



PRESCHOOL, CHILD & YOUTH PROGRAMS

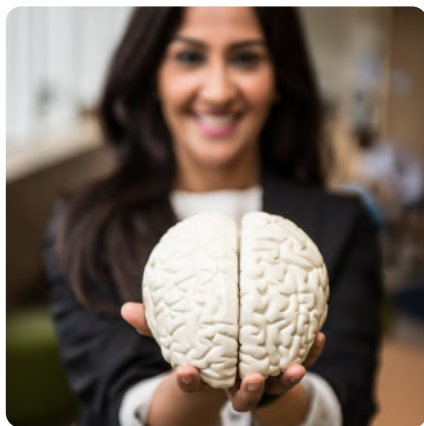
Innovation. Connection. Resilience.



About Us

Founded and led by Dr. Shimi Kang - award-winning, Harvard trained psychiatrist, neuroscience researcher, keynote speaker and author of the National Bestselling book, "The Dolphin Parent." Research clearly shows the authoritative and collaborative style of the "dolphin" leads to better self-motivation, adaptability, mental health, relationships, and academic performance in children.

Our programs provide social, emotional, and cognitive (SEC) learning for children, parents, and educators. Like dolphins in nature, "Dolphin Kids" become more smart, happy, and strong. We aim to help children and youth develop the life skills needed to navigate the ever-changing waters of our fast-paced, globally diverse, and socially connected world.



Our Mission

Our mission is to nurture and inspire every child's innate intelligence and innovative nature; by empowering them to be self-motivated through social connection, positive communication, critical thinking, creative expression, and purposeful contribution.



Our Goal

Social, emotional, and cognitive learning programs have long-term impacts, and research in this field has shown improvement in academic performance, reduced emotional distress, and an increase in pro-social behaviours and attitudes amongst children and youth.

Our goal is to use neuroscience as the gateway to teach children, youth, and adults how to optimize the 21st century skills of:

INNOVATION

Future leaders must be curious, ask questions, take risks, challenge conventional thinking, think critically, create and innovate.



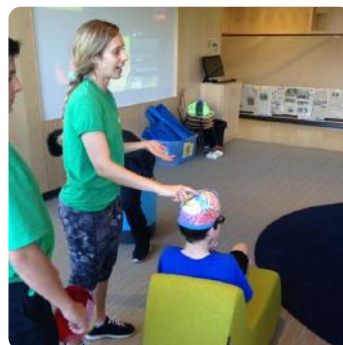
SOCIAL CONNECTION

Exquisite communication and collaboration skills, inspiring diverse teams, and being a difference maker are the traits of future leaders.



RESILIENCE

To thrive in our imbalanced world, living a balanced, purposeful life with self-motivation and practical daily coping skills will be key.



Our Unique Learning Environment

Our programs provide an interactive, hands-on learning environment that utilizes the POD method. The POD method consists of three unique pillars that directly enhance self-motivation, adaptability, and positive coping skills.



All Dolphin Kids programs develop future-ready leaders through Play, Others, and Downtime!

PLAY

INNOVATION

Teacher-facilitated play through unique curated games, art-based activities, drama, music and body movement.



OTHERS

SOCIAL CONNECTION

Empathy, identity, and social skills training through community building exercises, role playing, and public speaking.



DOWNTIME

RESILIENCE

Attention and focus training, mindfulness, and cultivation of positive mental habits such as grit, gratitude, and optimism.



Our Programs

FUTURE-READY LEADERS

3.5-5 years | Half-day program

The future is here and it's all about being smart, strong, and happy! Future-ready Leaders is a great program for young leaders who want to develop important school readiness and life skills in a fun, hands-on learning environment.

Children will experience:

- **Downtime:** Deep breathing, attention training, and mindfulness practices to build resilience and a positive "growth" mindset.
- **Others:** School readiness skills such as: active listening, communication, and collaboration, through storytelling, musical expression, and art-based activities.
- **Play:** How to create, explore, and build through various creative play activities that foster imagination, cooperation, and innovation.



My son was so excited the first day he came out with his "brain hat" on. He had coloured the map of the brain and learned about all the different parts and functions. Very cool that a 4.5 year old can learn that.

