

Summer 2018

Girls Incorporated of Greater Lowell Activity Schedule for Week Five: July 30-August 3



Eco Adventures



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!

MONDAY

Welcome to Week 5 of the 2018 Summer Program!

We'll kick off **Eco Adventures** with a morning of swimming at the South Common Swimming Pool, then lunch and play group games at noon. The afternoon will be divided into three hour-long intentional activity sessions, during which girls will rotate through each age group activity. Groups 1-3 will be: reading *The Tiny Seed* and learning about the different parts of plants while doing a craft; doing a cardio fitness workout; and discovering different ecosystems and animal habitats. Groups 4-6 will be: exploring water ecosystems and making tasty underwater creations; discovering Cambodian music and their unique instruments; and crafting their own Dream Catchers. Groups 7-9 will be: exploring moving sounds and the Doppler Effect; investigating different styles of dress from specific decades and learning to make a garment out of newspaper; and playing Just Dance Wii games to get fit while having fun. The day will wrap-up with snack and group games.

TUESDAY

Girls and staff will meet at Girls Inc. this morning for exciting group challenges and projects, followed by activities in the afternoon. Groups 1-3 will enjoy: discussing strength of character and creating their own sculptures; crafting their own Planet Facebook page; and exploring the culture, values, and importance of storytelling in the Haitian culture and making their own voodoo art. Groups 4-6 will be: learning about conservation efforts around the world; making pineapple rice and learning about Cambodia; and discussing good haircare habits. Groups 7-9 will be: exploring the K-Pop phenomena and creating their own fictional idol group; participating in a guided relaxation yoga practice to re-center from any stress they feel; and engineering their own Lego balloon cars. The day will end with snack and general group activities.

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WEDNESDAY

George's Island, Boston Harbor

Bus departs at 8:30 a.m.

George's Island is an annual field trip and a favorite of the girls. We will take the ferry through Boston Harbor and arrive at the island to explore the natural features of the island while learning about the history and the lore of the Fort Warren. Following lunch, members will assess the impact that human habitation and engineering has had on the island's topographical features, wildlife, and coastline, while exploring the bountiful life of local tidepools.

Your day kit should contain: sunscreen, a hat, drinking water, and good walking shoes.

Please be sure your daughter arrives at least 15 MINUTES prior to our departure time. If your daughter misses the bus, she will be unable to stay at Girls Inc. The ferry is scheduled to depart at 10:00 and we cannot hold the bus past 8:30.

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! In the afternoon, Groups 1-3 will be: discovering the wonders of musical theater; creating their own trees of strength and discussing who builds or supports them as a person; and reading *What Is A Coral Reef?* and learning all about them while doing a craft. Groups 4-6 will enjoy: learning the foundations of floor hockey; discovering what it means to have good teamwork; and making cucumber hummus sandwiches. Groups 7-9 will be: learning the tear drop effect and making their own graffiti paintings; creating a modern comic book story with a character who is specifically designed to fight a social issue; and discussing Marta, the Brazilian soccer player, and playing a "shrinking" soccer group game. The day will end with snack and group challenges.

FRIDAY

Friday morning will jump start with swimming at South Common Pool, followed by lunch. Activity time will follow where Groups 1-3 will have activities of: producing their own silent movie skits; exploring common sight words by making "traffic stopping sentences"; and learning what contractors do for a career, architecture and making their own blueprints. Groups 4-6 will enjoy: creating their own camouflage, hidden picture pastel art; continuing with their summer long quilted rug project; and making fruit salad and learning the importance of pollination. Groups 7-9 will be: making yummy avocado toast; discovering the wonders of black holes, gravity and space-time; and getting physical while playing the fun game of dodgeball. The day will end with snack and group games.

Special Notice

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 Thursdays.