

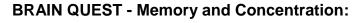
## Summer Camp Curriculum - 2019 8 – 12 Years



**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.









Acti	ivity	Description	Materials Needed
		Dragon Fire Breaths: Students shall interlace the	
		fingers underneath their chin. Students shall inhale	
		and lift the elbows up to frame the face. Students shall	
		exhale, lifting the head up making a whispered 'hah'	
		sound towards the sky, like a dragon breathing fire.	
		Students shall lower the elbows back down to meet at	
		the bottom again by the end of the 'hah' exhale.	
Brea	thing	Hissing Breath: Breathe in the nose, long deep	
Exe	rcise	inhale, and out the mouth on a hissing sound, slow	-
		and long. Extending the exhale will allow students to	
		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.	
		Teacher shall cut out squares from sponge a day	Sponge (cut into
Jug	gling	before.	small squares)
		2. Students shall Try throwing one square up in the air	















Outcome:

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at a time. Throw with one hand and catch with the other hand.

- 3. Students shall add another square and keep practicing.
- 4. Students shall add more squares to improve focus.



