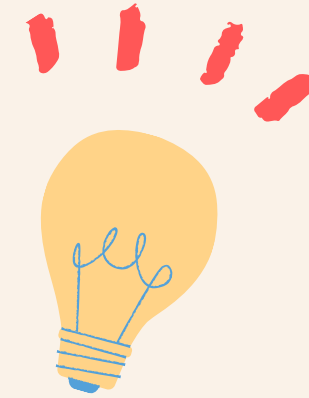


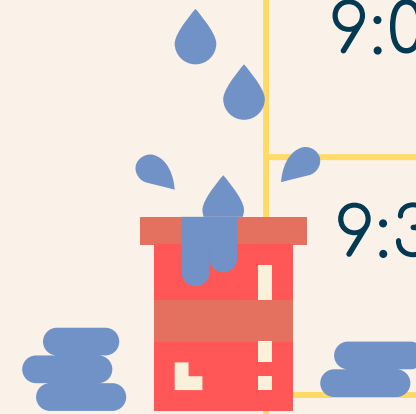
# THE MINDFUL CAMP



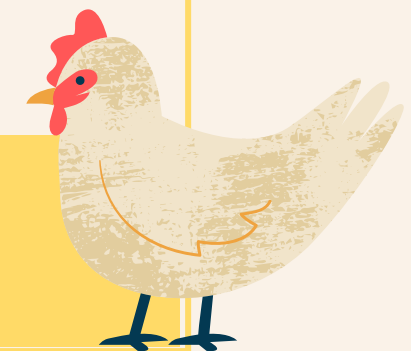
A healthy dose of mindfulness, arts, nature and play for the thriving child!





😊	MONDAY
8:30am	Arrival
9:00am	Mindful Beginning & Orientation
	<b>PLAY: Icebreaking</b>
	<b>NATURE</b>
12:00pm	Lunch & Free Play
1:00pm	<b>MINDFULNESS</b>
	<b>ART</b>
3:30pm	Mindful Closing
4:00pm	Pick-Up

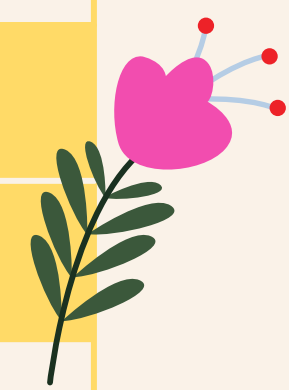



😊	TUESDAY
8:30am	Arrival
9:00am	Bus to Field Trip
9:30am	<b>PLAY: Pool Time</b>
12:00pm	Lunch & Rest
1:00pm	<b>NATURE</b>
	Bus back to Camp Site
3:30pm	Mindful Closing
4:30pm	Pick-Up





 <b>WEDNESDAY</b>	
8:30am	Arrival
9:00am	Mindful Beginning & Circle Sharing
	<b>ART</b>
	<b>PLAY</b>
12:00pm	Lunch & Free Play
1:00pm	<b>MINDFULNESS</b>
	<b>NATURE</b>
3:30pm	Mindful Closing
4:00pm	Pick-Up



 <b>THURSDAY</b>	
8:30am	Arrival
9:00am	Mindful Beginning
	<b>NATURE</b>
	<b>ART</b>
12:00pm	Lunch & Free Play
1:00pm	<b>MINDFULNESS</b>
	Lazy Time
3:30pm	Mindful Closing
4:00pm	Pick-Up





😊	<b>FRIDAY</b>
8:30am	Arrival
9:00am	Mindful Beginning
	<b>ART</b>
	<b>MINDFULNESS</b>
12:00pm	Lunch
	Friendship Exchange
	Finale Prep
	<b>FINALE!</b>
3:30pm	Mindful Closing
4:00pm	Pick-Up





**See you real soon!**

Be sure to follow us on social media for all the updates @TheMindfulCamp!