Parent, Summer 2016

Our Programs

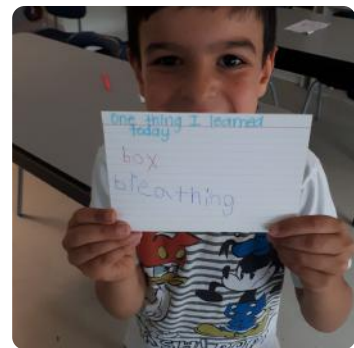
CAMP CQ

6-9 years | Full-day program

Using the latest neuroscience tools for innovation, social connection, and resilience, this full-day program guides children to develop the 5 future-ready skills of CQ™: creativity, collaboration, communication, critical thinking and contribution.

Children will experience:

- **Downtime:** Deep breathing, attention training, and mindfulness practices to build resilience and a positive “growth” mindset.
- **Others:** A variety of collaborative activities such as: Empathetic listening, visual storytelling, persuasive speaking and community building exercises to develop enhanced leadership and contribution skills.
- **Play:** A variety of indoor and outdoor play activities such as: practice with out-of-the box thinking, anti-group think and imagination exercises, to develop their resiliency, adaptability, and innovation skills.



One day she was learning how to manage her emotions with ‘box breathing’, the next day she was engaged in play activities exerting her creativity and on another, she was making sandwiches to be delivered to those less fortunate.

Parent, Summer 2017

Our Programs

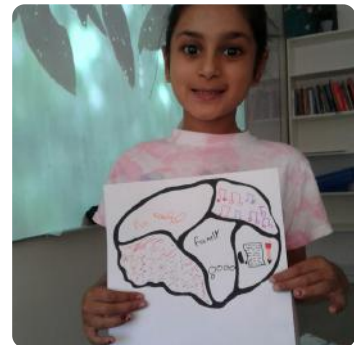
MINDSET MASTERS: I CAN DO IT!

6-9 years | *Half-day program*

Our brains can be hardwired to adapt, be resilient, and overcome failure to achieve our very best! Mindset Masters: I CAN DO IT is a great program for young leaders to explore their goals, mindfulness activities, and team-building skills in a fun, hands-on learning environment.

Children will experience:

- **Downtime:** Deep breathing, attention training, and mindfulness practices to build resilience and a positive “growth” mindset.
- **Others:** Active listening, visual goal setting, arts-based activities and team building exercises to develop leadership, communication and contribution skills.
- **Play:** Neuroscience tools and an interactive play-based learning environment to develop their ability to overcome failure, be comfortable with mistakes, set personal goals, and master a positive mindset.



“Since his time at Dolphin Kids camp, he has shown an increased willingness to try new things and persevere through daily challenges.”

Parent, Summer 2018

Our Programs

INNOVATORS: DESIGN-THINKING

6-9 years | *Half-day program*

Creativity is the #1 skill identified for future-ready leaders. Innovators: Design-Thinking is a great program for young leaders who want to explore their curiosity and bring their creative ideas to life in a fun, hands-on learning environment.

Children will experience:

- **Downtime:** Deep breathing, attention training, and mindfulness practices to build resilience and a positive “growth” mindset.
- **Others:** The design-thinking process by creating an invention through trial and error, peer feedback, and problem solving to develop their creativity and critical thinking skills.
- **Play:** Practice with out-of-the box thinking, wild brainstorming, prototyping and imagination exercises, to develop their adaptability and innovation skills.



The amazing teachers taught my children valuable life skills in a fun environment. It became one of their all time favourite activities!

Parent, Summer 2017

Our Programs

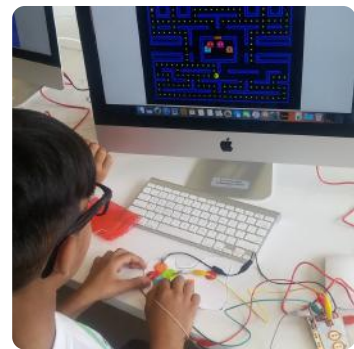
S.T.E.A.MERS

6-9 years | *Half-day program*

Inventing, problem solving, prototyping, and technology literacy are key skills that today's students need to succeed in our modern, fast-paced world. S.T.E.A.Mers is a great program for children to explore their curiosity and creativity, in a fun, hands-on learning environment.

Children will experience:

- **Downtime:** Deep breathing, attention training, and mindfulness practices to build resilience and a positive “growth” mindset.
- **Others:** The basics of coding, hands-on science experiments, engineering challenges, and arts-based activities to develop their creativity and critical thinking skills.
- **Play:** Hands-on STEAM (science, technology, engineering, art, and mathematics) activities to build adaptability, communication and collaboration skills.



