

**girls  
inc.**

Inspiring all girls  
to be strong,  
smart, and bold

# Summer 2019

## Girls Incorporated of Greater Lowell Activity Schedule for Week Nine: August 12-16

### *Red Carpet Kids*

#### MONDAY

**Welcome to WEEK 9 of the 2019 Summer Program!**

**Dear parents and guardians, please be aware that this will be the LAST week of free lunches.**

**Please remember to bring bathing suits and swim towels for Monday, the last day swimming at South Common Pool!**

Girls Inc. kickstarts *Red Carpet Kids 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 Most Magnificent Thing" and crafting a magnificent creation of their own; playing balloon up and practicing teamwork skills; and making egg carton bees and learning the important role bees play for the environment. Groups 4-6 will be: making their own posh popcorn; creating a music video; and recording music for their group film project. Groups 7-9 will be: investigating the art of storyboarding; crafting Impressionist art paintings while sipping on a special summer drink; and discussing healthy partner relationships. 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: discussing the possibility of alien life on other planets; crafting their own theater concessions; and exploring the science of scratch and making their own animation. Groups 4-6 will be: discussing the people who inspire them; exploring Greek mythology characters, such as Hercules and The Golden Fleece; and continuing to craft their own secret knitting codes. Groups 7-9 will be: learning how to build a simple electric generator powered by kinetic energy; exploring different growing seasons of food while making strawberry shortcake; and playing softball 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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**Wingearsheek Beach, Gloucester, MA**

***Bus departs at 9:00AM and returns at 5:00PM***

Beautiful Wingearsheek Beach is located in historic Gloucester, MA. Members will get the chance to experience sand, sun, and swimming all day long. Our groups will rotate through hour long blocks of swimming, free play on the beach, structured beach themed games, and beach exploration. *The beach is staffed by lifeguards and swimming aids, like Styrofoam bubbles and life vests, are allowed.*

**Your day kit should contain: Sunscreen, drinking water, bathing suit, towel, and a change of clothes. Beach toys (pails, shovels, etc.) are welcome, however your daughter must carry and be responsible for all her own supplies.**

### **PARENTAL ADVISORY:**

**There is no playground, hiking trail, or alternative activities on the beach. Due to concern about hot temperatures and a lack of shade, if your daughter does not plan to swim, we highly recommend that she take the day off from Girls Inc.**

## 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 choreography dance techniques; conducting water experiments and making predictions; and discussing what it must be like to be a new immigrant in our county. Groups 4-6 will enjoy: creating celebrity posters of people who inspire them; sewing felt animals; and learning about activist Malala Yousafzai while making a mock Instagram profile of her. Groups 7-9 will be: learning different methods of self-care and destressing techniques including journaling and doodling; discussing breaking things down to the most basic elements as a form of mindfulness; and doing a master chef challenge with asparagus. The day will end with group games and a healthy snack.

## FRIDAY

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Friday morning will begin with group projects followed by lunch. Activity time will follow where Groups 1-3 will have activities including: expressing silliness and promoting being themselves while playing fun drama games; crafting sneaky chameleons while reading "Mixed Up Chameleon"; and discussing art therapy while doing a craft. Groups 4-6 will enjoy: tie-dying t-shirts; designing Venn Diagrams; and making healthy edible crabs in cooking. Groups 7-9 will be: practicing editing photos in photography; playing Guess Who and discussing definitions of character roles and expectations in acting; and writing a short story related to the red carpet acting theme. The week will end with fun group activities and snack.

## Special Notice

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**Please note that we will NOT be providing free lunches next week, so your daughter(s) need to pack a NON-microwavable lunch.**