Birmingham Community Ed presents
Kids Empowered Programs
To register for classes: www.communityed.net or call 248-203-3800

SLIME YOGA MINDFULNESS
EMPOWERMENT WORKSHOP
What do slime, yoga, and calming oneself equal?
The Yoga Kids Mindfulness Empowerment Workshop!

The Yoga Kids Mindfulness Empowerment Workshop combines the Kids Empowered curriculum with yoga, mindfulness, and SLIME. Girls and Boys will learn how to calm their mind and bodies and to stay calm even when their environment is not. They will improve their strength, flexibility and coordination through fun yoga. They will practice staying calm while handling sticky situations and will learn to manage frustrations by problem solving and building conflict resolution tools. The mindfulness will help aid in connection with others and ourselves while practicing kindness, calmness and being in the present moment to reduce feelings of anxiety and hyperactivity. Kids make slime, do yoga, and role play handling sticky situations!

Location: Seaholm High School

GRADES K – 2
#13947 Date: 10/15/2019 Tue 6:00 PM - 7:30 PM $20.00
#13948 Date: 12/4/2019 Wed 6:00 PM - 7:30 PM $20.00
#13949 – Both K-2 sessions $32.00

GRADES 3 – 5
#13944 Date: 9/23/2019 Tue 6:00 PM - 7:30 PM $20.00
#13945 Date: 11/21/2019 Wed 6:00 PM - 7:30 PM $20.00
#13946 – Both Grades 3-5 sessions $32.00

Star Wars: The Force Awakens: Using the characters from Star Wars, boys will learn to awaken the force within themselves. Boys will have fun making their own crafty light saber. Using the light saber boys will practice the social skills of following directions, listening, and managing themselves. Using their light sabers they will role play ways to solve typical disagreement and handle unfriendly comments that happen at recess. They will watch the movie while making the craft and practicing ways to calm their mind and bodies.

#13942- 2nd-5th grade

American Girls: Girls will have fun learning the different roles you can play in a social situation and how to choose being the Empowered Girl in an unfriendly situation. Girls will role play using their dolls & make a Stop the Meanness, Spread the Kindness poster to remind them of words & strategies they can use to be an Empowered Girl (Dolphin). Girls will watch the American Girl movie “Chrissa Stands Strong” while doing yoga & a poster activity. Students should bring their American Girl Doll or another doll for role playing.

#13940 2nd-5th grade

Boy’s & Girls’s Nite Out
December 6 6:00-9:00pm
STAR WARS: The Force Awakens
American Girl Nite Out

Star Wars: The Force Awakens: Using the characters from Star Wars, boys will learn to awaken the force within themselves. Boys will have fun making their own crafty light saber. Using the light saber boys will practice the social skills of following directions, listening, and managing themselves. Using their light sabers they will role play ways to solve typical disagreement and handle unfriendly comments that happen at recess. They will watch the movie while making the craft and practicing ways to calm their mind and bodies.

#13943 – Leaders in Training - Middle School and High School

American Girls: Girls will have fun learning the different roles you can play in a social situation and how to choose being the Empowered Girl in an unfriendly situation. Girls will role play using their dolls & make a Stop the Meaness, Spread the Kindness poster to remind them of words & strategies they can use to be an Empowered Girl (Dolphin). Girls will watch the American Girl movie “Chrissa Stands Strong” while doing yoga & a poster activity. Students should bring their American Girl Doll or another doll for role playing.

#13941 Leaders in Training - Middle School and High School

Programs Location: Seaholm High School $25 per student
Middle school & high school kids may register as Leaders in Training; they will help with the evening & get the benefit of the lessons, too!
Register for one or more workshops. 
Classes at Seaholm HS. $22 per class.

**Assertiveness Starter Kit**
Boys will learn about being a powerful boy while being kind & true to himself. Learn what it means to be assertive in speaking & actions. Assertiveness is a skill & needs to be practiced. Boys will learn how to be a problem solver, manage conflict, & stand up for themselves. Boys will do an assertive kit & role play.

#13975 (K-2nd grade) 11/6/2019 Wed 6:00 Pm - 7:00 Pm
#13976 (3rd - 5th grade) 10/9/2019 Wed 6:30 Pm - 7:30 Pm

**The Social Landscape**
Boys will learn the different social roles & how to go from a target to an Empowered Boy. Boys will learn how & when they should go from being a bystander to an Empowered Boy in situations where kids are making fun of someone & excluding. Boys will do a poster activity & role play. They will learn exact words to say, tone of voice, & body language to use in unfriendly situations.

#13973 (K-2nd grade) 11/13/2019 Wed 6:00 Pm - 7:00 Pm
#13974 (3rd - 5th grade) 10/16/2019 Wed 6:30 Pm - 7:30 Pm

**Good Sportsmanship**
Boys will learn the do’s & don’ts of playing games and sports whether just for fun or a team. They will learn the social skills of winning and losing & being able to play a game just for fun. They will learn how to handle sticky situations of when kids call others cheaters or try & exclude other kids at games. Setting boundaries, dealing with conflict & sticky situations are skills that need to be practiced. Boys will play recess games & learn words to say, tone of voice, & body language to use in sticky situations.

