



# Summer 2019

## Girls Incorporated of Greater Lowell Activity Schedule for Week Seven: July 29-August 2



# Castle Crashers

## MONDAY

**Welcome to WEEK 7 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!**

Girls Inc. kicks off *Castle Crashers 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 "Nanette's Baguette" and engaging in rhyming games; playing a timed item collection challenge; and making biodegradable bird feeders while learning what biodegradable means. Groups 4-6 will be: cooking chicken kabobs; continuing building xylophones out of reclaimed wood; and finalizing their group storyboards and music selection for their summer movies. Groups 7-9 will be: investigating the messages that music can express; crafting crayon resist paintings while sipping on a special summer drink; and discussing the mysteries of menstruation. 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 our planet earth through fun science experiments; investigating mysteries, myths, and lore while writing their own stories; and exploring the science of green screens. Groups 4-6 will be: discussing ways to deal with difficult or challenging situations; exploring Greek mythology characters, such as the mortal descendants of Zeus; and crafting their own secret knitting codes. Groups 7-9 will be: learning how different contaminants affect water quality and the scientific power of soap; exploring the art of cookie decorating; and playing hockey while discussing important female athletes in the sport. The day will end with snack and general group activities.

**This Week Sponsored by National Grid**

**nationalgrid**

The power of action.

## WEDNESDAY

---

### **George's Island, Boston Harbor, MA**

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

George's Island is an annual field trip and a favorite for our members. We will take the ferry through Boston Harbor and arrive at the island to explore the natural features of the island, while learning about the history and the lore of Fort Warren. Following lunch, members will explore the shoreline for topological features, wildlife, and human impact, while investigating the bountiful life of local tidepools.

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



**Please be sure your daughter arrives at least 15 MINUTES prior to our departure time. If your daughter misses the bus, she will be unable to stay at Girls Inc. The ferry is scheduled to depart at 10:00 and we cannot hold the bus past 8:30.**

## 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 partner dancing techniques; learning about water cycles; and engaging in mock trials and learning about the justice system. Groups 4-6 will enjoy: creating admiration letters for someone who has impacted them in a positive way; sewing their own doll clothes; and learning about actress Tina Fey while making a mock Instagram profile of her. Groups 7-9 will be: learning the skills of shaving; discussing non-stressful planning practices while writing letters to their future selves; and doing a master chef challenge with oranges. 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 the body language and pantomime techniques needed to make a silent movie or production; discovering the lives of geese while making origami; and participating in a gratitude practice. Groups 4-6 will enjoy: building bridges and learning about the design process; creating polyhedral coloring pages; and making fruity monsters in cooking. Groups 7-9 will be: editing photos in photography; practicing creative collaboration and flexibility with character swapping in acting; and writing a short story related to the week's theme. The week will end with fun group activities and snack.