

VRC 4-DAY SUMMER LEADERSHIP CAMP

Schedule 2026

WHEN

Tuesday, August 4 - Friday, August 7
9 AM - 3 PM (Full day Friday, til 6 PM)

WHERE

At Vision Resource Center, 2736 Cedar Creek Road. Fayetteville, NC 28312

Day 1 | Belonging & Social Connection

- 9:00 – 9:30 Welcome Circle and Icebreakers
- 9:30 – 10:00 Chair Exercises and Movement
- 10:00 – 10:45 Story Time (Interactive)
- 10:45 – 11:30 Puzzle Time (Tactile and Team-Based)
- 11:30 – 12:00 Sensory Activity Stations
- 12:00 – 12:30 Lunch
- 12:30 – 1:30 Painting Activity (Tactile Art)
- 1:30 – 2:15 Music and Movement
- 2:15 – 3:00 Dance Party and Reflection Circle

Day 2 | Creativity & Self-Expression

- 9:00 – 9:30 Morning Circle and Chair Exercises
- 9:30 – 10:45 Sculpt Party (Clay/Sensory Sculpting)
- 10:45 – 11:30 Tie-Dye T-Shirt Activity
- 11:30 – 12:00 Leadership and Confidence Session
- 12:00 – 12:30 Lunch
- 12:30 – 1:30 Painting and Creative Expression
- 1:30 – 2:15 Team Games (Accessible and Inclusive)
- 2:15 – 3:00 Music, Movement and Dance

Day 3 | Discovery and Life Skills

- 9:00 – 9:30 Chair Exercises and Stretch
- 9:30 – 10:30 Gardening Activity (Planting and Sensory Exploration)
- 10:30 – 11:15 Sensory Stations (Textures, Sounds, Hands-On)
- 11:15 – 12:00 Puzzle Challenge (Teamwork Focus)
- 12:00 – 12:30 Lunch
- 12:30 – 1:30 Story Time and Relaxation
- 1:30 – 2:15 Confidence Circle and Team Building
- 2:15 – 3:00 Music & Movement + Park Day Prep

Day 4 | Full Day Field/Fun Experience

Location: Cliffs of the Neuse State Park

- 9:00 – 10:00 Travel and Orientation
- 10:00 – 11:30 Guided Sensory Nature Walk
- 12:00 – 12:45 Picnic Lunch and Social Time
- 12:45 – 2:45 Team Canoe
- 2:45 – 4:45 Lake Fun

FOR QUESTIONS

Contact our Community Engagement and Outreach Specialist

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