

Week 3, July 25th
7 - 8 Year old Campers
Jack Allen and Sarina Wilson
Lesson Plan 3

- **What we would love for parents to do is in bold**

Introductions

- Exercise (Sarina)
 - Ask kids to pick an exercise for us all to do
 - Maybe "Simon Says"
- Mindfulness (Jack)
 - Pretend to be a lizard, sunbathing on a rock in the forest
- Food Preparation: Banana - Almond Butter Icecream
 - **Ingredients**
 - **2 frozen bananas**
 - **2 tablespoons of almond butter (can use sun butter if you would like)**
 - **Water if needed for blending**
 - **Sea salt, optional**
- Pictionary (each take one turn, whiteboard)
 - A short game where kids use the whiteboard zoom function to draw a random thing/noun, while the other kids(/counselors if there are few kids) guess what the word is
- Review of last week's material
 - Recap about how colors correspond with body health, list the categories, and talk about what they're good for.
- Act out a brief skit showing accidental stress, like lost keys or maybe spilled something on someone, and ask how you would feel if you were the person who messed up
- Talk about what stress is: ask them, and if they don't talk a bunch go off on what stress feels like. - jack
- Go around and ask about what makes everyone stressed (participation points) - Sarina
 - 2 or 3 per person
 - Write out a list (type on whiteboard)
 - Acting out game (message each kid something to act out)
- Talk about how you can deal with stress through focusing on happy thoughts
- Drawing activity (draw something that makes them happy), talk about how both the thought can relax, and how doing some relaxing activities like drawing can relieve stress

Ending: Recap of the theme (stress) for points, talk about next week's recipe, encourage them to make this week's recipe at home, hangman if there's time