



Summer 2019

Girls Incorporated of Greater Lowell

Activity Schedule for Week Six: July 22-26



Nature's

Nurturers

MONDAY

Welcome to WEEK 6 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 *Nature's Nurturers 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 "Rosie Revere Engineer" and engineering their own inventions; playing an animal conga line game and learning about animals; and making paper mache. Groups 4-6 will be: mixing up delicious fruit salad; building xylophones out of reclaimed wood; and adding visual characters and scenery to a movie. Groups 7-9 will be: investigating cinematography and different aspects of making a film; painting forest scenes while sipping on a special summer drink; and discussing healthy ways to prevent body odors. 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 how the sun interacts with our planet and bodies through fun science experiments; participating in a challenge to create the most well-rounded habitat for different animals of their choosing; and building devices to use with the Makey Makey program. Groups 4-6 will be: learning how to maintain good relationships while practicing self-care; exploring Greek mythology characters, such as The Nine Muses; and reading about WWII spies and how they created secret codes. Groups 7-9 will be: designing robots while learning about construction and electronics; making caprese salad skewers while learning about Italian culture; and exploring the game of volleyball while discussing important female athletes. The day will end with snack and general group activities.

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WEDNESDAY

Silver Lake, Hollis, NH

Bus Departs at 9:00am, returns at 5:00pm

Members will travel to Silver 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 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: learning tap dance techniques; participating in a tallest tower building challenge and practicing prediction skills; and discussing three current events. Groups 4-6 will enjoy: creating problem solving jars and discussing how to deal with different problems; sewing their own pillows; and learning about Michelle Obama, a lawyer and the first African American First Lady, while making a mock Instagram profile of her. Groups 7-9 will be: learning the essentials of good hygiene; discussing how to be an active listener with a mindfulness activity; and doing a master chef challenge with strawberries. 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: learning about sound effects and volume control in theater; discovering the wonders of the sea and turtles; and investigating bus and car safety while making travel brochures. Groups 4-6 will enjoy: discovering different habitats and ecosystems; creating knot drawings; and making peanut butter snails. Groups 7-9 will be: practicing taking photos of cityscapes in photography; acting out different fears with a game of charades in acting; and writing a short story related to the environment. The week will end with fun group activities and snack.

