



Roots & Branches Forest School Summer Camp 2018

www.rootsandbranchesfs.com

Who: Children aged 4-16

What: An exciting summer camp experience that focuses on emotional learning, forest exploration, and useful take home projects. Each day will always include outdoor exploration, risky play, interactive learning stations, and emotional learning. Our camp plan adapts based on the needs and interests of our students!

When: July 23rd-27th, 9:00-4:00

Where: Roots & Branches Forest School located at 79 Surprise Lake, Lappe

*Transportation provided from the Baggage Arts Building at Marina Park. Drop off will be at **8:15** and pick-up will be **4:30**. Please inquire if other arrangements are necessary.*

Our summer camp is led by certified teachers who hold Standard First Aid and Wilderness First Aid, with a 1:5 teacher to student ratio. Camp includes a healthy vegan snack and tea, and a take home project each day.

Tentative schedule:

Monday, July 23rd

9:00 Arrival and Introductions

9:15 Morning Circle

-Breath of the Day

-Mindfulness Theme and lesson of the Day

9:45 Cooperative Game

10:00 Morning Snack

10:15-12:00 Free Play in the Forest and Project of the Day: Whittle a wooden hammer

12:00 Lunch

12:30 Meditation and Mindfulness Lesson

1:00-2:00 Guided Hike

2:00 Cooperative Games

2:30-3:30 Free play in the forest and finish project

3:30 Cooking a Snack on the Fire and Tea, Gratitude Song

4:00 Depart on bus



Tuesday, July 24th

9:00 Arrival

9:15 Morning Circle

-Breath of the Day

-Mindfulness Theme and lesson of the Day

9:45 Cooperative Game

10:00 Morning Snack

10:15-12:00 Free Play in the Forest and Project of the Day: Build a wooden stool

12:00 Lunch

12:30 Meditation and Mindfulness Lesson

1:00-2:00 Guided Hike

2:00 Cooperative Games

2:30-3:30 Free play in the forest and finish project

3:30 Cooking a Snack on the Fire and Tea, Gratitude Song

4:00 Depart on bus

Wednesday, July 25th

9:00 Arrival and Introductions

9:15 Morning Circle

-Breath of the Day

-Mindfulness Theme and lesson of the Day

9:45 Cooperative Game

10:00 Morning Snack

10:15-12:00 Free Play in the Forest and Project of the Day: Build a forest shelter

12:00 Lunch

12:30 Meditation and Mindfulness Lesson

1:00-2:00 Guided Hike

2:00-3:30 Art Project and Journaling

3:30 Cooking a Snack on the Fire and Tea, Gratitude Song

4:00 Depart on bus

Thursday, July 26th

9:00 Arrival and Introductions

9:15 Morning Circle

-Breath of the Day

-Mindfulness Theme and lesson of the Day

9:45 Cooperative Game

10:00 Morning Snack



10:15-12:00 Free Play in the Forest and Project of the Day: Make a Native American flute

12:00 Lunch

12:30 Meditation and Mindfulness Lesson

1:00-2:00 Guided Hike

2:00 Cooperative Games

2:30-3:30 Free play in the forest and finish project

3:30 Cooking a Snack on the Fire and Tea, Gratitude Song

4:00 Depart on bus

Friday, July 28th

9:00 Arrival and Introductions

9:15 Morning Circle

-Breath of the Day

-Mindfulness Theme and lesson of the Day

9:45 Cooperative Game

10:00 Morning Snack

10:15-12:00 Medicine Foraging hike

Take home a cedar Smudge stick or tea

12:00 Lunch

12:30 Meditation and Mindfulness Lesson

1:00-2:00 Cooperative games

2:00-3:00 Free play in the forest

3:30 Cooking a Snack on the Fire and Tea, Gratitude Song

Reflecting on our week

4:00 Depart on bus

Something you don't see here but you think your child would enjoy?
Suggestions welcome!

Cost: For our 5 day camp, the early bird price of **\$550** is available until May 1st. A **\$200 non-refundable deposit is required to secure your spot, with remainder due May 1st.** Payable through website, etransfer or cash dropped off to the Baggage Arts Building.

Individual days will be offered on Tuesday, July 24th and Thursday, July 26th. The cost is \$125 each day and does not include transportation. Please inquire if needed.

Our camps fill up fast so sign your child up for this amazing experience today!
Email your registration form to Emilys@rootsandbranchesfs.com