

# Tentative Agenda for A.C.R.C. Spring Break Camp

## Tuesday, April 04, 2017

9:30 am to 9:45 am	Breakfast & Introductions (Camp Rules)
9:45 am to 10:15 am	Morning Meditation Lead by Rena
10:15 am to 11:00 am	Leadership – Discussion on how to be a leader lead by 100 Emerging Men
11:00 am to 11:45 am	Lunch and Play Time
11:45 am to 12:30 pm	Writing Workshop
12:30 pm to 1:00 pm	Free Time / Games
1:00 pm to 1:45 pm	Physical Activity – Whole Health Education Lead by LaMarr Coleman
1:45 pm to 2:15 pm	Snack Time – How to make a smoothie Lead by Porsha
2:15 pm	Clean-Up

## Wednesday, April 05, 2017

9:30 am to 9:45 am	Breakfast
9:45 am to 10:15 am	Morning Meditation Lead by Rena
10:15 am to 11:00 am	Knowing Your Rights & Appropriate Behavior With the Police lead by E. Mercy (Lawyer)
11:00 am to 11:45 am	Lunch and Play Time
11:45 am to 12:30 pm	Learning Yoga- Mind, Body, Spirit
12:30 pm to 1:00 pm	Free Time / Games
1:00 pm to 1:45 pm	Discussion on Bullying
1:45 pm to 2:15 pm	Snack Time lead by Porsha
2:15 pm	Clean-Up

## Thursday, April 06, 2017

9:30 am to 9:45 am	Breakfast
9:45 am to 10:15 am	Morning Meditation lead by Rena
10:15 am to 11:00 am	Writing Workshop – Using the Pen to Push through Hard Times
11:00 am to 11:45 am	Lunch and Play Time
11:45 am to 12:30 pm	Physical Activity – Whole Health Education lead by LaMarr Coleman
12:30 pm to 1:00 pm	Free Time
1:00 pm to 1:45 pm	Feedback from Youth & Certificates
1:45 pm to 2:15 pm	Clean-Up