



# METTA (Loving-Kindness) VIBES WELLNESS

## CAMP 2024!

### WEEKLY CALENDAR (Week 2)

June 3rd – June 7th, 2024



## Fun in the Sun (Ocean View)

Time	Monday	Tuesday	Wellness Wednesday	Thursday	Friday
8:00am-9:00am	Sign-In	Sign-In	Sign-in	Sign-in	Sign-in
9:00am-10:00am	Vibe Check/ Group Time	Vibe Check/ Group Time	Vibe Check/ Group Time	Vibe Check/ Group Time	Vibe Check/ Group Time
10:00am-10:30am	Morning Snack/ Prep for Outing	Morning Snack/ Prep for Outing	Morning Snack/ Prep for Outing	Morning Snack/ Prep for Outing	Morning Snack/ Prep for Outing
10:30am- 12 noon	Library /Learning Exploration Sea Creatures	Water Play	Wellness Activity Guided Meditation/Art	“Beach Party” in Tempe	Experience Sea Life (Aquarium)
12 noon-12:30pm	Lunch from Home	Lunch from Home	Lunch from Home	Lunch from Home	Lunch with METTA
12:30pm-1:00pm	Free Play	Free Play	Free Play	Free Play	Free Play on the Boardwalk
1:00pm – 2:00pm	What in the Nutrition is this?!	Teddy (graham) laying on the beach	Self-Exploration Activity	Summer Journal (Entry)	Summer Journal (Entry)
2:00pm -2:15pm	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
2:15pm- 3:30pm	Metta Social Club (Games, Dance, Sing)	Metta Social Club (Games, Dance, Sing)	Metta Social Club (Games, Dance, Sing)	Metta Social Club (Games, Dance, Sing)	Metta Social Club (Games, Dance, Sing)
3:30-4pm	Parent/Guardian Pick-up	Parent/Guardian Pick- up	Parent/Guardian Pick- up	Parent/Guardian Pick-up	Parent/Guardian Pick- up

**\*\*REMEMBER TO BRING: suntan lotion, towel, hat, sunglasses and any item needed to protect camper during outdoor play\*\***