7Q Inclusive Winter Camp 2026

Sample daily schedules | Ages 5-15 | 8:30 AM-3:30 PM | TLA Academy, Vienna, VA

Explore winter through our popular **7 Senses approach**: sensory discovery, creative arts, STEAM, movement, life skills, and friendship. Activities are flexible and adapted to each camper's interests and support needs.

Week 1: Winter Wonderland

December 21-23, 2026

Monday, Dec 21 - Snowy Sensory Adventures

Snow-inspired sensory play, snowflake art, ice experiments and indoor snowball games.

Tuesday, Dec 22 - Winter Makers & Creators

Winter crafts, texture exploration, building challenges, music and movement.

Wednesday, Dec 23 - Cozy Winter Celebration

Winter treats, sensory-friendly games, storytelling and collaborative art.

Time	Monday	Tuesday	Wednesday
8:30-9:00	Welcome & snow sensory bins	Welcome & creative stations	Welcome & cozy sensory play
9:00-9:30	Morning circle & winter discovery	Morning circle & winter colors	Morning circle & winter stories
9:30-10:30	Snowflake art & sensory exploration	Winter crafts & maker projects	Winter cooking & life skills
10:30-11:00	Snack & sensory break	Snack & sensory break	Snack & sensory break
11:00-12:00	Ice experiments & STEAM	Building winter structures	Winter games & group activities
12:00-12:30	Lunch & independence skills	Lunch & independence skills	Lunch & independence skills
12:30-1:00	Quiet time & regulation	Quiet time & regulation	Quiet time & regulation
1:00-2:00	Indoor snowball games & movement	Music, movement & sensory circuits	Winter celebration stations
2:00-2:45	Cooperative games & friendship	Winter storytelling & art	Collaborative winter mural
2:45-3:15	Choice stations & reflection	Choice stations & reflection	Celebration & reflection

Time	Monday	Tuesday	Wednesday
3:15-3:30	Pack-up & dismissal	Pack-up & dismissal	Pack-up & dismissal

Schedules are illustrative and may change based on camper needs, interests, staffing and weather. Sensory breaks and alternative participation options are available throughout the day.

Explore the 7Q camp approach | Email our team

Week 2: New Year, New Adventures

December 28-30, 2026

Monday, Dec 28 - Little Explorers & Inventors

Hands-on STEAM, sensory exploration, creative building and collaborative inventions.

Tuesday, Dec 29 - Move, Play & Discover

Balance, body awareness, sensory obstacle courses, music and team games.

Wednesday, Dec 30 - New Year Celebration

Friendship projects, festive crafts, sensory-friendly games and a joyful countdown.

Time	Monday	Tuesday	Wednesday
8:30-9:00	Welcome & discovery stations	Welcome & movement stations	Welcome & celebration crafts
9:00-9:30	Morning circle & curiosity games	Morning circle & body awareness	Morning circle & year-end reflection
9:30-10:30	Building & invention challenges	Sensory obstacle courses	New Year art & decorations
10:30-11:00	Snack & sensory break	Snack & sensory break	Snack & sensory break
11:00-12:00	Science experiments & discovery	Yoga, balance & cooperative games	Friendship projects & STEAM
12:00-12:30	Lunch & independence skills	Lunch & independence skills	Lunch & independence skills
12:30-1:00	Quiet time & regulation	Quiet time & regulation	Quiet time & regulation
1:00-2:00	Collaborative building projects	Music, rhythm & movement	Sensory-friendly New Year party
2:00-2:45	Creative problem-solving games	Outdoor play & team challenges	Group games & celebration activities
2:45-3:15	Choice stations & reflection	Choice stations & reflection	Memory crafts & farewell circle
3:15-3:30	Pack-up & dismissal	Pack-up & dismissal	Pack-up & dismissal

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