

## *Summer Camp 2020 Update - May 13, 2020*

The news hurt yesterday. Nature has always felt like a safe place. A place to heal and connect to something greater. A place where we can breathe, learn and grow together.

As of now, with the LA County stay at home order extending into July, we'll need to adjust our outdoor summer camp plans big time. I promised all of you we would do this no matter what and I'm not one for just giving up when facing a little adversity.

So, I sat with it. I let the frustration pass and opened my mind to new possibilities. Sure enough, as soon as I shifted my mindset, I came up with the best case scenario and something I'm really excited about creating....

### **A big, colorful bada\$\$ B&L Summer Camp Goody Bag delivered to your doorstep!**

This bag will contain every last material needed for journaling, breathing, crafting, yoga-ing and relaxing with a Zoom schedule to match. Of course, it MUST be way more exciting than opening just one bag (that feels like a material disaster too). So, picture this - five small, numbered bags, inside the big bag. Each day offers a new surprise and feels like Christmas morning. We'll explore the contents together each day on a scheduled zoom call and keep things very entertaining with daily dress-up themes and dance parties.

We will do everything we can to bring an engaging, meaningful and FUN camp experience to your home while we patiently wait for the restrictions to be lifted. Heather, Rachel and I have endless ideas and we think a social distancing picnic in the park could be a possibility too. We're hoping a full transition to the outdoors could be an option late summer as well. In the meantime, we'll be prepared with a virtual style camp.

**The dates will remain the same, but the schedule will look a bit different.**

#### **Here's a sample:**

- 9:00 - 10:00 - morning mindfulness, yoga and journaling
- 10:00 - 10:30 - snack time (screen time break - no teacher supervision)
- 10:30 - 11:15 - crafting and activity/game
- 11:15 - 11:30ish - relaxation and reflections
- 12:00 -1:00 picnic at Valley Park (if this can't happen, we'll adjust)

We know some families have attended more than one week in the past. So, in order to ensure a variety of content, we'll be alternating with two different camp schedules - A and B. If you plan to sign up for more than one week, please take note of this and be sure to select weeks with different schedules. Below are the two options (these crafts are subject to change). We'll most likely end up adding in some more things too because we truly can't help ourselves once we dive in;).

### **Week A - Journal A**

Sharpie Tie Dye - B&L Hat

Eye Pillows

Nature Mandalas

Puzzles & Painting

Chakras - Color Wheels

### **Week B - Journal B**

Sharpie Tie Dye - B&L Socks

Dream Catchers

Mantra Bracelets/Necklaces

Sun A Clay & Painting Craft

Instruments

In addition to the supplies for the crafts, your child will receive a B&L t-shirt and custom journal. These bags will not disappoint! I'm already giddy and have this glorious picture of rainbow gift bags covering my living room floor. We're still planning to keep it small, so be sure to snag a spot sooner than later.

### **Wondering what to do with your kids in the afternoon?**

We'd like to offer you an additional afternoon "add-on". As a former elementary school teacher, I always imagined Breathe & Learn having a tutoring branch (I privately work with two families at the moment). So, this summer we're offering two options:

- 1:1 Tutoring - \$60 session
- Small group book club - \$60 session total (2-5 kids)

If either interest you, please reach out directly and we can work together to create a schedule, learn more about your goals and determine the best fit for a teacher. Heather currently teaches at Meadows in Manhattan Beach and Rachel teaches in Palos Verdes. I'm retired from the classroom, but still crave an academic session of math, reading or writing with kids;).

If you have any questions, please do not hesitate to reach out. We will continue to keep in touch with any updates. Thank you all for your kind words and continued support. Breathe & Learn will survive this!

Sending love and light,

xo

Joanie Plake

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