

# tulsakids

FOR ACTIVE PARENTS IN SUPPORTING COMMUNITIES



## SUMMER CAMP GUIDE

Plan their best summer yet!

Ready for Kindergarten?

WHAT PARENTS NEED TO KNOW NOW.

Spring Break, Staycations & Family Fun

IDEAS FOR MAKING MEMORIES CLOSE TO HOME.



Ascension St. John

# SPORTSPLEX



## 2026 SUMMER CAMPS!



for Boys & Girls ages 5-12

EVERY WEEK OF SUMMER 2026



Flag Football Camp



Summer Hoop(z)



Volleyball Camp



All Sport(z) Camp

- ✓ EXPERIENCED COACHES
- ✓ SKILL DEVELOPMENT + GAMES
- ✓ FUN, SAFE ENVIRONMENT
- ✓ ALL SKILL LEVELS WELCOME



Drenched War(z)

For more info or to register, visit:  
[www.stjohnsportsplex.com](http://www.stjohnsportsplex.com)

Call: 918-895-8000

Email: [youth@stjohnsportsplex.com](mailto:youth@stjohnsportsplex.com)





# SUMMER PROGRAMS

## *Holland Hall '26*

*Open to all families!  
9 weeks of fun!*



### 9 One-Week Camp Sessions

**May 26 – July 24, 2026 | 9 a.m.–12 p.m. and 12:30–3:30 p.m.**

Choose between morning or afternoon sessions ... or sign up for both and stay all day!

## *Registration Opens April 1<sup>st</sup>!*

With more than 200 one-week classes and camps designed for both fun and education, Holland Hall has options for 3-year-olds to 12th grade. Register online and view camp schedules & descriptions:

Visit [gotohh.org/summerprograms](http://gotohh.org/summerprograms) or scan the QR Code at right.



## Holland Hall

5666 E. 81st Street  
Tulsa, OK 74137

(918) 481-1111

[hollandhall.org](http://hollandhall.org)



## Pre-K through 12th Grade

### Dove School of Discovery (PreK - 8th)

4115 S. 100th E. Ave.  
Tulsa, OK 74146  
(918) 960-3131

  [discoveryok.org](https://discoveryok.org)

### Dove Science Academy (PreK - 8th)

4343 S. 118th E. Ave.  
Tulsa, OK 74146  
(918) 994-6797

  [dsatulsa.org](https://dsatulsa.org)

### DSA High School (9<sup>th</sup> - 12th)

4343 S. 118th E. Ave.  
Tulsa, OK 74146  
(918) 576-6719

  [dsahstulsa.org](https://dsahstulsa.org)

- Tuition-Free, College Preparatory, STEM-Focused Schools
- Focus on Science, Technology, Engineering & Math
- 100% College Acceptance Rate
- State and National Schools of Character
- #1 Ranked in the Nation by U.S. News for Math and Reading
- #1 Math Team in the State, Nation and World 3 years in a row
- #1 Champs in South Central Drone Competitions 2 years in a row
- Oklahoma Promise Scholarship State Champion 15 years in a row
- Over 150 after school clubs with hands-on fun, including robotics, drones, cooking, art, coding, sports, and so much more!



# Apply Now

for the 2026-2027 school year

[doveschools.org/apply](https://doveschools.org/apply)



A close-up photograph of a person's hands holding a pink vape pen. The person is wearing a white t-shirt and has a colorful bracelet on their left wrist. They are writing on a pink journal with a gold spiral binding. The journal cover has the word "JOURNAL" printed on it and is decorated with colorful, abstract patterns. The background is blurred, showing what appears to be a desk with other journals and a pen.

# Help your teen quit nicotine on their terms.

Vapes and nicotine pouches are rising in popularity among teens. The TSET Healthy Youth Initiative gives Oklahoma youth the tools they need to make healthier choices about tobacco use.

Find resources that can help your teen quit, or prevent them from starting, at [TSETHealthyYouth.com](https://TSETHealthyYouth.com).





**29** FEATURE  
**How to Pick a Summer Camp Your Child Will Love**  
By Lindsay Morris

**6**  
EDITOR'S NOTE

**8**  
WHATS GOING ONLINE?

**10**  
NEWS & NOTES

**12**  
PLACES TO GO  
**Bookstores!**  
By Tara Rittler

**13**  
PEOPLE TO MEET  
**Melissa McCorkle**

**14**  
SIBLING RIVALRY  
**Rethinking Sibling Rivalry**  
By Brandy Browne

**16**  
BABIES & TODDLERS  
**Building Language From the Very Beginning**  
By Angela Percival-Porter

**17**  
SCHOOL AGE  
**Pi Day: Everybody Belongs in the Circle**  
By Tamecca Rogers

**18**  
READY FOR KINDERGARTEN  
**Getting Ready for Kindergarten**  
By Macy Goodnight

**20**  
BOOKS  
**"Home Run" Reads**  
By Laura Raphael

**22**  
TWEENS & TEENS  
**Staycation Spring Break**  
By Julie Wenger Watson

**23**  
PJ'S CORNER  
**Tick-Borne Illnesses**

**24**  
GREEN COUNTRY GROWN-UP  
**Redefining the "Working Mom"**  
By Nancy A. Moore

**26**  
**Get Your Kicks in OKC: Family Fun Along Route 66**  
By Erin Page

**32**  
GRANDPARENTING  
**8 Grandparenting Goals That Matter Most**  
By Diane Morrow-Kondos

**35**  
TULSAKIDS' 2026  
**Summer Camps & Activities Guide**

**54**  
COOKING  
**Baking with Girl Scout Cookies**  
By Natalie Mikles

**57**  
**Community Calendar**

**64**  
I'M A TULSA KID  
**Tej Beniwal**  
By Natalie Mikles



Top, Knox Allen on set at Philbrook for his TulsaKids cover shoot. Left, Jenny Fisher, curator of learning and interpretation at Philbrook, talks to Knox about a new exhibit.

## MEET OUR COVER KID!

Knox Allen is 5 years old and a kindergartener at Monte Cassino. If it involves a ball or being outside with his buddies, Knox is all in. He plays soccer, flag football, basketball, lacrosse and tennis—and when he's not at practice, he's likely racing from backyard to backyard with the big group of boys who live on his street.

Knox also loves building with Legos and has absolutely no fear, a trait that keeps his mom on her toes. He'll climb just about anything and is quickly earning a reputation as the best skier in the family.

Known for his kindness and funny little personality, Knox shares his home with a goldendoodle named Penny and two older sisters, Jo and Parker.

PHOTOGRAPHY BY VALERIE WEI-HAAS

ACADEMICS • ARTS • ATHLETICS • CHRISTIAN • COMMUNITY

# METRO

## CHRISTIAN ACADEMY®



# NOMINATE

# US

# ★ FAMILY FAVORITES



★ *Favorite*  
PRIVATE ELEMENTARY

★ *Favorite*  
PRIVATE MIDDLE SCHOOL

★ *Favorite*  
PRIVATE HIGH SCHOOL

**#MYMETRO**  
CONNECT WITH US

@MetroChristianAcademy   
@MetroChristianAcademyTulsa

6363 S. TRENTON AVE. | TULSA, OK 74136 | WWW.METROCA.COM | 918.745.9868

## A HEAD START ON SUMMER

For some parents, planning is a superpower.

Every March, my sister pulls out a giant desk calendar and starts mapping the summer. She studies her synced digital calendar, cross-checking her schedule with her husband's and their two daughters'. Armed with her paper planner, her phone and the TulsaKids Summer Camp Guide, she gets to work. By the time she's finished, camps are booked, carpools are loosely arranged and at least part of their summer feels handled.

Our Summer Camp Guide is one of my favorite things we produce all year. It's not just a list—it's a practical, much-anticipated resource for families. Whether you're looking for a first-time day camp for your kindergartner, a specialty camp to nurture a budding interest or week-to-week options to help cover work schedules, this guide is meant to make planning easier. Summer may feel far away in March, but it's less than three months off, and many of the most popular camps fill quickly.

My own kids have had great camp experiences over the years. The first camp they attended was art camp at Philbrook. I still have some of their creations framed in our dining room—reminders of that first taste of independence. We've also loved Camp Loughridge, where my girls have been campers since they were 6 years old. This year, they'll return as counselors, which feels like a full-circle moment. They'll also serve as counselors at Camp Monte, helping their favorite Mrs. Barron with Ice Cream Camp.

Over the years, I've learned—both as a mom and as a TulsaKids reader—that there really is a camp for every child. Summer camp gives kids room to try something new, whether that's sewing, math, soccer, theater or a classic day at the Y. It builds confidence, friendships and stories they'll carry with them.

You'll see a bit of that spirit on our cover this month, too. Knox was photographed in the studio space at Philbrook, where he got to play with paint and explore the museum on a day it was closed—like we had a backstage pass. That small sense of freedom, of having space to explore and make a mess and try something new, is exactly what so many of our summer camps offer kids across Tulsa.

It's worth getting a head start.

**Natalie Mikles**  
EDITOR

# tulsakids

**Volume XXXIX | Number 3**

©TK Publishing, Inc. 2026.  
All Rights Reserved.

TulsaKids is published monthly  
TK Publishing, Inc.  
2510 E. 15th St., 202, Tulsa, OK 74104  
Phone: 918-612-5110  
tulsakids.com

**TK PUBLISHING** inc.

**Publisher**  
Amanda Murphy  
amanda.murphy@tulsakids.com

**Editor-In-Chief**  
Natalie Mikles  
editor@tulsakids.com

**Web Editor & Calendar**  
Tara Rittler  
tara.rittler@tulsakids.com

**Operations Manager**  
Lyssa Flanagan  
lyssa.flanagan@tulsakids.com

**Graphic Design**  
Annie Tyndall

**Advertising Sales**  
Debbie Zumwalt

**Distribution**  
Joan Ross

**Contributing Writers**  
Angela Percival-Porter, MS, CCPS  
Tamecca Rogers, PhD  
Julie Wenger Watson  
Nancy A. Moore  
Brandy Browne  
Macy Goodnight  
Lindsay Morris  
Erin Page  
Laura Raphael, MA, MLIS  
Diane Morrow-Kondos

Articles and advertisements in TulsaKids do not necessarily reflect the opinions of the magazine or TK Publishing, Inc. We do not assume responsibility for statements made, advertisers or editorial contributors. The acceptance of advertising TulsaKids does not constitute an endorsement of the products, services, or information. We do not knowingly present any product or service which is fraudulent or misleading in nature.

parenting**media**  
association



**PARTY WITH US!**  
**Bria's**  
 ITALIAN EATERY

Looking for a great place to celebrate?  
 Our party room is perfect for birthdays, family gatherings, and special events of all kinds!  
 You'll get a clean, private, spacious room.  
 No need to worry about food or treats, we have it all!  
 You also have access to our large turfed activity area. Bring your own decorations or keep it simple – It's up to you!  
 Parties starting at \$99!

**TEXT 918-236-0803 FOR INFO**  
**LOCATED AT 101ST & SHERIDAN**

# CARING FOR KIDS of all ages

*Building better lives for individuals and families living with behavioral health and substance use challenges.*

**Counseling + Recovery SERVICES**  
 Tulsa | 918-492-2554  
 Sand Springs | 918-245-5565  
 crsok.org

## Affordable emergency & urgent care for your pets by experienced veterinarians.

**No appointment needed**  
**Open daily 8am – 10pm**

**Come see us at 6119 S Mingo**  
**Questions? 918.417.8887**

**ANIMAL URGENT CARE TULSA**

# WHAT'S GOING ONLINE?



Bluebird Art Studios at TulsaKids' Family Favorites party in July 2025.



# CONTESTS & GIVEAWAYS

Get links to the following at [tulsakids.com/contests](https://tulsakids.com/contests).

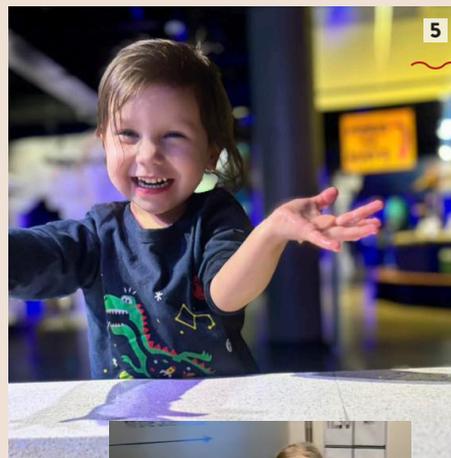


## Nominate your Family Favorites

**Family Favorites nominations are open March 1-15!**

TulsaKids' Family Favorites contest is a fun way to support the local businesses and professionals that make Tulsa a great place to raise a family.

Plus, everyone who completes at least 50% of the ballot is entered to win a \$100 gift card to Bria's Italian Eatery!



## Favorite Places to Play Indoors

We asked our Facebook followers about their kids' favorite places to play indoors! Answers included Sky Zone, SCHEELS, Munchkins Homestead, Tulsa Play & Café, Let's Play BA, and others.

1. Airtopia! – Jordy and Wynnly
2. Chuck E Cheese – Gary Edwards Jr., aka Duece
3. Sheridan Lanes – Quaid and Della Hoff + Family
4. Discovery Lab – Harper B.
5. Oklahoma Aquarium – Riversong Tiger

## CONNECT WITH US!

- [tulsakids.com](https://tulsakids.com)
- [tulsakidsmagazine](https://tulsakidsmagazine.com)
- [tulsakids](https://tulsakids.com)
- [tulsakids](https://tulsakids.com)
- [tulsakids](https://tulsakids.com)
- [tulsakids.com/newsletter](https://tulsakids.com/newsletter)

# FAN TIME. FAM TIME.

Plan your champion trip at [GoNorthKC.com](http://GoNorthKC.com)



## Homework Help Now!

POWERED BY BRAINFUSE

### Featuring Live Tutors

Get 24/7 EXPERT one-to-one subject-specific help for students in grades K-12, plus college. Spanish-speaking tutors available too!



**FREE Brainfuse App**

Available in App Store or Google Play

Visit [www.TulsaLibrary.org/homeworkhelp](http://www.TulsaLibrary.org/homeworkhelp) and use your Tulsa City-County Library card to access Homework Help Now!

### DON'T HAVE A LIBRARY CARD?

Apply online at [www.tulsalibrary.org/get-a-library-card](http://www.tulsalibrary.org/get-a-library-card) and get instant access to this service and more!



**tulsakids**  
www.tulsakids.com



**goldfish**  
swim school

You Got This

### TULSA'S PREMIER LEARN-TO-SWIM FACILITY

Goldfish Swim School is the premier learn-to-swim facility for kids ages 4 months to 12 years. We use our holistic philosophy, The Science of SwimPlay®, to build life skills both in and out of the water using play-based learning in a fun and safe environment.

- Rapid Result Jump Start Clinics
- Small Class Sizes
- Trained & Certified Instructors
- No Sessions! Year-Round Lessons

TULSA HILLS - OPENING MARCH 2026!

7514 South Olympia Drive  
Tulsa, OK 74132  
539.233.6295



REGISTER TODAY!



IrishFest takes place March 13–15 at Cabin Boys Brewery.

## FAMILY FUN COMES TO IRISHFEST

Tulsa IrishFest returns March 13–15 with a full weekend of music, dance and food—and plenty for families to enjoy together. The festival’s Little Leprechaun Kids Zone offers a space for hands-on fun, including crafts, games and interactive activities inspired by Irish culture.

Designed with younger visitors in mind, the kids zone gives children room to create and play while parents take in the sights and sounds of the festival. Kids 12 and under receive free admission, making it an easy option for a family-friendly outing.

Tulsa IrishFest takes place at Cabin Boys Brewery, 1717 E. 7th St. Details and tickets are available at [tulsairishfest.org](http://tulsairishfest.org).



Marie Watt's Heart in the Sky.

## 3 NEW EXHIBITS AT PHILBROOK INVITE FAMILIES TO LOOK—AND TOUCH

Families visiting Philbrook Museum of Art will find three new exhibits that welcome curiosity—and, in two cases, encourage visitors to reach out and touch.

**Andy Warhol: Silver Clouds** transforms the gallery into a playful environment filled with floating metallic balloons that drift, bounce and respond to gentle pushes. It’s an opportunity to experience a museum exhibition where movement and interaction are not only allowed but expected, making it especially engaging for children who learn best by doing.

In **Marie Watt’s Heart in the Sky**, silver cloud-like forms hang from the ceiling. The formations are made from jingles (rolled tobacco tin lids), normally

used in regalia for Native American jingle dress dances. Watt invites visitors to hold, move and reach up to explore the work through touch. The installation creates a shared, immersive experience that feels both meditative and communal.

**Homeward to the Prairie I Come: Gordon Parks Photographs From the Beach** Museum of Art offers a quieter but powerful counterpoint, showcasing photographs by Gordon Parks that reflect everyday life, family and childhood through a deeply personal lens. Parks often photographed kids at eye level, capturing moments of play, resilience and emotion in ways young visitors can easily relate to—inviting them to imagine the stories behind each image.

## CHEROKEE NATION OFFERS SPRING BREAK MAKE & TAKES AND SCAVENGER HUNT

Families looking for a spring break outing can head to Tahlequah and surrounding Cherokee Nation sites for hands-on activities and a history scavenger hunt.

On March 19 from 10 a.m. to 4 p.m., Cherokee Nation museums will host make-and-take craft stations where kids can create items inspired by Cherokee culture. Activities vary by location and include mini gourd necklaces at the Cherokee National History Museum, cornbead bracelets at the Cherokee National Prison Museum and corn husk flowers at the John Ross Museum. Other sites will offer basketweaving, twined bracelets, clay bead bracelets and mini booger masks. All activities take place during regular museum hours.

In addition, a spring break scavenger hunt runs March 17–21 at participating museum locations. Visitors can search for clues, complete a hunt sheet and collect a prize at the Cherokee National History Museum. Along the way, families will learn more about Cherokee history and culture.

Museum details and hours are available at [visitcherokeemuseum.com](http://visitcherokeemuseum.com).



Learn basketweaving during the Cherokee Nation spring break make-and-take activities.



Holland Hall Middle School students stand with Assistant Head of School and Middle School Head Jennifer White (right) before the groundbreaking for a new building.

## HOLLAND HALL BREAKS GROUND ON NEW MIDDLE SCHOOL

Holland Hall has officially broken ground on a reimagined H.A. Chapman Middle School, marking the start of a major campus transformation for students in grades 4–8. The project will replace the school’s 40-year-old facility with updated learning spaces, including a newly built structure for seventh- and eighth-grade students—connected by a shared courtyard. Construction is expected to be completed ahead of the fall 2027 semester, creating a more student-centered environment designed to support collaboration, curiosity and growth during the middle school years.

**Tooth decay is the most prevalent disease of childhood.**

*It doesn't have to be.*

**POH Toothbrushes & Dental Floss for the Brass Method of personal oral hygiene.**



Scan the QR code to learn more!



## WILL ROGERS MEMORIAL MUSEUM



**Spring Break Activities**  
March 16-20, 1-3 p.m.  
Children get in free!

Different events each day!  
Full schedule at [willrogers.com](http://willrogers.com)



## WILL'S WILD WEST KIDS CAMP

**Wild West Kids Camp, Ages 7-12**  
June 15-17, 8:30 a.m. to 12:30 p.m.  
\$50 per child, \$35 for museum members

**Lil Buckaroo's Kids Camp, Ages 5-6**  
July 6-7, 9-11:30 a.m.  
\$35 per child, \$25 for museum members

For full details visit [willrogers.com](http://willrogers.com) or scan the QR code.

*Will Rogers*  
**MEMORIAL MUSEUM**

1720 West Will Rogers Blvd  
Claremore, Oklahoma  
918-343-8116  
[willrogers.com](http://willrogers.com)



## Big Care for Little Smiles—Vote On The Cusp!



For five years in a row, families have named us **Tulsa Kid's Favorite Pediatric Dentist**—and we'd love your support again!

On the Cusp is locally owned, kid-focused, and committed to making dental visits easy and fun. Nominations are open March 1-15—help us keep the streak going!



Scan the QR code to nominate us!



918.921.6778  
[onthecuspdds.com](http://onthecuspdds.com)  
Midtown: 4444 S. Harvard Ave. Suite 100  
South Tulsa: 8222 E. 103rd St. Suite 133



**Next Door**  
ESCAPES & ENTERTAINMENT



**INVENTORS WORKSHOP!**  
EASY: 2-8 PLAYERS



**MAYDAY!**  
MEDIUM: 3-8 PLAYERS



**CELL BLOCK E!**  
HARD: 4-10 PLAYERS

**EXTENDED SPRING BREAK HOURS!**

918.324.0151

[NEXTDOORESCAPES.COM](http://NEXTDOORESCAPES.COM)

## PLACES TO GO

# Bookstores!

We love the library as a reliable source for free books—but when you're looking to build your own personal library or give a gift that can spark imagination and build knowledge, it's time to visit a bookstore! Here are three to put on your bookish bucket list:



### MEADOW MARKET BOOKS

Located in the heart of Cherry Street, Meadow Market Books celebrated its grand opening in January 2026. Owners Melodie and Jared Coulter say that their relationship has always centered around books, from going “all out” on Independent Bookstore Day to getting married at Magic City Books. Melodie Coulter is also a published author with a master's degree in library science, so she is no stranger to helping guests find the perfect book to take home.

Meadow Market Books places a large emphasis on supporting local authors and artists but also carries best sellers and unique finds for all ages, plus locally made art and gifts. “Our work-life motto is, ‘We just want to make enough money for our family to live and for us to support our art friends,’” the Coulters say. “Opening Meadow Market has allowed us to realize that dream, providing a space for so much talent to be enjoyed regularly.”

Follow Meadow Market Books on social media to stay in the know about book clubs, future storytimes and other exciting updates.

1514 E. 15th St.; [meadowmarketbooks.com](http://meadowmarketbooks.com)



### FABLEREALM BOOKS

FableRealm Books is more than a bookstore; it's an immersive, fantastical experience thanks to the design and vision of owner William Franklin, artist and founder of Decopolis. To get to FableRealm, you'll first walk through the Art Deco-inspired TulsaRama! ice cream parlor and souvenir shop (save time for a treat when you're done shopping!). Then, you'll enter the core of the bookshop through one of two ways: past the year-round Christmas room resembling a cozy cottage, or through “Mr. Dream's Manufactory” (stocked with candy and Little Golden Books) and a dragon-guarded grotto, complete with a working fountain.

As you explore FableRealm, look high and low, as there are interesting things to see everywhere. Books and gift items cater to the fantasy-loving crowd, including hoards of dragon-themed books, shelves dedicated to Disney villains, and of course, classics like Narnia and Harry Potter. If you're shopping with a young child who loves playing dress-up, brace yourself for the wall of princess dresses and tiaras—and “Can we get one, please?” on repeat.

5729 E. 11th St.; [facebook.com/fablerealm](http://facebook.com/fablerealm)



### RIVENDELL BOOKS & BAUBLES

The front entrance to Rivendell Books & Baubles promises books, chocolate, coffee and chaos, so you know it's going to be a good time. In fact, the business is home to not just Rivendell bookstore but also Yonder Coffee & Chocolate, which serves up tasty truffles and quality coffee, typically made using ingredients sourced from across the state (try the sage-infused honey truffle!).

The bookstore itself carries a thorough mix of genres and gift items. The children's area is easy to browse, complete with a grassy carpet and reading tent so kids can dive into their selections while their parents continue to shop. If you, too, can't wait to start reading, settle into one of the comfortable leather chairs by the fireplace — you'll feel right at home! If you're lucky, you'll spot resident shop dog Mr. Boots or Quinn the bearded dragon.

2034 W. Houston St., Broken Arrow;  
[rivendellbandb.com](http://rivendellbandb.com)

TARA RITTLER



## PEOPLE TO MEET

Melissa McCorkle



Left, Melissa McCorkle with grandsons Luke and Brooks. Above, Melissa and her husband, David, with their son, Peter, and two grandsons.

## ON THE COURT WITH MELISSA MCCORKLE

TENNIS DIRECTOR, LAFORTUNE TENNIS CENTER

For many Tulsa kids, learning tennis begins with two things: the pop of a ball on a racket and Melissa McCorkle waiting on the court. As tennis director at LaFortune Tennis Center, McCorkle has spent decades introducing young players to a sport she believes can shape confidence, focus and friendships for life.

McCorkle's love for tennis began early. She picked up a racket at age 9 and was instantly hooked—not just by the physical challenge, but by the rhythm and thoughtfulness of the game.

