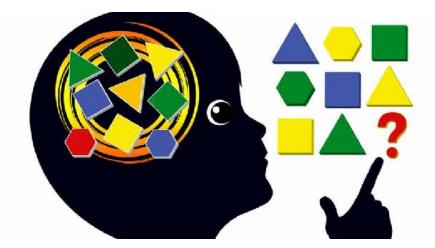


## Summer Camp Curriculum - 2019 8 – 12 Years













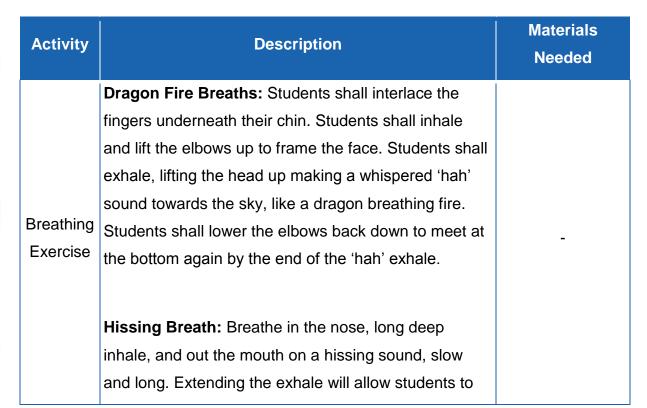


**Note:** Centers can pick any activity from the component given below, one activity per day. On each day children must be given a 30 min break in between the curriculum. Centers can plan the schedule accordingly. Refer to sample schedule given under Summer Camp Guidelines.



















## Summer Camp Curriculum - 2019 8 – 12 Years



slow down their inner speed.

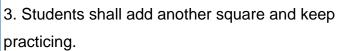
**Bear Breath:** Inhale through the nose, pause; exhale out the nose, pause. Breathe in to a count of 3 or 4, pause for a count of 1 or 2; breathe out for a count of 3 or 4, pause for a count of 1 or 2. Repeat a few times. This will help ground and settle kids.





1. Teacher shall cut out squares from sponge a day before.

2. Students shall Try throwing one square up in the air at a time. Throw with one hand and catch with the other hand.



4. Students shall add more squares to improve focus.



Sponge (cut into small squares)



## Outcome:

Juggling improves eye-hand co-ordination, gross motor skills, cognitive skills. It also teaches problem solving and improves focus.











