

# Summer 2018

## Girls Incorporated of Greater Lowell

### Activity Schedule for Week One: July 2-6

**girls  
inc.**

Inspiring all girls  
to be strong,  
smart, and bold

## *Holistic and HEALTHY*



### MONDAY

**Welcome to our first day of the 2018 Summer Program! Please note that we will NOT be providing free lunches until next week, so your daughter(s) need to pack a non-microwavable lunch.**

We'll kick off the summer today with Get-To-Know-You games and special group time during the morning hours, where everyone will have a chance to meet their group leaders and get to know some new friends. 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: participating in a read-a-loud and creating drawings of the future; doing biceps, triceps, and shoulder workout; and learning about recycling and trash. Groups 4-6 will be: learning about healthy carbs and making sweet potato chips; discovering mindful eating habits and how we use our senses; and learning how music is important. Groups 7-9 will be: doing an experiment on how acids effect the earth's crust; discovering what fashion means to them and making mood boards; and getting their groove on by playing Just Dance. The day will wrap 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: expressing emotions through colorful abstract paintings; learning about the sun and its unique characters; and exploring Mexican culture. Groups 4-6 will be; discussing powerful women in the acting business; making blueberry Wojapi and learning about Native American culture; and discovering why bodies produce sweat and how to combat the odor. Groups 7-9 will be: exploring the K Pop phenomena and the different stereotypes surrounding it; learning basic breathing exercises and about the nervous system; and building marble mazes. The day will end with snack and general group activities.

## WEDNESDAY

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**Girls Inc. will be closed July 4<sup>th</sup> in observance of Independence Day.**

## THURSDAY

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***Week One: Holistic and Healthy – Thursday, July 5***  
**Wellness Clinic, On-site**



This week, girls will start the summer in a happy and healthy space, with an on-site wellness clinic. In the morning, girls will break into their groups to define what “holistic and healthy” looks like, through a variety of fun games, crafts, and activities. After a lunch, featuring an extra-special snack, they will rotate through nine mini-wellness workshops including yoga, stress management, and personal care.

**NO DAY KIT NECESSARY**

## FRIDAY

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Friday morning will kick off with group challenges, followed by lunch. Activity time will follow where Groups 1-3 will have activities of: acting out emotions in theater; creating visual representations of where they are in the universe; and learning about doctors and making their own stethoscopes. Groups 4-6 will enjoy: creating their own abstract art; knitting squares to make a quilt or rug for Girls Inc. over the whole summer; and learning about worms and soil and making edible dirt cups. Groups 7-9 will be; cooking healthy oatmeal balls; discovering “female firsts” in space; and practicing basketball skills. The day will end with snack and group games.

## Special Notice

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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.

**Swimming starts Monday, July 9! Please remember to bring bathing suits Monday and Friday for swimming at South Common Pool!**

**Free lunches will be provided NEXT WEEK thanks to the Lowell Healthy Summer Program!**

***Have a healthy weekend everyone!***