



FOUNDATIONAL FUN SUMMER

A Program for Children

Foundational Fun Summer program is designed to help children become more comfortable in their bodies and at ease in their learning by using a variety of modalities that complement Waldorf Education.

Children will engage in activities that involve movement and arts through age appropriate games, imagination and stories. Classes will include *dancing, gardening, painting, clay modeling*, along with exercises drawn from **Extra Lesson, Spatial Dynamics**, and various **Reflex Integration** methods. Afternoon nature adventures and/or weekly swimming and **horseback riding outings** may be possibilities depending on Covid restrictions.



Special emphasis will be given to attending to each child's individual needs with regards to fine motor, gross motor, and self movement abilities and to developing healthy social skills. **Rhythmical Massage** and **Integrated Learning Systems** will be offered individually to campers to support a therapeutic program with an emphasis on supporting the tactile, nervous, and auditory systems which are key systems for healthy learning and development.



To support our work at camp and facilitate the integration of the therapeutic modalities being used in the program, parents will be asked to limit media exposure and to give attention to providing a healthy diet for their child.

Foundational Fun will be held at the Minnesota Waldorf School. COVID-19 safety and health protocols will be in place.

The program will be offered Monday-Thursday from 9:00 a.m. to 3:00 p.m. the weeks of **June 28, July 5, July 12, July 19, July 26, and August 2**. To reap the full benefits of the therapeutic program, we ask that parents register their child to attend at least 3 out of the 6 weeks.

Workshop leaders **Neela Bettaglio, Ann Meany and Conradine Sanborn** together bring a wealth of experience in the field of teaching, movement arts, holistic therapies and art.



Location: Minnesota Waldorf School

Register for at least 3 out of the 6 weeks:

Week 1: June 28-July 1 Week 2: July 5-8
Week 3: July 12-15 Week 4: July 19-22
Week 5: July 26-29 Week 6: August 2-5

Ages: Entering grades 1st through 5th

Time: Monday-Thursday 9:00 a.m. to 3:00 p.m.

Program Fee: \$280 per week; **Discount:** \$1500 for all six weeks. Tuition assistance available based on need.

Any questions? Please contact one of the program leaders below. You can also register at shen-men.com

Neela Bettaglio: Neela.bettaglio@gmail.com
612.227.6059

Ann Meany: meanhen@icloud.com
651.324.3843

Conradine Sanborn: conradines@gmail.com
651.233.3566