



wainwrightonwellness

Grade 6 Camp

Description:

Plan a session to do at the grade 6 camp students attend in June. The session is normally focused on mental health and wellness. The session has to last 1.5 hours and students rotate through different sessions throughout their time at camp.

Past sessions have included: Rock N Relaxation (stress management and yoga games) and Sticks and Stones (team building activities).

Purpose or Goal of the program:

Allow students to get to know staff members at their future school, and learn about a health and wellness topic.

Materials & Space needed:

Normally the sessions require some active moving so space large enough to complete activities is required. Indoor and outdoor space is beneficial depending on the weather.

Any materials needed to complete your session plus a plan/outline of your session to follow. For example with Rock N Relaxation, yoga mats, balls, Yoga Pretzel Cards, wheel and inserts, iPod and speakers were all needed materials.

Supervision needed:

Students will need to be supervised during each session.

Time commitment:

Developing the session takes an afternoon to plan. The grade 6 camp lasts 2.5 days.

Cost:

Cost depends on materials needed plus mileage to get out to the camp. It could range from \$200 and upwards.