



FUN & Fit



MONDAY

Welcome to WEEK 3 of the 2019 Summer Program! Free lunches will be provided this week thanks to the Lowell Healthy Summer Program.

Girls Inc. will be closed in observance of the holiday on Thursday and Friday, July 4 and 5.

We'll kick off Week 3 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: reading "The Bad Seed" and doing activities that engage the girls in positive self-talk; rotating through meditation stations; and discussing turtles and ocean pollution while doing a craft. Groups 4-6 will be: making delicious protein smoothie shakes; learning the fundamentals of basic beat making; and working as a team to finalize a script and discussing how music can help tell a story. Groups 7-9 will be: picking out the differences between social media and official news stories; learning pour paint watercolor painting techniques; and discussing what super foods are and how they are good for you. 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 solar system and crafting a labeled model; investigating a variety of methods to manage our own health and crafting booklets; and building Makey Makey instruments. Groups 4-6 will be: creating healthy self-image summer collages; exploring Greek mythology gods, such as Hercules, Apollo, and Poseidon; and learning how to knit versus how to purl in knitting. Groups 7-9 will be: exploring the basics of jet propulsion and designing balloon race cars; making fruit salad and learning about pollination; and practicing the game of soccer and learning the basics. The day will end with snack and general group activities.

WEDNESDAY

Fitness Clinic On-Site

This week, members will get into a happy and healthy space with an on-site fitness clinic. In the morning, members will break into their groups to define what “fun and fit” looks like through a variety of fun games, crafts, and activities. They will also address the unhealthy stereotypes that encourage unrealistic and exclusionary fitness goals. After lunch, they will rotate through fitness workshops during choice time including yoga, stress management, and personal care.



No Day Kit Necessary

THURSDAY

Girls Inc. will be closed July 4th in observance of Independence Day.

FRIDAY

Girls Inc. will be closed July 5th in observance of Independence Day.

Special Notice

Swimming begins NEXT WEEK! Please remember to bring bathing suits, swim towels and backpacks Monday and Friday for swimming at South Common Pool!

This Week Sponsored by National Grid

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