



METTA (Loving-Kindness) VIBES WELLNES CAMP 2024!

WEEKLY CALENDAR (Week 1)

May 28th – May 31st

Summer Kickoff

Time	Tuesday	Wellness Wednesday	Thursday	Friday
8:00am-9:00am	Registration/Sign-In	Sign-in	Sign-in	Sign-in
9:00am- 10:00am	Welcome Celebration	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
10:30am- 12 noon	Library Exploration (get card)	Wellness Activity/ Yoga in the Park	Pool/Water Play	Sports/ Team Building
12 noon-12:30pm	Lunch from Home	Lunch from Home	Lunch from Home	Lunch with METTA
12:30pm- 1:00pm	Free Play	Free Play	Free Play	Free Play
1:00pm – 2:00pm	Name that Camper(game)	Self-Exploration Activity	(Intro)Summer Journal - Design	Summer Journal Design (cont.)
2:00pm -2:15pm	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)
3:30-4pm	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****

