

11 Fun Family-Oriented and Kids' Activities for Gifted and Talented Children In and Around the Capitol Region

(Please feel free to email us if you have ideas for other activities we did not include!)



1. **Treetop Adventure Park, Lake Tahoe** “Come experience the first Aerial Treetop Adventure Park in California. Started in Europe, Aerial Adventure Parks are comprised of a series of courses linking tree platform to tree platform with a variety of bridges and/or zip lines. The Tahoe Treetop Adventure Park at North Tahoe Adventures offers a variety of courses suitable for ages 5+ and all levels of athleticism. For each session you will have access to all of the courses in the zone that you have booked to move through at your own pace.” Web site: <http://northtahoadventures.com/activities/treetop-adventure-park/>
2. **Geocaching**. Geocaching is a sort of treasure hunting activity. You visit the web site and input your location anywhere in the world. It’s a great activity to combine with a road trip if you build time into your travel plans or to simply do in your own neighborhood within walking distance. Type in an address to reveal where other geocachers have hidden their caches. Caches most often contain little trinkets or stickers and a tiny log for others to sign when the cache is found. You can take a trinket if you leave something in exchange (such as a different trinket or stickers). The fun is in the searching. Geocachers hide their caches in places that are in public areas, on land (not underwater) and in reasonably safe areas. Sometimes there will be warnings to alert searchers to rattlesnakes or other critters seen around the area. Create your own caches and hide them. Then, log into the website and post it for others to find. Web site: www.geocaching.com
3. **Urban Adventure Quest**. “ It’s a game. It’s a tour. It’s a blast! Part game, part city tour, **Urban Adventure Quest** is an interactive adventure that navigates you through a destination city as you solve clues and complete challenges, while seeing the sights and learning local history. **You choose the city and decide when to play. Play anytime during daylight hours.** Using your Smart phone, simply connect to the Web-based Quest software to embark on your own interactive scavenger hunt adventure. The set up is easy and it’s one low price for each team!” Web site: <http://www.urbanadventurequest.com/>
4. **Crocker Art Museum Kids’ Programs**. Check out all of the family programs at the Crocker. One example of the many great programs the Crocker offers to families is the Story Trail. “Story Trail is an engaging way for young children and adults to talk about art while they visit the Crocker. It features a captivating storybook that incorporates images and "characters" from the works of art in the Museum’s permanent collection galleries. After checking out *Birdy’s Museum Adventure* from the Admission Desk, the story leads families on an imaginative adventure, with stops at trail markers to look, discuss, and discover various aspects of the art on view. The story concludes in Tot Land, an interactive space designed especially for families with children ages five and under.” Web site: <https://crockerartmuseum.org/learn-do/programs/children-teens-families#story-trail>
5. **Sacramento Archives Crawl**. Do you love to rummage through Granny’s attic to find treasures and artifacts from the past? What if you could rummage through Granny’s attic for the whole city of Sacramento and surrounding areas? That’s what an archives is – a giant attic full of tangible artifacts from our own history. Mark your calendar for next October. This is a great hands-on history activity for adults and children alike. Children receive a passport to guide them through the various document and artifact repositories on the tour. “Sacramento Archives Crawl is an Archives Month event held every October. Crawlers tour among four host archives in Sacramento, gathering stamps in their passports as they view treasures from dozens of archives and special collections libraries, visit with archivists, and go on special behind-the-scenes tours [which aren’t typically available to the general public].” Web site: <http://sacarchivescrawl.blogspot.com/>

6. **Charles M. Schulz Museum, Santa Rosa – Youth Classes and Camps.** “The Schulz Museum offers classes in cartooning, animation, character design, and other arts throughout the year for children and adults. Classes are taught by professionals focusing on their area of expertise. Students of all skill levels are welcome.” Day classes are available during school breaks, so check the calendar online. Web site: <http://schulzmuseum.org/learn/classes-camps/>

7. **Tall Ships Adventures (Gray’s Harbor).** Sail on an 18th century tall ship down the Sacramento River. Families can learn about the historical role ships played in transportation as well as experience what it was like to live and work on a ship in the 18th century. For the highly adventurous, there are also 5-day excursions to Long Beach on the high seas. Web site: <http://historicalseaport.org/sail-with-us/public-sail-schedule/>

8. **Sacramento Theater Company Act*Dance*Sing Camps.** “Improvisation exercises, voice and movement, stage combat, yoga, singing, music theory, site singing, arts and crafts, dancing and more. The perfect spring or summer break experience! Sign up your student for continued enrichment and involvement in the Sacramento Theatre Company’s School of the Arts Camp! Camp faculty includes professional theatre artists and local teachers who lead students through a diverse curriculum that is based on teamwork, confidence-building and creative expression. Each session ends with the students’ presentation of their original work for family and friends.” Web site: <http://www.sactheatre.org/school-of-the-arts/summer-camps/>

9. **Rancho Seco Recreation Area.** Did you know there is a decommissioned nuclear power plant right here in the Sacramento area with a very checkered past? Its numerous malfunctions and resulting shutdowns during the 1970s, high costs of operation and public concerns about radiation dangers resulted in Sacramento being the first and only community to shutter a nuclear power plant by public vote. Now, in the shadow of the two empty cooling towers is a lovely recreation area and wildlife preserve. From the SMUD web site: “. . .[At] Rancho Seco, we offer year-round camping, boating, fishing, swimming and wildlife viewing, just 25 miles from downtown Sacramento. Two iconic towers hint at the history of why SMUD owns this part of southeastern Sacramento County: Rancho Seco’s 160-acre lake now hosts both migratory birds and weekend anglers, but was developed to support a nuclear generating facility built in the '70s. The closed plant's empty towers remain.” Web site: <https://www.smud.org/en/about-smud/community/recreational-areas/rancho-seco-lake.htm>

10. **Folsom Renaissance Faire.** Every October, the City of Folsom hosts an annual Renaissance Fair at Lyons Park. There are many such faires all over California. What makes this one a little bit different is that it’s in October when the weather is cooler, and it’s a relatively small faire (and not as bawdy as some out there can be). It features a number of historical displays and re-enactors who perform in jousts, hobnob in Queen Elizabeth’s court and perform in funny shows. Web site: <http://www.renfaire.com/Sites/California/Folsom-Renaissance-Faire.16.html>

11. **Michael’s Art Programs for kids (and adults).** *Michael’s* art and crafts stores offer creative classes in crafts for kids, but they also offer wonderful fine arts programs as well. Contact your local *Michael’s* store for more information. The programs in Rancho Cordova and Folsom are particularly good because they are taught by an established Davis/Sacramento area professional artist, Victoria Smith. Smith has expanded the *Michael’s* program to the larger community by spearheading the Abandoned Art Project (Google the *Good Day Sacramento* story about it!) and works with the City of Rancho Cordova on numerous public arts projects with her students.