

# girls inc.

# Summer 2019

## Girls Incorporated of Greater Lowell

### Activity Schedule for Week Five: July 15-19

## Collegiate *Queens*



### MONDAY

Welcome to WEEK 5 of the 2019 Summer Program!

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!

We'll kick off *Collegiate Queens Week* with a morning of swimming at the South Common Swimming Pool. 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 Book With No Pictures" and playing an onomatopoeia game; playing listening and comprehension building games such as "Garage Ball"; and learning about the lifecycle of a caterpillar. Groups 4-6 will be: making color changing lemonade; gaining a basic understanding of time playing a clapping game; and investigating emotions and adding drama to skits while learning how music can make a scene in a movie. Groups 7-9 will be: identifying hidden marketing messages in the media; painting ocean scenes while sipping on a special summer drink; and discussing healthy skin habits. 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: recording and analyzing data with balloon rocket ship experiments; learning some new words while playing a salary/career game; and exploring Scratch programming games. Groups 4-6 will be: learning how to cope with friendship challenges; exploring Greek mythology characters, such as Selene, Pan, and Echo; and practicing how to read a knitting chart. Groups 7-9 will be: learning the principles of gliding and how wing surface shapes help planes stay aloft and control direction; making guacamole and salsa while learning about Mexican culture; and exploring the game of volleyball. The day will end with snack and general group activities.

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## WEDNESDAY

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### **Olders (Groups 6-9)- Kendall Center/Harvard Museum of Natural of History, Cambridge, MA**

**Bus Departs at 8:30am, returns at 5:00pm**

Kendall Center, in the heart of Cambridge, is a unique community, built to be more than a luxury apartment complex. The large site features an urban rooftop garden which provides food for the surrounding community. Members will tour the garden and participate in educational programming with Kendall Square gardeners to learn the value and process of farm-to-table foods in the urban environment. Following their garden adventure, members will eat lunch in the pop-art park outside Kendall Plaza, and view the latest exhibits from some of Boston's most up and coming street artists. After lunch, members will travel to the Harvard Museum of Natural History and tour its enthralling exhibits of glass flowers, globally acclaimed crystal collections, and collection of rare and exotic animals.



**Your day kit should contain: drinking water, good walking shoes, and sunscreen.**

### **Youngers (Groups 1-5)- Boston Common/Faneuil Hall, Boston, MA**

**Bus Departs at 8:30am, returns at 5:00pm**



Younger members will tour the city of Boston for some of its most iconic and historic sites. They will start the day at beautiful Boston Common, where they will have the chance to splash and play in the Frog Pond and have a picnic lunch in the beautiful, green, rolling hills of the park. After lunch, they will walk a part of the Freedom Trail to Faneuil Hall, the famous marketplace in Boston's Center. At Faneuil Hall they will walk the marketplace, experience the outdoor performers, and learn some of Boston's History.

**Your day kit should contain: drinking water, good walking shoes, sunscreen, and a change of dry clothes. Members will be allowed to bring their own personal money, on this field trip only for shopping at Faneuil Hall.**

## 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: practicing musical theatre dance; exploring how to describe things while learning new words; and discovering what it takes to run a Presidential campaign. Groups 4-6 will enjoy: making their own piggy banks and learning about saving and budgeting money; continue crafting cross-stitch charts; and investigating musician Rachel Platten and making a mock Instagram profile for her. Groups 7-9 will be: learning the essentials of eye care; discussing different life stressors and learning tools to curb triggers for anxiety; and doing a master chef challenge with cauliflower. The day will end with group games and a healthy snack.

## FRIDAY

Friday morning will begin with swimming at the South Common Swimming Pool followed by lunch. Activity time will follow where Groups 1-3 will have activities including: practicing characters and learning about identity; learning about ants and participating in a fun scavenger hunt; and discussing why heart health is important. Groups 4-6 will enjoy: discovering the science of water by doing a variety of water experiments; creating periodic and non-periodic tables; and making healthy ice cream cones. Groups 7-9 will be: practicing editing skills in photography; thinking outside the box and acting out the opposite role of a character in acting ; and writing a short story related to the college theme. The week will end with fun group activities and snack.