"I loved everything about it—the athleticism of moving and hitting the ball on the run, the fact that it's an individual sport where you're involved in every point and the opportunity to constantly challenge yourself," she said.

It's also why McCorkle believes tennis is such a great sport for kids. It teaches focus and concentration as children learn to track the ball and anticipate play. Tennis can be played indoors or outdoors and requires only one

other player, making it accessible for many families, she said.

"Most importantly, tennis is truly a lifetime sport," McCorkle said. "Every child should have the opportunity to learn it."

At LaFortune, McCorkle oversees summer tennis camps designed to meet kids where they are. Peewee Camp introduces children ages 4 to 7 to tennis through fun, age-appropriate activities that build familiarity with the game. Small instructor-to-student ratios ensure lots of encouragement and individual attention. Junior Summer Camp serves kids ages 6 to 16, grouping players by age and skill level so beginners can learn fundamentals while more experienced players continue developing their game.

McCorkle has been part of LaFortune Tennis Center since 2003 and has served as tennis director since the beginning. Before that, she spent 17 years teaching and coaching tennis at Metro Christian Academy and Sand Springs

Schools. Her long career—and her influence on the sport—earned her induction in the Oklahoma Tennis Hall of Fame.

Kids around Tulsa often recognize McCorkle when she's out in public, a fact that she greets with a laugh. Those moments, she says, are reminders of the strong sense of community tennis creates.

"It always makes me happy to see the kids around Tulsa and connect with them outside of the tennis courts," she said.

A Tulsa native, McCorkle attended Tulsa Public Schools before going on to Oklahoma Baptist University. She is married to her husband, David, and has one son, Peter. Tennis truly runs in the family—Peter and his wife are raising two young sons, Luke and Brooks, who are just starting to play. When she's not on the courts, McCorkle enjoys walking, hiking, biking and spending time with her dog, Roxy.

TULSAKIDS STAFF

# Rethinking Sibling Rivalry

When sibling rivalry is more than competition: A trauma-informed look at jealousy, safety and connection at home.

By **Brandy Browne**



Few things test a parent's patience like sibling rivalry. The constant arguing, comparisons, hurt feelings and cries of "That's not fair!" can leave caregivers feeling overwhelmed and unsure of how to respond. It's tempting to see sibling conflict as competition, misbehavior or something children should simply "grow out of."

A trauma-informed lens invites a different understanding: Sibling rivalry is often less about rivalry and more about safety, connection and belonging.

## Jealousy Is a Stress Response, Not a Character Flaw

Jealousy is frequently misunderstood. When a child reacts strongly to a sibling—by acting out, withdrawing or demanding attention—it's easy to label the behavior as manipulative or immature. In reality, jealousy often signals fear: *Will there be enough care, attention and safety for me too?*

When one child in a family is struggling, another often attempts to regain connection in their own way. For example, during periods

of illness, emotional distress or increased parental focus on one child, siblings may become more physically clingy, seek extra reassurance or withdraw altogether. Children may not have the words to express fears like, "I'm scared the family is changing," or "I don't know where I fit right now."

Common triggers for sibling jealousy include:

- Changes in routine or schedule
- School transitions or increased academic stress
- Illness, exhaustion or parental stress
- Shifts in attention toward a sibling

When children feel uncertain, their bodies often respond before their words do. Even children who feel excited about a new sibling may struggle with separation, routine changes or fears about being replaced, leading to tearful mornings or increased emotional reactions. This doesn't mean siblings shouldn't have limits or expectations. It does mean that behavior is communication, and jealousy often signals a need for reassurance.

## Why "Just Be Nice" Rarely Works

When emotions run high, parents often default to quick fixes: separating children, assigning blame or insisting everyone calm down and get along. While these strategies may stop the conflict temporarily, they don't address what's happening underneath.

When a child is dysregulated, their brain is operating in survival mode, making it difficult to access logic, empathy or problem-solving skills. Telling a child to "use your words" or "stop overreacting" assumes a level of regulation they may not have in that moment. And when children don't have access to the skills we're demanding, they often respond with more intensity—not because they don't care, but because they're overwhelmed.

Trauma-informed care reminds us that regulation comes before resolution. Before children can problem-solve together, they need help settling their nervous systems. That might look like a deep breath with you, a drink of water, stepping into another room, squeezing a pillow, or simply hearing you say, "I see you. I've got you. We'll handle this."

## The Role of Adult Regulation

One of the most powerful tools in sibling conflict isn't a strategy—it's the adult's regulated presence.

Children take emotional cues from the adults around them. When parents remain grounded, speak calmly and avoid taking sides, children feel safer. This doesn't mean we ignore harmful behavior. It means we address it without adding fear, shame or humiliation.

A regulated adult can say, "I see that you're really upset right now. I'm here, and we'll figure this out," instead of escalating the situation with raised voices or immediate consequences.

The goal isn't to "let things slide." The goal is to keep the moment emotionally safe enough for learning to happen. When adults jump straight to punishment, children often become more defensive and less reflective. But when adults stay steady, children learn something far more valuable over time: Big feelings don't threaten relationships. Children can be upset and still be safe.





## KIDS ARE ALWAYS WATCHING

Fairness conversations matter because kids are always watching. They watch who gets comforted first. They watch who gets corrected most. They watch who seems to “need more” of you. A trauma-informed approach helps parents respond in a way that keeps the relationship intact—not just the household quiet.

EVRYMMNT/GETTY

### Fair Isn't Always Equal

Sibling jealousy often flares around fairness. Trauma-informed parenting reframes fairness not as equal treatment, but as meeting each child's needs.

One child may need more reassurance. Another may need more space. A third may need help naming feelings. When parents explain that different support doesn't mean less love, children slowly begin to internalize a sense of security.

Naming this explicitly can be powerful: “Everyone in this family gets what they need to feel safe and supported. That won't always look the same.”

For example, one child may seek physical closeness and affection to feel connected, while another may need space and quiet before they are ready to talk. Expecting children to regulate or connect in the same way can escalate stress rather than resolve it. Supporting children well requires knowing them well.

### Teach Repair, Not Perfection

Conflict between siblings is inevitable—and it isn't inherently harmful. In fact, sibling conflict can become one of the safest places children learn communication, empathy and problem-solving skills—if adults help guide it appropriately.

What matters most is what happens after the conflict.

Trauma-informed parenting emphasizes repair over punishment. Helping children reflect once they're calm, encouraging empathy, and modeling apology and accountability teaches skills that last far longer than forced apologies in the heat of the moment. If we demand apologies too quickly, children learn to perform remorse rather than feel it.

Repair conversations might include:

- “That was hard. What were you feeling?”
- “What did you need in that moment?”
- “What do you think your sibling needed?”
- “How can we make it right now?”

Repair teaches children that relationships can bend without breaking. It shows them that conflict doesn't equal rejection. That's a powerful lesson—especially for children who are more sensitive, more anxious or carrying stress they can't fully explain.

### Practical Ways to Respond in the Moment

Sibling conflict will happen again—probably within the next hour if we're being honest—so having a few trauma-informed phrases ready can help.

Try responses like:

- “I won't let you hurt each other. I'm stepping in.”
- “You're both having big feelings. I'm here.”
- “We're going to take a pause and reset.”
- “You don't have to compete for my love. There's enough.”
- “Tell me what you wanted, not what your sibling did.”

These statements do two things at once: They set boundaries while also communicating emotional safety. They help children feel contained rather than cornered.

### A Gentler Way Forward

Sibling rivalry doesn't mean something is wrong with your family. It means children are learning how to navigate relationships while their brains and nervous systems are still developing. It means they're practicing disappointment, frustration, compromise and repair—skills they'll need for the rest of their lives.

When parents respond to jealousy with curiosity instead of criticism, boundaries instead of blame, and connection instead of comparison, children learn a powerful lesson: There is enough safety, care and belonging for everyone.

And in that safety, rivalry slowly gives way to trust.

Not because siblings never fight again—but because they begin to believe: Even when things feel hard, relationships can remain safe. **TK**

**Brandy Browne** is an embedded therapist at Tulsa Public Schools and a licensed marriage and family therapist candidate.

# Building Language From the Very Beginning

How everyday conversations—from baby babble to bedtime stories—build the foundation for language and communication.

By **Angela Percival-Porter**



**H**earing begins developing in utero, and early hearing experiences play an important role in later language development. From the very beginning of life, children build foundational skills that support future literacy—reading and writing—skills that continue developing through the preschool and elementary years. Because of this, it is never too early to read, sing and talk with your infant or child.

At first, it doesn't matter what you read. You can read the newspaper or your own book aloud. As children grow, take advantage of everyday moments to build language: read billboard signs while in the car, point out labels in the grocery store and track the print with your finger as you read aloud. If your child is in a stage of constant movement—often around age 2—you can still read together during routines like bath time or before bed, perhaps

choosing a book that matches the moment, such as a story about bedtime.

The more you talk with children (not just to them), the stronger their language skills will be—and strong language skills support later literacy development. Even young infants communicate in meaningful ways. For example, babies have different cries that can signal “I’m hungry” or “I’m wet.” This is early communication. During the first year of life, children also begin to smile responsively, make eye contact and babble—all important steps in developing language. When your baby makes sounds—like blowing raspberries or saying “da-da”—imitate them and repeat the sounds back. This back-and-forth helps build communication skills.

With these early foundational skills, children are more likely to meet language milestones. By around age 3, children typically

use short sentences (two to four words), follow simple directions and begin asking questions. You can support language growth by expanding on what your child says. For example, if your child says, “Big dog,” you might respond, “Yes, it’s a big brown dog playing.”

It is also important to limit passive screen time for both children and adults. Even educational programs do not support development as effectively as in-person, back-and-forth interactions with caregivers. Children who meet language milestones often experience fewer behavior challenges because they can more clearly express their needs and wants.

Another helpful strategy is labeling emotions while encouraging language. Phrases such as “I see you are frustrated,” “Ow, that hurt,” or “I know you are sad, but it is time to go” help children build emotional vocabulary. Learning these words

can reduce behavior challenges and give children appropriate ways to express how they feel.

You may want to speak with your child’s doctor if your child:

- Is not using words by 18 months
- Does not respond to their name or follow simple directions
- Loses language skills they previously had

You can also seek early intervention services by talking with your child’s doctor or contacting your local health department. Early support makes a difference—the sooner, the better. **TK**

**Angela Percival-Porter, MS, CCPS,** is a child development specialist for the State of Oklahoma. She is an adjunct professor, former director of an NAEYC-accredited early learning center, and a consultant to childcare centers.

## SIMPLE WAYS TO BUILD LANGUAGE EVERY DAY

You don’t need special tools or extra time to support your child’s language development.

Try weaving these habits into your daily routine:

- **Narrate what you’re doing.** Talk through everyday tasks like cooking, folding laundry or driving.
- **Follow your child’s lead.** Comment on what they’re looking at, pointing to or playing with.
- **Read anything aloud.** Books, grocery lists, street signs—it all counts.
- **Pause and respond.** Give your child time to babble, gesture or speak, then respond to keep the conversation going.
- **Repeat and expand.** If your child says a word or short phrase, repeat it back and add one or two more words.

“When schools lean into connection, kindness and community, math becomes a **doorway** instead of a **barrier**.”

# Pi Day: Everybody Belongs in the Circle

## A celebration of math and the simple joy of learning together

By **Tamecca Rogers**



### WHAT IS PI DAY?

**When:** March 14

**Why:** The date matches the first digits of pi (3.14)

**First celebrated:** 1988

**Bonus:** March 14 is also the International Day of Mathematics

**Fun fact:** Pi is infinite—it never repeats and never ends

March is already doing the most. Spring is peeking around the corner, kids are bouncing off the walls, teachers are counting down to warmer days—and right in the middle of all that energy sits one of the most underrated and joy-filled school celebrations of the year: Pi Day.

Celebrated every year on March 14, Pi Day gets its name from the mathematical constant pi, which begins with the digits 3.14. That simple numerical connection has turned into a global celebration of learning, curiosity and creativity, and schools quickly realized it was the perfect excuse to make math feel less intimidating and a lot more fun. You don't have to be a math person to appreciate Pi Day. The language of fun is universal, and Pi Day speaks it fluently, bringing circles, laughter, connection and a very good reason to integrate pie into the school day.

This year, Pi Day also lines up beautifully with the International Day of Mathematics theme, Mathematics and Hope. While that might sound big and serious, elementary schools already live this idea every day. Hope looks like students trying again after a mistake, helping a classmate who is struggling, and learning that problem-solving applies to more than numbers on a

page. Pi Day gives schools a playful way to wrap all of that into one shared experience that feels light, joyful and memorable.

### You Matter to Infinity

One of the easiest ways to kick off the celebration is with a schoolwide You Matter to Infinity wall. Set up a large bulletin board or hallway space and invite every student to add a paper circle with a kind word, a drawing or a positive message. Younger students might draw pictures or dictate their thoughts, while older students can write affirmations or encouragement for others. As the day goes on, the wall fills with color and personality, quietly sending a powerful message that every student belongs and every voice matters.

Inside classrooms, teachers can create space for Kindness Circles. Students sit together in a circle and share compliments, encouragement or appreciation with one another. Teachers can model what this looks like and offer sentence starters to help students feel comfortable. These moments often surprise adults with how sincere kids can be when given the chance, and they help students see that kindness and communication matter just as much as academics.

### Passing the Pi

To spread that positivity across grade levels, schools can try a Pass the Pi activity. Each class creates a large paper pie divided into slices, filling each one with positive messages, drawings or words of encouragement. Once finished, the pie is delivered to another classroom with a short note letting them know they are appreciated. Students love knowing their words traveled beyond their own room, and receiving encouragement from another class adds an extra layer of excitement.

Hallways can become part of the celebration with an Everyone Belongs in the Circle display. Students trace and decorate their hands, which are then arranged into one large circle on the wall. The visual is simple but powerful, reminding students and adults that inclusion is not a slogan—it's a daily practice. Some schools extend this idea with a We're All Connected yarn circle, using yarn or string to link classrooms throughout the building. Teachers can explain that just as circles and numbers connect in math, people are connected through kindness, teamwork and shared responsibility.

And then there is the moment students will talk about long after

Pi Day is over: the Staff Pie Parade. Staff members visit classrooms delivering pie or pie-themed treats (depending on school guidelines), along with words of encouragement and appreciation. Seeing principals, counselors, office staff and teachers showing up together sends a clear message that the entire school community cares. It is joyful, memorable and reinforces that school is a place where students are celebrated as whole people.

Pi Day doesn't need to be complicated or overly academic to be meaningful. When schools lean into connection, kindness and community, math becomes a doorway instead of a barrier. In a world that often feels heavy, a day filled with laughter, encouragement and shared experiences matters more than we sometimes realize. If students walk away remembering that learning can feel good, that they belong in the circle, and that school can be a place of joy, then Pi Day has done exactly what it was meant to do. **TK**

**Tamecca Rogers, PhD**, serves as Director of Student Access and Success at Tulsa Technology Center. An award-winning author and filmmaker, she is committed to diversity, equity and inclusion in all her endeavors.

# Getting Ready for Kindergarten

How to know if your child is prepared—and how to build skills at home.

By **Macy Goodnight**



“My best advice for parents and guardians is to take a deep breath, trust that your kids are going to be in great hands and help your child build excitement before the big day.”

**K**indergarten is a significant milestone in a child’s development, as they enter a new world of socialization and education. This step can be magical and memorable, but it can also be challenging if a child is not yet ready to transition to a classroom setting. How can parents determine whether their child is ready for this stage of school?

Diana Snow is a National Board-Certified Teacher with 36 years of teaching experience. Currently, she serves as the Family and Children’s Resource Specialist at Creekwood Early Childhood Center in Broken Arrow. Her work focuses on children, families and teachers, and includes helping parents understand developmental readiness and assisting pre-K teachers with best practices in early childhood education. Additionally, she works with her students to develop social-emotional and problem-solving skills.

In her experience, it is important to assess a child’s level of independence, as well as their social, emotional and adaptive behavioral skills, when determining whether it is time for kindergarten.

## What Kindergarten Readiness Really Means

“Readiness can be academics, but what is really needed are kids who have some independence and can follow two-step verbal direction,” said Snow. “Those kinds of things that make you ready to learn.”

Some questions parents might ask themselves include whether their child can focus on tasks and whether they have enough discipline to stay on task during teaching time.

“Can they sit and attend to a story? Can they stay engaged in an activity that is technology-driven for 10 to 15 minutes?” said Snow. “Can they handle redirection from another adult who is not the parent?”

Peer engagement can also be a factor. How a child gets along with their siblings can be a gauge of this skill, as can interactions with friends during play.

## Independence Matters More Than Worksheets

A degree of independence is crucial for their kindergarten success as well. Although it is not uncommon for some children to cry for their parents when left at school, it is nonetheless heartbreaking. It’s

important for children to practice separating from parents during the school day to help avoid prolonged distress. Independence skills such as loading a backpack, opening a lunchbox and wrapped food items, putting on a coat, using the bathroom and redressing help set children up for success—for the student, the teacher and the classroom as a whole.

Working with children to develop independent skills is a significant responsibility for parents, but it can also be an extraordinary adventure together in ensuring a solid foundation for the student’s future. Interruptions during the day to address readiness issues can affect not only the student’s learning but also the entire classroom.

“We are in a partnership with parents, and we can help them along,” said Snow. “Kindergarten is that building year, the year that gets you ready for your prereading skills, letters and sounds, rhyming and recognizing syllables; learning that is appropriate for the age and meets the state’s standards.”

## Learning Happens Everywhere

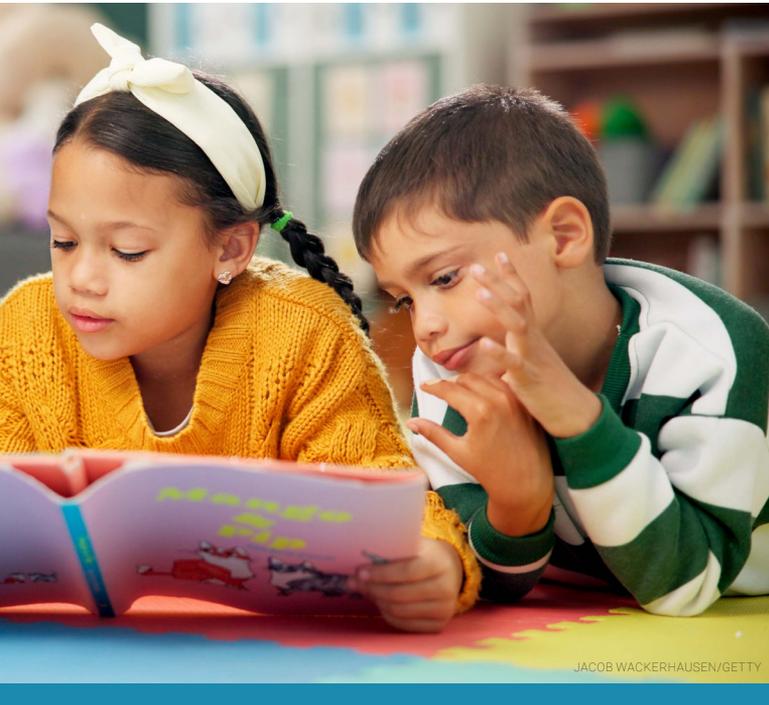
Preparing a child for kindergarten doesn’t have to be a chore—it can be a challenge fused with fun.

“I call it incidental learning,” said Snow. “Read to them. Talk to them. When you’re walking through the grocery store, make it a game and say we are going to find all the letters in the store today, or we are going to weigh all our fruit. Anything like that can really help kids get those language skills.” When children begin kindergarten, it is helpful if they already know all their letters, can count and recognize colors.

Snow has noticed a deterioration in language and speech skills in young students that she attributes to the increased reliance on technology and screens to entertain children.

“I would say for parents, don’t use technology too much. Our kids are so used to being visually stimulated and watching things that they have a hard time just listening. That is a challenge for teachers to hold a child’s attention in the classroom. We are seeing so many more students who need speech services for either articulation or expressive and receptive language,” she said. “Talk to your kids and spend quality time with them.”

Another side effect of too much screen time can be a loss of motor skills. It is helpful for students



JACOB WACKERHAUSEN/GETTY

to be able to hold a pencil or use safety scissors. “We have to teach them those skills,” said Snow. “If they can string beads or do puzzles—anything that gets that fine motor build up is good for their development.”

### A Parent’s Perspective

From a parent’s perspective, sending a child to kindergarten can be both overwhelming and rewarding. Katy Jones is the mother of six children, ranging from ages 7 to 20. She has taught 8th-grade English for almost 17 years and recently earned a master’s degree in educational leadership. She has six times the experience in kindergarten adventures and the wisdom to share.

“My best advice for parents and guardians is to take a deep breath, trust that your kids are going to be in great hands and help your child build excitement before the big day,” said Jones. “It was hard sending my oldest off to school because it’s one of those milestones that can break a mama’s heart, but it is also such an exciting time for everyone.”

When her first child began kindergarten, she wondered whether he would cry from fear and whether she had taught him enough to be

ready. It concerned her whether he would be on the same level as other kids in his class, make friends and be able to ask for help when needed.

“I stressed about everything. You name it, I worried about it,” she said. “I would say to trust that your child’s teacher is a loving, caring professional who will take good care of their students, and they will let you know if your child is struggling with any of those things. This should be an exciting time for everyone, and I wish I could go back and enjoy it more and stress less.” **TK**

### Kindergarten Enrollment in Oklahoma

Children who turn 5 on or before Sept. 1 are eligible for public kindergarten. Students must meet state immunization requirements and attend a full- or half-day program.

Learn more at [oklahoma.gov/education](http://oklahoma.gov/education).

**Macy Goodnight** is a freelance writer and photographer from Broken Arrow. She loves spending time with her family and friends, and has an interest in studying history, gardening, hiking and traveling.



## MRS. SNOW'S EVERYDAY LEARNING GUIDE

Simple ways to build kindergarten skills at home

### At home:

- Find letters on cans and boxes of food in the kitchen. This promotes letter recognition and reading environmental print. Children can also learn to distinguish between words and letters.
- Look for numbers in the kitchen for numeral recognition.
- Allow kids to scoop measuring cups while baking. This is great for motor skills, following directions and counting. It also allows opportunities to explore how two half cups equal a whole cup, etc.
- Cutting fruit, such as bananas or strawberries, with a plastic knife builds fine motor skills.
- Setting the table is perfect for one-to-one correspondence.
- Allow your child to draw, cut paper or play with playdough. These activities build hand strength.
- Take nature walks and talk about what you notice. This is a great opportunity to teach vocabulary such as hard, smooth, bumpy, rough, big, small, tall, short and other descriptive words.

### At the store:

- Look for letters in your child’s name on various products.
- Weigh fruits and vegetables.
- Color recognition is fun in the produce section.
- Have your child count the apples or oranges you are adding to the bag.
- Paying with cash? Teach your child coin recognition. Let them keep the coins they could recognize.

### In the car:

- Count cars of a certain color as you drive down the road. This builds attention to detail and helps with counting skills.
- Rhyming games are great for a car trip. See how many words you can think of that rhyme with cat or dog. It’s OK to create nonsense words.
- Make up a silly story about something your child is interested in.

# “Home Run” Reads

Books so good, they feel like a home run.

By **Laura Raphael**  
CHILDREN’S SERVICES COORDINATOR  
TULSA CITY-COUNTY LIBRARY



One gem of a time management idea that I love sharing with busy parents is keeping a short list of backup meals that everyone loves. Sometimes called “brainless crowd pleasers,” these are the dinners you can make without thinking too hard—and that you know will satisfy every hungry soul (or stomach) at the table.

The book equivalent of “brainless crowd pleasers” is what we like to call a “home run” book: a title that appeals to nearly everyone who picks it up. Not only that, but books that are so much fun, so satisfying to read that they give a feeling like you’ve just hit a home run.

At the Tulsa City-County Library, our children’s librarians and staff are all about connecting kids with books that they will love. A large part of that is helping children discover their Kids Read reading identity—in other words, the kinds of stories and reading experiences they’re naturally drawn to. Do they love books that make them laugh, or stories set in fantasy worlds? Fast-paced adventures, or real-world facts?

