

# Summer 2018

## Girls Incorporated of Greater Lowell Activity Schedule for Week Four: July 23-27



### *Happy Campers*

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 4 of the 2018 Summer Program!

We'll kick off **Happy Campers** 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 Big Adventures of Tiny House* and creating their own unique Lego homes; practicing mindful yoga; and learning about trees, energy and photosynthesis. Groups 4-6 will be: learning different techniques of shaping and coloring food; exploring Cuban Salsa music and dance; and making lava lamps while learning about relaxation and density. Groups 7-9 will be: discussing what it means to have "thick skin"; learning about Katharine Hamnett and creating their own bold and powerful t-shirts; 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: learning to process overwhelming emotions by drawing their "happy place" in nature; discovering the wonders of Uranis, Neptune, and Pluto as well as mythology; and exploring the traditions of Japanese women and their music while doing a cool craft project. Groups 4-6 will be: learning about the power of an image using emojis to express emotions; cooking Cuban sandwiches; and learning about periods and good hygiene. Groups 7-9 will be: exploring the K-Pop phenomena and learning about who BTS is and what makes a person heroic; practicing yoga poses and breathing techniques based on animals and nature; and creating Lego volcanoes. The day will end with snack and general group activities.

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## WEDNESDAY

### Silver Lake, Hollis, NH

*Bus departs at 9:00 a.m.*

Members will travel to Silver Lake State Park for a morning of sand, sun and swimming in the pristine waters, followed by lunch at the picnic area. After lunch, members will have a choice to participate in an easy nature walk or a more challenging hike to explore the wild, or they can splash in the lake and play water games on the beach.

**Your day kit should contain: sunscreen, drinking water, good walking shoes, bathing suit, towel, and a change of clothes.**

## 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 contemporary dance; making their own Mexican Worry Dolls and discussing ways to cope with stress; and reading *Beaver Gets Lost* and learning about beavers and their habitats. Groups 4-6 will enjoy: improving their throwing, catching and passing skills by playing Ultimate Frisbee; learning about friendship and making scrapbooks; and baking mini apple pizzas. Groups 7-9 will be: creating scribble art paintings; learning how to use humor in comic books and creating story lines; and discovering Frida Kahlo, the famous female artist, while making their own flower headbands. 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: creating their own characters in acting; discovering different cultural traditions while building vocabulary; and learning about artists and making a craft. Groups 4-6 will enjoy: having their own "paint night" and making acrylic paintings; continuing with their summer long quilted rug project; and making ice cream sundaes and learning about chemical reactions. Groups 7-9 will be: making delicious chocolate hummus; learning about constellations and stars and making their own in bottled jars; 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.

