



KIDS EMPOWERED

2017 Summer Camps

Girls and Boys Empowered/Kids Empowered has provided empowerment programs for thousands of children for over 18 years. Each camp is designed to focus on different self-esteem and confidence building activities, social skills, and practical strategies to deal with the issues kids face with their friends and classmates at recess, in the lunch room, in the hallways, and in LIFE! We teach the Kids Empowered curriculum through interactive games, role playing, crafts, poster activities, team building, and physical fitness. Emotional Intelligence matters, learning these skills and strategies can benefit every kid no matter what their level of confidence. Each week has a different focus and themed activities.

Full day campers bring a snack, bag lunch and beverage in non-breakable container and a swim suit and towel. Half day campers should bring a snack and water bottle in a reusable container.

To register for camps:

Birmingham Community Ed: 248-203-3800 www.communityed.net

Novi Community Ed: www.novicommunityed.org 248-675-3400

Grosse Pointe War Memorial: 313.881.7511 <http://www.warmemorial.org/>

Kids Empowered: www.kidsempowered.com 248-757-0912

*One on One Coaching and Counseling, Weekly Classes, and Private Group sessions available at Kids Empowered Coaching and Counseling.



EMPOWERED GIRL'S TOOL BOX FOR THE QUEEN BEE OF THE PLAYGROUND

Focus: Develop playground social skills to manage unfriendly situations with girls who are always deciding the activity, making negative comments or excluding. Build social skills that help girls be connected by knowing how to manage playground sticky situations and how to join groups. The playground is where most hurt feelings and sticky situations happen. This camp will help girls build their toolbox of confidence, assertiveness, and strategies to deal typical situations that happen at recess. Girls will learn the roles kids play in social situations and how to deal with the Queen Bee. They will learn how to problem solve to be inclusive, deal with the rule changers and rule breakers, and be a good winner and loser. Girls will learn words, tone of voice and how their body language should look. We will play games (everything from jumping rope to foursquare) and role play situations that happen at recess.

Ages 4-6 July 17-21 12:30-3:30pm \$150 Berkshire MS, Birmingham

Ages 4-6 July 31-Aug 5 9:00-12:00pm Res \$150/ Non-res \$180 Novi Civic Center, Novi, MI

Grades 2-5 July 31-Aug 5 12:30-3:30pm Res \$150/ Non-res \$180 Novi Civic Center, Novi, MI



EMPOWERED BOY'S TOOL BOX FOR THE KING OF THE PLAYGROUND

Focus: Develop playground social skills to manage unfriendly situations with boys who are always picking the team, making negative comments or excluding. Build social skills that help boys be connected by knowing how to manage playground sticky situations and how to join groups. The playground is where most adversity and sticky situations happen. Some boys tell others boys they run faster, throw further, and are better at this or that. Some boys pick the team and tell other boys they can't play or they are on the loser team.

This camp will help boys build their toolbox of confidence, assertiveness, and strategies of typical situations that happen at recess. Boys will learn how to problem solve to be inclusive, deal with rule changers, and be a good winner and loser. Boys will learn words, tone of voice and how their body language should look. We will play games (everything from tag to foursquare) and role play situations that happen at recess. Boys will learn frustration management techniques and coping skills to help them be calm in sticky situations so they can "act", not "react".

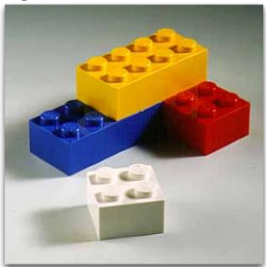
Ages 4–6 July 17– 21 9am-12pm \$150 Berkshire MS, Birmingham
Grades 2-5 July 24-28 9am-3:30pm (Pool time include) \$275 Berkshire MS, Birmingham



GIRLS EMPOWERED: AMERICAN GIRL CAMP

Using the 2016 and 2017 American Girl Doll of the Years girls will have fun with crafts, games, fitness activities and role plays. We will watch a little of the movie each day. Like the American girl characters girls will learn about following our passion and dreams, endangered animals, and expressing ourselves through the words we choose whether it is in conversation or expressions like poetry and songs. Girls will have fun doing American Girl theme crafts, role playing, yoga & dance. Girls 2nd-5th grade will also learn how to be an empowered girl learning the roles girls can play in their social world using "Chrissa Stands Strong". Girls can bring their American Girl Doll or another doll.

