

# Summer 2017

## Girls Incorporated of Greater Lowell

Activity Schedule for Week Four: July 17-21



# ***YOUNG, WILD AND FREE***

## MONDAY

Welcome to Week 4 of the Girls Inc. Summer Program! **Free lunches will be provided this week thanks to the Lowell Healthy Summer Program!**

**Please remember to bring bathing suits, swim towels and backpacks Monday and Friday for swimming at South Common Pool! The Girls Inc. Store will be open in the lobby during pick-up time (4:30-5:30) on Tuesdays and Fridays.**

We'll kick off **Young, Wild and Free Week** with a morning of swimming at the South Common Swimming Pool. After morning swim time, we will have lunch (which is provided through the Lowell Healthy Summer Program) 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 new health vocabulary in SWEAT, playing various games that build reaction and decision-making skills in Drama Queens, using beats, symbols, and phrases to make music and learn about permutation in Musical Muses, and learning about different cultures and doing creative writing exercises in Empower Pages. Choices for "Olders" (girls in Groups 5-8) will be: learning the geography of the world and making global Chinese lanterns in Exotic Explorers, creating a historical figure Instagram in Rad History, practicing Soccer skills and learning about Spain in Global Girls, and making Arancini 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 no bake plantain cacao balls in Inspiralized, reading "The Hungry Coat" while learning about Turkish Culture, how what we wear on the inside and in our heart is more important than being popular, and how to deal with being left out in All Star Readers, building knitting skills in Neat Knitters and discovering the frog lifecycle and doing a craft in Nature Nook. The "Olders" (groups 5-8) will be: continue reading "The Devil's Arithmetic" and learning about

the Holocaust in a summer long book club in Rockin Readers, learning Musical Theater in Fancy Feet, creating paper flowers and discussing how the girls have bloomed as individuals in Express It, and doing Hula Hoop games and exercises 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!**

### **Bear Brook State Park, Allenstown NH**

Members will travel to Bear Brook State Park for a morning of group games followed by lunch on the pavilion overlooking the lake. After lunch, members will have a choice to participate in an easy nature walk or a more challenging hike to explore the wild, or they can splash in the lake and play water games on the beach.

**Your day kit should contain: backpack, sunscreen, sneakers, bathing suit, extra clothes, towel and drinking 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: reading “Give, Save, Spend with the Three Little Pigs” and learn money vocabulary in Money Mania, creating African masks and learning about African culture in Around the World, revisiting the Irish potato famine and listening to modern Irish music while eating Cadbury chocolate in Herstory’s Treats, and playing musical hula hoops in Fab Fitness. “Olders” will also have rounds of Choices, during which they can choose from: learning about Serena Williams’ life journey, her life obstacles and her successes in Sheros, exploring the different moon phases and making moon phase viewing boxes in Astro Girls, reading “Si Se Puedo! Yes You Can!” and creating a mini play about goals and determination in Lit Ladies, and making lemon cider scrub in Mind and Body. The day will end with snack, clean-up and group games.

## FRIDAY

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Friday morning will jump start with swimming at South Common Pool, followed by lunch at noon. Activity time will follow where “Youngers” will have choice activities of: celebrating “Invite An Alien To Live With You” Day and create small campaigns to promote why people should invite an alien to live with them in Fancy Fridays, playing playground games in Work It Out, reading “Body Battles” and making comic book battle scenes in Artsy Authors, and traveling to Africa, eating plantain chips, reading “A is for Africa” and making African necklaces in Traveling Tots. “Olders” will choose from: watching a video of strangers meeting for the first time and how they built bonds in minutes in Kindly Kids, learning the power of inflection and the way people speak and promote creativity using gibberish in Act It Out, learning the difference between mixtures and solutions in Savvy Science, and creating robot designs with a purpose and learn how robots can help humans in Bold Art. The day will end with snack, clean-up and group games.

***Enjoy the outdoors this weekend!***

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