

Summer 2017

Girls Incorporated of Greater Lowell

Activity Schedule for Week Five: July 24-28

HISTORY'S MYSTERIES

MONDAY



Welcome to Week 5 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 **History's Mysteries 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 activity connecting foot and leg muscles and in a fun workout in SWEAT, playing improv games in Drama Queens, creating readable artistic music and learning about rhythm measuring in Musical Muses, and learning about individuality and creating nametags that represent the girls as unique individuals in Empower Pages. Choices for "Olders" (girls in Groups 5-8) will be: doing a leaf chromatography science experiment in Exotic Explorers, learning about Civil War era figures and solving a fun murder mystery in Rad History, practicing cricket skills and learning about Australia in Global Girls, and making honey BBQ chicken wings 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 pear noodle parfaits with Greek yogurt in Inspiralized, reading "Dumpling Soup" while learning about Hawaiian culture in All Star Readers, building knitting skills in Neat Knitters and discovering the sea turtle lifecycle and making a turtle 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 tap dance in Fancy Feet, creating "Be Who You Are" paintings in Express It, and doing Zumba dance in Body Pump. The day will end with snack and general group activities.

WEDNESDAY

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

Harvard Museum of Natural History, Cambridge MA

At this wondrous museum, members will traverse the paths of history and evolution. It is a truly one of a kind experience, with no other museum in the New England Region like it. As the girls move through the past and unlock the mysteries of life, they will view exhibits like Cenozoic Mammals- the first mammals to live after the extinction of the dinosaurs. Members will see the Anthropods Exhibit featuring hands-on activities, dramatic specimen displays, colorful video and graphics, and even live animals. With so many exhibits and such a large space, each group will be challenged to view them all, in a single day!

Your day kit should contain: backpack, sneakers, and drinking water.

THURSDAY

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: designing "Give, Save, Spend" money jars in Money Mania, creating Japanese scrolls and origami while learning about Japanese culture in Around the World, exploring Argentine history and leaders like Eva Peron, Gallo Pinto and the Gallo Pinto song in Herstory's Treats, and playing teamwork games in Fab Fitness. "Olders" will also have rounds of Choices, during which they can choose from: learning about Wilma Mankiller and the Cherokee nation while weaving baskets in Sheros, exploring how astronauts study the moon and practice identifying core samples in Astro Girls, reading "River Friendly, River Wild!" and discussing what you would bring with you from your home if you had to leave suddenly in Lit Ladies, and playing a "Strike a Pose" game in Mind and Body. The day will end with snack, clean-up and group games.

FRIDAY

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 "World Nature Conservation Day" and learning how they can help care for and save our planet in Fancy Fridays, practicing Yoga skills in Work It Out, reading "Summer Stinks" and discussing negativity and how to stay positive in Artsy Authors, and learning about China while eating gummy sushi and oranges and making Chinese New Year dancing dragons in Traveling Tots. "Olders" will choose from: learning how to spread kindness in Kindly Kids, building confidence and speaking skills in Act It Out, discovering the difference between physical and chemical changes and discussing wildfires in Savvy Science, and creating artsy cool hand bags in Bold Art. The day will end with snack, clean-up and group games.

Enjoy the weekend everyone!

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