

## For Children Ages 7-11

### **Week 1: Fiber Arts: Creative Threads (June 1st-5th)**

Join us for an immersive week in the textile and paper arts! Campers will each create a personal loom and engage in a variety of crafts including weaving, macramé, and basic sewing. We'll explore the creation of unique bookmarks and bracelets, and delve into the techniques of rock weaving, boondoggle, and friendship bracelet making. Adding to our textile exploration, we'll introduce campers to the art of wet felting, basic needle felting, papermaking, envelope making, and origami paper folding. Creative Threads weaves imagination and creativity together into an unforgettable summer camp experience!

### **Week 2: Mindful Morsels: Holistic Culinary Creations (June 8th-12th)**

Join us for a delicious journey at our "Mindful Morsels" summer camp, designed especially for young chefs aged 8 to 10! Throughout this week-long adventure, we'll dive into the art of cooking and baking with a healthy, holistic twist. Our budding culinary artists will learn to prepare a variety of simple, nourishing dishes that delight the taste buds and fuel the body.

Each day, we'll explore different themes and techniques, starting with the creation of colorful fruit plates that teach about the importance of eating a rainbow of foods for health. Our young chefs will master the art of assembling snack boards, combining a variety of textures and flavors to make eating fun and balanced.

Baking day will bring the joy of making wholesome cookies, where we'll swap traditional ingredients with healthier alternatives without sacrificing flavor. Throughout the week, we'll emphasize the importance of whole foods and introduce our campers to a range of ingredients that are both good for them and for the planet.

In addition to cooking and baking, we'll incorporate lessons on kitchen safety and the basics of holistic nutrition. Our young chefs will leave not only with new cooking skills but also with an appreciation for healthy eating and a curiosity about the foods they consume. Get ready for a week of fun, learning, and delicious food!

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### **Week 3: Nature's Palette: A Week of Wildcrafting (June 15th-19th)**

Join us for an immersive week in the textile and paper arts! Students will each create a personal loom and engage in a variety of crafts including weaving, macramé, and basic sewing. We'll explore the creation of unique bookmarks and bracelets, and delve into the techniques of Nordic weaving, boondoggle, and friendship bracelet making. Adding to our textile exploration, we'll introduce students to the art of wet felting, basic needle felting, papermaking, envelope making, and origami paper folding. Creative Threads weaves imagination and creativity together into an unforgettable experience!

### **Week 4: Storytelling, Art, and Music (June 22nd-26th)**

This immersive week-long experience harmoniously blends the art of storytelling with musical expression and visual arts, creating a multidimensional canvas that invites children to explore, create, and connect in profound ways. The journey begins with the ancient art of storytelling, where campers will explore diverse tales from various cultures, learning to weave their own narratives with words. These stories become the soul of our camp, guiding the children as they embark on artistic ventures, translating stories into visual masterpieces through painting, sculpture, and handwork. The stories told will not only be spoken but also visually represented, allowing the children to delve deeper into their imaginations and see their narratives come to life.

Music becomes the heartbeat of our storytelling, with campers discovering how melodies, rhythms, and sounds can amplify and enrich their tales. They'll learn to integrate musical elements into their stories, whether through creating soundscapes that evoke the mood of their tales or composing songs that narrate their adventures. This interplay between storytelling and music encourages campers to think creatively about how different forms of expression can interconnect and enhance one another.

Our "Storytelling, Art, and Music" week is a space where creativity knows no bounds, and where children are encouraged to explore the synergies between these disciplines, crafting a week filled with collaborative creation, deep learning, and joyful expression!