Here are some of my favorite “home run” books that appeal to numerous Kids Read reading identities:

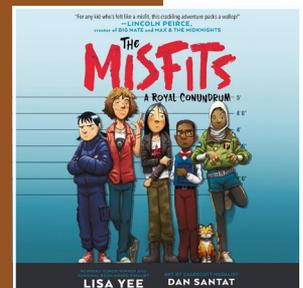
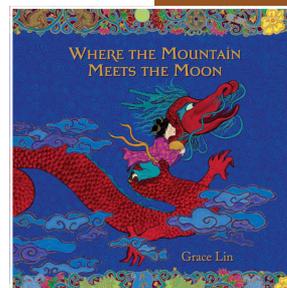
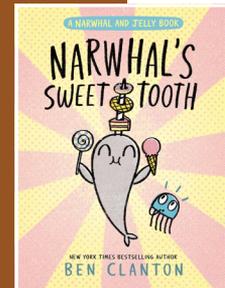
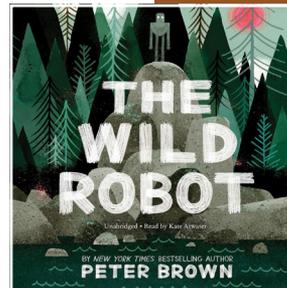
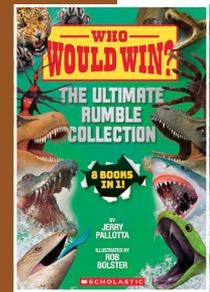
***Dogtown*** by Katherine Applegate and Gennifer Choldenko

A three-legged dog, a robot dog and a mouse work together to get out of a shelter and find their forever homes. This incredibly fun story manages to tug at heartstrings while having a robust plot and moments of pure comedy. It’s also the 2026 Sequoyah Award winner, which children in Oklahoma selected as the best book of the year.

**READING IDENTITY:** CONNECTOR, ADVENTURE TIME, CLASS CLOWN

***The Wild Robot*** by Peter Brown

Roz just wants to fulfill her responsibilities as a helper robot to humans! When she finds herself alone and abandoned on a wild island, she must find a way to survive. Wholesome and heartwarming, with plenty of heart-stopping adventure.



Note: Peter Brown was the 2013 Books To Treasure illustrator for the Tulsa City-County Library.

**READING IDENTITY:** ADVENTURE TIME, CONNECTOR, SERIAL READER

***Where the Mountain Meets the Moon*** by Grace Lin

If you like a little magic and a lot of adventure with your feelings and friendship, this book just might be for you. Follow Minli and her friends (including a dragon that cannot fly) as they go on a quest to help her village restore its river. Note: Grace Lin was the 2011 Books To Treasure illustrator for the Tulsa City-County Library.

**READING IDENTITY:** MAGIC, DRAGONS AND SWORDS, CONNECTOR, ADVENTURE TIME

***Who Would Win?*** by Jerry Pallotta

This series pits different animals against each other in imaginary battles. The more you read, the more you learn!

**READING IDENTITY:** SERIAL READER, CURIOUS DETECTIVE

***Narwhal's Sweet Tooth*** by Ben Clanton

Our friend Narwhal loves yum yum sweet sweets, but his tusk doesn’t—Jelly (and the dentist) to the rescue! This is just one book in a much longer series that is both funny and heartfelt. Note: Ben Clanton was the 2023 Books To Treasure illustrator for the Tulsa City-County Library.

**READING IDENTITY:** CLASS CLOWN, CONNECTOR, SERIAL READER

***The Misfits*** by Lisa Yee

A group of scrappy kids get together at a special school and are tapped to fight crime. Full of page-turning action!

**READING IDENTITY:** CLASS CLOWN, ADVENTURE TIME

**Laura Raphael, MA, MLIS**, is the children’s services coordinator for the Tulsa City-County Library.

# WHAT KIND OF READER IS YOUR CHILD?

There are six "Kids Read reading identities" that librarians use to help children discover which one fits them best.



**ADVENTURE TIME:**  
action-oriented plots, with  
mysteries, puzzles and escapes

**CLASS CLOWN:**  
funny characters  
and situations



**CONNECTOR:**  
focus on friends, family and  
feelings; character-based



**CURIOS DETECTIVE:**  
real facts about the real world



**MAGIC, DRAGONS  
AND SWORDS:**  
fantasy worlds and characters

**SERIAL READER:**  
following the same  
characters over several books



## Making Education More Creative

Small classes provide more opportunities to be challenged in an accredited learning environment.

**CALL FOR A TOUR!**



**SMALL CLASS = BIG RESULTS**

918-622-2327 | [director@misshelens.com](mailto:director@misshelens.com)

[MissHelens.com](http://MissHelens.com) | 4849 South Mingo, Tulsa

## CELEBRATE YOUR BIRTHDAY WITH US!



### CUSTOM PACKAGES AVAILABLE!

- ✓ STRESS-FREE FUN
- ✓ PRIVATE PARTY ROOMS
- ✓ ICE SKATING
- ✓ ARCADE GAMES
- ✓ FOOD INCLUDED

**BOOK  
YOUR  
TODAY!**



WeStreet ICE CENTER

# Staycation Spring Break

By **Julie Wenger Watson**



Whether you're low on cash, low on time or just not interested in planning an elaborate holiday, there are plenty of ways you and your teen can enjoy spring break. Here are some ideas to get you started.

## ANIMAL ADVENTURES

**Tulsa Zoo**  
[tulsazoo.org](http://tulsazoo.org)  
Open daily 9 a.m.-5 p.m.

A perennial favorite for animal lovers of all ages, the Tulsa Zoo has done some major remodeling over the last few years. Its 124 acres are home to over 2,000 animals, including the latest addition of four Arapawa Island goats from New Zealand. Stop by the "Children's Zoo" section for the chance to pet, brush and interact with some of the residents. Check the calendar for special activities, and if you want a more intimate experience, behind-the-scenes tours and encounters can be scheduled for an additional charge.

**Tulsa Trails West**  
[tulsatrailswest.com](http://tulsatrailswest.com)

**Trail rides available Friday and Saturday by reservation**

Located in West Tulsa on Lookout Mountain, Tulsa Trails West offers one- and two-hour guided trail rides on the weekend. Kids must be 10 years old to ride, and those 12

and younger must be accompanied by an adult. Private group rides are also available.

**High on a Hill Dairy Goats**  
[highonahilldairygoats.com](http://highonahilldairygoats.com)

If your interests run to cow cuddling and goat yoga, head to High on a Hill in Kellyville. Schedule a 30-minute mini cow snuggle for you and three of your besties, or join a Saturday goat yoga class. They also offer a Spring Break Farm Camp for ages 4-14.

**Oklahoma Aquarium**  
[okaquarium.org](http://okaquarium.org)  
Open daily 10 a.m.-6 p.m.  
(open Tuesday to 9 p.m.)

Chock full of amazing water creatures from Oklahoma and beyond, the Oklahoma Aquarium is popular for its walk-through shark tunnel and EcoZone with animals you can touch or feed.

**Go Fish**  
[wildlifedepartment.com](http://wildlifedepartment.com)

Be an urban angler. The Oklahoma Wildlife Conservation Department stocks and monitors a variety of fish at Braden Park Pond, Hunter Park Pond and the two ponds in the southeast corner of Mohawk Park. If you're a resident of the state and under 18 years old, you don't need a license. Fishing is limited to rods and reels, and some fish limits apply.

## FUN FOR FREE

### Get outside

Nature is basically free, and there are so many ways to enjoy it without traveling very far. Turkey Mountain Wilderness Area has miles of hiking and mountain biking trails to explore, and pets (on leashes) are welcome. With a short drive, you can immerse yourself in the Cross Timbers of Keystone Ancient Forest. Well-marked trails range from the smooth asphalt of the ADA-compliant Childers Trail to the rugged paths of the Falls. The preserve is open Thursday-Sunday, and leashed dogs are allowed on the first and third weekends. Oxley Nature Center in Mohawk Park is a hidden gem. The trails wind through forests, fields and wetlands.

**Gathering Place**  
[gatheringplace.org](http://gatheringplace.org)

This award-winning 70-acre park on the Arkansas River includes a skate park, basketball courts, and a BMX pump track. Programming during spring break features Global Gatherings: Japan on March 21. Guests can experience the beauty and traditions of Japan through an immersive cultural celebration.

**108 Contemporary**  
[108contemporary.org](http://108contemporary.org)

Visit Alicia Kelly's *Roughly Right* solo exhibition and check out the craft kits in the art gallery store while you're there.

**Greenwood Rising**  
[greenwoodrising.org](http://greenwoodrising.org)

This museum tells the story of the historic Greenwood District and the 1921 Tulsa Race Massacre. Free admission is available to Oklahoma residents the second Friday of each month (March 13).

**The Library**  
[tulsalibrary.org](http://tulsalibrary.org)

Don't underestimate the fantastic Tulsa Library system. In addition to the huge selection of print, audio and electronic books, the library hosts a range of teen programming, including special events like movies, arts and crafts!

## ART FOR ALL

**Philbrook Museum**  
[philbrook.org](http://philbrook.org)

Located in an historic home near Woodward Park, Philbrook is a world-class art museum with 25 acres of gorgeous gardens. The museum offers discounted admission for youth ages 3-17, and entry is only \$5 after 5 p.m. every Friday. Check the calendar for special activities and don't miss the Andy Warhol exhibit. Special exhibitions are extra.

**Purple Glaze Studio**  
[purpleglazestudio.com](http://purpleglazestudio.com)

For a \$4 studio fee and the cost of the ceramic item of your choice (\$8 and up), create your own piece of art. Purple Glaze provides the supplies and glaze and fires your masterpiece once you complete it.

**WaterWorks Art Center**  
[waterworksartcenter.com](http://waterworksartcenter.com)

A community art studio for all ages, WaterWorks offers classes and workshops in ceramics, drawing, painting, glass fusing, jewelry, basket making, weaving and more.

**Tulsa Glassblowing School**  
[tulsaglassblowing.org](http://tulsaglassblowing.org)

If you're new to glassblowing and want to try your hand, Tulsa Glassblowing School hosts one-hour "Hot Glass" experiences. You can choose from a menu of items and one of the TGS instructors will walk you through how to make it (prices vary according to the item selected). TK

**Julie Wenger Watson** is a freelance writer who's worked in all aspects of music promotion. She's also Co-Director of "Live From Cain's," a public radio show pilot.







**Centennial Edition**

# Celebrate 100 Years of Route 66

Part car show.  
Part history museum.  
Part family festival.

**June 27 - 28, 2026**  
SageNet Center at Expo Square



©2026 AAA Club Alliance Inc. 26\_3123435 [Route66RoadFest.com](http://Route66RoadFest.com)




## Training tomorrow's leaders today!

- \_Nurturing, responsive teachers
- \_Academic curriculum: math, science, phonics, art, and Spanish
- \_Age-appropriate learning centers in each classroom



Call to enroll your child today!  
**918-258-0594**  
1025 W. Kenosha St., Broken Arrow, OK 74012 [RhemaChildCare.com](http://RhemaChildCare.com)

## PJ'S CORNER



# Tick-Borne Illnesses

---

**Q&A with**  
**Dr. Brandon Woods**  
PEDIATRIC CRITICAL CARE PHYSICIAN,  
SAINT FRANCIS CHILDREN'S HOSPITAL




---

**Are tick-borne illnesses becoming more common?**  
Yes. We have seen an increase in emergency room and urgent care visits, as well as a handful of kids being admitted to the hospital with tick-borne illnesses. This is primarily due to milder winters and rainier springs. Early summer, May through July, is when we see the most tick bites. The more exposure we have during that time, the more bites we get and the illnesses that can follow.

**What tick-borne illnesses do you commonly see in Oklahoma?**  
The most common ticks we see include the Lone Star tick, the American dog tick and the deer tick. Some of the illnesses we see from tick bites in Oklahoma include Rocky Mountain spotted fever, ehrlichiosis and anaplasmosis. Also Lyme disease and alpha-gal syndrome. We see tularemia, as well, but very rarely.

**What symptoms should parents watch for after a tick bite?**  
Symptoms can develop several days to several weeks after a tick bite. Children may develop fever, muscle aches, joint pain or general malaise. These symptoms are very nonspecific. Sometimes we do see a rash that can look like a bull's-eye or target, which often appears a week or more after exposure.

Knowing when a tick bite occurred is helpful. Parents can do the usual things they would do at home for fever or not feeling well, but should see their provider if symptoms such as rash, fever or malaise develop.

**Is it helpful to save the tick?**  
Yes. Either saving the tick or taking a photo can help us identify the type of tick. That helps us narrow down which illness we think may be going on and guides our testing.

**How are tick-borne illnesses treated?**  
Many tick-borne illnesses, such as Rocky Mountain spotted fever, ehrlichiosis and tularemia, are bacterial and require antibiotics. Lyme disease is treated differently, and Southern tick-associated rash illness can mimic Lyme disease but is usually milder.

Alpha-gal syndrome is an allergic reaction that can develop after a tick bite. Children may have difficulty eating red meat or mammalian meat and develop allergic-type reactions several hours after eating. This is treated like a food allergy and often involves help from an allergist. It can take months to years to resolve, but it is rare.

**What steps can families take to prevent tick bites?**  
Prevention is the best thing you can do. Wearing long sleeves and pants, tucking pants into socks, using tick spray or permethrin-treated clothing can help. After outdoor activities, remove clothes, put them in the dryer on high heat for 10 minutes, bathe and do thorough tick checks. Ticks staying attached for hours or days increases the risk of illness.

**What's the best way to remove a tick?**  
Use tweezers and pull straight up without twisting. Wash the area with soap and water, note the date and time of removal, and monitor for symptoms in the days or weeks that follow.

For the complete interview, visit [TulsaKids.com](http://TulsaKids.com)  
If you have questions for a Saint Francis Children's Physicians provider to answer, please email [editor@tulsakids.com](mailto:editor@tulsakids.com)



6161 South Yale Ave, Tulsa, OK | 918.502.6000  
[SAINTFRANCIS.COM/CHILDRENS](http://SAINTFRANCIS.COM/CHILDRENS)

# Redefining the “Working Mom”

Jenna Worthen, founder of Mom Who Works, on identity, guilt and building a life that fits your season.

By **Nancy A. Moore**



**T**his month, we caught up with Jenna Worthen, mom of three and the founder of Mom Who Works. She created this movement with one powerful mission: to redefine what it means to be a mom who works in a world full of working dads. Passionate about supporting women in every season of motherhood and career, Jenna empowers working moms through her podcast, online community and meaningful conversations that inspire confidence, connection and purpose.

**TK: What inspired you to start Mom Who Works? Was there a particular moment or experience that lit the spark?**

**Jenna:** In September of 2016, I was on a run, feeling hot, sweaty and overwhelmed with everything on my to-do list. I had an idea take root in my mind and in my heart. I was far from done with work but done being called a “working mom.”

The phrase “working mom” had always left me unsettled. So, on that run, a new phrase was born:

the mom who works. I wrestled with that idea for nearly two years, knowing it was something powerful and important, before I finally landed on starting an online community for women in 2018. From day one, I’ve had a fundamental, driving force: If this project can help just one woman realize her worth and find her best work, the entire project is worth it.

**TK: You talk a lot about redefining what it means to be a working mom. How do you hope to shift the narrative for moms everywhere?**

**Jenna:** First and foremost, there is no such thing as a “working dad.” There are dads who work, just like there are moms who work. It is not a qualifier put on dads. Four in 10 moms are the breadwinners of their families, so we have got to figure this out!

“Working mom” is a label so many of us wear as a badge of honor, but the ordering of the words is problematic. It implies the *work* comes before the *mom herself*. We

know moms—women—are more than just the work they do and the outputs they produce; she is full of hopes, dreams, needs and wants.

**TK: What do you think are some of the biggest misconceptions about moms who work — and how do you encourage women to let go of guilt or judgment?**

**Jenna:** I’m a millennial mom, and we are the first generation raising our kids with social media—and I’m not just talking about the social media impact on the kids, but the moms too. Now, we have a constant feed of what we *should* be doing and a steady stream of reminders of where we are falling short. Images of perfect kitchens and sensory bins and easy marriages and fulfilling careers with perfect amounts of flexibility and sky-high salaries—if we are not careful, we can allow carefully curated images to negatively impact our perfectly chaotic lives.

**TK: How do you personally navigate the tension between work, motherhood, and taking time for**

**yourself — and what advice do you give to other moms feeling pulled in a million directions?**

**Jenna:** A core tenet of the Mom Who Works community is you can have it all, but you must define *your all*. We hear the phrase “You can have it all!” but *my all* is different than *your all*, and *your all* is different than *my all*. Each season of motherhood has opportunities and challenges that require a reexamination of *your all* for that exact moment in time. Just like our kids go from newborns to toddlers to elementary and so on, so *my all* can shift to be realistic and achievable at each stage of our motherhood journey. I walk you through this process in my book titled *Mom Who Works*.

**TK: How do you hope your work influences your children and the way they see motherhood, work and purpose?**

**Jenna:** I have two sons and a daughter, and I intentionally bring my kids into my work as much as possible. I want to instill the



## YOU CAN FIND JENNA ONLINE:

**MomWhoWorks.com** | Instagram: **@momwhoworks**

You can listen to the full interview, including Jenna’s take on accountability and her daily non-negotiables that keep her grounded and inspired, on the Sharing Passion and Purpose Podcast.



Jenna Worthen and her husband, Trebor, with children June, Jake and Bobby.

values of hard work, ownership and generosity. I talk strategy with them—and I ask for their advice. You would be floored by their incredible insights and instincts at such a young age! If I have a hard day, I share what I can about it with them—and I ask for grace if I'm worn down or ill-tempered. I don't want work to just be something that means mom is away; I want them to understand mom loves her work and she's doing it for them and with them. We are all in this together, and I hope they see the power of this integration.

**TK: Why do you think community is so important for moms, and how does *Mom Who Works* help women feel seen and supported?**

**Jenna:** I've been really troubled by what I've been reading about the impact of isolation, particularly on women. We simply were not made to do this alone. Our community started with sharing stories of becoming, remaining and flourishing as moms who work. I cannot begin to tell you how many notes I got from moms

that essentially said "(huge sigh of relief) oh, me too. I thought I was the only one."

**TK: What's one thing you hope every mom reading this will take away from your message?**

**Jenna:** For the mom reading this, I want you to know this important thing: What's ordinary to you is extraordinary to others. What comes naturally to you is absolute magic for the rest of us. You are worthy of pursuing your dreams and schemes, you have the capacity to define and pursue *your all* and we are here to cheer you on every step of the way. **TK**

**Nancy A. Moore** is an adjunct professor at Tulsa Community College and has been a writer for TulsaKids for more than 20 years. Her podcast, *Sharing Passion and Purpose*, can be found on most podcasting platforms or on NancyMoore.co.

## NO PLACE LIKE THIS PLACE: SPRING BREAK AT THE YMCA



When school takes a break, families can count on School's Out Camp at the YMCA of Greater Tulsa for a safe, familiar and fun-filled environment.

Spring Break Camp gives kids the chance to stay active, make friends and explore new interests led by trained, caring staff. Each day is packed with outdoor games and exploration, sports and fitness, STEAM activities, arts and crafts, team building and more.

Swimming and water activities are available year-round at Daily, Owasso and Tandy, with seasonal opportunities at Herman & Kate Kaiser.

Learn more and register at [ymcatulsa.org/camps](https://ymcatulsa.org/camps).

If you're looking for great family activities, even outside of camp hours, the YMCA offers something for everyone. From the pool to the gymnasium to youth programs and Play & Learn, there's always a way for kids and families to stay active and connected.

### DID YOU KNOW?

Through the YMCA of Greater Tulsa's Membership For All program, no child is turned away from camp due to an inability to pay.

We believe every child has great potential and deserves the opportunity to discover who they are and what they can achieve. And we believe access matters.



### MARCH EVENTS:

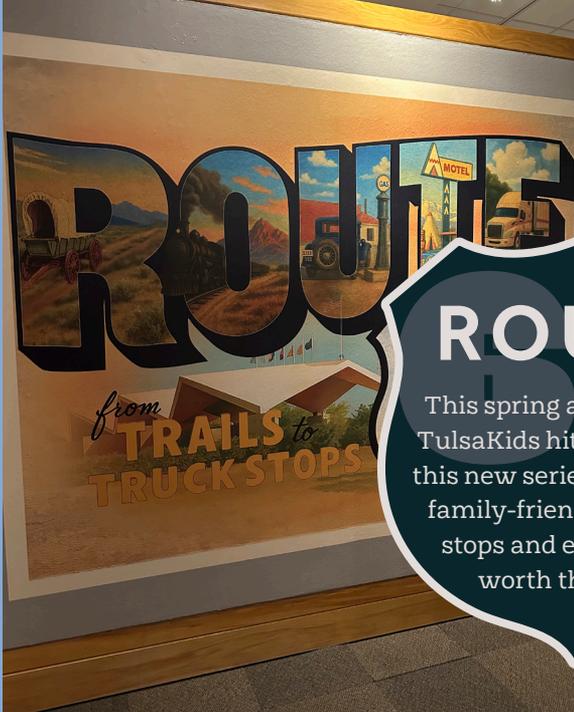
**March 20: Bring a Friend Friday (BFF Day!)**  
Try the Y free. \$0 Joining fee all day.

**March 16-20: Spring Break Camps**  
Join in the fun at our camps. Four locations. More info at [ymcatulsa.org/camps](https://ymcatulsa.org/camps).

**Begins March 17: Blood Pressure Self-Monitoring**  
Daily Family YMCA. More info at [ymcatulsa.org/communityhealth](https://ymcatulsa.org/communityhealth)

**Begins March 19: Diabetes Prevention Program**  
Daily Family YMCA. More info at [ymcatulsa.org/communityhealth](https://ymcatulsa.org/communityhealth)





## ROUTE

This spring and summer, TulsaKids hits the road. In this new series, we explore family-friendly Route 66 stops and experiences worth the drive.

## Get Your Kicks in OKC:

FAMILY FUN ALONG ROUTE 66

A family-friendly look at what's new at the National Cowboy & Western Heritage Museum for the Route 66 centennial

BY ERIN PAGE

**ROUTE 66** has long connected places, stories and generations across the country. In 2026, the iconic highway celebrates its 100th anniversary, giving families an especially timely reason to explore the history and culture shaped along the way.

That idea is at the heart of this series. As an Oklahoma City native and a mom of three kids spanning the tween and teen years, I've spent years dragging my family through museums, historic sites and roadside stops—often pausing to read every placard while my kids roll their eyes and ask how much longer. Over the years, I've learned which places actually hold their attention and spark conversation.

On Route 66 in Oklahoma City sits the National Cowboy & Western Heritage Museum, one of my family's favorite attractions. With two new exhibitions opened this year, *The Cowboy* offers fresh reasons to experience the story of the American West in a setting that is surprisingly kid-friendly.

### STEP INTO THE STORY:

## A 360° Cowboy Experience

Opened in January 2026, *The Cowboy: An Immersive Journey* transforms a traditional gallery into a fully projected, 360-degree experience. Sweeping landscapes, cinematic sound, original music and narration guide visitors through the evolution of the cowboy, from cattle drives and railroads to rodeos and the modern West. Created by Lighthouse Immersive, the team behind Immersive Van Gogh and Immersive Disney Animation, it's a first-of-its-kind installation for the museum.

Instead of walking past exhibits, the story literally unfolds around you, placing you in the middle of rumbling stampedes, thunderous rainstorms and everyday life on the trail. Even while seated, it feels like you're moving through the film. My family loved the sweeping vistas across Oklahoma, Montana, Wyoming and Arizona, and the chapter-style structure made the story easy for the kids to follow. As much as I love reading placards, my kids connected more with this cinematic approach.

Following the show, check out a digitized 19th-century cowboy journal, an exhibit tracing the evolution of saddles and the "I Am a Cowboy" AI photo booth for a fun family keepsake.

Plan to spend about 45 minutes. The experience is best for older elementary kids and up, especially those interested in history, film or animation. For us, it sparked great conversations about what life in the West was like and how we preserve those stories today.

### HIT THE ROAD:

## Route 66 Then and Now

Opened in February 2026, *Route 66: From Trails to Truck Stops* marks the highway's 100th anniversary by tracing how Indigenous trade routes, wagon trails, railroads and early roads evolved into the Mother Road. The exhibit also explores how Route 66 shaped tourism, pop culture and identity across Oklahoma and the West. It blends artifacts, photographs, maps and multimedia to connect past and present.

The experience adds context to the diners, neon signs and roadside stops kids will recognize from around the state, helping them see the bigger

story behind those landmarks and Oklahoma's central role in Route 66.

Younger kids will gravitate toward the bold visuals and interactive maps, while older kids can dig into the history, linking the Dust Bowl, migration and the rise of car culture.

