

Summer 2018

Girls Incorporated of Greater Lowell

Activity Schedule for Week Seven: August 13-17

Excited Investigators



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 for swimming at South Common Pool!

MONDAY

Welcome to Week 7 of the 2018 Summer Program!

We'll kick off **Excited Investigators** with our last morning of swimming at the South Common Swimming Pool. 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 *She Persisted* and creating their own role model craft; getting their legs fit with squats and lunges; and investigating the beauty of rainforests and listening to their unique sounds. Groups 4-6 will be: preparing edible gardens and discovering what GMOs are; learning the Dandiya Ros dance from India and decorating percussive sticks; and exploring mindful poses and doing body "scans" to help with stress. Groups 7-9 will be: examining gravity and its effects on space experiments; discussing fashion editors and researching how publicizing new fashion trends happen while creating their own magazines; 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 unique string art while improving fine motor skills; crafting their own moon dust paintings while learning about the moon; and exploring the United States and Native American art. Groups 4-6 will be: learning about careers in forensic science and analyzing evidence; preparing Shikanji, spiced lemonade from India; and investigating healthy habits with yoga while making trail mix. Groups 7-9 will be: exploring the K-Pop phenomena and writing their own Haiku poem songs; learning the benefits of practicing yoga in pairs; and participating in a "Tallest Tower" Lego Challenge. The day will end with snack and general group activities.



This Week Sponsored by National Grid

nationalgrid

The power of action.



WEDNESDAY

Museum of Science- Boston, MA

Bus departs at 9:00 a.m.

This week, members will head to Boston to discover the awesome wonders of the Museum of Science. With its mission to stimulate interest in and further understanding of the natural sciences and technology, its exhibits encourage learning through hands-on and engaging interaction. Groups will have the opportunity to view the lightning show (with audience participation), walk through The Hall of Human Life - with more than 70 interactive components to interactively engage visitors with their own biology, and explore space in a full-size model of the Apollo and Mercury capsules.

Your day kit should contain: 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 partner dancing; designing their own coloring sheets for stress management; and reading *Why Is the Sky Far Away* and learning about Nigerian folklore. Groups 4-6 will enjoy: playing Gaga Ball to build hand and eye coordination skills; discussing perseverance and crafting their own worry dolls; and cooking zucchini fries. Groups 7-9 will be: practicing graffiti calligraphy skills; exploring how graphic novels are used to display historical moments; and exploring Aung San Suu Kyi and discussing good leadership qualities. The day will end with snack and group challenges.

FRIDAY

Friday morning will jump start with group challenges and activities, followed by lunch. Activity time will follow where Groups 1-3 will have activities of: learning the importance of spotlighting and improvising in theater; exploring descriptive words and crafting their own imaginary monsters; and discovering the career of engineers and the craft of problem solving. Groups 4-6 will enjoy: learning the skill of shading, shaping and shadow effects in art; continuing with their summer long quilted rug project; and preparing different kinds of healthy fruit smoothies. Groups 7-9 will be: making delicious granola cups; discovering the phases of the moon and acting out a complete 30-day moon cycle; and getting fit while playing kickball. The day will end with snack and group games.

Important Notices

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

Please note that we will NOT be providing free lunches at all next week. Girls Inc. members need to pack a non-microwavable lunch every day next week!

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!