Grades 2-5 July 31-Aug 4 9am-3:30pm \$250 Berkshire MS, Birmingham
Ages 4-6 Aug 7-11 12:30-3:30pm \$150 Berkshire MS, Birmingham



BOYS SUPER HERO LEGO WORLD

Boys will learn to use their powers to manage annoying situations, conflicts, common recess situations and their emotions. Boys will have fun doing lego activities, teambuilding and learning the social skills of cooperative play, how to too be a good winner and loser, and problem solving. As they are building their creations they will learn how to use the words that help you be problem solver and build others up instead of enflaming situations or and tearing others down. Includes games, and outdoor play.

Ages 4–6 July 17-21 9am-12pm Res. \$150/Non-Res. \$180 Novi Community Schools
Grades 2-5 July 31-August 4 9am-3:30pm (includes swimming) \$250 Berkshire MS, Birmingham

Ages 4-6 August 7-11 9am-12pm \$150 Berkshire MS, Birmingham



GIRLS EMPOWERED: YOGA Girls

Focus: Develop coping skills and strategies for managing stress, worries and daily challenges. Girls are faced with immense pressure to be popular and the best at everything they do from sports to grades. Many girls feel overscheduled, pressured to look a certain way and feel if they don't measure up they are not good enough. Often girls are dealing with friendships that are hot/cold, lack loyalty and are cliquey. Many girls try so hard to fit in & please friends that they often give up who they are. We'll explore how yoga, meditation and self-care can promote better self-esteem, a greater sense of confidence and emotional balance. This week of camp will include daily yoga & address significant areas of stress for girls.

Girls will get the benefits from yoga of strengthening their bodies & relaxing their minds while learning how to be grounded to deal with hot/cold friendships, trying to fit in and the pressure to be popular. We will look at journaling, music, creativity, the importance of building a supportive network, and everyday ways to cope with stress. Girls will walk away with the visuals to build a yoga toolbox full of empowering tools. Wear comfortable clothing & bring a Yoga mat/towel.

Ages 4-6	Aug 7-11	9am-12pm	Res. \$150/Non-Res. \$180	Novi Community Schools
Grades 2-6	Aug 7-11	12:30-3:30pm	Res. \$150/Non-Res. \$180	Novi Community Schools
Grades 2-5	August 14-18	9am-12pm	\$150	Seaholm HS, Birmingham
Middle School	August 14-18	12:30-3:30pm	\$150	Seaholm HS, Birmingham



GIRLS EMPOWERED INSIDE OUT

Focus: Managing emotions and having social skills to respond appropriately to social and family situations. Emotional regulation is our ability to manage our emotions in how we respond to situations. It is one of the most important predictors of success. If we do not have the tools in our tool box our emotional response may cause us to overreact in a negative way that impacts our self-esteem and confidence and in the future lead to depression, eating disorders and negative self-worth. Sometimes when we react emotionally and we inflame a situation. We will use the movie Inside Out to teach girls healthy ways to deal with feelings. We will celebrate the things that give us joy.

Girls will learn how to manage their emotions whether it is dealing with an unfriendly friend, a Queen Bee, a sibling, family issues or facing a fear they have. Developing our emotional regulation builds confidence in ourselves, helps us respond appropriately to social situations & problems, increases our emotional intelligence & helps us with friendships. Girls will have fun doing themed crafts, poster activities & being physically active.