This is one of those rare exhibits that engages a wide variety of ages. I love that it's both nostalgic and educational—and it definitely inspired family conversation about our next road trip.

## Plan your visit

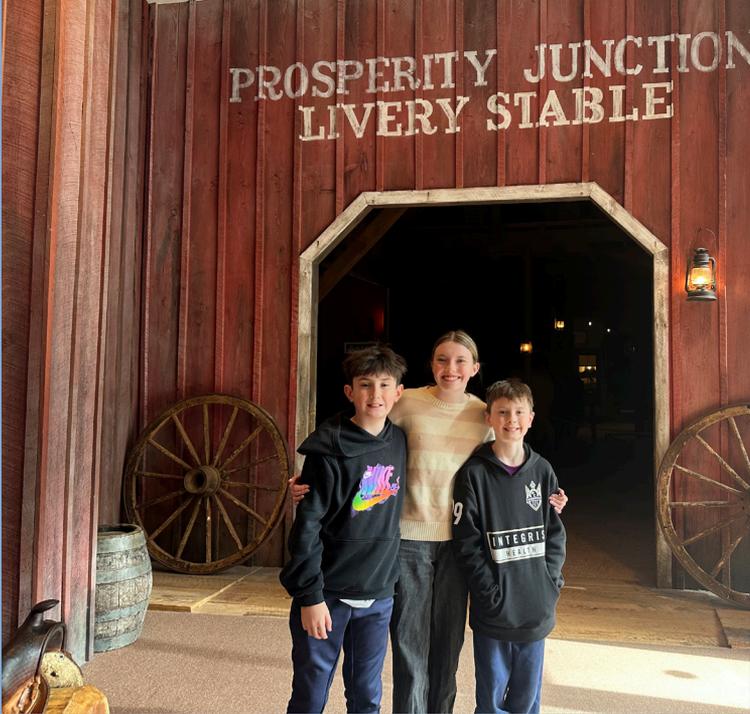
Plan to spend at least two to three hours total at *The Cowboy*, longer if you add the immersive experience and side galleries.

Don't skip our family-favorite gallery, **Prosperity Junction**. This walk-through cattle town recreates the early 1900s with storefronts, a one-room schoolhouse and a U.S. Marshal's office where kids can lock each other in a jail cell.

Outside, **Liichokoshkomo'** brings Native cultures to life with life-size Puebloan cliff dwellings, a Kiowa tipi and a prairie sod house. Hands-on stations like a trading post and covered wagon let kids try STEAM activities and imagine life on the trail. Both areas are especially great for younger visitors.

*The Cowboy: An Immersive Journey* runs through May 2026, then returns August through December. *Route 66: From Trails to Truck Stops* is open through May 4, 2026.

Museum admission is \$25 for adults and \$15 for kids ages 6 to 17. Immersive tickets are \$45 for adults and \$30 for kids and include general admission. The museum is open daily. Learn more at [nationalcowboymuseum.org](http://nationalcowboymuseum.org). TK



PROSPERITY JUNCTION  
LIVERY STABLE

Addie, Hutch and Weston head into Prosperity Junction, an early 1900s walk-through cattle town with storefronts, a one-room schoolhouse and U.S. Marshal's office to explore.

Middle, Addie gets an up close introduction to a feathered friend at the American Pigeon Museum, a wonderfully quirky stop where visitors can learn about and even pet fancy pigeons.

## Make It a Full Day

The Cowboy is located within OKC's Adventure District, making it easy to turn your museum visit into a full day of hands-on fun, quirky stops and a relaxed family meal, each just minutes away.

The **Oklahoma City Zoo** is consistently rated one of the best in the country. This spring adds even more wow factor with the opening of **Dinosaur Expedition**, featuring 60 life-size animatronic dinosaurs, dig pits and hands-on activities. Tickets are \$9 and up and also require the purchase of Zoo admission. [okczoo.org](http://okczoo.org)

Delightfully quirky and totally memorable, the **American Pigeon Museum** encapsulates the spirit of Route 66. See (and pet!) fancy pigeons while learning about the sport of pigeon racing and how homing pigeons carried messages during the World Wars. This free, interactive museum is open Fridays and Saturdays.

[theamericanpigeonmuseum.org](http://theamericanpigeonmuseum.org)

When everyone's hungry, **Carletti's** offers relaxed Italian comfort food in a beautifully restored historic space. Enjoy pasta and pizza with a kid-friendly vibe. Don't miss the dessert flight! [carlettis.com](http://carlettis.com)



### ROUTE 66 Fun Fact

The Cowboy sits directly on historic Route 66, a key reason Oklahoma City was selected as the home of the original Cowboy Hall of Fame in 1955.

Outdoor experience at Liichokoshkomo' at The Cowboy gives families the chance to discover traditional Native dwellings, including a Kiowa tipi, and try hands-on activities.

PHOTO PROVIDED BY THE COWBOY.



## MILLER SWIM SCHOOL

**Spring into Swim Safety: With the arrival of spring, how can we ensure our children stay safe around water, especially during outdoor activities?**

Welcome to March! As spring unfolds, it's crucial to prioritize water safety during outdoor adventures. Here are some tips:

- **Evaluate water features:** When engaging in spring activities near water, assess the safety of ponds, lakes or pools.
- **Gear up for safety:** Invest in proper swim gear, including life jackets, especially for open-water activities.
- **Supervise diligently:** Keep a watchful eye on children near water, even in familiar settings.
- **Educate about currents:** If visiting natural bodies of water, understand and educate kids about currents and potential hazards.

Remember, a little preparation goes a long way in ensuring a safe and enjoyable spring season!

6415 S. Mingo Rd., Tulsa  
525 W. 91st St. S., Jenks

918.254.1988  
MillerSwimSchool.com



## SIMON HARWOOD FRY & ELDER

**State law was recently changed to say parents should have 50/50 time with their kids. Is this always done?**

No. The 50/50 is more like an ideal they aim for, but real-life factors come into play. Things like school and work schedules, car and traffic issues as well as distance between the parents and other logistics.

Historical visitation patterns also matter and often have a lot of weight. Of course, if there are major concerns for safety, the courts always consider what is in a child's best interest.

Children's preference can always be a factor if they are old enough.

For a more detailed explanation of how this may affect you and your family, please seek a free consultation with a family law attorney.

1630 S. Main St., Tulsa, OK 74119  
918.585.1107  
SimonHarwoodLaw.com



## GRAND MENTAL HEALTH

**What are some signs my child may be struggling with addiction?**

Addiction in young people rarely looks the way parents expect it to. Instead of obvious signs, changes often show up quietly in behavior, mood or routines. You may notice sudden shifts in friendships, secrecy around phone use or a loss of interest in activities your child once enjoyed. Grades may slip, sleep patterns may change, and irritability or emotional numbness can replace a normally steady personality.

Physical clues can also appear, such as frequent headaches, stomach issues, unexplained fatigue or changes in appetite. Some parents sense something is off before they can name it—trust that instinct. While none of these signs alone confirm addiction, patterns over time deserve attention.

It's important to remember that substance use in youth often overlaps with stress, anxiety, depression or trauma. What looks like "acting out" may actually be a young person trying to cope. Avoid jumping to conclusions, but don't dismiss concerns either. Early conversations and professional guidance can prevent deeper harm.

If you're worried, youth-specific addiction recovery services can help assess what's really going on, providing clarity, treatment options and a path forward for your child and your family. Reaching out early can make all the difference.

844.458.2100  
24/7 Crisis Line: 800.722.3611

GrandMH.com



## DENTAL DEPOT

**When should a child first see a dentist, and why is that early visit so important?**

Children should see a dentist by their first birthday or within six months of their first tooth coming in. That early visit helps us make sure teeth are developing properly, spot early signs of decay, and guide parents on brushing, diet, and habits like thumb-sucking. Just as important, it helps children get comfortable in a dental setting early, before problems or fear develop.

Six Convenient Tulsa Metro Locations

DentalDepot.net

# HOW TO PICK A SUMMER CAMP YOUR CHILD WILL LOVE

A parent's guide to finding a summer camp that's a great fit for kids—and for parents.

BY LINDSAY MORRIS

**W**hen it comes to choosing the right summer camp for your kids, the options can feel endless — and overwhelming. Parents are often faced with big questions: How long should camp be? Should it focus on academics, enrichment or just fun? Is my child even ready for camp?

As families begin planning for summer 2026, Tulsa-area parents will find no shortage of choices, from classic overnight camps to a wide range of half-day and full-day programs. With so many options available, experts say the best decisions come down to three essential factors: age readiness, a child's interests and safety.

According to Shade Jalo, vice president of youth development at the YMCA of Greater Tulsa, parents

should start by looking beyond surface-level considerations.

"Outside of the obvious items like cost and location, parents should really look at what is being offered and what space their child will thrive in. For some, the geared specialty camps focusing on a specific skill or interest may be a great model. In those cases, a camp matching their interest would be a great way to go," Jalo said.



PHOTO COURTESY OF TAYLOR PUCKETT

## AGE MATTERS — BUT READINESS MATTERS MORE

While some camps accept children as young as 3, experts stress that chronological age alone should not determine readiness. Developmental factors such as attention span, emotional maturity, fine motor skills and the ability to follow instructions all influence how successful a child's camp experience will be.

"It's different for each child. On a more general scale, the most ideal time is once they've completed kindergarten," Jalo said.

Debbie Almohandis, director of summer programs at Holland Hall, agrees that age-appropriate placement is critical and must go beyond a birthdate.

"You want to make sure the camps are age-appropriate for that child," Almohandis said. Holland Hall offers camps for ages 3 through adults. For young children, parents should consider things like manual dexterity and a child's ability to follow instruction when deciding if they are ready for a camp, Almohandis said.

Parents should also consider the structure of the camp day. Younger children may benefit from shorter sessions, while older children often thrive in longer programs that allow for deeper engagement, friendships and independence-building experiences.

Household dynamics also play a role. Some families feel comfortable enrolling children in camp at a very young age, while others prefer to wait.

## LET KIDS' INTERESTS LEAD THE DECISION

Beyond age, experts emphasize the importance of choosing camps that align with a child's interests. While camp should encourage growth and exploration, completely unfamiliar environments can increase anxiety — especially for first-time campers.

"When thinking of things like specialty camps and skill-based camps, it's best to work with what the child already enjoys," Jalo said. "Especially when we consider that the camp experience could be itself something new for many children, having something that the child is interested in gives them an element of consistency, safety and fun."

Camps that reflect a child's existing interests also help build confidence and engagement. Children are more likely to participate fully when they feel capable and excited about the activities they're doing.

At the same time, camps still provide opportunities to try new things.

"Learning new things falls right in with helping to build a sense of achievement. Kids may experience archery for the first time, or a new sport, and they'll certainly make some new friends. Camp will have plenty of new to allow for development, so let your child's interests help play a role in which camp they take part of," Jalo said.

Experts recommend involving children directly in the selection process. Reading camp descriptions together and watching for excitement or hesitation can provide important insight.

"The parent should read the camp description out loud to the child, and if they have that sparkle in the eye, 'Yes, I want to do that camp!' You always want to hear why the child thinks that sounds like a good camp," Almohandis said.

Parents should also carefully review camp descriptions themselves to make sure they are comfortable with any special activities in the camp, such as field trips or working with tools.

Limiting choices can also help children feel more confident in their decision-making.

"If a child is indecisive, when you recommend 10 camps, it's overwhelming. If you're able to whittle it down to two or three that they had a positive reaction to, they will usually respond positively," Almohandis said.

Allowing children to have a voice in the process creates stronger buy-in and a better overall experience.

"It is so vitally important to allow children to have an opinion, and if they do that, you're going to have a much happier camper," Almohandis said.

No matter a child's age or interests, experts agree on one thing: safety should always come first.



PHOTO COURTESY OF CHRISTOPHER MCCONNELL



PHOTO COURTESY OF TAYLOR PUCKETT

TOP LEFT, THE TWO-STORY SLIDE IS A FAVORITE AT THE HERMAN AND KATE KAISER YMCA. | ABOVE, STUDENTS LEARN TO FISH AT HOLLAND HALL'S FISHING CAMP SESSION. | LEFT, WATER FUN IS ONE OF THE BEST PARTS OF THE DAY AT THE Y CAMPS.



## QUESTIONS TO ASK ABOUT CAMP SAFETY

Before enrolling your child in a summer camp, Shade Jalo with the YMCA of Greater Tulsa recommends asking these key safety questions:

- Do staff members have CPR training?
- What safety training do staff complete before camp begins?
- How does the organization approach child abuse prevention?
- What safeguards are in place to protect children in their care?



PHOTO COURTESY OF CHRISTOPHER MCCONNELL



PHOTO COURTESY OF TAYLOR PUCKETT

TOP LEFT, STUDENTS IN A HOLLAND HALL STEM CAMP MAKE "ELEPHANT TOOTH PASTE." | LEFT, SOCCER PLAYERS RETURN TO HOLLAND HALL'S POPULAR SKILLS CAMP. | ABOVE, FRIENDSHIPS ARE FORMED EACH YEAR AT YMCA CAMPS. | BELOW, A STUDENT PRACTICES HIS BALL SKILLS AT SOCCER CAMP.

## SAFETY SHOULD BE A TOP PRIORITY

While fun and enrichment matter, safety should be nonnegotiable when choosing a summer camp.

Staff training is one of the most important indicators of a camp's quality and preparedness.

"Staff training is a key factor," Jalo said.

Accreditation and licensing provide another layer of protection for families.

"Most licensing and accreditation organizations, such as the Department of Human Services or the American Camp Association, require a level of safety that is enforced by that licensure. If camps hold these, then they are more likely to be doing the work already to keep kids safe," Jalo said.

Screening processes are equally important to ensure children's safety.

"We want to make sure that the adults who are working with the children in the camp are allowed to be working with children," Jalo said.

He advised that parents ask what screening measures, such as background checks, a camp uses to ensure they have the right people.

## THE BOTTOM LINE

Choosing the right summer camp isn't about finding the most popular program or the trendiest option. It's about understanding your child — their maturity level, interests, personality and needs — and matching them with a camp environment where they can feel safe, confident and excited to participate.

By considering age readiness, honoring children's interests and prioritizing safety standards, parents can make thoughtful decisions that lead to meaningful summer experiences. The right camp doesn't just fill a schedule — it builds confidence, independence and memories that last long after summer ends. **TK**



**Lindsay Morris** is a native Tulsan, writer and founder of Tulsa Places, where she highlights local businesses and family fun. She works in healthcare marketing and communications.



# 8 Grandparenting Goals That Matter Most

From showing up to establishing traditions, one grandparent reflects on ways to build lasting connection.

By **Diane Morrow-Kondos**



When we think of goals, we normally think of things like weight loss, saving more money or maybe running a marathon. Relationship goals are less common, but equally, or maybe more, important. For many grandparents, the relationship with grandchildren is vitally important, making grandparenting goals essential.

Goals need to be action-oriented and have a timeline. Goals are most effective when they include specific steps and are measurable and achievable. Like any goal, grandparenting goals work best when they're specific. Vague intentions, like be more present or spend more time together, are easy to support in theory but hard to measure in real life. My grandparenting goal is to become a better grandparent, and that's a worthy one. These are my eight action-oriented steps with timelines, which will help me achieve my goal of being a better grandparent.

## 1 Get to know each grandchild better

Spending one-on-one time matters. Setting aside time each month with each grandchild creates space for real conversations beyond the usual, "How was school?" Questions that invite imagination and reflection—*What's the best part of your day?* or *What would your perfect day look like?*—help children feel seen. Besides asking these questions, I make eye contact with them as they answer, listen intently and respond. When spending time with my grandchildren, I limit my time on any devices, including my phone.

## 2 Stay fit to keep up with grandchildren

Working fitness in might be a stretch, but keeping up with active young kids is not always easy for grandparents. Whether that means swimming, walking, strength training or simply practicing getting up and down from the floor, fitness becomes less about appearance and more about availability.

## 3 Create a strong sense of family unity

A strong extended family gives children a sense of security and belonging. Regular family dinners bring adult children, spouses and grandchildren together, while respecting parents' rules helps reinforce boundaries.

## 4 Stay connected to their daily lives

Being present in children's everyday worlds deepens connection. Volunteering at school helps me get to know their teachers, classmates and routines. It helps me become familiar with their school and their daily surroundings. They're young enough to still love seeing me show up, and I'm aware that season won't last forever.

## 5 Be their cheerleader

Showing up matters. I will make it a point to attend their events and give them specific positive feedback and cheer them on in

every endeavor. I'll always greet them with enthusiasm, and my trademark greeting of "There they are, the best grandchildren in the world!" Words of love and encouragement will be spoken with wild abandon. Every child benefits from having at least one adult who believes they are extraordinary. Grandparents are uniquely positioned to fill that role of being their grandchildren's ultimate cheerleaders.

## 6 Create memories

Time together doesn't automatically become memory. Shared rituals like sleepovers, monthly outings, crafts or experiments help store up these special moments. I plan Saturday night sleepovers, monthly visits to our special restaurant and regular projects we can do together. Planning matters, but some of our best times happen when we slow down and let things unfold organically.

On one unseasonably warm evening, we sat by the pool,



“More than any single memory, what I want to give them is a lasting sense of being deeply loved—without condition or restraint.”

cuddled together, looking at the sky and talking quietly. I'll always remember that night, and I hope they will too. More than any single memory, what I want to give them is a lasting sense of being deeply loved—without conditions or restraint.

**7** Instill a love of reading

Reading together remains one of the simplest ways to connect. When they come to my house, reading is part of our time together. I keep age- and interest-appropriate books within easy reach and make regular trips to the library with them. Reading is not only a worthwhile hobby, but also the key to learning.

**8** Establish traditions

Traditions are powerful tools for creating a strong sense of family. From small things, such as weekly family dinners, to bigger things like celebrating half-birthdays together, these rituals help give us a sense of

family identity. One of my family's favorite birthday traditions is for everyone to take a turn and share what they love about the birthday person. Traditions serve to weave threads of connection.

Some goals, like losing weight, being more frugal or running a marathon, may never be realized, and I'm OK letting those go. Goals that strengthen my relationship with my grandchildren, however, are worth the time and energy. Family is a priority. Their impact is felt in small moments: a child running into open arms, an unprompted hug or simply knowing you are part of their safe space. **TK**

**Diane Morrow-Kondos** is an award-winning columnist for TulsaKids. She is a writer, a reader, a triathlete and a doting grandmother. You can read her blog, Grand Life, at tulsakids.com.

**NOMINATE US FOR FAMILY FAVORITES**

**Breathe**  
BIRTH AND WELLNESS

**Advertise in TulsaKids!**

**Contact us: hello@tulsakids.com**

# CAMP PHILBROOK

MAKE  
ART



GET  
OUTSIDE

**SUMMER CAMP.**  
**SMALL CLASSES.**  
**SUPER FUN.**

 **Philbrook**

Camp Philbrook offers unparalleled opportunities for children ages 5–14 to work with local artists and outdoor educators to make art and explore nature. Camps take full advantage of Philbrook’s beautiful gardens, extensive art collection, special exhibitions, and hands-on art studios. Camp Philbrook is dedicated to providing high quality, developmentally appropriate, safe, and FUN summer experiences.

*Member registration opens March 13.*  
*Public registration opens March 20.*  
*[Philbrook.org/camp](http://Philbrook.org/camp)*

# TulsaKids' 2026

# SUMMER CAMPS

# & ACTIVITIES

## GUIDE

Browse the Summer Camps + Activities Guide online at [TULSAKIDS.COM/GUIDES](https://TULSAKIDS.COM/GUIDES).

### ARTS@302 - SUMMER ARTS ADVENTURE

[arts302.com/camps](https://arts302.com/camps)

302 S. Main St., Broken Arrow  
918.936.2806

AGES: 6–12

TIMES: 9 a.m.–2 p.m.

Get CREATIVE this summer with Arts@302! Campers will dive into multiple hands-on art projects and group activities based on the fun theme of the week. Every day, kids will rotate through four different classes led by our teaching artists, exploring drawing, painting, clay sculpture and more. Along the way, they'll build skills, try new materials and learn to think like artists.

On the final day of each camp week, families are invited to a mini exhibit and reception showcasing the work campers have created. Learn more about specific camp week themes and pricing at [arts302.com/camps](https://arts302.com/camps).

#### 2026 Camp Themes:

- Pirates and Paintbrushes: June 8–12
- Time Traveler Studio: June 22–26
- Carnival of Color: July 6–10
- Great Galactic Games: The Musical: July 20–24
- GLOW! (again): Aug. 3–7

Arts@302 is Broken Arrow's premier destination for all things art! You can also check out our classes and workshops for all ages, family events and our large, professional artist gallery.

### CAMP COOKIE MAMA!

[cookiemama.com/general-7](https://cookiemama.com/general-7)

6545 E. 91st St., Tulsa  
918.560.6262  
[hello@cookiemama.com](mailto:hello@cookiemama.com)

AGES: 7+

DATES/TIMES: 10 sessions available; 9:30 a.m.–2 p.m., Tuesday–Friday

A sweet summer adventure for young bakers!

Looking for a fun and delicious way to keep your kids engaged this summer? Join us at Camp Cookie Mama — a hands-on baking camp where creativity and culinary skills rise together!

What's on the menu?

Learn the art of making cookie dough along with rolling, cutting and decorating cookies — plus create a delicious cookie cake!

Knead, stretch and bake your very own pizza dough — then top it off with your favorite fixings.

Discover the art of homemade bread — from mixing to shaping, and finally tasting the warm, golden results.

Learn essential kitchen safety skills and master the step-by-step process of following a recipe. And more... exciting surprises for budding bakers.

### UNIVERSITY SCHOOL AT THE UNIVERSITY OF TULSA - SUMMER EXPLORERS CAMP

[uschool.utulsa.edu](https://uschool.utulsa.edu)

326 S. College Ave., Tulsa  
918.631.5060

[uschool@utulsa.edu](mailto:uschool@utulsa.edu)

Contact: Dr. Gabriel Fuchs, University School Director

AGES: 4 years–8th grade

DATES/TIMES: June 1–5; June 8–12; June 15–19; June 22–26; July 6–10; July 13–17; 9 a.m.–3 p.m., with before-care and after-care available

Summer Explorers Camp invites students 4 years old through 8th grade to enjoy six weeks of discovery, creativity and hands-on learning experiences packed with FUN! Each age group follows unique weekly themes designed to match developmental interests and inspire curiosity. Through collaborative projects, outdoor activities and engaging challenges, campers explore new ideas, build confidence and form lasting friendships.

Families may enroll for a single week or join us for the full camp experience, with sessions running June 1–July 17. Located on The University of Tulsa campus and led by experienced University School faculty, Summer Explorers Camp blends academic enrichment with classic summer fun — keeping kids learning, laughing and growing all summer long.



**ENROLL NOW**

Join us as we explore multicultural myths and legends through these weekly themes:

- Native American Folklore
- Unicorns and Dragons
- Superheroes
- Pirates and mermaids
- Myth Busters
- ... and more!

**Celebree School of Tulsa**  
918-935-0109 | [celebree.com/tulsa-ok/summer-camps](http://celebree.com/tulsa-ok/summer-camps)



**METRO CHRISTIAN ACADEMY**  
**CAMP PATRIOT**  
2026

CELEBRATING 10 YEARS OF SUMMER ADVENTURES!

“MY FAVORITE WAS CODING CAMP AND COOKING CAMP!”  
LUCAS H. - 2ND GRADE

**UNDER THE BIG TOP**  
THE GREATEST CAMP IN TULSA!  
JUNE 1 - JULY 31

[WWW.CAMPPATRIOTTULSA.COM](http://WWW.CAMPPATRIOTTULSA.COM)  
6363 S. TRENTON AVE. | TULSA, OK | [WWW.METROCA.COM](http://WWW.METROCA.COM)

## CAMP PATRIOT

[camppatriottulsa.com](http://camppatriottulsa.com)

6363 S. Trenton Ave., Tulsa  
918.745.9868 x154  
[camppatriot@metroca.com](mailto:camppatriot@metroca.com)  
Contact: Anna Swann

**AGES:** Pre-K through 12th grade

**DATES/TIMES:** June 1–July 31, one-week sessions; morning, afternoon or full-day available

### Welcome to Metro Christian Academy's Camp Patriot...Where Summer Is Meant For Adventure!

Metro Christian is excited to offer our summer programming for the tenth consecutive year. With more than 40 camp options to choose from, Camp Patriot has something for everyone! One-week camp sessions begin June 1 and continue through July 31.

