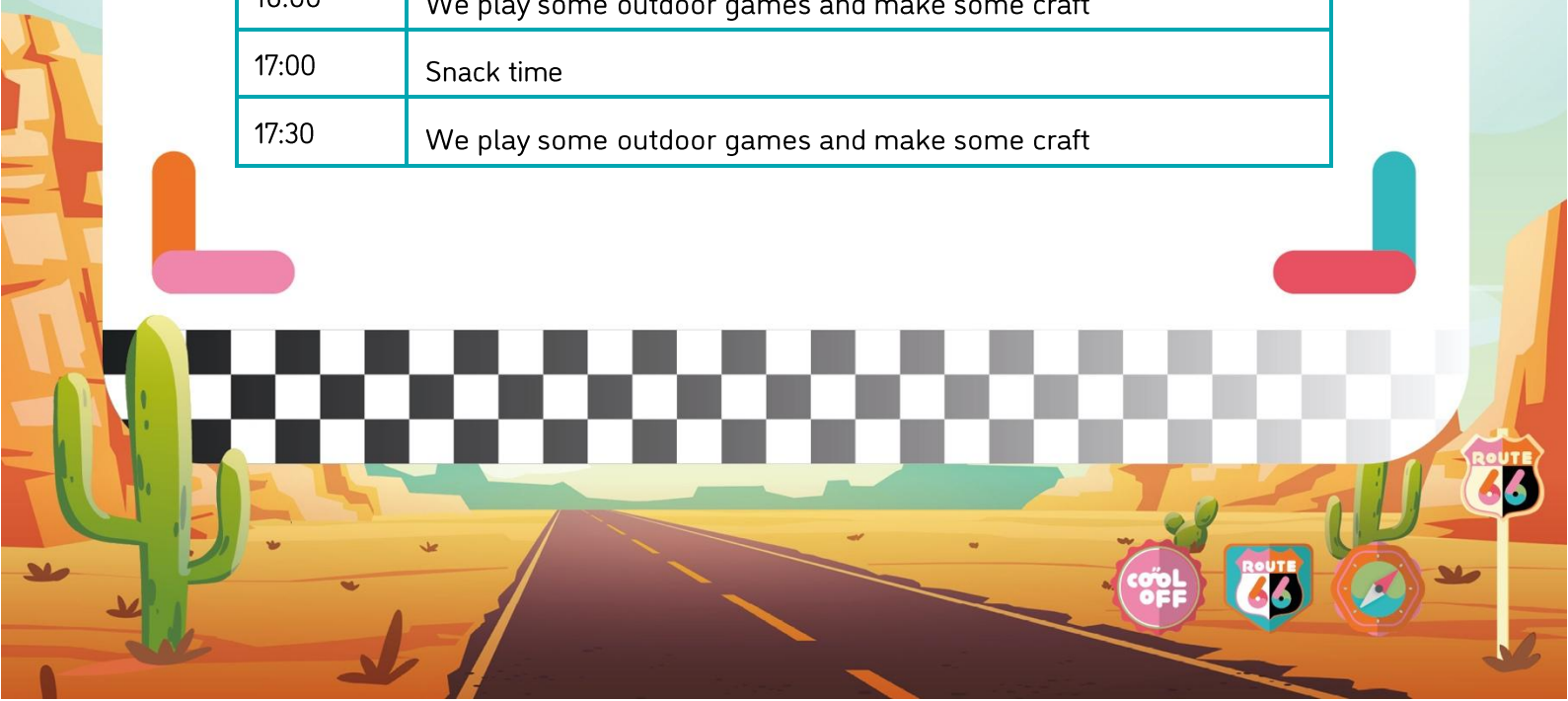


## Activities

During the Cool Offs we will carry out different activities linked to a theme. In addition, we will also carry out workshops, water games, night games, activities to improve English...

08:00	The <i>good mornings</i> song is played and we all get out of bed
08:15	We play a quick game to wake us up
08:30	We wash our faces and get dressed
08:45	We have breakfast
09:30	We tidy our bedrooms and carry out our daily tasks by playing a competitive game that we repeat throughout the week
10:00	Inside Out (we practise our vocabulary and grammar using the Travel Guides)
11:00	We play some outdoor games or go on a morning trip (duration: 2 hours)
12:00	Time for a dip in the pool!
13:00	We rehearse the song and dance we have prepared
13:30	We have lunch
14:30	Free time
16:00	We play some outdoor games and make some craft
17:00	Snack time
17:30	We play some outdoor games and make some craft



18:30	We rehearse songs and dances in groups
19:30	We get showered + free time
20:30	We have dinner
21:30	Staff Performance (theatre)
22:00	We play some nighttime games
22:30/23:00	Bedtime!

