










Discovery Lab Schedule

REMEMBER:
Go to our Super Summer website
theopp.org/supersummer
to access links to resources and activities!




TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00-8:00 Good Morning!	Wake up and start your day. Get dressed, brush your teeth, wash your face 				
8:00-8:30 Breakfast	Eat breakfast 				
8:30-9:00 Watch Video (links below)	Scribble Bots Video	Polymer Worms Video	Oobleck Paint Video	Spinning Top Creatures Video	Catapults Video
9:00-10:00 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*				
10:00-12:30 Bus Stop, Lunch, Rest	Walk to bus stop to get food and activities Eat your lunch + recharge for the afternoon!!   				
12:30-1:00 Movement (links below)	Cosmic Kids Yoga 	Go Noodle	Kidz Bop Dance	Stay Active OK 	Go Noodle
1:00-2:00 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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THE OPPORTUNITY PROJECT
Connecting Youth to the World of Opportunity

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2:00-2:30 Drop Everything and Read!	 Read and listen to books for free on TumbleBooks through the Tulsa City County Library! https://www.tumblebooklibrary.com/Home.aspx?categoryID=77				
2:30-2:45 Brain Break (links below)	Ready to Launch!	Spidey Superpowers!	Deep Sea Core Strength	Sit and Stretch	Balloon
2:45-3:00 Journal Reflection	Write and draw: about your family	Write and draw: I want to know more about...	Write and draw: The hardest thing about distance learning is...	Write and draw: Today I asked...	Write and draw: I helped someone else learn today by...
3:00-3:30 Virtual Field Trip	Seattle Aquarium https://tinyurl.com/ydyodsls	Planetarium https://stellarium-web.org/	Volcanoes https://tinyurl.com/jxeto43	Nature Lab https://tinyurl.com/vdj9rrx	Yellowstone National Park https://tinyurl.com/y5nmt49
3:30-5:00 Free Play	 PLAY TIME!				
5:00-7:00 Family Time	Family game night!	Spend time outside or take a walk together	Draw a picture of your family	Read a book with your family	Movie night!
EMOTIONS MATTER	What do you do when you get sad?	What makes you most happy?	What are you thankful for today?	Where can you go if you feel lonely?	Who is your best friend? What makes them a good friend?



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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
- Cosmic Kids Yoga and Mindfulness:** 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

ZOOM GROUP SCHEDULE:

Click on your group name below to join your Super Summer Session!

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:00	Scribble Bots Video	Polymer Worms Video	Oobleck Paint Video	Spinning Top Creatures Video	Catapults Video
9:00-9:25	Group 1 Group 2	Group 1 Group 2	Group 1 Group 2	Group 1 Group 2	Group 1 Group 2
9:30-9:55	Group 3 Group 4	Group 3 Group 4	Group 3 Group 4	Group 3 Group 4	Group 3 Group 4
1:00-1:25	Group 5 Group 6	Group 5 Group 6	Group 5 Group 6	Group 5 Group 6	Group 5 Group 6
1:30-1:55	Group 7 Group 8	Group 7 Group 8	Group 7 Group 8	Group 7 Group 8	Group 7 Group 8

Thank you to our partners!

