

# Summer 2018

## Girls Incorporated of Greater Lowell

### Activity Schedule for Week Eight: August 20-24

**girls  
inc.**

Inspiring all girls  
to be strong,  
smart, and bold

## *Stronger, Smarter, Bolder*

Please note that we will NOT be providing free lunches at all this week.

Girls Inc. members need to pack a non-microwavable lunch every day!



### MONDAY

#### Welcome to Week 8 of the 2018 Summer Program!

We'll kick off **Stronger, Smarter, Bolder Week**, our last week of summer program, with group challenges and activities. The afternoon will then 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 *I Wrote You a Note* and writing a kind letter or note to someone they care about; getting fit with a meditation and yoga practice; and investigating how plants and animals survive in the desert. Groups 4-6 will be: baking rainbow sugar cookies and creating goals for the school year; learning the Ghanaian Kpanlogo dance; and taking a mindful relaxation neighborhood walk. Groups 7-9 will be: examining the science behind farming; learning the steps to create their own clothing lines; 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 comic books that reflect the importance of learning lessons from life experiences; designing their own telescopes and discussing the concept of looking "beyond ourselves"; and exploring the various cultures and crafts they experienced throughout the summer. Groups 4-6 will be: learning about promoting positivity and compassion, and mental health issues; preparing African caramel coconut balls from Ghana; and investigating ways to promote positive mental health. Groups 7-9 will be: exploring the K-Pop phenomena and finishing their album covers while eating a Korean snack; learning about the idea of chakras and doing yoga poses dedicated to inner peace; and designing their own waterproof Lego submarines. The day will end with snack and general group activities.

**This Week Sponsored by National Grid**

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## WEDNESDAY

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### **Cook Out at Girls Inc., On-Site**

As summer comes to a close, we will spend the week on-site celebrating and reflecting on all we learned, all we achieved and all we shared in the past weeks. Each group will make a scrapbook for the Girls Inc. Archives, with each member contributing her own piece and her own memories. Members will have a lunch time cook out (catered by a very special chef) and in the afternoon we will have our Summer Time Stronger, Smarter, Bolder Party. Girls will have the chance to rotate through stations and experience each of Girls Inc.'s eight identity programs, from self-defense and personal safety, to financial literacy. Members will end the summer and embark on a new year of school being their strongest, smartest and, boldest selves.

## THURSDAY

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The girls will begin this exciting day with their last 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: expressing all their learned dance moves throughout the summer in mini dance battles; designing mandala pasta art; and reading *I Like Myself* and learning about positive body image and self-love. Groups 4-6 will enjoy: playing dodgeball and discussing all the skills they learned throughout the summer; exploring the concepts of honesty and integrity; and preparing tasty fruit salad. Groups 7-9 will be: practicing strong, smart, and bold calligraphy skills; creating supernatural comic characters who interact with human characters; and exploring Queen Lili' Uokalani, who ruled Hawaii before it became a US state and making their own poems. The day will end with snack and group challenges.

## FRIDAY

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The last day of our Girls Inc. 2018 Summer Program will begin with group challenges and activities, followed by lunch. Activity time will follow where Groups 1-3 will have activities of: expressing silliness in theater; exploring what categories are through an interactive activity; and discovering their dreams for careers and breaking down stereotypical "female" jobs. Groups 4-6 will enjoy: crafting their own contemporary sculpture art piece; finishing their summer long group quilted rug project; and preparing an "ants on a log" snack and learning about ants. Groups 7-9 will be: making healthy pretzels; watching *Mercury 13* and learning about women who were tested in spaceflight in 1961; and getting fit while playing Badminton. The day will end with snack and group games.

***Thank you all for a Strong, Smart and Bold summer!***

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### **Important Notices**

**Girls Inc.'s After School Program starts on the first day of Lowell Public Schools – Tuesday, August 28! We're open 2:00-6:00 Monday-Friday with all sorts of fun and enriching program offerings – come on up to the office and sign up today!**