

# Camp Activities at The Open Centre



Our Resilience & Mindfulness camp is based on **Paws.b**, a secular mindfulness programme developed by teachers and mindfulness practitioners from UK

## **Horse Grooming/ Riding**

Horse Grooming and Horse Riding session. Includes stable tour, grooming, feeding and riding the ponies/horses. \*Parents to sign indemnity form.

## **Yoga**

Yoga with Om Shiva Yoga. *Juliana* has more than 10 years of experience and is certified by Global Family Yoga to teach Kids and Teens Yoga. The activity is secular and through different postures, it aims to encourage children to understand their Mind-Body connection.

## **Brazilian Capoeira**

Capoeira with Brazilian Cultural Center. Capoeira incorporates acrobatic movements, dance, percussion and songs. Through self-expression in a fun and playful environment, capoeira as a martial art and art form encourages discipline, responsibility and self-confidence, leading to strength of character and a positive personality.

## **Terrarium Making**

Terrariums: low-maintenance, space-saving not only help in purifying the air we breathe but presence of terrarium is associated with positive feelings and reduced feelings of anxiety, anger and sadness. It improves concentration and children's productivity levels.

## **Nounou Time**

Nounou (Nourishing) Time at The Open Centre's camp is a period without any scheduled activities. Children can choose to do their mindfulness practices, read, draw or simply rest. Nounou time is a gift for our body and mind. It's a quiet time for everyone. No games and no chatting.

## **Creative Arts**

Children will be involved in creating art pieces that will be used in the Graduation Party on the last day of camp. We hope that this will build the children's confidence and have a sense of accomplishment when they see efforts are paid off, and their work being put to good use.

## **Pet Therapy**

Pet Therapy at Sunny Heights. The simple act of petting provides comfort and reduces stress and anxiety. Through pet therapy we hope to cultivate compassion as well as help children learn empathic and nurturing skills.

## **Field Trip**

Every week the Open Centre camp plans either a behind-the-scenes Zoo visit or tour around Bollywood Veggies Farm. Interacting with nature allows children to learn how to be more appreciative and grateful to the world around them.

## Camp Schedule (Sample)

Day	Time	Programme
<b>Monday</b>	9.00am – 9.30am 9.30am – 10.15am 10.15am – 10.30am 10.30am – 11.30pm 11.30am – 12.00pm 12.00pm – 12.45pm 1.00pm – 2.30pm 2.30pm – 3.30pm 3.30pm – 4.00pm 4.00pm – 4.30pm	Mindful Beginning – Mindful Movement Ice Breaking / Mindful Activities / Games Snack Time Orientation Mindful Booklet Lunch / Mindful Dish Washing <b>Brazilian Capoeira</b> Creative Art Resilience & Mindfulness Programme Nounou Time / Mindful Ending
<b>Tuesday</b>	9.00am – 9.30am 9.30am – 10.30am 10.30am – 11.45am 11.45am – 12.00pm 12.00pm – 12.45pm 12.45pm – 1.30pm 1.30pm – 2.00pm 2.00pm – 2.45pm 3.00pm – 4.00pm 4.00pm – 4.30pm	Mindful Beginning – Mindful Movement Mindful Activities / Games Creative Arts Mindful Booklet Lunch / Mindful Dish Washing Free Play Nounou Time / Rabbit Feeding Resilience & Mindfulness Programme <b>Pet Therapy</b> Mindful Ending
<b>Wednesday</b>	9.00am – 9.30am 9.30am – 1.00pm 1.00pm – 1.15pm 1.15pm – 2.30pm 2.30pm – 3.00pm 3.00pm – 3.15pm 3.30pm – 4.00pm 4.00pm – 4.30pm	Mindful Beginning – Mindful Movement <b>Field Trip – Bollywood Veggies</b> Mindful Booklet Creative Art Free Play Snack Time Resilience & Mindfulness Programme Nounou Time / Mindful Ending
<b>Thursday</b>	9.00am – 9.30am 9.30am – 10.30am 10.30am – 11.30am 11.30am – 11.45am 11.45am – 12.30pm 12.30pm – 1.30pm 1.30pm – 3.00pm 3.00pm – 3.15pm 3.15pm – 4.00pm 4.00pm – 4.30pm	Mindful Beginning – Mindful Movement Mindful Activities / Games <b>Terrarium-Making</b> Mindful Booklet Lunch / Mindful Dish Washing Free Play Creative Arts Snack Time Resilience & Mindfulness Programme Nounou Time / Mindful Ending
<b>Friday</b>	9.00am – 9.30am 9.30am – 10.00am 10.00am – 11.30am 11.30pm – 12.00pm 12.00pm – 1.00pm 1.00pm – 2.30pm 2.30pm – 3.30pm 3.30pm – 4.00pm 4.00pm – 4.30pm	Mindful Beginning – Mindful Movement Mindful Activities / Games <b>Horse / Pony Riding</b> Mindful Booklet Lunch / Mindful Dish Washing Carnival Creative Arts Smoothie Making / Snack Time Nounou Time / Mindful Ending