

Summer 2018

Girls Incorporated of Greater Lowell

Activity Schedule for Week Three: July 16-20

Dancers

And Dreamers



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 3 of the 2018 Summer Program!

We'll kick off **Dancers and Dreamers** 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 *Running Rabbit* and creating their own nonsense word poetry tongue twisters; working out their core with ab workouts; and discovering the different stages of the water cycle and playing a group game. Groups 4-6 will be: making apple roses and learning about food design; exploring the history of Japanese hero and Legend Momatoro and song storytelling; and practicing Yoga. Groups 7-9 will be: learning about Galileo's falling bodies experiment and doing their own experiments; discovering female fashion icon Iris Apfel and creating their own "larger than life" cohesive jewelry sets; and getting fit with 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: learning about the importance of setting goals by making collage goal boards; discovering the wonders of Mars, Jupiter, and Saturn and doing a space craft; and exploring African attire and culture by playing an interactive fun game. Groups 4-6 will be; learning about different dress codes based on gender and having a group discussion; making kibidango, a Japanese dish; and exploring the importance of skin care and making facial masks. Groups 7-9 will be: exploring the K Pop phenomena and the different characters and roles in the culture; practicing meditation techniques and creating personal mantras for stress relief; and constructing Lego catapults. The day will end with snack and general group activities.

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WEDNESDAY

Palace Theatre, Manchester, NH

Bus departs at 8:45 a.m.

This week, the girls will have the chance to see the Historic Palace Theatre's production of Cinderella. They will mingle with the cast and crew following the show and learn the ins and outs of theater production. The girls will return to Girls Inc. for lunch and they will then spend time in their groups using what they learned to develop their own routines for our annual talent show.

NO DAY KIT NECESSARY

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.

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 ballet dance; finding beauty and creating their own crumpled art pieces; and reading "The Tortoise and the Hare" and discovering good work ethic and responsibility. Groups 4-6 will enjoy: improving their basketball skills by playing Moneyball; learning about responsibility by playing a stash acorn activity; and making delicious fruit salsa and cinnamon chips. Groups 7-9 will be: learning the art of Graffiti and creating their own "tags"; reflecting on the different elements of a comic strip and creating their own formats and dialogs; and discussing Wangari Maathai, who started a foundation to empower women and teach people about deforestation and how to help restore the environment. 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 power of inflection and tone in acting by using nonsense words; discovering the power of maps and context clues in an Imaginary Lands literacy activity; and exploring the career of ballerinas and what it means to have strong work ethic. Groups 4-6 will enjoy: creating stained glass designs; continuing with their summer long quilted rug project; and learning about Mexican culture and making nachos. Groups 7-9 will be: cooking banana oat raw cocoa cookies; learning about the first Indian born female in space, Kaplana Chawla and investigating how to build and design a shock-absorbing system; and playing the engaging game of Badminton. 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.