

Sample Itinerary

<u>Time</u>	<u>Activity</u>
8:30 AM	Early Bird Drop-Off
9:00 AM	Opening Community Circle - Gratitude / Yoga / Breathing / Leadership
10:00 AM	AM Snack / Free Play
11:00 AM	Mindfulness in Nature Hike
12:00 PM	Lunch / Responsibilities (prep snack, clean, make a playlist, etc) / Free Play
1:00 PM	Art or Music Class (Art is MWF, Music is TR)
2:00 PM	Theme of the Week (Yoga, Nature or Leadership)
3:00 PM	Creative Nutrition (PM Snack)
3:30 PM	Closing Community Circle - Gratitude / Story Share / Affirmations
4:00 PM	Campers Depart