Campers may enroll in half-day sessions (morning sessions run from 8:30–11:30 a.m., and afternoon sessions from 12:30–3:30 p.m.) or select two half-day sessions to create a full day of programming. Before Care is available starting at 7:30 a.m., and After Care lasts until 5 p.m.

Camp Patriot is open to all children in the area! Many sessions are new, while others are back by popular demand. With our unique theme-based camps, Camp Patriot has something for students in pre-K through 12th grade. Campers will enjoy a relaxed, supportive, healthy Christian environment promoting creativity, learning and personal growth.

You can see a complete list of camp options beginning Friday, March 27, at [camppatriottulsa.com](http://camppatriottulsa.com). Registration opens Monday, March 30, at noon.

## CAMP PHILBROOK

[philbrook.org/camp](http://philbrook.org/camp)

2727 S. Rockford Rd., Tulsa, OK 74114  
918.749.7941  
[JFisher@philbrook.org](mailto:JFisher@philbrook.org)  
Contact: Jenny Fisher

**AGES:** 5–14

Registration information: Member tickets available March 13, 2026; Public tickets available March 20

Camp Philbrook offers unparalleled opportunities for children ages 5–14 to work with local artists and outdoor educators to make art and explore nature.

## CELEBREE SCHOOL OF TULSA

[bit.ly/4q9A7gd](http://bit.ly/4q9A7gd)

5980 S. Yale Ave., Tulsa  
918.880.5178  
[alltulsa@celebreeschool.com](mailto:alltulsa@celebreeschool.com)

**AGES:** Infants through age 11

# ACTIVITIES GUIDE

We're thrilled to announce the theme for our 2026 summer camp: Myths and Legends! This summer, children will step into a world where stories come alive, imaginations soar and every week unlocks a new chapter of adventure. Across 10 unforgettable weeks, campers will journey through legendary landscapes—exploring tales of heroes, creatures, magic and the mysteries that have captured human curiosity for centuries. Each day invites children to learn through hands-on activities, themed lessons, creative exploration and exciting field trips inspired by myths and legends from around the world.

From decoding folktales to creating magical potions, discovering mythical creatures and testing real-world science against age-old legends, our Myths & Legends summer program is designed to spark wonder, ignite creativity and inspire young storytellers, thinkers and adventurers.

Families are able to sign for a minimum of one week up to a max of the entire summer camp.

Celebree School of Tulsa is a year-round high-quality childcare that serves families with children from the ages of infants up through age eleven.

## DISCOVERY LAB

[discoverylab.org/camps](http://discoverylab.org/camps)

3123 Riverside Dr., Tulsa

918.295.8144

[pbender@discoverylab.org](mailto:pbender@discoverylab.org)

Contact: Patrick Bender

**AGES:** Entering kindergarten through 6th grade

**DATES:** June-August

When school's out, Discovery Lab is in!

This summer, give your child a place to explore, experiment, build, create and make new friends. Discovery Lab Summer Camps are packed with hands-on STEM adventures designed to spark curiosity and build confidence. From chemistry and coding to engineering, art and robotics, campers dive into big ideas inside our state-of-the-art museum on Riverside Drive. Our educators lead engaging, small-group experiences where kids imagine, design, test and discover — all while having an unforgettable summer.

### 2026 Camp Themes

- Kinder: Bug Buddies • Once Upon a STEAM • Dino Days Farm Friend-zy • Mini Movers
- 1st/2nd: Do Re Me and You • Chocolatiers and Engineers Discovery Crossing • I Choose You • Bite Sized Science
- 3rd/4th: STEAM on Stage • Gardenology • Bytes and Bots MineCrafting
- 3rd–5th: Build It
- 5th/6th: BioMed Bootcamp • Museum Makers • Science of Art

Full-day camps available (half-day for Kinder), with before- and after-care options. Lunch is included for full-day campers, and every child receives a Discovery Lab camp T-shirt.



**Arts@302**

**WHERE EVERY KID IS AN ARTIST**

**Creative Classes and Camps for Kids**

Arts302.com | 918.936.2806  
302 S Main Street, Broken Arrow, OK

## Discover the Difference

### Riding Lessons

Showing **Now Enrolling Summer Camps**  
**Parties**

Hunters • Jumpers • Equitation

*River Run Farm*

[www.riverrunfarmok.com](http://www.riverrunfarmok.com)

9300 S. 51st West Ave.

**918-855-5032**



 Follow us on Facebook

*A sweet summer adventure for young bakers!*

JOIN US AT  
CAMP COOKIE  
MAMA!

A HANDS ON  
BAKING CAMP  
WHERE  
CREATIVITY AND  
CULINARY SKILLS  
COME TOGETHER.



LEARN THE ART  
OF MAKING  
COOKIE DOUGH  
ALONG WITH  
ROLLING, CUTTING, AND  
DECORATING COOKIES,  
PLUS CREATING A  
COOKIE CAKE.  
-PIZZA DOUGH  
-HOMEMADE BREAD  
AND MORE...

6545 E 91ST STREET

918-560-6262

[WWW.COOKIEMAMA.COM](http://WWW.COOKIEMAMA.COM)



## SUMMER BREAK CAMPS

June through August



**Explore.**  
**Create.**  
**Play.**



### REGISTRATION

ENTERING  
KINDERGARTEN  
THROUGH 6TH GRADE

### JOIN THE FUN

CAMPERS WILL EXPLORE STEAM  
CONCEPTS THROUGH  
HANDS-ON EXPERIENCES

### WHAT'S INCLUDED:

Themes featuring chemistry, coding, engineering, robotics, art, and more!

Full-day camps (half-day options for Kindergarten)

Before- and after-care available

Lunch included for full-day campers

Discovery Lab camp T-shirt included



Member Registration  
Opens March 16!  
Members receive 10% off.



discoverylab.org/camps



918-295-8144

3123 RIVERSIDE DRIVE, TULSA, OK 74105

## HOLLAND HALL

[gotohh.org/summerprograms](http://gotohh.org/summerprograms)

5666 East 81st St., Tulsa  
918.879.4716

AGES: 3+

DATES: May 26–July 24

With nine one-week sessions and more than 200 camps and classes designed for both fun and education, Holland Hall has options for everyone! Sign up for a one-week session dedicated to athletics, the arts, academics or “just for fun” activities. Choose between morning and afternoon sessions, or sign up for both and stay all day.

Participants in Holland Hall Summer Programs experience educational and enrichment opportunities in an atmosphere dedicated to fostering mental, physical and creative growth. Classes are available for 3-year-olds to 12th grade and are open to Tulsa and the surrounding communities.

Online registration is set to launch April 1, at [gotohh.org/summerprograms](http://gotohh.org/summerprograms). We look forward to you sharing your summer with us!

## PRIMROSE SCHOOL OF BROKEN ARROW

[primroseba.com](http://primroseba.com)

1701 W. Albany St., Broken Arrow  
918.355.6827

[CBlaylock@PrimroseBA.com](mailto:CBlaylock@PrimroseBA.com)

Contact: Cayse Blaylock

AGES: K–5th Grade

DATES: May 26–Aug. 13

TIMES/COST:

- Pre-K: 8 a.m.–3 p.m., \$291/week; Extended day (any hours 6:30 a.m.–6 p.m.), \$342/week
- K–5th Grade: 6:30 a.m.–6 p.m. \$338/week

At Primrose Schools Summer Adventure Club, there's much to explore, discover and learn. Each week, children explore new themes while trying various hands-on activities like sports, arts, robotics, coding and culinary arts that help build skills around literacy, creative problem solving, STEAM and more. We offer fun activities throughout the time, such as weekly field trips, water activities and more.

Children become engineers, athletes, artists and more as they discover the joys of design thinking, a fun and innovative way to learn. Engineering design challenges, experiments and themed activities await as children unlock new ways of thinking—all while having a blast!

Ready for the best summer? Join us; together, we'll create active minds, healthy bodies and happy hearts.

## RIVER RUN FARM

[riverrunfarmok.com](http://riverrunfarmok.com)

9300 S. 51st W. Ave., Tulsa  
918.855.5032

Chaps & Britches Camp and Horsin' Around Camp

# ACTIVITIES GUIDE

**AGES:** 5–7 and 8–12

**TIME:** 9 a.m.–3 p.m.

**DATES:** May 25–29; June 1–5; June 8–12; June 15–19; June 22–26; June 29–July 3; July 6–10; July 13–17; July 20–24; July 27–31; August 3–7

## Little Boots Pony Camp

**AGES:** 2–4

**TIME:** 10 a.m.–12 p.m.

**DATES:** May 18, May 19, May 20, May 21, Sept. 17, Sept. 18 (single-day camps)

IT'S THE YEAR OF THE HORSE!  
COME HAVE SOME SUMMER FUN WITH THE HORSES!!!

Located in a magical setting of 40 acres of wooded and tame pasture land with three ponds, River Run Farm is an escape to a Virginia-style farm with a variety of summer camps for all ages. Little Boots Pony Camp, ages 2–4, is an age-appropriate introduction to size-appropriate miniature horses. Chaps & Britches Camp, ages 5–7, provides a unique learning environment for young equestrians. Horsin' Around Camp gives horse lovers ages 8 and up a chance to learn all aspects of horse ownership.

The weeklong camp includes daily riding and fun activities, covering all aspects of our equine friends with an emphasis on safety and fun with the horses. Each camp includes new, fun activities. Camps are held in our large, well-ventilated barn and indoor riding arena, so kids are not out in the sun. Visit the website for more details.

Also check out our popular Pony Parties – a memorable way to celebrate birthdays, end of school, team parties or family reunions, as well as our year-round riding lessons.

## SOCCERCITY TULSA

[soccercitytulsa.com](http://soccercitytulsa.com)

5817 S. 118th E. Ave., Tulsa

918.249.0044

[dustin@soccercitytulsa.com](mailto:dustin@soccercitytulsa.com)

Contact: Dustin Knight

Want your kids to have some fun and stay active this summer? We have your solution...

Bring your kids to one of SoccerCity's 2026 Summer Camps!!

Comfy clothes and tennis shoes are all that are required.

**AGES:** 5–15

**SPRING BREAK CAMP DATES:** March 16–20

**SUMMER CAMP DATES:** May 26–29, June 8–12, June 22–26, July 16–10, July 20–24, and a sixth camp date TBD

**HALF-DAY OPTIONS:** 9 a.m.–12 p.m. or 1–4 p.m.

**FULL DAY:** 9 a.m.–4 p.m.

Summer camp registration opens by April 1. To register, please visit [soccercitytulsa.com](http://soccercitytulsa.com) and click on the camps tab.

## Spring Lil' Kickers – March 21–May 22

For more information, please contact [dustin@soccercitytulsa.com](mailto:dustin@soccercitytulsa.com)





**SPRING BREAK CAMP**  
MARCH 16-20  
HALF OR FULL DAY  
OPTIONS AVAILABLE  
AGES 5-15

**SPRING LIL KICKERS**  
MARCH 21 – MAY 22

**SUMMER CAMPS**  
MAY 26-29  
JUNE 8-12 & JUNE 22-26  
JULY 6-10 & JULY 20-24  
DATES TBD  
HALF OR FULL DAY  
OPTIONS AVAILABLE  
AGES 5-15



**REGISTRATION  
OPEN BY APRIL 1.**



THANK YOU, READERS, FOR VOTING US  
THE BEST SOCCER PROGRAM/ATHLETIC  
LEAGUE IN GREATER TULSA SINCE 2013!



Northeastern Oklahoma's Only State-of-the-Art  
Summer Camps | Indoor Soccer Facility  
Birthday Parties | Lock-ins | Adult & Youth Leagues

5817 S. 118th East Ave. | 918.249.0044  
[www.soccercitytulsa.com](http://www.soccercitytulsa.com)





**B-Sew Inn**  
B-Inspired. B-Creative. B-Sewing.

JUNE 15-19 | JUNE 22-26 | JULY 13-17

SESSION ONE 9AM-12PM | SESSION TWO 2PM-5PM

**CAMP INCLUDES**  
Starter Sewing Kit  
Printed Instructions  
Fabric Kits & Supplies

SIGN UP TODAY AT STORES  
OR AT [BSEWINN.COM](http://BSEWINN.COM)

5150 S SHERIDAN RD  
TULSA, OK 74145  
918.664.4480

PLUS EACH PARTICIPANT WILL RECEIVE A SEWING MACHINE VALUED AT \$199



**THE**  
Try Something New  
**PLACE**

**YMCA CAMP CLASSEN**

Overnight camp for kids 7-16

YMCA members enjoy exclusive discount pricing

[campclassen.org](http://campclassen.org)




LAFORTUNE PARK  
**Tennis Camps**  
TULSA  
AGES 4-15

**CASE TENNIS CENTER**  
AT LAFORTUNE PARK

WEEKLY SESSIONS • MAY THROUGH JULY  
918-496-6230 • [LAFORTUNETENNIS.COM/CAMPS](http://LAFORTUNETENNIS.COM/CAMPS)



**CLARK YOUTH THEATRE**

**SUMMER CAMP 2026 - ENROLL TODAY!**

[www.clarkyouththeatre.com/education/](http://www.clarkyouththeatre.com/education/)  
Now in our 48<sup>th</sup> year of summer camp!



## TULSA ZOO

[tulsazoo.org/camps](http://tulsazoo.org/camps)

6421 E. 36th Street N., Tulsa  
918.669.6204  
[education@tulsazoo.org](mailto:education@tulsazoo.org)

**AGES:** Pre-K through high school

A wild adventure awaits at Tulsa Zoo Camp!

Tulsa Zoo Camps inspire youth to build a connection with nature, learn about animals from around the world, and become good stewards of our planet. Camps feature age-appropriate programming and include opportunities to interact with zoo staff and Education Department ambassador animals. Experiences include zoo exploration, engaging games and activities relevant to the camp's theme, STEM and STEAM-based activities, and of course making friends and lasting memories in a safe, fun and supportive environment.

Camps are offered for grades pre-K through high school. All registrations include a camp T-shirt. Aftercare is available. Spots fill fast — reserve your child's adventure today!

## ASCENSION ST. JOHN SPORTSPLEX

[stjohnsportsplex.com/summer-camps](http://stjohnsportsplex.com/summer-camps)

101 E. 81st St. S., Tulsa  
918.895.8000  
[youth@stjohnsportsplex.com](mailto:youth@stjohnsportsplex.com)  
Contact: Jessica Davis

**AGES:** 5-12

Get ready for an unforgettable summer at Ascension St. John Sportsplex! Our action-packed summer camps are designed for boys and girls ages 5-12, offering the perfect mix of skill development, teamwork and nonstop fun. We have three different summer camp options!

For campers who love variety, our All Sport Camp delivers something new every day! Kids will enjoy rotating through all sports including kick-ball and dodgeball as well as a daily huddle in our game room with board games, ping pong, arts and crafts, and more. It's the perfect combination of active play and creative fun that keeps everyone engaged.

Young athletes can sharpen their abilities in our Sport-Specific Training Camps for flag football, basketball, soccer and volleyball. Each camp focuses on fundamentals, skill progression, drills and game play in a positive and encouraging environment. Whether your child is learning the basics or looking to elevate their game, our experienced coaches help build confidence and athletic ability.

And finally, Our HOTTEST camp of the summer is our Drenched War(z) Camp. Three days of water play on the outdoor turf, with a GRAND FINALE of a full day of inflatable water slides!

Lunch is included with registration.

REGISTER FOR SUMMER CAMP TODAY!

# ACTIVITIES GUIDE

## B-SEW INN – PROJECT SEW

[bsewinn.com](http://bsewinn.com)

5150 S. Sheridan Rd., Tulsa  
918.664.4480

**AGES:** 9–16. Sewing lessons for boys and girls.

**DATES/TIMES:** June 15–19, June 22–26, July 13–17;  
9 a.m.–12 p.m. or 2–5 p.m.

B-Sew Inn's Project Sew Summer Camp is one week and has two sessions each day. Session 1 is 9 a.m.–noon, and Session 2 is 2–5 p.m. With the camp fee of \$299, attendees will get a Starter Sewing Kit, printed instructions, fabric kits and supplies. Plus, upon completion of camp, each participant will receive a sewing machine, valued at \$199.

Learn a life skill today. B-Sew Inn is the world's largest Baby Lock dealer. B-Sew Inn has been in business for 40 years. Space is limited, so sign up today.

## CAMP ARCHITECTURE AT TULSA FOUNDATION FOR ARCHITECTURE

[tulsaarchitecture.org/programs](http://tulsaarchitecture.org/programs)

633 S. Boston Ave., Tulsa  
918.583.5550  
[director@tulsaarchitecture.com](mailto:director@tulsaarchitecture.com)  
**Contact: Malinda Blank**

**AGES:** For students entering grades 3–6 (ages 8–11)

**TIMES:** Monday–Friday, 9 a.m.–4 p.m.

TFA CAMP ARCHITECTURE gives curious kids an opportunity to dive into an architectural topic of interest and test out their own creative design ideas. Each week explores a different theme through hands-on creativity, guided investigations of architectural examples, and interactive presentations and discussions led by our highly qualified Educators and special guests (architects, engineers and interior designers).

### Week 1, June 1–5: SPACES OF WONDER: Interior Design for Fictional Worlds

Unleash your creativity by designing imaginative spaces for your favorite fictional characters! Whether it's a cozy hobbit hole, a futuristic spaceship or a superhero lair, explore the art of interior design while learning about color, layout and storytelling through space.

### Week 2, June 8–12, and Week 3, June 15–19: DREAM HOUSE DESIGN

Imagine and design your own personal dream house using a variety of materials. While the curriculum for both weeks of Dream House Design is the same, it is possible for a student to attend both weeks and create something entirely new!

### Week 4, June 22–26: CITY OF THE FUTURE

Experience historic Tulsa buildings to see how people lived in the past, explore advancements in architecture today, and create your own designs using a variety of materials to construct a city of the future.

girl scouts of eastern oklahoma

## CAMP TALL CHIEF

Not a Girl Scout? Not a Problem!

Overnight Camp Open To All Girls Ages 6-17

Just 30 min. from Downtown Tulsa

Register Today @ [gseok.org/camptallchief](http://gseok.org/camptallchief)

Discounted Pricing Until 3/23!

## SUMMER STARTS HERE.

Crosstown Summer Camp offers:

- Early literacy activities
- Outdoor fun and water play days
- Creative and sensory play
- Safe, nurturing classes
- Balanced meals + snacks

**Ages 3-5**  
**June 1 - August 18**  
Limited Spots Available

**Enroll Today!**

**Crosstown Learning Center**  
Tulsa, OK (918) 582-1416  
[crosstowntulsa.org](http://crosstowntulsa.org)

**Crosstown LEARNING CENTER**  
Where creative learning matters.

## SIGN UP TODAY

ALL SUMMER FOR ALL AGES!

- Zoey Hughes with "Introduction to Performance and Installation Art," June 9–12
- Cora Hasegawa with "Young Filmmakers: Exploring Stop Motion Animation," June 9–12, and "Introduction to Yarn Work and Yard Bombing," June 23–26
- Katrinka Booth with "Storytelling with textile: Beginner Fabric Collage," June 16–19
- Katy Bruce with "Be You, Let's See You" Littles Camp, July 7–10
- Miss Amber Marie Deen with a Little's Camp, July 14–17

2026 NEW ARTS SUMMER CAMP

SCAN HERE TO ENROLL!  
YOU CAN ALSO GO THROUGH THE LINK TO OUR WEBSITE

MORE INFORMATION AVAILABLE ON OUR WEBSITE!

Sign up on our website: [livingarts.org/programming](http://livingarts.org/programming)

**UNDER THE BIG TOP**  
★ ★ ★ ★ ★  
THE GREATEST CAMP IN TULSA!  
JUNE 1 - JULY 31

**SUMMER 2026**

CELEBRATING 10 YEARS OF SUMMER ADVENTURES!

METRO CHRISTIAN ACADEMY  
**CAMP PATRIOT**  
2026

★ REGISTRATION OPENS END OF MARCH ★  
CONTACT: ANNA SWANN | CAMPPATRIOT@METROCA.COM | 918.745.9868 EXT. 154

STUDENTS ENTERING  
**PRE-K thru HIGH SCHOOL**  
HALF DAY • FULL DAY OPTIONS

WWW.CAMPPATRIOTTULSA.COM  
6363 S. TRENTON AVE. | TULSA, OK | WWW.METROCA.COM

**JOIN OUR TEAM**

Hiring  
Year-Round  
Swim  
Instructors

MillerSwimSchool.com  
918-254-1988

JENKS • TULSA • OWASSO • TULSA SOUTH

## CAMP CLASSEN

[campclassen.org](http://campclassen.org)

10840 Main Camp Rd., Davis  
580.369.2272  
ccinfo@ymcaokc.org

NEW FOR SUMMER 2026: High ropes and low ropes courses, on-site health center, jet skis, banana boat rides, a brand-new water slide, a zip line, atlatl throwing and more!

YMCA Camp Classen is a traditional overnight summer camp nestled on 2,200 acres in the Arbuckle Mountains of southern Oklahoma. Home to campers ages 7–16, Camp Classen provides the perfect setting for adventure, learning, growth and fun! With a wide variety of activities from archery and horseback riding to hiking and canoeing, campers gain skills and confidence to propel them forward in life.

## CAMP GET CENTERED

[tulsacenter.org/camp-get-centered](http://tulsacenter.org/camp-get-centered)

The Center for Individuals with Physical Challenges  
815 S. Utica Ave., Tulsa  
918.794.4526  
kevans@tulsacenter.org  
Contact: Kelly Evans

AGES: 6–17

DATES: June 1–July 31

Join Camp Get Centered for weekly summer sessions filled with adaptive sports and recreation, art, special guests, mindfulness, group games, outings, friends and fun! Campers must have a primary diagnosis of a physical disability and be independent in skills of daily living including toileting, feeding and managing behavior safely. Campers receive a T-shirt, a personalized character award and lifelong memories!

## CAMP LOUGHRIDGE

[camloughridge.org](http://camloughridge.org)

4900 W. 71st St., Tulsa  
918.446.4194  
registrar@camloughridge.org

AGES: 6–16

DATES/TIMES: June 8–July 31, 8:40 a.m.–4:40 p.m., Monday–Friday

Classic camp activities with Christian programming and a proven safety track record where we exceed the American Camp Association staff-to-camper ratios. This 180-acre property with four miles of hiking trails and three recreational lakes is located less than 10 minutes from downtown Tulsa and just a couple miles west of Tulsa Hills shopping center.

Our camp facilities include an Olympic-size swimming pool with high dive, slide and climbing wall; low and high ropes challenge course including a zipline tower; two archery ranges; a BMX biking trail; two outdoor, covered basketball courts; and many field and water sport activities (like canoeing and kickball). We get consistent feedback from our camper and parent surveys that we have the best camp food around...our campers are served a locally catered hot lunch each day.

This summer, your kids will have so much fun and experience spiritual growth in a rustic, natural environment at one of the most historic camps in Oklahoma!

# ACTIVITIES GUIDE

## CAMP LUTHERHOMA

[lutherhoma.com/summer-camp](http://lutherhoma.com/summer-camp)

23197 E. 742 Rd., Tahlequah  
918.822.7405

**AGES:** 7–18, and Family Programs

**DATES:** June 7–July 31, week-long programs

Camp Lutherhoma is a Christ-centered camp with the mission to nurture discipleship in Jesus Christ in outdoor settings. Campers stay in air-conditioned bunk cabins with a counselor and fellow campers, at a ratio of one counselor for every eight campers. Each cabin group stays together throughout the day while enjoying fun activities, including swimming, hiking, crafts, archery, tomahawks, sports, games and much more.

Nine- to eighteen-year-old campers select two full-day Adventure Options on Wednesday and Thursday. These activity options include: mountain biking, rafting, kayaking, fishing, sports, rock climbing, challenge course or wilderness. All activities are led by trained summer counselors. The daily schedule also includes singing, skits, Bible study, devotions and night campfire.

Summer Family Camp, June 28–July 2 or July 19–23, is a fun way for families to experience camp together and enjoy all the camp activities! Each family is assisted by a host counselor who helps plan their days. Make new family memories!

Camp Lutherhoma is located near Tahlequah, OK on the East side of the Illinois River, with 120 acres of forest, hills and river views. Counselors and staff have First Aid and CPR certification, background checks and reference checks. All buildings are climate controlled.

