



# EDVENTURE SUMMER SESSIONS





AUGUST 2023 Tuesday 1st Tuesday 8th Tuesday 15th Tuesday 22nd

Cost:

£36 per day or
all 4 sessions for
£116 incl lunch.

### Mindful Mornings & Active Afternoons

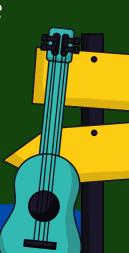
- Mindful Movements
- ✓ Team Games
- ✓ Drawing, painting, clay
- ✓ Bush Crafts
- ✓ Nature Walks

#### The Edventure Project CiC

From Henfield (1st, 8th, 15th) and Westerleigh (22nd) Village Halls, S.Glos

#### Visit

www.theedventureproject.co.uk





# SUMMER EDVENTURES

## Mindful and Active Activities

TIMINGS	Tuesday 1st August (Henfield Hall)	Tuesday 8th August (Henfield Hall)	Tuesday 15th August (Henfield Hall)	Tuesday 22nd August (Westerleigh Hall)
09:30-10:00	Welcome with	Welcome with	Welcome with	Welcome with
	Scavenger Hunt	Treasure Trail	games	Circle and Music
10:00-10:45	a) Tai Chi b) Hike with litter pick c) Nature Art	a) Yoga b) Pony Care c) Macrame Leaves	a) Self Care Jar b) Foraging C) Watercolour Painting	a) Sound Healing b) Rock Painting c) Dance
11:00-11:45	Switch around	Switch around	Switch around	Switch around
	workshops above.	workshops above	workshops above	workshops above
11:45-13:00	Free play and	Free Play and	Free Play and	Free Play and
	Lunch.	Lunch.	Lunch.	Lunch.
	Pizza Pockets.	Veggie Skewers.	Hot Dogs (v)	Chilli and nachos
13:00-13:45	a) Badminton	a) Football Skills	a) Bird Feeders	a) Basketball
	b) Kickboxing	b) Mini Bug Hotel	b) Archery	b) Assault Course
	c) Wand Making	C) Assault Course	c) Running Club	c) Orienteering
13:45-14:30	Team Game - Rounders or Capture the Flag	Team Game - Tag Tails	Team Game - Water Fight	Team Game - FREE CHOICE

Call: 07925016175 or theedventureproject@gmail.com www.theedventureproject.co.uk