



VDP Week 2, Session 1: Art of Mindfulness: Watercolor Journaling for Middle School Students

Students will explore the creative, relaxing world of watercolor journaling. Each day, students will learn new watercolor techniques—like washes, blending, and layering—to create beautiful, expressive journal pages. Alongside painting, they™ll engage in journaling activities focused on gratitude and mindfulness, practicing how to be present in each moment. Through guided prompts and group reflections, students will develop the habit of noticing and appreciating the small, meaningful details in their lives. By the end of the week, they will have a vibrant, personal journal filled with artwork and reflections that capture their unique perspective. This course not only builds creative skills but also helps students develop emotional awareness, self-expression, and a lasting appreciation for mindfulness practices.

Camp Start Date: June 9, 2025

Start Time: 8:00:00 AM

Camp End Date: June 13, 2025

End Time: 10:00:00 AM

Date Details: Every day June 2-6 from 8am-10am

Venue Name: Rotunda

Venue Address: 9000 Bellaire Blvd, Houston, TX 77036

Camp Cost: \$125.00

Questions: Katie Fritsch kfritsch@st-agnes.org (713) 219 - 5543

Special Notes:

For rising 6th-9th graders (currently enrolled in 5th-8th grade).

Medical Info:

We (or I) hereby request that you accept the application for the Veritas Discovery Program at St. Agnes Academy on the dates set forth. In consideration of your acceptance of this application, we (or I) hereby release St. Agnes Academy and all its employees and agents from all claims on account of any injuries which may be sustained by our (or my) daughter while attending the St. Agnes Middle School Summer Program, and its employees and agents for any claim which may be hereafter presented by our (or my) minor daughter. We (or I) know of no mental or physical problems which may affect our (or my) daughter's ability to safely participate in the program. I further certify that the above mentioned person has insurance in case of emergency. Additionally, I consent to any medical treatment deemed necessary by the Summer Program Director in the event of illness or injury to my child or dependent.