## CAMP TALL CHIEF

[gseok.org/campallchief](http://gseok.org/campallchief)

Skiatook, OK  
918.749.2551  
[customercare@gseok.org](mailto:customercare@gseok.org)

**AGES:** 6–17

**DATES:** June 7–July 24

Camp Tall Chief is a place where girls grow braver, stronger and more confident with every new adventure. We offer flexible summer options, including a 2-night Mini Camp (perfect for younger or first-time campers!) and our traditional 5-night camp experience for girls ready to dive deeper into the magic of camp life. Families can choose specialized sessions based on their camper's interests, from water sports, art and STEM to outdoor adventure, horses, sports, entrepreneurship and target sports.

At Camp Tall Chief, girls unplug from screens and connect with nature, friends and themselves. Whether they're cooling off at the pool or lake, trying archery for the first time, exploring hands-on science, creating in the art studio or singing around the campfire, campers build independence, resilience and lifelong friendships. Our supportive staff create a safe environment where girls are encouraged to take healthy risks, develop leadership skills and discover what they're capable of.

Camp isn't just a week away—it's an experience that fosters confidence, teamwork, problem-solving and a deep sense of belonging that lasts long after summer ends.

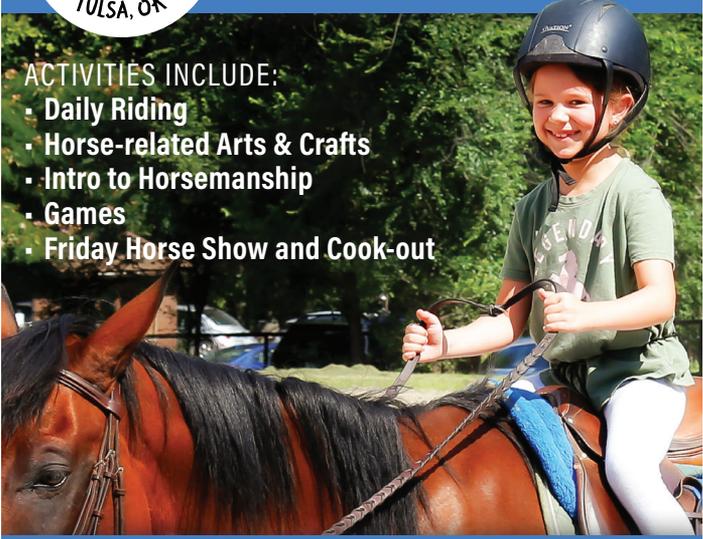


### KJM Equestrian Summer Camp

8, one-week camp sessions, May 26–July 24  
Monday–Friday, 9:00 am–4:00 pm

**ACTIVITIES INCLUDE:**

- Daily Riding
- Horse-related Arts & Crafts
- Intro to Horsemanship
- Games
- Friday Horse Show and Cook-out



**ENROLL NOW AT:** [kjmequestrian.com/summer-camps](http://kjmequestrian.com/summer-camps)  
**CALL:** 918-299-9283 • **TEXT:** 918-863-9556  
**EMAIL:** [office@kjmequestrian.com](mailto:office@kjmequestrian.com)

Conveniently located at 4300 S. Butternut (near 11th and South Garnett)

# SUMMER CAMPS

## THEY'LL BEG TO COME BACK TO

**Games • Movement • Confidence • Friends**



**Designed with School Teachers! | Ages 5-12 | Safe, Fun Camps | Positive Coaches | Spots Fill Fast!**



**Martial Arts Advantage**  
603 S. Aspen Ave., Broken Arrow, OK 74012  
(918) 258-9821  
[www.SummerCampsRock.com](http://www.SummerCampsRock.com)





# THE Find Your Best Friend PLACE

Summer camp is more than just fun—it's where kids find their people and every day brings a new spark of discovery. Whether they're splashing in the pool, building something creative, or just laughing with new friends, your child will find a place where they truly belong.

Enrollment is open now, so sign up today. Hurry...new friends are waiting!



**SIGN UP TODAY**

YMCA of Greater Tulsa  
Tulsa • Bixby • Okmulgee • Owasso ▶ [ymcatulsa.org/camps](http://ymcatulsa.org/camps)

## Explore the possibilities at University School Summer Explorers Camp

The Summer Explorers Camp invites students ages 4 through 8th grade to enjoy six weeks of discovery, creativity, engaging learning experiences, and FUN!

Each age group follows its own unique set of weekly themes designed to match developmental stages and interests. Through hands-on projects, outdoor play, and collaborative learning, campers explore new ideas and build lasting friendships. Campers may choose to attend one week or all sessions available **June 1-July 17!** Learn how Summer Explorers Camp keeps kids learning, laughing, and growing—**find full details and register at [uschool.utulsa.edu](http://uschool.utulsa.edu)** or (918) 631-5060.



TU is an EEO/AAI institution, including disability/veteran. TU#26053



**THE UNIVERSITY OF TULSA**  
*University School*

**USCHOOL.UTULSA.EDU**  
PreK3-8th grade education



## CLARK YOUTH THEATRE

[clarkyouththeatre.com/education/camps](http://clarkyouththeatre.com/education/camps)

4825 S. Quaker Ave., Tulsa  
918.596.1412  
[clarkyouththeatre@gmail.com](mailto:clarkyouththeatre@gmail.com)  
Contact: Tammy Slack

**AGES:** 5–14

**TIMES:** 8:30 a.m.–4:30 p.m. with optional before- and after-care from 7:30 a.m.–5:30 p.m.

Prepare to sing, dance and act your way through summer 2026! Each two-week camp includes two hours of instruction per day in singing, acting and dancing, interspersed with concession breaks, outdoor breaks and an hour to eat your packed lunch and hang with friends. This is a great opportunity for children ages 8-14 who are interested in theatre and performing arts. Campers must have completed the second grade.

In week two, we break up our routine with a Pizza Party, In-Camp Talent Show, Dance Party and Tie Dying our Camp T-shirt! These two weeks of high energy fun culminate in three fun performances for family. Let Clark Youth Theatre's 48th year of summer camp be the place your young actors pursue their dreams!

Clark has 6 great sessions of camp this summer – four traditional two-week sessions for ages 8-14, one week of camp for ages 5–11, and a full week of either morning or afternoon camp for our Penguin Project kids!

If you are 15–18 and love Clark Youth Theatre Camp, please consider becoming a Counselor-in-Training. Each full week of camp equals 40 hours of community service for our thriving non-profit organization, and we are happy to verify volunteer hours for you!

## CROSTOWN LEARNING CENTER

[crosstowntulsa.org](http://crosstowntulsa.org)

2501 E. Archer St., Tulsa  
918.582.1457

**AGES:** 3–5

**TIMES:** Monday–Friday, 7 a.m.–5:30 p.m.

Crosstown's Summer Program offers a safe, nurturing and engaging environment for children ages 3–5 as part of our high-quality early childhood program. Designed to keep young learners active and curious, our summer days are filled with hands-on exploration, creative play, outdoor time and opportunities to build friendships.

Children participate in themed activities that support early literacy, math, science discovery and social-emotional growth, all through play-based learning. Our experienced teachers create a consistent routine that helps children feel secure while encouraging independence, problem-solving and confidence.

We balance structured learning with plenty of time for movement, art, sensory play and imagination. Families can expect the same supportive, relationship-focused approach Crosstown is known for during the school year, with added summer fun woven throughout each day.

This program is a great option for families looking to keep their child learning, socializing and thriving over the summer months in a caring and developmentally appropriate setting. Limited spaces are available. Meals are included (breakfast, lunch and snack).

## KIRK PRESCHOOL

[thekirk.com/preschool](http://thekirk.com/preschool)

4102 E. 61st St., Tulsa  
918.494.8859  
[kohpreschool@thekirk.com](mailto:kohpreschool@thekirk.com)

**AGES:** 9 months–entering 1st grade

**DATES/TIMES:** June 15–July 23, 9 a.m.–2:30 p.m.

Kirk Preschool is a nurturing, quality part-day program that has been serving children in the Tulsa area ages 6 months through 5 years for over 60 years.

We provide developmentally appropriate learning opportunities that meet the needs of each child, and seek to ignite a love of learning through social interaction and play-based activities. Our philosophy is that children learn best when they feel safe and loved!

Our Summer Camp runs June 15–July 23 and includes daily outdoor recess, water play, art, Chapel, music and athletics. Summer Camp is for ages 9 months through children entering first grade.

School hours are 9 a.m.–2:30 p.m., and we offer a 4-day-per-week option (Monday–Thursday) or 2-day-per-week options (Monday/Wednesday or Tuesday/Thursday).

Kirk Preschool employs a team of experienced teachers and professional staff. Many of our teachers have teaching certificates, degrees in early childhood fields and Child Development Associate credentials.

Visit our website or email us to schedule a tour or enroll!

## KJM EQUESTRIAN

[kjmequestrian.com/summer-camps](http://kjmequestrian.com/summer-camps)

4300 S. Butternut Ave., Broken Arrow  
918.299.9283

**AGES:** 7–12

**DATES/TIMES:** May 26–July 24, 9 a.m.–4 p.m.

Conveniently located near 111th & Garnett (just west of the Creek Turnpike), KJM's week-long summer camps provide a fun, non-intimidating introduction to horses. Activities include daily riding, an intro to horsemanship, games, horse-related arts and crafts, plus a Friday finale horse show and cook-out.

Our camp facilities include an air-conditioned camp house with kitchen, bathroom, tack room and tacking stalls. In addition, large riding arenas are available as well as shaded trails and a riding park, which are perfect for warm-day rides.

Safety on and around horses is a major objective of our riding program, and our counselors are well versed in educating beginner riders.

## CAMP LUTHERHOMA

Outdoor Adventures  
Christ-Centered Community  
Ages 7-18 and family programs  
Week long sessions June 7- July 31



### Summer Camp 2026

Let's make some memories!

Lutherhoma.com 918-458-0704  
Tahlequah, OK

## LAFORTUNE PARK JUNIOR GOLF CAMP

[lafortunepark.com/jr-golf](http://lafortunepark.com/jr-golf)

5501 S. Yale, Tulsa  
918.496.6200  
Contact: Craig Wheeler

AGES: 6-13

DATES/TIMES: June 1-4, June 22-25, July 13-16, Aug. 3-6; 9 a.m.-12 p.m.

Every junior will receive hours of valuable instruction each day on different aspects of the game including full swing, putting, chipping, bunker play and pitching, accompanied by skills challenges and on-course instruction.

## LAFORTUNE TENNIS CAMPS

[lafortunetennis.com/camps](http://lafortunetennis.com/camps)

5302 S. Hudson Ave., Tulsa  
918.496.6230

### Serve Up Fun This Summer! Pee Wee & Junior Tennis Camps

Introduce your little one to the exciting world of tennis at Case Tennis Center at LaFortune Park! Our Pee Wee & Junior Tennis Camps are designed to help young players develop basic skills, coordination, and a love for the game in a fun, encouraging environment.

Pee Wee Camps (ages 4-6) feature 45-minute sessions filled with engaging drills, movement games, and activities that build hand-eye coordination and foundational tennis skills.

Junior Camps (ages 7-15) run for 1.5 hours and focus on developing technique, rally skills and gameplay in an interactive and supportive setting. Both programs emphasize teamwork, sportsmanship and – most importantly – having a great time on the court!

Join us this summer for a fantastic tennis experience! Visit our website for registration details and session dates. July camps will be held indoors. All camp registrations include a free camp T-shirt. We can't wait to see your little champs on the court!

## ST. CRISPIN'S SUMMER CAMP

### A SUMMER THEY'LL NEVER FORGET

Belonging · Wonder · Growth

Wewoka, OK  
Ages 5-18  
[stcrispins.org/camp](http://stcrispins.org/camp)



scan to register



# ACTIVITIES GUIDE

## LIVING ARTS OF TULSA NEW ARTS CAMP

[livingarts.org/programming](http://livingarts.org/programming)

307 E. Reconciliation Way  
918.585.1234  
[projects@livingarts.org](mailto:projects@livingarts.org)

AGES: 4–17

### CAMPS:

- *Introduction to Performance and Installation Art*  
Zoey Hughes, **June 9–12**, 8 a.m.–12 p.m.
- *Young Filmmakers: Exploring Stop Motion Animation*  
Cora Hasegawa, **June 9–12**, 12:30–4:30 p.m.
- *Storytelling with Textile: Beginner Fabric Collage*  
Katrinka Booth, **June 16–19**, 12:30–4:30 p.m.
- *Introduction to Yarn Work and Yard Bombing*  
Cora Hasegawa, **June 23–26**, 12:30–4:30 p.m.
- *Be You, Let's See You*  
Katy Bruce, **July 7–10**, 12:30–4:30 p.m. (*Little's Camp*)
- *Little's Camp Session 2 (Title coming soon!)*  
Miss Amber Marie Deen, **July 14–17**, 12:30–4:30 p.m.

Camp sessions are \$115 for the week; this includes supplies!

Apply Here NOW: [forms.gle/khRyUQwEXvFDT7fPA](https://forms.gle/khRyUQwEXvFDT7fPA)

Please contact Laura Ruiz at [projects@livingarts.org](mailto:projects@livingarts.org) with any questions.

## MARTIAL ARTS ADVANTAGE

[martialartsadvantage.net](http://martialartsadvantage.net)

603 S. Aspen Ave., Broken Arrow  
918.258.9821  
[tracyceo-maa@yahoo.com](mailto:tracyceo-maa@yahoo.com)

AGES: 3 to adult

At Martial Arts Advantage, our programs are built around one goal: helping kids grow stronger, more confident and more successful while having an amazing time. Our summer camps combine active games, movement, teamwork and positive coaching in a safe, structured environment where kids feel supported and encouraged every day.

Designed and updated each year with real school teachers, our camps are intentionally planned to keep kids engaged, learning and excited to come back. That means your child experiences:

- Structured activities that keep them moving
- Confidence-building challenges and teamwork
- Positive coaches who cheer them on
- A balance of fun, growth and friendship

Kids leave tired, happy and proud of themselves, and parents love the difference they see.

**More Than Just Summer Camp:** Martial Arts Advantage isn't just a place kids visit during breaks. It's a community where kids build lifelong skills like focus and self-discipline; respect and leadership; confidence that carries into school and life.

Whether your child is joining us for camp or continuing into martial arts classes, they'll be supported by coaches who care about their growth.

Experience our programs firsthand and discover why families choose Martial Arts Advantage year after year. Reserve your spot today!

TENNIS - SWIMMING - GAMES - PICKLEBALL

# SUMMER TENNIS CAMP

FOR AGES **6-14** NEW SESSIONS EACH WEEK  
MONDAY - FRIDAY  
10AM - 2PM

[WWW.PHILCRESTHILLSTENNIS.COM/SUMMERCAMP](http://WWW.PHILCRESTHILLSTENNIS.COM/SUMMERCAMP)



# NSU SUMMER ACADEMIES

FUN FOR AGES 5-18!

Broken Arrow And Tahlequah

ACADEMIES INCLUDE

- Flying Drones
- Chess
- Biology
- Robotics
- Chemistry
- And More!



 **NORTHEASTERN STATE UNIVERSITY**  
CONTINUING EDUCATION



SCAN FOR MORE INFO!  
**918-444-4610**

## MILLER SWIM SCHOOL

[millerswimschool.com](http://millerswimschool.com)

**Tulsa:** 6415 S. Mingo Rd., Tulsa  
**Jenks:** 525 W. 91st St. S., Jenks  
**Owasso:** 10001 N. 127th E. Ave., Owasso  
**Tulsa South:** 7820 E. 101st St., Suite A, Tulsa  
**918.254.1988**

With over 60 years of expertise, Miller Swim School stands as the premier provider of swim lessons and water safety education in the greater Tulsa area. Students are grouped by age and swimming ability, with classes available year-round in both morning and evening sessions across our four locations.

Get ready to make a splash into the summer spirit with our Swim Camp sessions! These dynamic two-week intensives provide a focused and immersive learning experience, creating a perfect opportunity for swimmers to enhance their skills.

Give us a call at 918.254.1988 for more information and mention that TulsaKids sent you! Check out our website for a comprehensive list of programs, and stay tuned on Facebook and Instagram for the latest news and specials.

Dive into a summer of aquatic adventures with Miller Swim School!

## MISS HELEN'S PRIVATE SCHOOL

[misshelens.com](http://misshelens.com)

**4849 S. Mingo Rd., Tulsa**  
**918.622.2327**  
**director@misshelens.com**  
**Contact: Miss Jayme, Director**

**AGES:** 3 years–5th grade

Miss Helen's provides a safe environment of summer fun activities to accentuate the positive in students. Fun and appropriate activities are offered. Preschool theme-based weeks include our annual pet parade and weekly water play days. Elementary students' activities include: STEM activities, chess, sewing, mystery games and cooking experiences. Individualized reading, writing and math included.

In addition to daily classes, preschool students may choose to take cheerleading, swimming lessons, gymnastics or karate classes. Elementary students may choose swimming lessons, gymnastics, cheerleading, tennis, golf, karate, soccer and musical theater. Community service projects included.

Join Miss Helen's family by contacting us today!

## NEW LIFE RANCH

[newliferanch.com](http://newliferanch.com)

**160 New Life Ranch Dr., Colcord**  
**918.422.5506**  
**info@newliferanch.com**  
**Contact: Justin Metcalfe**

**AGES:** K–12

**DATES:** June–July

**Use Promo Code TULSAKIDS26 to save \$100!**

Summer camp is a fantastic way for kids to build independence and develop important social skills outside of school and home. It's a unique place where they can grow their confidence, practice vulnerability and make lasting friendships. Plus, it's a wonderful opportunity for them to connect with God in a new way and grow in their faith. Kids need camp!

Our Summer Camps are split into Jr. Camp (going into grades 2–6) at New Life Ranch Frontier Cove and Sr. Camp (going into grades 7–12) at New Life Ranch Flint Valley.

## NSU SUMMER OPPORTUNITIES

[academics.nsuok.edu/continuingeducation](http://academics.nsuok.edu/continuingeducation)

**Tahlequah Campus: 512 N. Muskogee Ave., Tahlequah**  
**Broken Arrow campus: 3100 New Orleans St., Broken Arrow**  
**918.444.4618**  
**mccart13@nsuok.edu**

**AGES:** 5–18

NSU has camps for kids 5–18. Come explore other worlds, learn how to fly drones, play chess or respond to a disaster. Learn about biology, robotics or chemistry all while engaging in fun activities. With camps in Broken Arrow and Tahlequah throughout the summer, we have options for everyone.

Space is limited, so act today: [academics.nsuok.edu/continuingeducation/YouthPrograms/default.aspx](http://academics.nsuok.edu/continuingeducation/YouthPrograms/default.aspx)

## PHILCREST HILLS SUMMER TENNIS CAMP

[philcresthillstennis.com/summercamp](http://philcresthillstennis.com/summercamp)

**10900 Riverside Parkway, Tulsa**  
**918.299.2643**  
**desk@philcrest.net**  
**Contact: Katie Stick**

Smash some balls and make a splash with Philcrest this Summer!

At our Summer Tennis Camp, campers will participate in tennis drills in the morning, learning basic strokes, court etiquette and scorekeeping. They will engage in an introduction to match play, as well as participate in fun hand-eye coordination exercises. After lunch they will swim, play games or play pickleball. They will have afternoon snacks in our pool and outdoor grill area. Safari's Sanctuary will come visit us once a month with a selection of exotic animals for the campers to engage with and learn about.

Each camper will need to wear tennis shoes and bring a swimsuit, towel and sunscreen. Lunch and snack are provided.



NEW LIFE RANCH

# SUMMER CAMP!

## JR. CAMP

One week overnight camp for 2nd-6th grade campers.

## SR. CAMP

One week overnight camp for 7th-12th grade campers.

## CAMP FIRE

Mini-week of camp for 7th-8th grade campers.

## CAMP HOWDY

Half-week session of camp for 2nd-6th grade campers.

## CAMP OVERFLOW

Mini-week of Bible study and reflection for high school campers.

## LEADERSHIP DEVELOPMENT

Two weeks of equipping high school campers to be servant leaders.

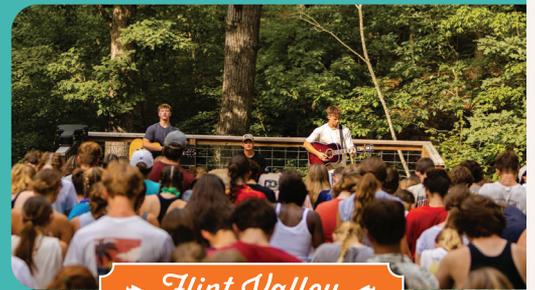
## LEARN MORE



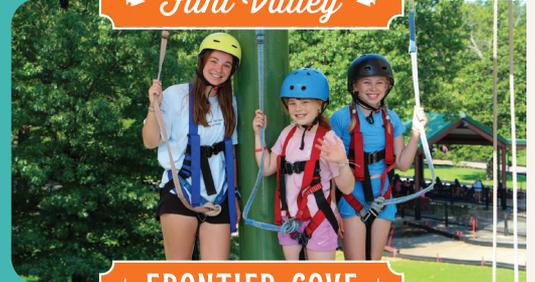
USE CODE  
**TULSAKIDS26**  
TO SAVE \$100!\*

\*offer applies only to Jr. Camp, Sr. Camp, and Leadership Development (excluding Camp Howdy, Camp Fire, and Camp Overflow). Only applicable to registrations made after March 1st, 2026. Cannot be used with other offers (except Buddy Bucks).

[WWW.NEWLIFERANCH.COM](http://WWW.NEWLIFERANCH.COM)



▶ Flint Valley ◀



★ FRONTIER COVE ★

## The ABC's of CAMP LOUGHRIDGE...

- A:** Archery
- B:** Birthday Log
- C:** Crawdad Creek
- D:** Day Camp
- E:** Excellent Staff
- F:** Fishing
- G:** GaGa Ball
- H:** High Dive
- I:** Incline Log
- J:** J-E-S-U-S
- K:** K-Domes
- L:** LUNCH
- M:** Middle Lake
- N:** North Lake
- O:** Overnight for ADC
- P:** Parthenia Lake
- Q:** Quick Commute
- R:** Register w/ Friends
- S:** Swing
- T:** Tribe Time
- U:** Uncle Steve
- V:** Very Large Pool
- W:** Water Balloons
- X:** Xtreme Climbing Wall
- Y:** Your Future Best Summer
- Z:** ZIPLINE!



# REGISTRATION IS OPEN



Providing Christian growth & spiritual renewal in nature since 1959

CLASSES OFFERED AT BROKEN ARROW & BROOKSIDE CAMPUSES



# SUMMER DANCE



**JUNE 22 - JULY 16**  
AGES 3-12  
NO EXPERIENCE REQUIRED

IT'S NEVER TOO LATE TO DANCE • ADULT CLASSES AVAILABLE

**TULSABALLET.ORG | 918.712.5327**

## SOUTHERN HILLS RIDING ACADEMY

[okhorse94.wixsite.com/website](http://okhorse94.wixsite.com/website)

14644 S. Lewis Ave., Bixby  
918.810.9567  
okhorse94@gmail.com  
Contact: Kim Dyer

AGES: 6-12

DATES/TIMES: June 15-19, June 22-26, July 13-17, July 20-24;  
9 a.m.-1 p.m. (early drop-off available)

Activities include a horseback riding lesson every day, learning care for the horses, grooming, tacking and camp games. We have over 30 years experience doing horse camps, with great horses and ponies!

## SOUTH LAKES GOLF COURSE

[southlakesgolf.com](http://southlakesgolf.com)

9253 S. Elwood, Jenks  
918.746.3760  
info@southlakesgolf.com

AGES: 6-14

DATES/TIMES: May 20-22, June 30-July 2, Aug. 4-6, 9-11 a.m.

Every junior will receive an hour of valuable instruction each day on different aspects of the game including full swing, putting, chipping, bunker play, and pitching, accompanied by skills challenges and on-course instruction.

## ST. CRISPIN'S

[stcrispins.org/camp](http://stcrispins.org/camp)

36302 OK-9, Wewoka  
405.437.2924

AGES: 5-18

DATES: June 3-July 9

St. Crispin's Camp is a summer camp located on 275 beautiful wooded acres in Wewoka, OK — near Seminole. For 60 years, St. Crispin's has offered engaging summer programs that help children and youth grow in confidence, friendship and faith while enjoying the outdoors.

Summer camp sessions serve elementary through high school students and include classic camp activities like swimming, kayaking, ropes course, archery, arts and crafts, music, and nature exploration. Guided by trained counselors and a strong focus on belonging and personal growth, campers build independence, resilience and lifelong friendships in a safe, welcoming community.

