

BUILD YOUR BEST SCHOOL YEAR!

2023 Virtual Middle School Summer Camp



Camp Schedule

Monday, August 7



9:00 AM – 9:45 AM	Pursue Your Purpose Not Your Dreams
9:45 AM – 10:30 AM	Stealing Superpowers for Science
10:30 AM – 11:00 AM	Brain Break
11:00 AM – 12:00 PM	Game on! Math Games and Puzzles
12:00 PM – 12:30 PM	Lunch
12:30 PM – 1:30 PM	Let's go on a Virtual Field Trip
1:30 PM – 1:45 PM	Brain Break
1:45 PM – 2:30 PM	Unlocking Your Dreams: Life After Middle School

Tuesday, August 8



9:00 AM – 9:45 AM	Matching Breath to Movement
9:45 AM – 10:30 AM	Finding Your Voice: Bracelet Making
10:30 AM – 11:00 AM	Brain Break
11:00 AM – 12:00 PM	Writing for the Stage and Screen
12:00 PM – 12:30 PM	Lunch
12:30 PM – 1:30 PM	Air-Dry Clay
1:30 PM – 1:45 PM	Brain Break
1:45 PM – 2:30 PM	Doing Well at Being Well



Wednesday, August 9



9:00 AM – 9:45 AM	Physical Activity for Health and Well-being Part 1
9:45 AM – 10:30 AM	Stealing Superpowers for Science
10:30 AM – 11:00 AM	Brain Break
11:00 AM – 12:00 PM	Game on! Math Games and Puzzles
12:00 PM – 12:30 PM	Lunch
12:30 PM – 1:30 PM	Let's go on a Virtual Field Trip
1:30 PM – 1:45 PM	Brain Break
1:45 PM – 2:30 PM	Unlocking Your Dreams: Life After Middle School

Thursday, August 10



9:00 AM – 9:45 AM	Matching Breath to Movement
9:45 AM – 10:30 AM	Rising Strong: Building Resilience in Adolescence
10:30 AM – 11:00 AM	Brain Break
11:00 AM – 12:00 PM	Writing for the Stage and Screen
12:00 PM – 12:30 PM	Lunch
12:30 PM – 1:30 PM	Mixed Media
1:30 PM – 1:45 PM	Brain Break
1:45 PM – 2:30 PM	Doing Well at Being Well

Friday, August 11



9:00 AM – 9:45 AM	Physical Activity for Health and Well-being Part 2
9:45 AM – 10:30 AM	Stealing Superpowers for Science
10:30 AM – 11:00 AM	Brain Break
11:00 AM – 12:00 PM	Game on! Math Games and Puzzles
12:00 PM – 12:30 PM	Lunch
12:30 PM – 1:30 PM	Let's go on a Virtual Field Trip
1:30 PM – 1:45 PM	Brain Break
1:45 PM – 2:30 PM	Unlocking Your Dreams: Life After Middle School