



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. During our time together we will spend time in nature, have swimming lessons, and have four **horseback riding lessons** at River Valley Riders.

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 **Reflex Integration** work will be offered to campers individually to further support sensory development and integration.



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. Current recommended COVID-19 safety and health protocols will be in place.

The program will be offered Monday through Friday from 9:00 a.m. to 3:00 p.m. for weeks June 19-23 and June 26-30.

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.



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Camp Location: Minnesota Waldorf School

Summer Camp Will Run 2 Weeks:

Week 1: June 19-23 Week 2: June 26-30

Ages: Open to children entering grades 1st through 3rd. **We are limiting registration to 9 campers and 3 older camper-assistants** (entering 6th grade or older).

Time: 9:00 a.m. to 3:00 p.m.

Program Fee: \$450 per week for campers and \$350 week for camper-assistants. Tuition assistance available based on need.

Questions? Please contact one of the program leaders below. You can also register at shen-men.com/foundational-summer-fun-program/

Neela Bettaglio: Neela.bettaglio@gmail.com or 612.227.6059

Ann Meany: meanhen@icloud.com or 651.324.3843

Conradine Sanborn: conradines@gmail.com or 651.233.3566