

## Penikese Summer Science + Nature Camp

### Summary: Activity Ideas for Counselors + Core Theme Lessons

**(Active links are provided at end of sheet)**

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**TWO ESSENTIAL LESSONS for Monday afternoon & evening** (these may extend through the week spontaneously):

- [History of Penikese](#) (during island tour): Learn about the island and tell the stories as you visit locations
- [Birds of Penikese](#) with a focus on endangered terns & MA Fish & Wildlife program on the island (some may also be incorporated into walking tour). Just a brief intro of birds on Monday, we will have a lesson with [BiodiversityWorks](#) each Tuesday and birding will be pretty constant/continuous all week, so give them a decent foundation from the start!

#### **Ideas for Journaling Prompts**

- Daily Prompt: Announced each morning at breakfast, to be accomplished at some point during the day, whenever each camper takes the time during a free moment.
- Daily Reflection (Writing, sketching, either/both)
- Data, Notes, Art for each Guest Lesson
- Reflection following each Guest Lesson
- Check out other journal ideas from titles listed on our [Mindfulness sheet](#)

#### **Other Lesson Ideas for Wednesdays and after Guest Instructor Visits:**

→ This is just to throw out any and all possibilities for activities! There is material about much of this in your Lessons Folder and more background available here: [Penikese Camp Activities Pinboard](#)

→ Activities can be as short as 15min or as long as a few hours

#### **Science** (e.g., [Ecology](#), [Observation](#), [Geology](#))

- Marine debris / ocean plastics
- Water Quality
- Intertidal zone / beach / wrack community
- Climate change
- Geology
- Weather/wind/clouds/tides (Grace?)
- Marine Mammals (Grace?)
- Orienteering/navigation/using a compass (Lavinia?)
- Night Sky (constellations, celestial navigation, meteor showers)
- Team Nature Scavenger Hunt (Observation)
- Lichens identifications walk & count
- What is sand?,
- interview an organism,
- Choose, observe & record changes in a square yard for 5 days,
- Flora identification walk & count,
- Insect identification walk & count,
- What's up in the garden?

#### **Arts**

- Biological illustration
- Landscape painting
- Sketching
- Flower Pressing & Crafts
- Fish Printing
- Nature Looms
- Foraged Art
- Mosaics with found objects

- Found Object Sculpture
- Colors of Light Studies
- Mobiles or Windchimes
- Natural Dyes
- Low Resource Art
- Edible Food Art
- Recycled Materials Art
- Basket Making
- Knitting/yarn & fibre art

### **Recreation/Physical activity focused:**

- Yoga/Stretching
- Martial Arts
- Horseshoes
- Team Relay Races
- Kick-the-Can
- Capture the Flag
- Ball games
- Circumnavigate the island
- Morning Aerobics/Caethsenics

### **Mindfulness:**

- Mindfulness exercises: listening, breathing, seeing (e.g., Annaka Harris)
- Reading
- Journaling, Writing, composing poems, prose, etc. (see Mindfulness Idea Sheet)
- Meditating
- Perhaps have a “mindfulness minute” before dinner each night, or a gratitude moment? Or everyone could share their “high” (and “low”?) of the day.

### **Classic Camp Activities:**

- Singing (w/fun gestures)
- Learning to tie knots
- Secret Pals
- Friendship bracelets
- Lanyards
- Fancy shoe lacing
- Cats Cradle
- Make up Penikese lyrics to familiar songs
- Skits

### **Discussion/Conversation focused:**

- Women & feminism (women in science, women in sports, women in history)
- Women’s Bodies & Health
- College, Gap Years & Other Options
- Population Growth & the Earth’s Carrying Capacity
- Climate Change

### **LINKS in this sheet:**

History of Penikese: [https://fir.egnyte.com/fl/hbLlgiNJUB/Penikese History \(no lesson plans just info\)](https://fir.egnyte.com/fl/hbLlgiNJUB/Penikese_History_(no_lesson_plans_just_info))

Birds of Penikese: <https://fir.egnyte.com/fl/DgYP5bnfWz/Birds>

BiodiversityWorks: <https://biodiversityworksmv.org/>

Mindfulness sheet: [https://fir.egnyte.com/dl/DuiNZAbVe3/Penikese Mindfulness.pdf](https://fir.egnyte.com/dl/DuiNZAbVe3/Penikese_Mindfulness.pdf)

Pinboards of Activities: [https://www.pinterest.com/Islander565/ saved/](https://www.pinterest.com/Islander565/)

Ecology: <https://fir.egnyte.com/fl/qWvT7jRUBz/Ecology>

Observation: [https://fir.egnyte.com/fl/3oyChduWTV/Be an Observer%21](https://fir.egnyte.com/fl/3oyChduWTV/Be_an_Observer%21)

Geology: <https://fir.egnyte.com/fl/2gOUFuEP3S/Geology>

Arts: [https://fir.egnyte.com/fl/BFErQnkNEg/Artful Expression](https://fir.egnyte.com/fl/BFErQnkNEg/Artful_Expression)