

Summer 2018

Girls Incorporated of Greater Lowell

Activity Schedule for Week Six: August 6-10

**girls
inc.**

Inspiring all girls
to be strong,
smart, and bold

Powerful Play



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 6 of the 2018 Summer Program!

We'll kick off **Powerful Play** 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 *Cloudy With A Chance of Meatballs* and creating their own favorite recipes; getting fit with chest and shoulder workouts; and investigating the sun and both its helpful and harmful properties. Groups 4-6 will be: preparing delicious apple nachos; exploring Jamaican music and instruments; and crafting mindfulness jars and learning about relaxation techniques. Groups 7-9 will be: learning about the power of gravity and how planets and moons orbit; discovering modern fashion trends and designing their own flower crowns; and getting physical with Wii Just Dance. 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: designing sensory bottles and exploring ways to stay calm; inventing their own Nebula jars; and exploring the country of China and its culture while crafting paper lanterns. Groups 4-6 will be: learning about important school safety practices; cooking Jamaican banana muffins; and investigating healthy communication skills and relationships. Groups 7-9 will be: exploring the K-Pop phenomena and how various bands sound different while creating their own K-Pop album covers; practicing pair poses for mental and physical balance; and crafting Lego boats. The day will end with snack and general group activities.

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WEDNESDAY

Groups 1-5: The Children's Museum, Boston, MA [Bus departs at 9:00 a.m.](#)

At the annual trip to The Children's Museum, in Boston, MA, the younger girls will experience multi-dimensional play. The diverse exhibits at the museum create a rich environment that stimulates children's natural curiosity and creativity. The play experiences are multi-sensory, engaging, and hands-on. The museum provides high quality, play based learning developed with the latest research in play education. From the Global Gallery to the Kids Stage, the girls will have unlimited opportunities for playfulness. The day will be a chance for the girls to freely and joyfully explore and connect with the world we live in.

Your day kit should contain: drinking water and good walking shoes!

Groups 6-9: America's Stonehenge- Salem, NH [Bus departs at 9:00 a.m.](#)

The older girls will journey back in time on their trip to America's Stonehenge. Was it built by a Native American Culture or a migrant European population? No one knows for sure. America's Stonehenge is a maze of man-made chambers, walls, and ceremonial meeting places. It is most likely the oldest man-made construction in the United States (over 4000 years old). The girls will hike out to the site and explore this archaeological wonder while learning about all the theories surrounding the mystery of its origin. After a relaxing outdoor lunch, the girls will have the chance to hike and play in the woods surrounding the site, getting a healthy dose of old-fashioned outdoor fun.

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

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: learning the art of choreography dance; designing Think flowers and discussing positive conversations; and reading "Chrysanthemum" while doing a self-esteem craft. Groups 4-6 will enjoy: playing Capture The Flag to practice good team buildings and sportsmanship skills; discussing Ruby Bridges and what courage is; and preparing apple ladybug treats. Groups 7-9 will be: creating their own graffiti paintings; exploring the character of Wonder Woman and discussing the values she teaches; and exploring Grace O'Malley and gender roles while making their own pirate flags. 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: learning the importance of sound and motion on theater stages; exploring descriptive language and handwriting making pen pal postcards; and discovering the career of lawyers and making their own group rules lists. Groups 4-6 will enjoy: creating useful artwork pinch pots; continuing with their summer long quilted rug project; and preparing mini pizzas and learning about Italian culture. Groups 7-9 will be: making tasty fruit smoothies; discovering the important points in history for women in spaceflight and making a timeline; and learning the basics of kickball. The day will end with snack and group games.

Important Notices

Monday, August 13 will be the last day of swimming at South Common Pool

Friday, August 17 will be the last day of the Summer Feeding Program