I was so impressed with the kind and talented staff, but also with the concepts that are emphasized as part of the program -- resiliency, contribution, downtime, among many others.

Parent, Summer 2016

Our Programs

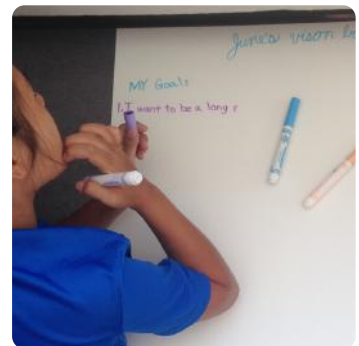
MINDSET MASTERS: I'M UNSTOPPABLE!

9-12 years | Half-day program

Our brains can be hardwired to adapt, be resilient, and overcome failure to achieve our very best! Mindset Masters: I'M UNSTOPPABLE guides young leaders to set goals, explore mindfulness exercises, and community building skills in an interactive, hands-on learning environment.

Children will experience:

- **Downtime:** Deep breathing, attention training, and mindfulness practices to build resilience and a positive “growth” mindset.
- **Others:** Empathetic listening, visual goal setting, drama activities, and leading a community contribution project to develop leadership, communication, and contribution skills.
- **Play:** Neuroscience tools and collaborative team building exercises to develop their ability to overcome failure, be comfortable with mistakes, set personal goals, and master a positive mindset.



“My child came away with a newfound sense of community and social responsibility, and now speaks openly about the need to be a role model for others.”

Parent, Summer 2016

Our Programs

ENTREPRENEUR MINDSET

9-12 years | *Half-day program*

Bring your innovative business ideas to life! Entrepreneur Mindset is a great program for young leaders who want to practice their creativity and critical thinking skills by designing, testing, and pitching their innovative ideas in a “Dragon's Den” style presentation.

Children will experience:

- **Downtime:** Deep breathing, attention training, and mindfulness practices to build resilience and a positive “growth” mindset.
- **Others:** Designing a business idea, creating an elevator pitch, and delivering a "Dragon's Den" style presentation in front of a live audience. Activities focus on developing communication, critical thinking, and creativity skills.
- **Play:** Practice with out-of-the-box thinking, wild brainstorming, designing, testing, and developing a business idea through various creative play activities that foster collaboration and innovation.



“A really great program that provides kids (and adults) with a framework and mindset to work with everyday situations.”

Parent, Summer 2018

Our Programs

TED-STYLE PUBLIC SPEAKING

9-12 years | *Half-day program*

Gain confidence to express your ideas! TED-Style Public Speaking is a great program for young leaders who want to build their public speaking skills with interactive activities, personalized coaching, and fun speech exercises!

Children will experience:

- **Downtime:** Deep breathing, attention training, and mindfulness practices to build resilience and a positive “growth” mindset.
- **Others:** Interactive drama and speech activities that enhance expression, voice projection, gestures, posture, and tone.
- **Play:** Practice with out-of-the-box thinking, wild brainstorming, researching, developing an engaging speech through various creative play activities that foster collaboration and innovation.



I liked that, beyond public speaking skills, the program had an additional component which made it unique. This was teaching kids strategies to cope with anxiety and nervousness before making their speeches, which will serve them well in so many aspects of their lives.

Parent, Summer 2016

Success Stories

My child absolutely raved about how much he enjoyed this camp. He has participated in multiple different types of camps at various locations in and around Vancouver over the past 5 years. We will definitely sign up for another STEM camp through Dolphin Kids. From a parent's perspective, I liked that every day he came home and described a tangible, hands-on science-based activity which had been demonstrated and applied.

Parent from Summer Camp Program (2019)

I knew he had embraced the program when he suggested that I practice some “dragon breathing” during a particularly tense moment! One of the best programs available and so beneficial to have my son experience this at a young age.

*Mimi,
Parent from Summer Camp Program*

Thank you for teaching me how to breathe, it really helps me calm down and relax.

*Grade 4 student,
After School Program*

The neuroscience and evidence-based programming also appeal to creative inquiry and exploration and I loved the weekly ritual of the parent greeting, bonding and community contribution. The lemonade was good too! Overall, this Dolphins experience brought our family to an entirely new level of capacity and empowerment, which was a welcome and pleasant surprise.

*Andrea,
Parent from Summer Camp Program*

CONNECT WITH US!

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