


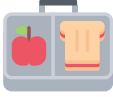







# Gathering Place Schedule

**REMEMBER:**  
Go to our Super Summer website  
[theopp.org/supersummer](http://theopp.org/supersummer)  
to access links to resources and activities!




TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>7:00-8:00</b> Good Morning!	Wake up and start your day. Get dressed, brush your teeth, wash your face 				
<b>8:00-8:30</b> Breakfast	Eat breakfast 				
<b>8:30-9:00</b> Mindful Morning (links below)	What is mindfulness and how do you do it?	What does your best self look like?	Who can you talk to when you feel sad?	What calms you down when you are upset?	Why are some people mean?
<b>9:00-10:00</b> Zoom Group or Bonus Activity	Zoom Camp Groups 1-4 (schedule below) *Check out your Activity Book to choose a bonus activity when your group isn't Zooming*				
<b>10:00-12:30</b> Bus Stop, Lunch, Rest	Walk to bus stop to get food and activities Eat your lunch + recharge for the afternoon!!   				
<b>12:30-1:00</b> Movement (links below)	Cosmic Kids Yoga 	Go Noodle	Kidz Bop Dance	Stay Active OK 	Go Noodle
<b>1:00-2:00</b> Zoom Group or Bonus Activity	Zoom Camp Groups 5-8 (schedule below) *Check out your Activity Book to choose a bonus activity when your group isn't Zooming*				





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**OPPORTUNITY PROJECT**  
Connecting Youth to the World of Opportunity

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2:00-2:30</b> Drop Everything and Read!	 Read and listen to books for free on TumbleBooks through the Tulsa City County Library! <a href="https://www.tumblebooklibrary.com/Home.aspx?categoryID=77">https://www.tumblebooklibrary.com/Home.aspx?categoryID=77</a>				
<b>2:30-2:45</b> Brain Break (links below)	Starfish Breathing	Sunrise Sunset Breathing	Shake it Off (Go Noodle)	Meltdown: Stress Relief	Mood Walk (Go Noodle)
<b>2:45-3:00</b> Journal Reflection	Write and draw: Today I was successful because...	Write and draw: When I am sad, this is how I help myself feel better	Write and draw: I wonder...	Write and draw: The hardest thing about today was...	Write and draw: Tomorrow I will...
<b>3:00-3:30</b> Virtual Field Trip	Smithsonian <a href="https://naturalhistory.si.edu/visit/virtual-tour">https://naturalhistory.si.edu/visit/virtual-tour</a>	Slime in Space <a href="https://www.weareteachers.com/slime-space-virtual-field-trip/">https://www.weareteachers.com/slime-space-virtual-field-trip/</a>	On the Farm <a href="https://www.farmfood360.ca/">https://www.farmfood360.ca/</a>	Nature Lab <a href="https://www.nature.org/en-us/about-us/who-we-are/how-we-work/youth-engagement/nature-lab/">https://www.nature.org/en-us/about-us/who-we-are/how-we-work/youth-engagement/nature-lab/</a>	The Louvre <a href="https://www.louvre.fr/en/visites-en-ligne">https://www.louvre.fr/en/visites-en-ligne</a>
<b>3:30-5:00</b> Free Play	 <b>PLAY TIME!</b>				
<b>5:00-7:00</b> Family Time	Family game night!	Cook dinner together	Help each other with chores	Family dance party! (Try making up a new dance together)	Movie night!
<b>EMOTIONS MATTER</b>	Did you talk to someone in your family about how you feel today?	How can you and your family members de-stress?	What ways does your family get involved in your community?	How can you show your family members you appreciate them?	Who is someone in your family you can talk to when you need advice?



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## Daily Activity Links:

Please choose an activity from the websites below

### Mindful Morning:

**Monday:** <https://www.youtube.com/watch?v=8rp5bpFIUpg>

**Tuesday:** <https://tinyurl.com/y9r9bjvm>

**Wednesday:** <https://www.youtube.com/watch?v=XVflu70T4ns>

**Thursday:** <https://www.youtube.com/watch?v=Wsy2L9VvX90>

**Friday:** <https://www.youtube.com/watch?v=b5LLfdhGekA&t=132s>

### Movement:

**Go Noodle:** [gonoodle.com](http://gonoodle.com)

**Cosmic Kids Yoga and Mindfulness:** [cosmickids.org](http://cosmickids.org)

**Kidz Bop Dance:** <https://www.youtube.com/user/KidzBopKids>

**Stay Active OK:** <https://stayactiveok.com/>

### Brain Break:

**Monday:** <https://www.youtube.com/watch?v=JV6e4wCO4MQ>

**Tuesday:** <https://tinyurl.com/y97gan3s>

**Wednesday:** <https://tinyurl.com/y6u4ctvg>

**Thursday:** <https://tinyurl.com/y7lx6lpg>

**Friday:** <https://tinyurl.com/y7cospr5>

### Drop Everything and Read!:

**Tulsa Library:** <https://tinyurl.com/y3q7d28a>

**Epic:** [getepic.com](http://getepic.com)

## ZOOM GROUP SCHEDULE:

### 9:00-9:25

**Group 1:** <https://us02web.zoom.us/j/87287152509?pwd=bXB6eEhyR2VRakNSSohzVGpvTjNKUT09>

<https://us02web.zoom.us/j/87287152509?pwd=bXB6eEhyR2VRakNSSohzVGpvTjNKUT09>

**Group 2:** <https://us02web.zoom.us/j/85493569534?pwd=VU5lOGlQNUUQ4Y1h1Y3Q1V2licWNXZz09>

<https://us02web.zoom.us/j/85493569534?pwd=VU5lOGlQNUUQ4Y1h1Y3Q1V2licWNXZz09>

### 9:30-9:55

**Group 3:** <https://us02web.zoom.us/j/82907121189?pwd=VVRGL1hUdUN6a2Q5eUJjZ1Z5ZDhrQT09>

<https://us02web.zoom.us/j/82907121189?pwd=VVRGL1hUdUN6a2Q5eUJjZ1Z5ZDhrQT09>

**Group 4:** <https://us02web.zoom.us/j/83020582758?pwd=TENETVJMbEpTMIbOSVQzRFJzeE1oZz09>

<https://us02web.zoom.us/j/83020582758?pwd=TENETVJMbEpTMIbOSVQzRFJzeE1oZz09>

### 1:00-1:25

**Group 5:** <https://us02web.zoom.us/j/89609359354?pwd=ZGlSVUNrTU14QUUQ2Wm5tRktFWWVlUT09>

<https://us02web.zoom.us/j/89609359354?pwd=ZGlSVUNrTU14QUUQ2Wm5tRktFWWVlUT09>

**Group 6:** <https://us02web.zoom.us/j/85487854024?pwd=aGZxUEtXeVlmZHN0WG10SWl0ZzYxZz09>

<https://us02web.zoom.us/j/85487854024?pwd=aGZxUEtXeVlmZHN0WG10SWl0ZzYxZz09>

### 1:30-1:55

**Group 7:** <https://us02web.zoom.us/j/85457805615?pwd=NWtodEQ2WVliY1FLVmdTK3ZkUHV5UT09>

<https://us02web.zoom.us/j/85457805615?pwd=NWtodEQ2WVliY1FLVmdTK3ZkUHV5UT09>

**Group 8:** <https://us02web.zoom.us/j/86267044214?pwd=cjhuRExFYohBMDVLOXN3VWRSdlZQdz09>

<https://us02web.zoom.us/j/86267044214?pwd=cjhuRExFYohBMDVLOXN3VWRSdlZQdz09>

# Thank you to our partners!

