

## ORLANDO GIRLS ROCK WORKSHOPS

- **Nutrition – Health – Body (3 days):** These workshops can focus on good eating habits, healthy relationships with food, mental health, physical health, body positivity, etc.
- **Social Media Savvy:** This workshop can focus on online image, bullying, how to deal with negative attention, how to promote your band using Soundcloud, Bandcamp, Youtube
- **Camp Zine Making:** Campers will make their own personal zine pages and band pages for the Rock and Roll Camp Zine.
- **Band Logo Design:** This workshop will help the girls design their band logo. Previous experience with band logo design would be helpful!
- **Gear and Backstage:** Teach the girls how to properly set up and put away their gear. Explain what happens backstage, before and after you play.
- **Journal Writing/Reflections (end of day):** Guide the girls on reflecting on the day and what they want to work on the following day.
- **Screen Printing/Merch:** Help the girls design buttons, patches, and posters to promote their bands.
- **Dance Party:** Sometimes you just want to dance! DJ our dance party.