

M.O.V.E. WELL

RESPITE SUMMER CAMP

8:30 a.m. - 12:30 p.m.

Camp Excelsior

3754 W. Indian Trail Rd. • Spokane, WA 99208



DATES: July 6th - August 12th
6 WEEK CAMP

(Starts on Tuesday/Staff Holiday July 5th)

- Monday - Thursday
- 23 days/137 Hours
- 48 youth participants
- 1656 Meals served (Breakfast/Lunch/Snack)
- Boys & Girls

PICK-UP TIMES

7 a.m. - 8:15 a.m.

After camp drop-off starts at 12:30 p.m.

Camp Duration: 8:30 a.m. - 12:30 p.m.

GROUP A

Days: Monday & Wednesday

Incoming: 5th - 8th grade

- 24 total participants
- 4 groups

Ratio: 6:2 (1 Certified Councilor and 1 Peer Support Staff per 6 youth)

GROUP B

Days: Tuesday & Thursday

Incoming: 9th-12th

- 24 total participants
- 4 groups

Ratio: 6:2 (1 Certified Councilor and 1 Peer Support Staff per 6 youth)

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Youth that participate in our M.O.V.E. Well Yoga & Mindful Minute workshop will benefit and grow in many ways from their participation. They will learn a combination of yoga, mindfulness practices, meditation, centering, and breath work that empower them with skills for peaceful conflict resolution, improved focus and concentration, greater control and awareness of thoughts and emotions, improved self-regulation, anger management, as well as stress reduction and relaxation.

In the fitness and sports fundamentals portion of our program, our focus is to teach the fundamentals of sports, exercises and skills for overall fitness. Which will lead to developing teamwork and leadership skills, and building the foundation for leading a healthy lifestyle.

After their time at camp, the goal is for your children to:

KNOW

How to manage stress and be resilient, enabling them to be happier and healthier.

HAVE

Single proven techniques that kids can apply at any time to manage their emotional state, tap into their creativity, and be even more resourceful in order to overcome obstacles in their lives.

FEEL

Happy and excited about connecting with new friends and the fun activities they have enjoyed together.

MIND

Daily mindfulness practice encourages campers to cultivate self-awareness and open their minds to a greater sense of calm and balance. Unplugging from technology and actively engaging in outdoor activities strengthen their connection to nature's resources and teaches them ways to protect and preserve the natural environment.

BODY

Fun and engaging activities that include yoga, arts and crafts, cooking, challenge courses, hiking, swimming, and water activities provide campers with multiple daily opportunities to grow their self-confidence as they challenge themselves both physically and mentally. All meals will be healthy and enticing and campers will participate in preparing snacks.

HEART

We offer a social-emotional learning curriculum aimed at building resilience. This curriculum is delivered through team-building games and activities. Children learn how to better express their emotions, such as appreciation and compassion for themselves and others. They practice how to communicate effectively and develop creative solutions in a fun and collaborative environment.

#M.O.V.E.WELL

Mindful Optimization of Vibrant Energy

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WORKSHOPS

ARTS & CRAFTS

The introduction to basic art techniques, which are the building blocks that will provide a solid foundation for future art lovers and artists. Youth will explore the great world of art using oil pastels, clay, paper and paint. This unique learning experience places an emphasis on having fun while exploring creativity!

COOKING

Learn to understand world cultures, customs and flavors. Youth will also learn life skills like eating healthy, budgeting your money, and cleaning. We will be providing participants with recipes, cooking instructions and an opportunity to take the same ingredients home, so that they are able to make that same meal at home for their families.

M.O.V.E. WELL FUNCTIONAL TRAINING (Basic Functional Training)

Involves exercises that simulate real-life body movements by working muscles together rather than in isolation. Strength, endurance, balance, coordination and flexibility all are improved through functional exercise, which can make everyday activities easier and reduce the risk of injury.

LIFE SKILLS

Life skills is a term used to describe a set of basic skills acquired through learning and/or direct life experience that enable individuals and groups to effectively handle issues and problems commonly encountered in daily life. In the workshop, youth will learn the tools necessary to succeed.

- Financial Literacy
- Career Planning
- Healthy Habits
- Self-Discovery
- Personal Appearance
- Community Building
- Educational Planning

INTRODUCTION TO MINDFUL JOURNALING

This workshop will teach youth how to be fully present in the given moment while working to identify and be aware of their own feelings, sensations, and emotions.

Through these practices, youth learn how to reflect on what is happening within the context of:

- their own bodies (self-awareness)
- in the environment that surrounds them (social awareness, relationship skills)
- inform how they react or interact with others or alone in various situations (self-management, responsible decision making).

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WORKSHOPS

RECREATIONAL SPORTS

Recreational activities help manage stress. It provides a chance to nurture oneself and provides a sense of balance and self-esteem, which can directly reduce anxiety and depression. Recreational activities also help create a balance between academic pressures with physical and mental well-being.

- EA Sports/Game Room Tournaments
- Kickball
- Basketball
- Challenge Courses
- Swimming
- Softball
- Football
- Disc Golf

S.T.E.M. ROBOTICS (Science, Technology, Engineering, and Mathematics)

The introduction to the STEM and Robotics is designed as an interactive approach to apply science, technology, engineering and math. This course will allow youth to become familiar with the basics of robotics and programming through teamwork.

INFORMATION

HEALTH CHOICES - SNACK TIME

We will teach youth that snacks can be an important part of your diet. Snacks can provide energy in the middle of the day, help to satisfy hunger between meals and boost energy. They can also round out the diet, ensuring that youth are getting all of the nutrients they need to fuel their growth and development. Learning to eat and enjoy healthy snacks encourages you to develop healthy eating habits.

STAFF TO STUDENT RATIO

Our camp staff to student ratio guidelines will be assigned as so:

Ratio: 6:2

- 1 Certified Counselor and 1 Peer Support Staff per 6 youth

Youth Capacity: 24 max per day

Transportation: will be provided

- Limited Space is available

Medical: Onsite Nursing staff

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