

# Summer 2017

## Girls Incorporated of Greater Lowell

Activity Schedule for Week One: June 26- 30

**girls  
inc.**

Inspiring all girls  
to be strong,  
smart, and bold

# FEARLESS

# FEMALES



### MONDAY

**Welcome to our first day of the 2017 Summer Program! Please note that we will NOT be providing free lunches until Wednesday of this week, so your daughter(s) need to pack a non-microwavable lunch on Monday and Tuesday!**

We'll kick off the summer today with Get-To-Know-You games and special group time during the morning hours, where everyone will have a chance to meet their group leaders and get to know some new friends. After morning group time, we will have lunch and play group games. The afternoon will be divided into three hour-long intentional activity sessions, during which girls will rotate through each age group activity. The choices for the "Youngers" (girls in Groups 1-4) will be: participating in a fun physical workout and learning to be healthy in SWEAT, playing a Yes, No, Please, Banana game and being introduced to basic drama in Drama Queens, mixing math and creativity to make music in Musical Muses, and reading books with empowering lessons and a craft in Empower Pages. Choices for "Olders" (girls in Groups 5-8) will be: learning Newton's Law and doing an engaging egg bungee jump experiment in Exotic Explorers, making their own Greek vases and learning about ancient Greek art in Rad History, practicing Basketball skills and learning the ropes of the game in Global Girls, and making ground beef and cheese empanadas in Lady Chefs. We'll wrap up the day with snack and group games.

### TUESDAY

Girls and staff will meet at Girls Inc. this morning for exciting group challenges and projects. The girls will have lunch at noon, then head to an afternoon of activities. The "Youngers" (groups 1-4) will enjoy: making a delicious snack from spiralized fruits and veggies in Inspiralized, reading "The Goat in the Rug" while learning about Navajo Native Americans and doing a craft project in All Star Readers, knitting rectangles and learning to use knitting sticks in Neat Knitters and learning about different lifecycles and coloring caterpillars all while learning new literacy and sequencing skills in Nature Nook. The "Olders" (groups 5-8) will be: beginning reading "The Devil's Arithmetic" and learning about the Holocaust in a summer long book club in Rockin Readers, learning Jazz dance in Fancy Feet, creating recycled sculptures in Express It, and doing a dumbbell workout in Body Pump. The day will end with snack and general group activities.

## WEDNESDAY

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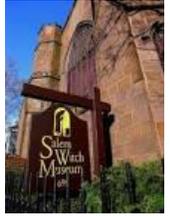
**Field Trip Day! Be here by 8:45 a.m!**

**Free lunches will be provided starting today through Friday, August 18, 2017**

### **Historic Salem, MA**

This week the girls will study women who persevered under the most extreme persecution. Today, they will rotate through three of Salem's most famous exhibits: The Witch History Museum, The Witch Dungeon and The Pirate Museum. As they travel through the museums, they will see period-accurate displays, live performances and learn the stories of the women in our neighboring city who faced down a fearful, patriarchal colony.

**Your day kit should contain: backpack, sunscreen, sneakers and plenty of water.**



## THURSDAY

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The girls will begin this exciting day with local "Mini Field Trips," during which they will explore a variety of organizations, museums, galleries and businesses in the Lowell area! Lunch will be served at noon, after which "Youngers" will have choice activities of: learning money management techniques and financial basics in Money Mania, creating Aztec sundials and learning all about Aztec culture in Around the World, reliving the famous Boston Tea Party and enjoying a cup of tea while learning about the American Revolution in Herstory's Treats, and reviewing basic gym equipment and rules in Fab Fitness. "Olders" will also have rounds of Choices, during which they can choose from: learning the true story of the Salem Witch Trials and its history in Sheros, creating glove boxes to observe space materials like real life scientists do in Astro Girls, reading "Catching the Moon" and playing a word game in Lit Ladies, and developing self-care plans in Mind and Body. The day will end with snack, clean-up and group games.

## FRIDAY

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Friday morning will kick off with group challenges, followed by lunch at noon. Activity time will follow where "Youngers" will have choice activities of: participating in a creative activity focused on national days of recognition in Fancy Fridays, being introduced to basic and fun fitness exercises like planks, crunches and push-ups in Work It Out, reading "One Frog Son" and making a frog craft in Artsy Authors, and discovering the world of travel and making passports in Traveling Tots. "Olders" will choose from: learning about community service and doing a park clean-up in Kindly Kids, building teamwork skills with improv games in Act It Out, experimenting with properties of matter in Savvy Science, and making yarn chandeliers in Bold Art. The day will end with snack, clean-up and group games.

## Special Notice

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The Girls Inc. Store - selling merchandise such as T-shirts, water bottles and more - will be open in the lobby during pick-up time (4:30-5:30) on Tuesdays and Fridays.

***Have a bold weekend everyone!***