

Summer 2019

Girls Incorporated of Greater Lowell

Activity Schedule for Week One: June 17-21

Into the Deep



MONDAY

Welcome to our first day of the 2019 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 age group activities. Groups 1-3 will be: participating in a read-a-loud and doing an activity, experiment, or craft based on the story; facing a sports challenge and learning about problem solving as a team; and creating works of art using trash or recycled goods while learning about recycling. Groups 4-6 will be: learning how to create healthy snacks at home and how to cook on a budget; discovering the history and culture of drum circles while practicing techniques and skills in percussion and drumming; and using different forms of music, art and dance to tell creative stories. Groups 7-9 will be: expressing themselves through creative painting while sipping on a healthy tasty drink; learning about hygiene, healthy relationships, and proper eating habits; and exploring the creation of movies, music and literature. 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: exploring different themes in space science, with an emphasis on experimenting and sensory science experiences; participating in word games, artsy word activities, and challenges; and experimenting in the world of technology through coding, circuit boards and hands-on tactile activities. Groups 4-6 will be; discussing how to approach and manage social, emotional, and physical issues with their peers; studying myths from around the world and learning their cultural significances while writing their own; and participating in a variety of knitting activities and projects. Groups 7-9 will be: creating simple snacks while learning about self-care; participating in a range of sports activities including volleyball, baseball, and soccer while learning about role models in these sports; and exploring science, technology, and engineering through various art and creative activities. The day will end with snack and general group activities.

Special Notice

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

WEDNESDAY

Wingearsheek Beach, Gloucester, MA

Beautiful Wingearsheek Beach is located in historic Gloucester, MA. Members will get the chance to experience sand, sun, and swimming all day long. Our groups will rotate through hour long blocks of swimming, free play on the beach, structured beach themed games, and beach exploration. *The beach is staffed by lifeguards and swimming aids, like Styrofoam bubbles and life vests, are allowed.*

Your day kit should contain: Sunscreen, drinking water, bathing suit, towel, and a change of clothes. Beach toys (pails, shovels, etc.) are welcome, however your daughter must carry and be responsible for all her own supplies.

PARENTAL ADVISORY:

There is no playground, hiking trail, or alternative activities on the beach. Due to concern about hot temperatures and a lack of shade, if your daughter does not plan to swim, we highly recommend that she take the day off from Girls Inc.

THURSDAY

The girls will begin this fun filled 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: performing different styles of dance; participating in a variety of physics experiments and challenges; and studying the rights and duties of citizenship through fun engaging activities. Groups 4-6 will enjoy: creating their own stories, comic strips and collages; learning cross stitch skills and techniques; and researching famous females in history and creating mock Instagram pages for them. Groups 7-9 will be: learning self-care techniques while discussing inner beauty; expanding their cooking skills with a master chef program; and practicing various meditation, mindfulness and calming activities including yoga. The day will end with group games and a healthy snack.

FRIDAY

Friday morning will kick off with group challenges, followed by lunch. Activity time will follow where Groups 1-3 will have activities including: learning how to cope with, manage, and express emotions in theater; investigating animals they may encounter on Girls Inc.'s summer field trips; and practicing a variety of creative healthy habits. Groups 4-6 will enjoy: learning the different ways that water can be used; practicing problem solving skills with geometry games; and building social learning, cooperation, planning and cooking skills through a "Nailed It" cooking challenge. Groups 7-9 will be: experimenting with the basics of photography; flexing literacy skills through various writing challenges; and learning problem-solving, adaptability and social skills through acting and improvisation games. The week will end with fun group activities and snack.

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