

## **Tentative Youth Activities**

The kids' group leaders are finalizing which activities we'll offer this year based on the theme. Please note that the ideas below are suitable for children aged 4 to 18 years old, but each group will have age-appropriate activities.

**Introductions-** Meet others in your age group with the support of your parent(s) or guardian.

**Group discussions with Doctors and Professionals -** Discuss topics such as what TS means to you, and learn things like why estrogen is important to your body, or how your group friends handle situations.

**Group Activities-** Hang out with others in your group and have fun. Ideas include scavenger hunts, mad science experiments, dress-up and make-believe activities, handouts by the pool with music, board and card games, and more.

**Music and Movement-** Everyone loves to move, so you may learn the latest popular dance moves, improv skits, tumbling, relaxation moves, or practicing a group song for karaoke night.

**Learn with Friends-** Ideas include cooking 101, mindfulness, styling your hair, organizing your backpack and schoolwork, personal space, and more.

**Outings -** Depending on various factors, we may visit the park across the street, play in the splash pad and/or play games, take a trip to the mall (a few minutes' walk

from the hotel), or explore the city as we walk around the hotel. Each group will have outside time in the fenced-in patio next to the kids' group rooms.

**Crafts-** You may make wands, friendship bracelets to share, duct tape crafts, and more.

**Snacks—**We will provide snacks (including gluten-free options) in the mornings and afternoons, but you are also welcome to bring your own.

**Free Time -** During your free time, you can choose to do as you please, relax, use your phone, chat with friends, or play a game.