



# WEEK AT A GLANCE

Hours: 9 AM - 12 PM; 9 AM - 4 PM; 9 AM - 6 PM

Dates: June 2, 2025 - August 31, 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 - 9:30 AM	Morning Gathering	Morning Gathering	Morning Gathering	Morning Gathering	Morning Gathering
9:30 - 10:15 AM	Gym Movement	Gym Movement	Gym Movement	Gym Movement	Outdoor Learning
10:15 - 11 AM	Project-based learning	Project-based learning	Project-based learning	Project-based learning	Project-based learning
11 - 11:45 AM	Creative Arts	Creative Arts	Creative Arts	Creative Arts	Creative Arts
12 PM	<i>HALF-DAY PICK UP</i>				
12 - 12:45 PM	<b>LUNCH</b>				
12:45 - 1:30 PM	Rest/Quiet Play	Rest/Quiet Play	Rest/Quiet Play	Rest/Quiet Play	Rest/Quiet Play
1:30 - 2:15 PM	Mindful Movement	Mindful Movement	Mindful Movement	Mindful Movement	Mindful Movement
2:15 - 3 PM	Storytelling and Language	Storytelling and Language	Storytelling and Language	Storytelling and Language	Storytelling and Language
3 - 3:45 PM	Reflection and Share	Reflection and Share	Reflection and Share	Reflection and Share	Reflection and Share
4 PM	<i>FULL-DAY PICK UP</i>				
4 - 4:45 PM	Creative Movement	Creative Movement	Creative Movement	Creative Movement	Creative Movement
4:45 - 5:30 PM	Discovery Play	Discovery Play	Discovery Play	Discovery Play	Discovery Play
5:30 - 5:50 PM	Wrap Up	Wrap Up	Wrap Up	Wrap Up	Wrap Up
5:50 - 6 PM	<i>EXTENDED-DAY PICK UP</i>				



# ACTIVITY MENU

ACTIVITY	EXAMPLES
<p><b>Morning Gathering:</b> Camper and counselor meeting time to set intentions for the day, share, and engage in warm-up play activities.</p>	<ul style="list-style-type: none"> <li>• Name sharing</li> <li>• Get-to-know-you activity</li> <li>• Song and music</li> <li>• Feelings and thoughts share</li> </ul>
<p><b>Gym Movement:</b> Gross motor activities that promote physical leaps and bounds – also boosting cognitive and social development. They allow kids to learn to navigate the world, both physically and socially, in a safe and entertaining environment.</p>	<ul style="list-style-type: none"> <li>• Physical dramatic play games</li> <li>• Balance challenges</li> <li>• Creative obstacles courses</li> <li>• Creative Dance</li> <li>• Team sports</li> </ul>
<p><b>Creative Arts:</b> Art-based activities that enhance children’s imagination through art, dance, dramatic play or theater, puppetry, and music. Children will engage in open-ended activities that support their cognitive, language, social, emotional, and physical growth, that support the process without particular attention on the product.</p>	<ul style="list-style-type: none"> <li>• Puppet making</li> <li>• Bubble and sand art</li> <li>• Playwriting and acting</li> <li>• Songwriting</li> <li>• Nature mosaic creation</li> </ul>
<p><b>Mindful Movement:</b> These movement practices focus specifically on teaching children to develop a stronger connection to their body through guided movement. These activities provide a counter-balance to the more energizing and fast-paced activities they’ll experience throughout the day.</p>	<ul style="list-style-type: none"> <li>• Belly breathing</li> <li>• Sound awareness</li> <li>• Senses integration games</li> <li>• Mandala creation</li> <li>• Personal sensory surprise bags</li> <li>• Yoga</li> </ul>



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<p><b>Creative Movement:</b> Creative movement activities that tap into the inner nature of each child. Children are encouraged to explore movement through music and sound, developing physical skills, body and sensory awareness, and their creative expression abilities.</p>	<ul style="list-style-type: none"> <li>• Dance-based movements and games</li> <li>• Acting and performative dance</li> <li>• Response to stories and games</li> </ul>
<p><b>Discovery Play:</b> Through open-ended play-based activities, children will learn through doing, observing, interacting, and questioning.</p>	<ul style="list-style-type: none"> <li>• Group experiments</li> <li>• Nature-based play</li> <li>• Sensorial activities and projects</li> <li>• Open-ended numeracy activities</li> <li>• Independent discovery toy time</li> </ul>
<p><b>Outdoor Learning:</b> Outdoor activities will differ depending on location, but will connect to the activities throughout the day and incorporate structured learning and developmentally appropriate activities for children to better understand their connection nature and their community.</p>	<ul style="list-style-type: none"> <li>• Walking meditations</li> <li>• Appreciative walking</li> <li>• Getting to know the community walks</li> <li>• Special neighborhood landmark visits</li> <li>• Guided park games (<i>at certain locations</i>)</li> <li>• Sensory and nature play</li> </ul>
<p><b>Storytelling and Language:</b> These literacy-based activities boost children's reading, writing, and speaking skills in an interactive and fun manner.</p>	<ul style="list-style-type: none"> <li>• Immersive Read-alouds</li> <li>• Interactive theater activities</li> <li>• Sensory-based writing</li> <li>• Song and story making</li> <li>• Group storytelling</li> </ul>