

**Here is what a typical day at Green Spaces Alliance's urban garden camp will look like:**

**8:45 am to 9:00 am**

Camper drop-off

**9:00 am to 9:20 am**

*Kid's Yoga*—each morning we will start our day off with kid's yoga as a way to bring awareness to our bodies, breath, and mind so that we can be mindful in our learning, exploring, and play. Led by Amy Brown, Certified Yoga Instructor: Source Yoga.

**9:20 am to 10:00 am**

*Garden empowerment and awareness*—this time will be used to bring awareness to the garden's diversity, attune and engage with the garden environment. Time will be spent doing work in the garden such as planting seeds, vegetables, fruits, flowers and herbs. Time will also be spent harvesting crops that are ready (i.e. think small-scale; cherry tomatoes, beans, baby carrots, and herbs etc.). The work in the garden will be used as a springboard to discuss the food cycle and the hydrologic cycle. Kids will be empowered as they build gardening knowledge, skills, confidence.

**10:00 am to 10:15 am**

*Morning healthy snack*—each day we will have a fresh, healthy snack while we discuss the importance of eating healthy and exercising.

**10:15 am to 10:30 am**

*Nature based journaling*—each camper will be given a journal and encouraged to write at their level or draw pictures that reflect their time in the garden.

**10:30 am to 11:15 am**

*Exploring the garden*—each day we will use this time for reflect upon what is happening in the garden (i.e. what is growing, increasing our awareness for biodiversity). This time will also be used to engage our senses, touch, taste, sight and smell (i.e. activities may include sampling mint tea from the garden, or making sun prints). Each day will have an environmentally themed focus. Special educational guests will be included.

**11:30 am to 12:15 pm**

*Healthy lunch*—each day a healthy light lunch will be provided and clean-up

**12:15 pm to 12:30 pm**

Camper pick-up