Ages 4-6	July 24-28	9:00-12:00pm	Res \$150/ Non-res \$180	Novi Civi Center, Novi, MI
Grades 2-5	July 24-28	12:30-3:30pm	Res \$150/ Non-res \$180	Novi Civi Center, Novi, MI
Grades 2-5	August 7-11	9am-3:30pm	Pool time included \$275	Berkshire MS, Birmingham, MI
Girls 4-6 yrs old	August 7-11	9am-12:00pm	\$150	Berkshire MS, Birmingham, MI



GET READY FOR KINDERGARTEN

Going to kindergarten is a big transitional period for kids. This camp will help kids prepare for their new adventure with activities to teach them the social skills of how to make new friends, manage emotions, make good decisions and enter this exciting time with confidence. We will role play and learn to problem solve common situations that can cause problems like cutting in line, sharing, including others, and what to say if someone says “I don’t want to be your friend”, or “You can’t play.” Each day includes physical activity, role playing, games and a craft activity. Campers should bring a snack and beverage in non-breakable container.

August 14-18 Girls and Boys going into K 9am-12pm \$150 Seaholm HS, Birmingham



GOING BACK TO SCHOOL WITH CONFIDENCE Go back to school with a boost of confidence and empowerment skills. This camp will help kids prepare for a new adventure with activities to teach them how to make new friends and handle unfriendly classroom situations, manage emotions, make good decisions and enter this exciting time with confidence. We will role play and learn how to problem solve common situations that can cause conflict. Kids will learn about the importance of a positive attitude, being a problem solver, and assertiveness. Each day includes physical activity, role playing, games and a craft activity.

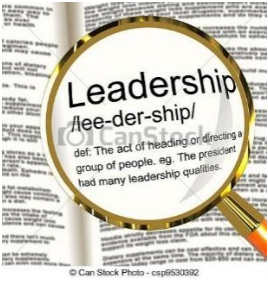
August 14-18 Girls & Boys 4-6 yrs old 12:30 -3:30pm \$150 Seaholm HS, Birmingham
Kids enrolled in the Get Ready for Kindergarten can stay all day.



BACK TO SCHOOL WITH CONFIDENCE

Go back to school with a boost of confidence and empowerment skills. This camp will help kids prepare for a new adventure with activities to teach them how to make new friends and handle unfriendly classroom situations, manage emotions, make good decisions and enter this exciting time with confidence. We will role play and learn how to problem solve common situations that can cause conflict. Kids will learn about the importance of a positive attitude, being a problem solver, and assertiveness. Each day includes physical activity, role playing, games and a craft activity.

August 14-18 9am-12pm \$150 Girls & Boys 2nd-5th grade Seaholm HS, Birmingham
August 14-18 9am-3:30pm \$250 Girls & Boys 2nd-5th grade Seaholm HS, Birmingham



LEADERS IN TRAINING (Middle School & High School Students)

As a camp assistant, teens receive the benefit of learning each week's Kids Empowered lessons while practicing leading, problem solving and being assertive. Full day campers bring a snack, bag lunch and beverage in non-breakable container. Half day campers should bring a snack and water bottle in a reusable container.

Half Day camps \$99. Full Day camps \$150. Camps located in Birmingham and Novi.

Pick out the dates, location and camp your teen would like to do and email info@kidsempowered.com for details to register.



Middle School Girls Around Town - A Girl's World

Girls will have fun exploring Birmingham while working on building confidence and self-esteem. Girls will learn how to improve their social skills and learn how to deal with hot/cold friendship. They will learn ways to calm themselves and manage stress. They will do everyday activities that will include lessons on how to problem solve, resolve conflict, manage your frustrations and stress and the social skills involved in friendship. Girls will work on building assertiveness skills and the Do's and Don't of Social Media.

Activities will include:

- Yoga, Mindfulness, Nature hikes
- Games in Booth Park
- Going to the movies one afternoon
- Lunch at Greek Islands one day
- Two visits to Dairy Mat
- Team Building
- Going on a scavenger hunt

Optional:

Pre- and Post- Coaching Sessions with Kimber Bishop-Yanke, the camper and parent to review the successes and strategies for working on building self-esteem, confidence, friendship skills, social skills and emotional management based on the need. Two one hour sessions can be scheduled at a time that works for you.

July 24-28 12:30-3:30 Girls 11-14 yrs

\$199. *lunch, movie, and Dairy Mat are additional and based on each individual's order \$299 with two coaching sessions

Register: www.kidsempowered.com

Meet at Kids Empowered Coaching and Counseling, Ste 101, 630 N Old Woodward, Birmingham, MI 48009