

BREATHE & LEARN SUMMER CAMP FAQ's

Why B&L Summer Camp?

Our camp was created to inspire and support kids in living a healthy, mindful life. We focus on strengthening social-emotional learning skills in fun and creative ways throughout the summer months. Yoga and mindfulness ground the day, but don't be fooled by those terms. Dance parties and relays ensure we get our bodies moving and stay active.

What makes our camp unique?

Our lead camp counselors are experienced elementary school teachers. This means we never pass up an opportunity for a teachable moment. Whether it's sounding out a word during journaling or working through big feelings with friends, you can be sure your child is receiving the best of the best support and encouragement. Class size is also limited to 16 students per week. Two teachers allows for small group work and more 1:1 attention.

What will my child do at camp?

Yoga, arts and crafts, teamwork games, breathing exercises, journaling, scavenger hunts and relaxing meditations to the sounds of nature. It's a pretty great way to start the day! Check out "Camp 2020" and "Camp 2019" on our Instagram highlights for a closer look.

- **Breathing** - A moment to reset, let go of the morning (before we start any activities) and get excited about camp:)
- **Connecting** - A chance to get to know each other and work together through games and activities.
- **Journaling** - Each day the kids document one thing they are grateful for, followed by a positive affirmation for the day. There is also a yoga pose of the day and an emotion of the day, both guide our "journaling time" (kids write or draw and have support of teachers in small groups).
- **Moving** - yoga and beach games!
- **Crafting** - sharpie tie-dying, affirmation key chains, painting, and more!
- **Relaxing** - Each day we end with Savasana, resting pose. The kids enjoy a visualization and have a moment to reflect on their day and connect back to their breath.

Continued on next page

Where is camp?

We begin the day on the sand under the Manhattan Beach Pier and end at the MB library lawn. 9am drop-off is at 9th and Manhattan Ave walk street. Pick-up is at the MB Library lawn (behind library) at 1pm.

What's included? What's the price?

Each camper will receive a Breathe & Learn custom journal, markers, marker case, t-shirt and hat. B&L gear head to toe is our goal:). Daily crafts throughout the week are also included. The total cost of camp is \$350. We offer a 10% sibling discount as well - use the code "sibling10" at checkout.

We hope you'll join us this summer!

Register online at www.breathenadlearn.com. Please email joanie@breatheandlearn.com with any questions.