#13971 (K-2nd grade) 11/20/2019 Wed 6:00 Pm - 7:00 Pm
#13972 (3rd - 5th grade) 10/23/2019 Wed 6:30 Pm - 7:30 Pm

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**GIRL EMPOWERMENT SERIES**

**Assertiveness Starter Kit**
Girls will learn about being a powerful girl while being kind & true to herself. Learn what it means to be assertive in speaking & actions. Assertiveness is a skill & needs to be practiced. Girls will learn how to be a problem solver, manage conflict, & stand up for themselves. Girls will do an assertive kit & role play.

#13952 (K-2nd grade) 11/4/2019 mon 6:00 Pm - 7:00 Pm
#13953 (3rd-5th grade) 10/7/2019 mon 6:30 Pm - 7:30 Pm

**Friendship Rules! with Rules**
Girls will learn the do’s & don’ts for friendship. They will learn how to talk to their friends in sticky situations & set boundaries. Many girls are dealing with hot/cold friends & unhealthy relationships. It is important for girls to practice the skills of setting boundaries & having healthy relationships with their friends to set the foundation of having healthy relationships in the future when they are dating. Setting boundaries, dealing with conflict & sticky situations are skills that need to be practiced. Girls will learn words to say, tone of voice, & body language to use. Girls will make a Friendship kit & role play.

#13955 (K-2nd grade) 11/18/2019 mon 6:00 Pm - 7:00 Pm
#13954 (3rd-5th grade) 10/21/2019 mon 6:30 Pm - 7:30 Pm

**The Social Landscape**
Girls will learn the different social roles and how to go from a target to an Empowered Girl. Girls will learn how and when they should go from being a bystander to an Empowered Girl in situations where kids are gossiping, making fun of someone, and excluding. Girls will do a poster activity and role play. They will learn exact words to say, tone of voice, and body language to use in unfriendly situations.

#13957 (K-2nd grade) 11/11/2019 mon 6:00 Pm - 7:00 Pm
#13956 (3rd-5th grade) 10/14/2019 mon 6:30 Pm - 7:30 Pm
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Stop, Think and Go

Parents & Kids will each have their own workshop. Parents will learn how the Stop, Think, and Go tool can help their kids make positive decisions. Kids will learn the do’s & don’ts of being a friendly classmate, how to recognize when they are in a sticky situation & making positive choices at home. Kids will learn words to say to handle sticky situations or manage their feelings. Kids will do a mindfulness activity to learn to calm themselves when they feel frustration or anxious & make a take home poster.

**10/12/2019**  Sat 1:00 PM - 2:30 PM  Location: Seaholm HS
#13963 Parent and Child (K-2) $30.00  #13966 Second Parent: $6.00
#13965 Child Only: $18.00  #13974 Additional Child: $12.00

**11/3/2019**  Sun 1:00 PM - 2:30 PM  Location: Groves HS
#13967 Parent and Child (K-2): $30.00  #13968 Second Parent: $6.00 #13969
#13969 Child Only: $18.00  #13970 Additional Child: $12.00

FROM FRUSTRATED TO EMPOWERED
K-5th Grade
Parent/Child Workshop

Parent/Child Workshop Many kids react emotionally to unfriendly situations with classmates and friends and conflict with siblings and parents. Reacting negatively to sticky situations often makes the situation worse. This workshop will teach kids how to recognize when they are in a sticky situation & give them and parents tools to calm their bodies and see options to work through or shut down situations.

Kids will learn options of how to respond to sibling conflict, typical playground situations, so they have the words and strategies in their toolbox. Kids need social skill tools to manage emotions & respond appropriately to social & 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 & enflames a situation. Parents will learn the same tools and strategies the kids are learning and how they can support their kids in learning and using these skills. All kids and parents can benefit from learning about new ways to manage situations in a child’s social and family world.

**Saturday, September 21, 2019**  2nd Grade meets 1:00 PM – 2:30 PM  3rd – 5th Grade meets 2:30 PM – 4:00 PM
Location: Seaholm HS
#13977 (K - 2nd Grade) - Parent/Child Workshop  #13980 (K - 2nd Grade) - Child only
#13978 (K - 2nd Grade) - Additional Parent  #13979 (K - 2nd Grade) - Additional Child
#13981 (3rd - 5th Grade) - Parent/Child Workshop  #13984 (3rd - 5th Grade) - Child only
#13983 (3rd - 5th Grade) - Additional Parent  #13982 (3rd - 5th Grade) - Additional Child

**SUNDAY, November 17, 2019**  K-2nd Grade meets 1:00 PM – 2:30 PM  3rd-5th Grade meets 2:30 PM – 4:00 PM
Location: Groves HS
#13985 (K - 2nd Grade) - Parent/Child Workshop  #13987 (K - 2nd Grade) - Child only
#13988 (K - 2nd Grade) - Additional Parent  #13986 (K - 2nd Grade) - Additional Child
#13991 (3rd - 5th Grade) - Parent/Child Workshop  #13993 (3rd - 5th Grade) - Child only
#13992 (3rd - 5th Grade) - Additional Parent  #13994 (3rd - 5th Grade) - Additional Child

FROM FRUSTRATED TO EMPOWERED
K-5th Grade
Parent/Child Workshop

Stop, Think and Go

Parent and Child Options! K-2nd

Parent and Child Options! K-2nd