
- ✻ Quick Start Quilting online course from Fabric Ninja, $29 value, 4 available
- ✻ Kids Cook Real Food Course from Raising Healthy Families, $197 value, 2 available