St. Crispin's welcomes campers of all backgrounds and offers week-long overnight sessions as well as specialty programs designed for different age groups and interests. With its lakeside setting, experienced staff, and emphasis on character and community, St. Crispin's provides meaningful summer experiences that last long after camp ends.



## TFA CAMP ARCHITECTURE

**SPACES OF WONDER:  
Design for Fictional Worlds**  
June 1 - 5

**DREAM HOUSE DESIGN**  
June 8 - 12 & June 15 - 19

**CITY OF THE FUTURE**  
June 22 - 26




For students entering grades 3-6



**LEARN MORE ENROLL ONLINE**

[www.tulsaarchitecture.org/programs/](http://www.tulsaarchitecture.org/programs/)

**Tulsa Foundation for Architecture**  
*Tulsa's Voice for Architecture and Design*

# ACTIVITIES GUIDE

## TULSA BALLET CENTER FOR DANCE EDUCATION

[tulsaballet.org/summer-classes](https://tulsaballet.org/summer-classes)

918.712.5327

Brookside Campus: 1212 E. 45th Pl., Tulsa

Broken Arrow Campus: 1901 W. New Orleans St., Broken Arrow

AGES: 3–12

DATES: June 22–July 16

Join TBCDE for Summer Dance classes! With classes at our Broken Arrow and Brookside campuses for ages 3–12, there's sure to be a time for your child to continue their dance classes this summer. Is your child new to dance and just wants to see what it's all about? No experience required, beginners welcome!

## TULSA TRAILS WEST

[tulsatrailswest.ticketspice.com/summer-camp-2026](https://tulsatrailswest.ticketspice.com/summer-camp-2026)

3401 S. 29th W. Ave., Tulsa

918.446.4FUN

[pswanson@asc-ok.com](mailto:pswanson@asc-ok.com)

Contact: Paula Swanson

DATES: June 1–5, June 8–12, June 15–19, June 22–26

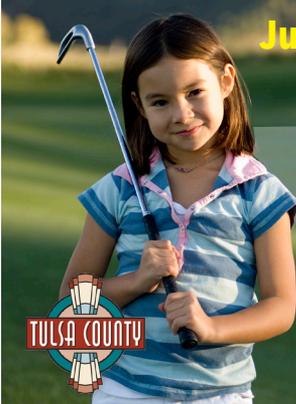
Give your kids an unforgettable summer adventure at Tulsa Trails West! Our Summer Riding Programs are all about outdoor fun, confidence-building, and learning how to be safe and comfortable around horses—perfect for beginners with little or no riding experience.

Our **Pony & Play Riding Program (ages 6–10)** provides students with opportunities to enjoy hands-on farm and horse-related activities, in small groups within the arena and around the ranch. They'll learn horse safety, basic riding skills and enjoy fun, age-appropriate games centered around horses.

Our **Trail Riding Skills Program (ages 11–16)** starts with arena instruction and then progresses to what we do best—**guided trail riding**. As a premier trail ride operation, Tulsa Trails West offers a beautiful, expansive property with miles of trails, from wooded switchbacks to open pastures and scenic viewpoints.

Students will build skills, confidence and memories while exploring the outdoors and spending time on horseback in a safe, supportive environment. If your child wants to have fun, learn the basics and experience the joy of horses, this is the program for them!

Parents and grandparents are invited to attend the last hour of the Friday session to observe and enjoy refreshments.



### Junior Camps & Programs ENROLLING NOW

#### Spring & Summer Camps Available

**LAFORTUNE PARK GOLF COURSE**  
61<sup>st</sup> & Yale, Tulsa | 918-496-6200  
[LaFortuneParkGolf.com](http://LaFortuneParkGolf.com)

**SOUTH LAKES GOLF COURSE**  
91<sup>st</sup> & Elwood, Jenks | 918-746-3760  
[SouthLakesGolf.com](http://SouthLakesGolf.com)

TULSA COUNTY



BEGINNER LESSONS

BOARDING FACILITY

# HORSE CAMP

Join Tulsa's friendliest beginner barn!



**Ages 6–12**    **June 15–19** | **June 22–26**  
**9AM–1PM**    **July 13–17** | **July 20–24**

☎ 918-810-9567    🌐 [bit.ly/okhorse](https://bit.ly/okhorse)  
🏠 14644 S Lewis Ave, Bixby, OK



at Christ Church on Harvard

### 3 MONTHS–3 YEARS

**M–W–F | 9:30am–2:30pm**  
[ChristChurchonHarvard.org](http://ChristChurchonHarvard.org)  
3515 South Harvard Ave. | 918.743.7673



## Tulsa Trails West Summer Riding Programs

Give your child a summer they'll never forget!

Age based programs.

June 2026

(918)446-4FUN  
www.tulsatrailswest.com



## KIRK Preschool

### SUMMER CAMP! ☀️

- 9 months – 1st Grade
- 2-day & 4-day per week options
- 9:00 am - 2:30 pm
- Caring, experienced teachers
- Play-based learning
- Art, Music & Water Play!

Serving Tulsa for over 60 years! Now enrolling for Summer Camp 2026. Schedule a tour today!



thekirk.com/preschool



918-494-8859



## TULSAKIDS BIRTHDAY CLUB

Get party-planning discounts and fun freebies on your kid's birthday!



## WESTREET ICE CENTER

[westreeticecenter.com](http://westreeticecenter.com)

4143 S. Yale Ave., Tulsa

918.252.0011

[bookings@tulsaicecenters.com](mailto:bookings@tulsaicecenters.com)

Tulsa's premiere ice skating and hockey facilities! Public skating and arcade available throughout the day, 7 days a week. Skating and hockey classes available all year.

## YMCA SUMMER DAY CAMPS

[ymcatulsa.org/summercamp](http://ymcatulsa.org/summercamp)

Tulsa, Owasso and Bixby

918.466.1424

AGES: 4–15

DATES/TIMES: May 26–Aug. 18; 7 a.m.–6 p.m., Monday–Friday

Ready to give your kids a summer they'll never forget? YMCA Summer Day Camps offer the ultimate experience for kids to unplug and dive into non-stop fun, adventure and discovery! With five camp locations across Tulsa County – Herman & Kate YMCA, Tandy Family YMCA, Daily Family YMCA, Okmulgee Family YMCA and Owasso Family YMCA – there's a perfect camp for every child.

Whether your child is into basketball, swimming, arts and crafts, or exploring the great outdoors, YMCA camps are all about fun! Get ready for days packed with games, sports, crafts, swimming and even outdoor adventures – no devices in sight!

We've created a safe, exciting space where kids can build confidence, develop new skills, make lifelong friendships and discover new interests. No matter what your child is passionate about, YMCA Summer Day Camps offer the perfect setting to explore, learn, and thrive. So, get ready to watch your kids create unforgettable memories and leave with a smile!

# Only 66 miles from Route 66.

*Step off the Mother Road and into Bartlesville, where Phillips 66 began. Just 66 miles away, enjoy small-town charm, family fun at Kiddie Park, and outdoor adventure at Woolaroc. The perfect place to roam.*



Visit  
**Bartlesville**  
O K L A H O M A

*Closer than you think, better than you imagined.*



[VisitBartlesville.com/findyourself](http://VisitBartlesville.com/findyourself)

[#FindYourselfInBartlesville](https://www.instagram.com/FindYourselfInBartlesville)



# Baking with Girl Scout Cookies

Four creative desserts using Thin Mints, Samoas and more.

By **Natalie Mikles**



## NEED COOKIES? START HERE!

If you know a Girl Scout, reach out to her.

If you don't know a Girl Scout, go to [girlscouts.org](http://girlscouts.org), choose the Cookie Finder and enter your zip code. There you can find a troop selling at a nearby booth, or you can purchase cookies to be shipped directly to you from troops nationwide.

You can also text **COOKIES** to **59618** to stay informed about Girl Scout Cookie news.

I can't resist Girl Scout cookies.

My weakness is for Thin Mints and Trefoils—but more than that, it's for the girls (and their parents) who work countless hours during sales season.

Sales happen because Girl Scouts pound the pavement, spend chilly afternoons at folding tables outside grocery stores and call all their relatives asking if they would like a box—or 10.

I made my first purchase of the year from my neighbor in the Girl Scouts of Eastern Oklahoma Troop 7658. I've also bought from family and friends' kids. And not one box will go to waste, especially knowing the proceeds provide amazing leadership experiences for girls around Tulsa.

When I sold Girl Scout cookies as a kid, my mom always set aside a few boxes not for eating, but for baking. She used them in desserts that seemed to taste even better knowing they had Girl Scout cookies in them.

Now I do the same. I stash a few boxes in the freezer to use for crusts, parfaits and cakes. Here are some of my favorite ways to transform those cookies into a second sweet life.

## Toffee and Chocolate Bark with Toasted Almonds

- 1 package Girl Scout Trefoils Shortbread cookies
- 3/4 cup butter
- 3/4 cup packed light brown sugar
- 1 (12-ounce) package semisweet chocolate chips
- 1/2 cup sliced almonds, toasted and coarsely chopped

1. Preheat oven to 350 degrees. Line a greased 15-by-10-inch rimmed baking pan with parchment paper coated with cooking spray. Arrange cookies in pan.
2. Microwave butter until melted; whisk in brown sugar. Microwave 2 minutes, stirring every 30 seconds, until mixture is a thick caramel sauce. Pour sauce over cookies, covering each completely.
3. Bake until puffed up and bubbly, about 10 minutes. Do not allow to burn. Cool on a wire rack. Sprinkle chocolate chips evenly over hot caramel. Let stand for 5 minutes; spread chocolate over the caramel. Top with almonds.
4. Refrigerate baking pan until chocolate and caramel have hardened, about 1 hour. Break or cut bark.

## Thin Mints Cookies and Cream Brownies

- 1/2 cup butter, softened
  - 1 cup sugar
  - 4 eggs
  - 1 1/2 cups chocolate syrup
  - 1 cup all-purpose flour
  - 6 Girl Scout Thin Mints cookies, chopped
  - Ingredients for Mint Cream:
    - 1/2 cup butter, softened
    - 2 cups powdered sugar
    - 1 tablespoon milk
    - 1/4 teaspoon mint extract
    - 2 drops green food coloring
    - Additional Thin Mints, crushed
1. In a large bowl, cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition.
  2. Beat in chocolate syrup, then flour, just until blended. Fold in the chopped cookies.
  3. Pour into a greased 9-by-13-inch baking pan. Bake at 350 degrees for 25-30 minutes or until a toothpick inserted near the center comes out clean. (Do not overbake.) Cool completely on a wire rack.
  4. For mint cream, in a small bowl, cream butter and powdered sugar

until light and fluffy. Beat in the milk, extract and food coloring.

5. Frost brownies; sprinkle with crushed Thin Mints.

## Dulce Samoas

- 1/2 cup butter, softened
  - 1/4 cup sugar
  - 1 cup all-purpose flour
  - 1/4 teaspoon salt
  - 10 Girl Scout Samoas
  - 1/2 cup coarsely chopped pecans
  - 1/2 cup dulce de leche
1. Preheat oven to 350 degrees. Cream butter and sugar; beat in flour and salt until well mixed (dough will be crumbly). Press evenly onto bottom of an ungreased 8-by-8-inch pan. Bake until edges are golden brown and top is lightly browned, 12-15 minutes. Cool 15 minutes.
  2. Chop Samoas into 1/4-inch pieces; combine with pecans.
  3. Microwave dulce de leche on high until spreadable, 15-20 seconds. Spread dulce de leche over cooled crust. Sprinkle chopped Samoas and pecans evenly over dulce de leche, pressing down firmly. Cool completely, about one hour, before cutting into squares.



### Do-si-dos Candy Bars

- 3/4 teaspoon vanilla extract
- 1/2 teaspoon baking soda
- 3/4 cup plus 3 tablespoons sugar
- 3/4 cup corn syrup
- 2 tablespoons water
- 1 1/2 cups peanut butter
- 1 package chopped Girl Scout Do-si-dos Peanut Butter Sandwich cookies, divided
- 3/4 cup plus 2 tablespoons bittersweet chocolate baking chips, divided

1. Line a 9-by-13-inch pan with parchment paper. Combine vanilla and baking soda.
2. In a large saucepan over high heat, stir together sugar, corn syrup and water until sugar is dissolved. Reduce heat to medium-high; cook until a thermometer reads 285 degrees. Immediately add vanilla mixture.
3. Meanwhile, microwave peanut butter and all but 1/2 cup chopped Do-si-dos until hot,

about 2 minutes, stirring once. Quickly pour caramel into peanut butter mixture and stir just to combine. Immediately pour into prepared pan; spread evenly (candy sets quickly).

4. Top with 3/4 cup baking chips, reserving 2 tablespoons; spread to cover. Sprinkle with remaining chopped Do-si-dos. Melt reserved baking chips; drizzle over top. When cool, cut into bars. **TK**

**Natalie Mikles** is a mom of three and editor of TulsaKids. She writes about food, sharing recipes for busy families and picky eaters.

GET READY...  
**FAMILY  
 FAVORITES**  
 NOMINATIONS  
 START MARCH 1!



Nominate your favorite businesses and professionals to help other families find the best local resources in 90+ categories.

Read about our 2025 winners and finalists at [tulsakids.com/family-favorites](https://tulsakids.com/family-favorites).

tulsakids



1-ON-1  
ASSISTED  
STRETCH  
STUDIO

# STAY IN THE GAME



INTRO STRETCH

# \$69

includes grip socks

- Alleviate Soreness
- Increase Range of Motion
- Enhance Flexibility
- Reduce Strain Injuries



**South Tulsa**

8931 S. Yale Ave., Tulsa, OK 74137  
918-260-5584  
southtulsa@stretchlab.com

**Cherry Street**

1607 E 15th St, Tulsa, OK 74120  
918-260-5584  
cherrystreet@stretchlab.com

# MARCH 2026

SCAN THE QR CODE  
to find more events at  
[tulsakids.com/calendar!](https://tulsakids.com/calendar)



Sean Kenney's Nature Connects Made with LEGO bricks.

PHOTO COURTESY  
TULSA BOTANIC GARDEN



Tulsa IrishFest returns March 13-15.

PHOTO COURTESY TULSA IRISHFEST

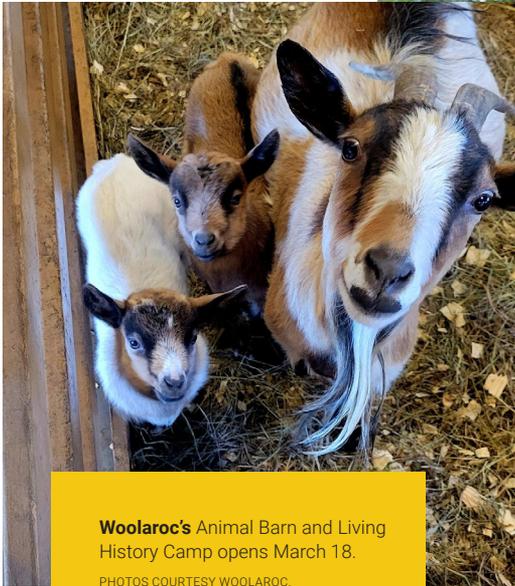


Tulsa Zoo's Spring Break Camp invites students to go on a Worldwide Adventure.

PHOTO COURTESY TULSA ZOO

BROUGHT TO YOU BY





**Woolaroc's Animal Barn and Living History Camp** opens March 18.  
PHOTOS COURTESY WOOLAROC.



**March 1 Sunday**

**OPENING DAY: SEAN KENNEY'S NATURE CONNECTS® MADE WITH LEGO BRICKS**

All ages, 10 a.m.-5 p.m.

Tulsa Botanic Garden  
tulsabotanic.org

From the delicate suspension of a hummingbird on the edge of a flower to the ferocity of a fox on the hunt, Kenney's art sparks a joyful sense of wonder in the young and young-at-heart.

**BIG BAD**

All ages, 2 p.m.

Spotlight Theater

Spotlight Children's Theatre presents an entertaining performance revolving around the trial of the Big Bad Wolf. Additional showtimes March 6-8

**March 2 Monday**

**LITTLE LAB: EARLY LEARNINGS PROGRAM** W

Ages 0-4, 11-11:30 a.m.

Discovery Lab  
discoverylab.org

Activities will focus on learning shapes, colors, fine motor skills, identifying emotions and more.

**March 3 Tuesday**

**EARTHQUAKE: EVIDENCE OF A RESTLESS PLANET**

Ages 8+, 6:30-7:30 p.m.

Jenks Planetarium  
jenksps.ce.eleyo.com/Planetarium

A sweeping geological journey, *Earthquake: Evidence of a Restless Planet* explores the forces that transform the surface of our planet. Purchase tickets online in advance.

**March 4 Wednesday**

**STORYTIME AT TULSA ZOO** W

All ages, 10-10:30 a.m.

Tulsa Zoo  
tulsazoo.org

Join Tulsa Zoo for storytime at the Oklahoma Central Credit Union Nature Exchange inside the Life in the Cold building.

**BRONSON BROOKSIDE TEEN ADVISORY BOARD** F

For teens and tweens, 4-5 p.m.

**Bronson Brookside Library**  
tulsalibrary.org

Influence library events, gain volunteer experience and have your voice heard at this monthly meeting.

**March 5 Thursday**

**STORYTIME AT PHILBROOK** W

Ages 0-10, 10-10:30 a.m.

Philbrook Museum  
philbrook.org

Drop in for imaginative stories geared towards kids 10 and under. This week, Tulsa Zoo will join for storytime.

**March 6 Friday**

**PARENTS' NIGHT OUT**

6-9 p.m.

Tippi Toes Tulsa  
tippitoesdance.com/tulsa

Kids can dance, make crafts, eat yummy food and watch a movie while parents enjoy a night out. Kids must be potty-trained to attend. \$55 per child; sibling discounts available. Email Tulsa@TippiToesDance.com to register.

**March 7 Saturday**

**SATURDAY MORNING BIRDING** F

All ages, 8-9:45 a.m.

Oxley Nature Center  
oxleynaturecenter.org

Meet in the parking lot for this monthly birding walk. Bring binoculars if you have them.

**ROUTE 66 TO HOLLYWOOD**

7:30 p.m.

VanTrece PACE  
signaturesymphony.org

Signature Symphony performs suites from classic films; rising superstar violinist Maya Anjali Buchanan solos on Erich Korngold's Violin Concerto.

**DRUMLINE LIVE**

7:30 p.m.

Broken Arrow PAC,  
brokenarrowpac.com/spotlight

DRUMLine Live embodies the soulful, high-stepping style of the Historically Black College and University marching band experience.

**March 8 Sunday**

Find more events at  
[tulsakids.com/calendar](https://tulsakids.com/calendar)

**March 9 Monday****AMERICAN INDIAN FESTIVAL OF WORDS: DECOLONIZING THE KITCHEN PANTRY** **F**

For tweens to adults, 6-8 p.m.

Zarrow Regional Library

[tulsalibrary.org](https://tulsalibrary.org)

A workshop exploring practices to incorporate traditional Native foodways into the modern kitchen pantry, facilitated by Chef Nico Williams. Registration required.

**March 10 Tuesday****BUILD A READER PLAY WORKSHOP** **F**

Ages 0-5, 10:30-11:30 a.m.

Martin Regional Library

[tulsalibrary.org](https://tulsalibrary.org)

A fun play workshop for children ages 0-5 and their caregivers, featuring music with Katherine Battenberg.

**CELEBRATE WOMEN'S HISTORY MONTH: FILM SCREENING - FREEDOM HAIR** **F**

For adults and teens,  
6:30-8:30 p.m.

Rudisill Regional Library

[tulsalibrary.org](https://tulsalibrary.org)

Join the African American Resource Center for a screening of *Freedom Hair*, based on the inspiring true story of Melony Armstrong, a mother who works at a shelter for battered women who decides to start a natural hair-braiding business to achieve financial independence for herself and others.

**March 11 Wednesday****YOUNG WRITERS COLLECTIVE** **F**

Ages 10-18, 4-4:45 p.m.

Collinsville Library

[tulsalibrary.org](https://tulsalibrary.org)

A teen-led writing workshop to help strengthen and build creativity. Registration required. Repeats March 25.

**March 12 Thursday****BOOK CLUB AFTER SCHOOL** **F**

For elementary schoolers, 4-5 p.m.

Bronson Brookside Library

[tulsalibrary.org](https://tulsalibrary.org)

Talk about your favorite books about friendship or families.

**CROW PARTY: SPRINGTIME EDITION - CROWSES GROW ROSES** **F**

For adults and teens, 6-7:30 p.m.

Bixby Library

[tulsalibrary.org](https://tulsalibrary.org)

Dress in black and bring all your (not favorite) trinkets and spare plants to trade.

**March 13 Friday****GO WILD AT THE LIBRARY! ZOO 2 U AND ANIMAL PARTY** **F**

Ages 5-12, 4-5:30 p.m.

Broken Arrow Library

[tulsalibrary.org](https://tulsalibrary.org)

Meet live animals with Zoo 2 U, then stay for an animal-themed party with crafts and fun. Registration required.

**YOU'RE A GOOD MAN, CHARLIE BROWN**

All ages, 8 p.m., Theatre Tulsa Studios, [theatretulsa.org](https://theatretulsa.org)

Theatre Tulsa presents a "multi-generational theatre experiment," with casts of different ages performing *You're a Good Man, Charlie Brown* March 13-22.

**March 14 Saturday****SLICE OF PI(E)** **F**

For elementary schoolers,  
10 a.m.-5 p.m.

Helmerich Library

[tulsalibrary.org](https://tulsalibrary.org)

Drop in to make your own slice of pie to celebrate Pi Day!

**DOG DAY**

All ages, 10 a.m.-2 p.m.

Tulsa Botanic Garden

[tulsabotanic.org](https://tulsabotanic.org)

Grab the leash and bring your best furry friend (or two!) for Dog Day at Tulsa Botanic Garden—where tails wag, noses explore and every pup gets a free pup cup.

**TREE FORT STORYTIME**

All ages, 10:30-11:30 a.m.

Tulsa Botanic Garden

[tulsabotanic.org](https://tulsabotanic.org)

Gather for a delightful children's story read by a special guest reader in a magical outdoor setting.

**UNCREASE** **F**

1-4 p.m.

Gilcrease Museum

[gilcrease.org/events](https://gilcrease.org/events)

This series brings diverse artists and community members together to create, learn and explore the new Gilcrease Museum building. Registration required.

**STRAVINSKY'S THE FIREBIRD**

7:30 p.m.

Tulsa PAC

[tulsapac.com](https://tulsapac.com)

Tulsa Symphony Orchestra performs *The Firebird Suite* by Stravinsky, along with other selections.

**March 15 Sunday**

Find more family fun at  
[tulsakids.com/calendar](https://tulsakids.com/calendar)

**March 16 Monday****SPRING BREAK ZOO CAMP - EXPEDITION: WORLDWIDE ADVENTURE!**

Grades K-6, 9:30 a.m.-4 p.m.

Tulsa Zoo

[tulsazoo.org/camps](https://tulsazoo.org/camps)

From the Lost Kingdom in Asia to the warmth of the Rainforest, campers will travel continent by continent through hands-on activities, games, crafts and even some animal encounters. Repeats daily, March 16-20. Aftercare available for additional fee. Pre-register online.

**TULSA OPERA RAISE YOUR VOICE TOUR: MONKEY AND FRANCINE IN THE CITY OF TIGERS** **F**

All ages, 11 a.m.-12 p.m.

Bronson Brookside Library

[tulsalibrary.org](https://tulsalibrary.org)

This one-act children's opera shares a message of unity and togetherness and promises a fun time for families and young children.

**SPRING BREAK AT THE MUSEUM**

All ages, 1-3 p.m.

Will Rogers Memorial Museum

[willrogers.com](https://willrogers.com)

Spend spring break afternoons at the Will Rogers Memorial Museum. There will be different activities each day, March 16-20. Kids under 17 get in free.

**March 17 Tuesday****ESCAPE THE PARK** **F**

All ages, 10 a.m.-5 p.m.

Ray Harral Nature Center

[facebook.com/rayharralnaturecenter](https://facebook.com/rayharralnaturecenter)

Solve puzzles, decode field notes and uncover hidden markers scattered throughout the park. Repeats March 16-21.

**CHEROKEE HISTORY SCAVENGER HUNT**

All ages, during museum hours

Various locations

[visitcherokeemuseum.com](https://visitcherokeemuseum.com)

Visit Cherokee Nation's museums March 17-21 to learn about Cherokee history and culture while completing an engaging scavenger hunt.

