



## *Time Travel*

## *Troopers*

### MONDAY

**Welcome to WEEK 8 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 *Time Travel Troopers 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 Day the Crayons Quit" and coloring backward color scheme pictures; playing Blob tag and practicing tossing skills; and making magazine mosaics. Groups 4-6 will be: creating levels of the earth snacks; learning the basics of playing a pentatonic scale; and beginning to film their group movies. Groups 7-9 will be: investigating the creative process and how to make an idea come to fruition; crafting crayon resist landscape paintings while sipping on a special summer drink; and discussing healthy relationships and how to maintain them. 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: crafting safe space landers while building analyzing and engineering skills; writing their own time travel stories; and exploring the science of binary coding. Groups 4-6 will be: discussing steps to take to reach their future goals; exploring Greek mythology characters, such as King Midus and Perseus; and continuing to craft their own secret knitting codes. Groups 7-9 will be: learning how gyroscopic motion is used in everyday technology; exploring famous female hikers while making trail mix; 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**

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## WEDNESDAY

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**Olders (Groups 6-9) Boston Common/Faneuil Hall, Boston, MA**

*Bus departs at 8:30AM and returns at 5:00PM*

Older 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.

**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.**



**Youngers (Groups 1-5)- Harvard Museum of Natural History, Cambridge, MA**

*Bus departs at 8:30AM and returns at 5:00PM*

At the Harvard Museum of Natural History, younger members will time travel through the history of Earth. With dazzling displays of crystals, geodes, and minerals and interactive learning sessions, members will get the chance to be geologists.

**Your day kit should contain: water and good walking shoes!**

## THURSDAY

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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 lyrical dance techniques; painting the different planets while learning about the solar system; and discussing three current events in the news. Groups 4-6 will enjoy: creating time capsules; sewing their own bags; and learning about scientist and animal activist Jane Goodall while making a mock Instagram profile of her. Groups 7-9 will be: learning different methods of skincare; discussing mindful seeing and taking things at face value; and doing a master chef challenge with potatoes. The day will end with group games and a healthy snack.

## FRIDAY

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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 improvising in drama while building confidence; crafting dinosaur paper plate creations while learning about different dinosaurs; and playing brain games. Groups 4-6 will enjoy: learning about global warming; creating proportion coloring sheets; and making edible prickly hedgehogs in cooking. Groups 7-9 will be: practicing taking action shots in photography; playing a non-verbal communication game in acting; and writing a short story related to the time travel theme. The week will end with fun group activities and snack.

## Special Notice

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**Next Monday will be the last day of swimming at the South Common Swimming Pool.**