



'Mindful Explorers'

SUMMER CAMP

Art, mindfulness & joy



For Ages 7 to 12 years old

Enroll your child and watch them blossom into **confident, compassionate, and creative** individuals.



The Orenda Tribe



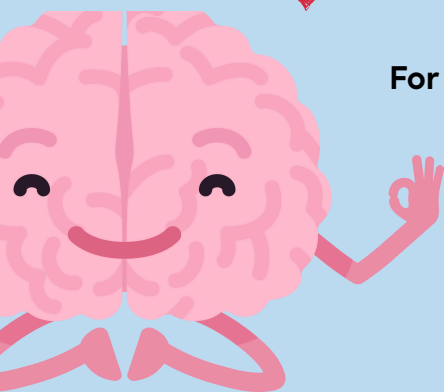
10am - 1pm



23rd - 27th of June

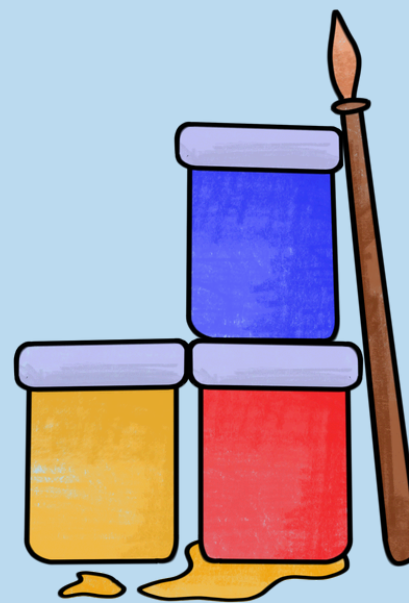


150JDs per child



For booking and inquiries, contact us at 0791299818

www.theorendatribe.com

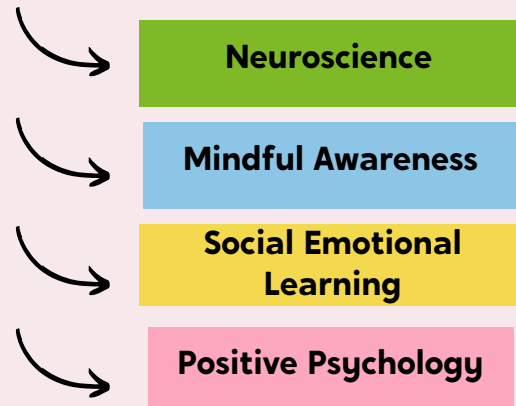


Let's embark on a summer of mindful exploration together!

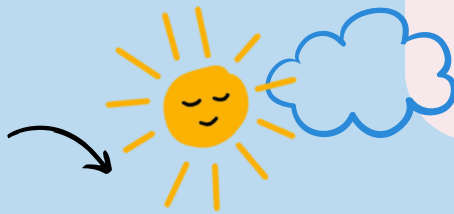
Why Choose Mindful Explorers Summer Camp?

Our experienced and caring instructors blend mindfulness practices, art exploration, and social-emotional learning. We create a safe and inclusive space where every child can thrive.

Our summer camp activities are based on the **PERMA** model building blocks:



Content



Day 1: Understand The Brain

- Get to know your peers
- Brain Game Art Challenge
- "Brain Art Hat" Sculpture



Day 2: Mindful Awareness

- Mindfulness
- Scavenger Hunt for Mindfulness
- Bouldering at Badiya Gym downstairs



Day 3: Art & Emotions

- Emotional Color Wheel Circle
- Pour Your Feelings Fluid Art
- Express yourself through Music



Day 4: Empathy & Compassion

- Make your own Arts & Crafts puppets
- Emotion Masks & Role Play
- Puppet Show Performance



Day 5: Stronger Together

- Future Me Collage
- Friendship Canvases
- Positive Affirmations

* **The five days include journaling & gratitude practices**

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