**RADIATOR SPRINGS WATER WELL PRESENTED BY DISCOVERY LAB** **F**

Recommended for grades 3-5,  
3-4 p.m.

Charles Page Library

[tulsalibrary.org](https://tulsalibrary.org)

Set in the whimsical world of Radiator Springs, on Route 66, this class brings STEM to life through hands-on exploration of fluid power and engineering.

**March 18 Wednesday**

**ANIMAL BARN AND LIVING HISTORY CAMP OPENING**

All ages, during Woolaroc hours  
 Woolaroc Museum & Wildlife Preserve  
[woolaroc.org](http://woolaroc.org)

Woolaroc's popular Petting Barn and Living History Camp opens for the season.

**SPRING BREAK ART STUDIO**

All ages, 10 a.m.-2 p.m.  
 Philbrook Museum  
[philbrook.org](http://philbrook.org)

Explore photography-related artmaking techniques inspired by *Homeward to the Prairie I Come: Gordon Parks Photographs*. Repeats daily March 18-21

**STORYTIME WITH MS. HOLLY**

All ages, 10:30-11 a.m.  
 Ray Harral Nature Center  
[facebook.com/rayharralnaturecenter](https://facebook.com/rayharralnaturecenter)

Ms. Holly will be at the Ray Harral Nature Center to sing songs and read interactive stories to all who wish to listen.

**WIZARD OF OZ PARTY: THERE'S NO PLACE LIKE THE LIBRARY**

All ages, 10:30 a.m.-12 p.m.  
 Collinsville Library  
[tulsalibrary.org](http://tulsalibrary.org)

This whimsical event is packed with fun activities including Scarecrow Storytime, Oz-themed snacks, a costume contest, etc. Registration encouraged but not required.

**March 19 Thursday**

**CHEROKEE NATION MAKE & TAKES**

All ages, 10 a.m.-4 p.m.  
 All of Cherokee Nation's museum properties  
[visitcherokeeanation.com](http://visitcherokeeanation.com)

Drop in to make bracelets, baskets, masks and more to take home. Each museum will have a unique make and take activity.

**BUILD A READER STORYTIME: FAMILY**

Ages 0-5, 10-10:30 a.m.  
 Tulsa International Airport  
[tulsalibrary.org](http://tulsalibrary.org)  
 Join the Broken Arrow Library at the airport for this fun destination storytime.

**WOOLAROC SPRING BREAK**

All ages, 10 a.m.-5 p.m.  
 Woolaroc Museum & Wildlife Preserve  
[woolaroc.org](http://woolaroc.org)

From nature and art to exploration and science, there's something for everyone at Woolaroc's very first Spring Break week! Repeats March 18-21

**TEENS MAKE MONTH: DIY POPPING BOBA**

For teens and tweens, 2-3 p.m.  
 Bixby Library  
[tulsalibrary.org](http://tulsalibrary.org)

What is spherification? Learn about the science behind this delicious phenomenon and make your own flavorful popping boba!

**March 20 Friday**

**SEWING 101**

For elementary schoolers, 10:30-11:30 a.m.  
 Kendall-Whittier Library  
[tulsalibrary.org](http://tulsalibrary.org)

Learn to sew squares.

**MEMBERS-ONLY NIGHT**

All ages, 6-8 p.m.  
 Discovery Lab  
[discoverylab.org](http://discoverylab.org)  
 On the third Friday of the month, Discovery Lab members get the museum to themselves.

**March 21 Saturday**

**RUNWAY RUN**

All ages, 8 a.m.  
 Tulsa Air and Space Museum  
[tulsamuseum.org](http://tulsamuseum.org)

An officially timed race held on the Tulsa International Airport runway! Fun Run, 5K and 10K options. See website for schedule.

**FAMILY MOVIE MORNING: SONG OF THE SEA**

All ages, 10-11:30 a.m.  
 Philbrook Museum  
[philbrook.org](http://philbrook.org)  
 Wear your coziest pjs and enjoy the Oscar-nominated animated film, *Song of the Sea*. This is a family screening, so lights will be low, and baby/young child noises are expected and welcome.

**STANG THANG**

All ages, 10 a.m.-2 p.m.  
 Tulsa Air and Space Museum  
[tulsamuseum.org](http://tulsamuseum.org)

This exciting event celebrates the legendary Mustang, showcasing a stunning collection of classic and modern Mustangs alongside historic aircraft, food trucks, live entertainment and more.

**SEVENTH ANNUAL BIKES & BOOKS**

Ages 0-16, 12-2 p.m.  
 Gibbs Next Generation  
[tulsalibrary.org](http://tulsalibrary.org)

A celebration of books and bikes to encourage literacy and reading.

**GLOBAL GATHERINGS: JAPAN**

All ages, 12-5 p.m.  
 Gathering Place  
[gatheringplace.org](http://gatheringplace.org)  
 Celebrate Japanese culture with exciting demonstrations, workshops, art vendors and much more!

**March 22 Sunday**

More events at  
[tulsakids.com/calendar](http://tulsakids.com/calendar)

**March 23 Monday**

**TEENS MAKE MONDAYS**

For teens, 4-5:30 p.m.  
 Bronson Brookside Library  
[tulsalibrary.org](http://tulsalibrary.org)  
 Sew, 3D print, laser cut and more in the library's Activity Room.

**March 24 Tuesday**

**ZOO TEEN INFORMATION MEETING**

Entering grades 8-12, 6-7:30 p.m.  
 Tulsa Zoo  
[tulsazoo.org](http://tulsazoo.org)

Join Tulsa Zoo at the Tulsa Zoo Helmerich Discovery Center Auditorium and discover all about what this fantastic program has to offer. No registration required.

**MEREDITH WILLSON'S THE MUSIC MAN**

7:30 p.m.  
 Broken Arrow PAC  
[brokenarrowpac.com](http://brokenarrowpac.com)

Featuring songs such as "Seventy-Six Trombones," "Ya Got Trouble" and more, *The Music Man* is a family-friendly story to be shared with every generation.

**March 25 Wednesday**

**LITTLE GARDEN EXPLORERS**

Ages 0-5, 9:30-11:30 a.m.  
 Philbrook Museum  
[philbrook.org](http://philbrook.org)

An easygoing drop-in play invitation designed for children under five.

**BUILD-A-MANATEE WORKSHOP**

All ages, 4-5 p.m.  
 South Broken Arrow Library  
[tulsalibrary.org](http://tulsalibrary.org)

Pick a manatee, fill it with fluff and make fun accessories. Registration required.

**TEEN CONNECTIONS**

For middle and high schoolers, 4:30-6 p.m.,  
 The Arc of Oklahoma, 2516 E. 71st St. A,  
[thearcok.org](http://thearcok.org)

This is a group for middle and high school youth with autism. Please contact Sherilyn at [swalton@thearcok.org](mailto:swalton@thearcok.org) prior to attending for the first time.



Tulsa City-County Library's **American Indian Festival of Words**, happening throughout March 2026.

PHOTO COURTESY TCCL

**TULSA OILERS GAME**

All ages, 7:05 p.m.

BOK Center

tulsaoilers.com

Cheer for the Tulsa Oilers! The first 1,000 fans receive a free stemless Oilers cup.

**March 26 Thursday**

**BUILD A READER STORYTIME: BILIGUAL** F

10-10:45 a.m.

Kendall-Whittier Library

tulsalibrary.org

Enjoy stories, songs and activities in English and Spanish.

**TULSA ZOO AT THE LIBRARY: HABITAT HOOPLA** F

All ages, 4-5 p.m.

Charles Page Library

tulsalibrary.org

Learn about animals, plants and geology of our world's rainforests.

**March 27 Friday**

**NATURE ACADEMY**

For homeschoolers, 10 a.m.-12 p.m.

Tulsa Zoo

tulsazoo.org

Tulsa Zoo will have a treasure trove of exciting activities and prompts set up in the Oklahoma Central Credit Union Nature Exchange. Free with admission.

**CASANOVA**

Contains mature themes, 7:30 p.m.

Tulsa PAC

tulsaballet.org

A bold and captivating ballet that reimagines the life of the legendary Venetian libertine, Giacomo Casanova. Additional showtimes through March 29.

**March 28 Saturday**

**EASTER FUN DAY DOWNTOWN** F

All ages, 10 a.m.-12 p.m.

Washington Irving Park

facebook.com/downtownriverdistrictbixby

This community event will feature a candy drop at 11 a.m., petting zoo and pony rides, face painting, Easter photos and much more.

**TULSA OILERS GAME**

All ages, 7:05 p.m.

BOK Center

tulsaoilers.com

It's Military Night with the Tulsa Oilers! The first 1,000 fans receive a free Oilers flag.

**March 29 Sunday**

**WOMEN'S LIVING HISTORY MUSEUM**

All ages, 1-3 p.m.

Philbrook Museum

philbrook.org

Discover Tulsa's most influential female leaders and iconic women from history through a live musical performance, storytelling and more.

**March 30 Monday**

**BABY BOARD BOOK BOOK CLUB** F

For babies and their grownups, 10:30-11:30 a.m.

**Central Library**

tulsalibrary.org

Experience the joy of reading together featuring board books, playtime and a chance to make new friends.

**ACTIVITIES: BEEKEEPING** F

For preschoolers and elementary schoolers, 5-5:45 p.m.

Jenks Library

tulsalibrary.org

Explore the world of bees and beekeeping with a visit from a real beekeeper.

**March 31 Tuesday**

**TULSA TAKES FLIGHT**

Ages 10+, 6:30-7:30 p.m.

Jenks Planetarium

jenksps.ce.eleyo.com/Planetarium

This captivating production brings history vividly to life, offering a unique opportunity to witness firsthand how Tulsa's legacy continues to influence and propel

## Family-Friendly St. Patrick's Day Celebrations

There's more! Visit [tulsakids.com/kid-friendly-st-patricks-day-events-in-tulsa](https://tulsakids.com/kid-friendly-st-patricks-day-events-in-tulsa) for additional events.

### TOSS SWING NIGHT: ST. PATRICK'S DAY

March 7, 7-10 p.m.

Southminster Community Center,  
3500 S. Peoria Ave.

Wear your green and join The Oklahoma Swing Syndicate. No partner needed, family friendly, all ages welcome!  
[theoklahomaswingsyndicate.org](https://theoklahomaswingsyndicate.org)

### TULSA IRISHFEST

March 13-15

Cabin Boys Brewery, 1717 E. 7th St.

Tulsa Irish Festival returns with live music, authentic vendors and food, and so much more. Be sure to visit the Little Leprechauns Kid Zone, sponsored by TulsaKids Magazine, for a variety of creative activities. Kids 12 and under get in free. [tulsairishfest.org](https://tulsairishfest.org)

### ST. PATRICK'S DAY STREET PARTY

March 14, 2-5 p.m.

Downtown River District, Bixby

Enjoy music, local fun, and festive activities for all ages. [facebook.com/bixbymetrochamber](https://facebook.com/bixbymetrochamber)

## Sensory-Friendly Fun

Activities for kids who thrive in a quieter environment with fewer crowds.

### SENSORY SENSITIVE SUNDAYS™ AT CHUCK E. CHEESE TULSA

March 1, 9-11 a.m.

Chuck E. Cheese Tulsa

Chuck E. Cheese opens two hours early on the first Sunday of the month. Families can enjoy dimmed lighting, reduced noise levels and a calm atmosphere. [chuckecheese.com/tulsa-ok/sensory-sensitive-sundays](https://chuckecheese.com/tulsa-ok/sensory-sensitive-sundays)

### SENSORY FRIENDLY MORNING

March 1, 9-11 a.m.

Philbrook Museum

Enjoy the galleries and gardens when there's less of a crowd. [philbrook.org](https://philbrook.org)

### SENSORY SUNDAY

March 1, 10:30 a.m.-12:30 p.m.

Wheels and Thrills

On the first Sunday of the month, Wheels and Thrills suspends their arcade and laser tag. There will be no flashing lights or loud music. [wheelsandthrills.com](https://wheelsandthrills.com)

### BUILD A READER STORYTIME: SENSORY

March 2, 6-6:20 p.m.

Hardesty Regional Library

Sensory Storytime focuses on learning with all five senses and is especially designed for children with a variety of learning styles or sensory integration challenges. Registration is required. Register at [tulsalibrary.org/events](https://tulsalibrary.org/events) or call 918.549.7323. For ages 2-10.

### SENSORY NIGHT

March 3, 6-8 p.m.

Oklahoma Aquarium

Explore the aquarium without the usual crowd. Complete a self-guided scavenger hunt for a prize. Repeats the 1st Tuesday of each month. [okaquarium.org](https://okaquarium.org)

### SENSORY-FRIENDLY FAMILY HOURS

March 8, 9:30-11 a.m.

Discovery Lab

Lights are dimmed and exhibit sounds are turned down to accommodate families that need a quieter and less crowded place to learn while playing. Repeats the 2nd Sunday of each month. [discoverylab.org](https://discoverylab.org)

### BUILD A READER STORYTIME/ STAY AND PLAY: SENSORY

March 19, 10:30-11 a.m. (storytime);  
11-11:30 a.m. (Stay and Play)

Broken Arrow Library

This inclusive program of stories, songs and activities is designed for children with a variety of learning styles or sensory integration challenges. Stay and Play offers a gentler pace and smaller setup to help all children feel comfortable and engaged. Registration is required for both the storytime and Stay and Play. Register at [tulsalibrary.org/events](https://tulsalibrary.org/events) or call 918.549.7323. For ages 2-10.

### CALM GATHERINGS OF TULSA: GAME DAY AT CONTENDER ESPORTS

March 21, 9-11 a.m.

Contender eSports Tulsa

For \$10 per gamer, families can enjoy 2 hours of sensory-friendly gameplay; a host will be available to help gamers with questions, setup and support throughout the event. Capacity limited; visit [@CalmGatheringsofTulsa](https://facebook.com/CalmGatheringsofTulsa) on Facebook for the registration link.

### SENSORY FRIENDLY MOVIE SHOWINGS

Several movie theaters offer sensory-friendly showtimes. See the websites below for details.

- AMC Theaters: [amctheatres.com/programs/sensory-friendly-films](https://amctheatres.com/programs/sensory-friendly-films)
- Cinergy Entertainment: [cinergy.com/specials/tulsa/specials-details-sensory](https://cinergy.com/specials/tulsa/specials-details-sensory)
- Regal Movies: [regalmovies.com/promotions/my-way-matinee](https://regalmovies.com/promotions/my-way-matinee)



6TH ANNUAL  
**TULSA IRISHFEST**  
 Presented By Gateway First Bank

**MARCH 13TH-15TH, 2026**  
 HOSTED BY: CABIN BOYS  
 1717 E 7TH ST, TULSA, OK

FRI: 5PM-10PM  
 SAT: 11AM-10PM  
 SUN: 11AM-6PM  
**KIDS 12 AND UNDER GET IN FREE**

SCAN HERE FOR BOGO TICKETS



USE CODE "TULSAKIDS"



FACEBOOK.COM/TULSAIRISHFEST @TULSAIRISHFEST



**TULSAKIDS Family Favorites 2025 NOMINATE**  
**TULSAKIDS Family Favorites 2025 FINALIST**  
**TULSAKIDS Family Favorites 2025 WINNER**

**Serving Oklahoma Since 1975**

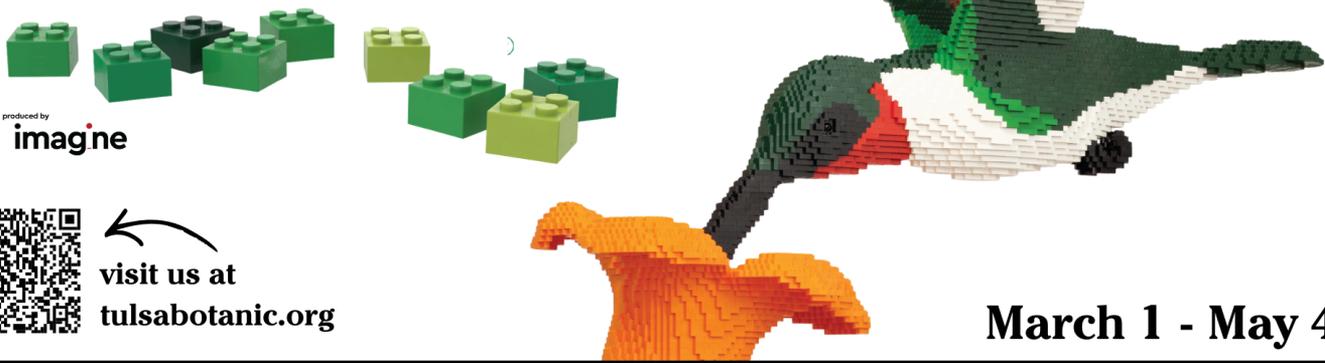
Benjamin Brownlee, MD    David Hall, MD    Evan Moore, MD  
 Patrick C. Buchanan, DO    Scott Hudson, MD    Chris Siemens, MD  
 Jeremy Foon, MD, MPH    Landon Massoth, MD    Atul Vaidya, MD



**EASTERN OKLAHOMA**  
 EAR, NOSE & THROAT, Inc.

918-492-3636 | www.eoent.com | 68th & Yale | 93rd & Mingo

Sean Kenney's  
**NATURE CONNECTS**<sup>®</sup>  
 Made with LEGO<sup>®</sup> bricks



produced by **imagine**

visit us at [tulsabotanic.org](http://tulsabotanic.org)

**March 1 - May 4**

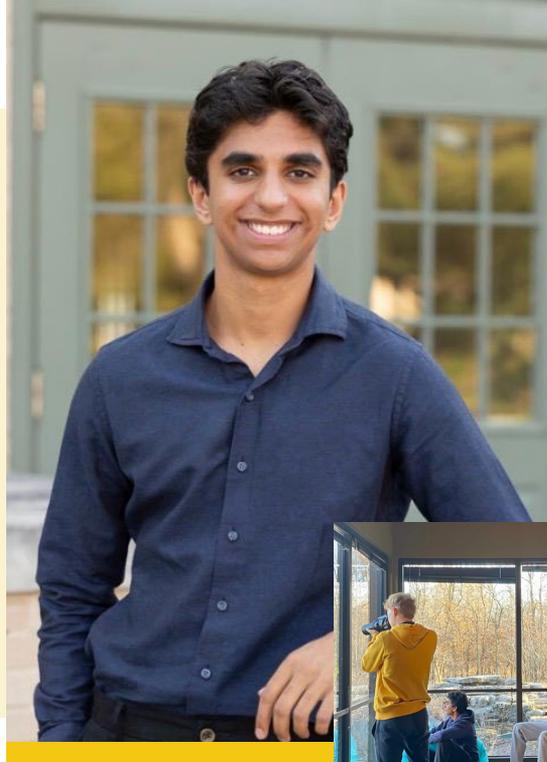
**Enroll Now for BotaniCamp**  
 Spring Break 2026, March 16 - 19



# Tej Beniwal:

## From Backyard Birding to Big Impact

By **Natalie Mikles**



Left, Tej photographed this Lilac-breasted Roller at the Masai Mara National Reserve in Kenya. Right, Tej watches birds with friends from the Jenks Birding Club.

**T**ej Beniwal is a senior at Jenks High School with a passion for bird conservation and connecting people to nature. What started as backyard birding has grown into leadership roles with the Jenks Birding Club—which he founded—and volunteer work with the Tulsa Audubon Society. Through outreach, education and advocacy efforts like Lights Out Tulsa, Tej helps raise awareness about bird-window collisions and ways the community can better protect migrating birds. Outside of birding, he leads the Jenks HOSA chapter (Future Health Professionals) and works as a chemistry research intern at the University of Tulsa. You can follow Tej's bird photography on Instagram @thewondersofcasualbirding.

**TK: How did you first get interested in birding?**

**Tej:** My passion started with my mom's old camera and a field guide she bought, discovering birds in our backyard and on hikes. I found that once you begin noticing birds, their once hidden world becomes impossible to ignore. It grew even more when I visited my dad's hometown in India and met a local birder who showed me incredible, hidden places full of wildlife. Seeing birds in such different parts

of the world made me realize how special and universal birding is.

**TK: Do you remember the first bird that really made you stop and pay attention?**

**Tej:** A male northern cardinal. One of the most common backyard birds, but its bright red color is hard to miss.

**TK: Where are your favorite places around Tulsa to go birding?**

**Tej:** Oxley Nature Center is definitely my number one place to go birding in Tulsa. Ray Herral Nature Center, Turkey Mountain and Haikey Creek Park are also some of my favorites.

**TK: What does a typical birding outing look like for you?**

**Tej:** Early morning hike at a local park with my friends or family with some doughnuts, binoculars and my camera. Roam around and take pictures till we get hungry or the birding dies down.

**TK: How did it feel to help with the Lights Out Tulsa Day proclamation? Why do you think turning off lights at night matters for birds?**

**Tej:** It felt really rewarding to expand my work to an official citywide capacity. Knowing that

"Lights Out Tulsa Day" is now observed every September 24 makes it feel like a permanent reminder for the city to think about birds and conservation.

Turning off lights at night matters because many birds migrate using the stars and moon. Bright city lights can disorient them, pulling them off course and into dangerous urban areas where they risk collisions and exhaustion. Reducing unnecessary lighting helps keep their migration safer and reminds people that small changes can make a big difference for wildlife.

**TK: Do your friends think birding is cool, or did they at first think it was kind of unusual?**

**Tej:** At first, most of my friends definitely thought birding was unusual. The last time a lot of people my age had paid attention to birds was playing Angry Birds in elementary school, so the idea of waking up early just to look for them felt strange. But I really wanted to share how exciting it is, so I started inviting friends, sometimes bribing them with snacks, and talked to students in zoology and veterinary science classes who already loved nature. Once people actually tried it and lifted binoculars for the first time, their perspective changed. What started

as weird slowly turned into something they found fun, especially as a group activity.

**TK: What's your favorite bird, and why?**

**Tej:** The Secretary Bird. It kills its prey (usually snakes) by stomping on it—and just looks like it has aura.

**TK: Is there a bird you still really want to see someday?**

**Tej:** Definitely the Painted Bunting. It's a small bird, but one of the most colorful there is, with bright green, blue, red, and orange feathers. It's the most colorful bird that you can find in Tulsa, and one I've yet to spot.

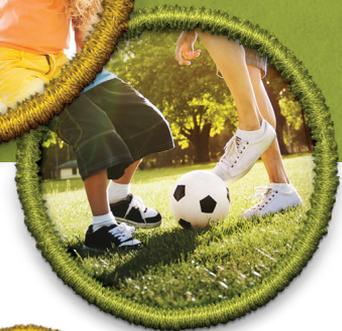
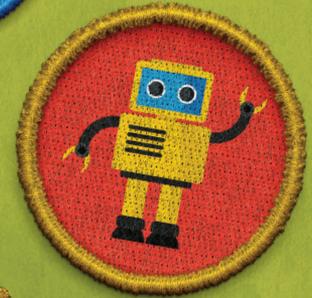
**TK: What would you tell other kids who are curious about birds or nature but don't know where to start?**

**Tej:** I'd say the easiest place to start is your own backyard. Set up a bird feeder, buy a cheap field guide, and you can start finding birds just by sitting on your porch. As interest sparks, buy binoculars to be able to see the birds up close.

**TK: When you're not birding or volunteering, what do you like to do for fun?**

**Tej:** I love to play tennis, go to the gym, play my cello and watch TV. **TK**

# Where learning meets fun.



At Primrose Schools Summer Adventure Club, there's much to explore, discover and learn. Each week, children explore new themes while trying various hands-on activities like sports, arts, robotics, coding, and culinary that help build skills around literacy, creative problem solving, STEAM and more. We offer fun activities throughout the time, such as weekly field trips, water activities, and more.

**Fun for children in Pre-K–5th grade.**

**May 26th – August 13th**

**\$338 a week**

**Primrose School of Broken Arrow**

1701 W. Albany St. | Broken Arrow, OK 74012

(918) 355-6827

[PrimroseBA.com](http://PrimroseBA.com)



**Enroll Now**

Each Primrose school is a privately owned and operated franchise. Primrose Schools is a registered trademark of Primrose School Franchising SPE, LLC. ©2025 Primrose School Franchising SPE, LLC. All rights reserved. Ages for Summer Adventure Club program vary by location.



# ZOO LIGHTFUL

COMING  
MARCH  
26

EXPERIENCE A WORLD OF DAZZLING ANIMAL LANTERNS

[TULSAZOO.ORG/ZOOLIGHTFUL](https://tulsa zoo.org/zoolightful)