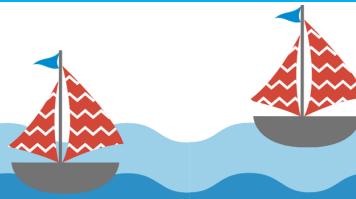


# SET SAIL

with  
**GEORGIA**  
4-H



UNIVERSITY OF GEORGIA  
EXTENSION

## **5 Senses and Mindfulness**

Learn about all 5 senses and how to be mindful of those senses with a virtual day camp!

## **Excursion Dates & Times**

June 30, 2020, 2:00 – 3:00 P.M.

## **Grades**

K-3<sup>rd</sup> grade

## **Materials Needed**

A small snack or item that can be observed with all 5 senses.

## **Port of Departure (Where to Access)**

Zoom info will be provided after registering via below link

## **Cruise Directors (Presenters)**

Lauren Pike, Jackson County AmeriCorp VISTA Summer Associate

## **Registration Information**

[https://ugeorgia.ca1.qualtrics.com/jfe/form/SV\\_9TtlzW4IRHPkJlp](https://ugeorgia.ca1.qualtrics.com/jfe/form/SV_9TtlzW4IRHPkJlp)

## **General Topics/Program Areas Covered**

Healthy Living

