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

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**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 Media Center

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<th>#14627</th>
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**GIRL SCOUT NITE OUT**

Mindfulness, Yoga And Friendship

January 24, 2020
6:00-9:00 pm $25

Mindfulness, Yoga and Friendship Girls will learn how to calm their minds 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 with friends. They will learn what a healthy friendship looks like. Girls will learn exact words and strategies to use when they have friends who are leaving them out, using put downs, and/or bossing them around. 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. Craft included.

Location: Beverly Elementary School Gym
#14623 - Daisies  #14622 – Brownies  #14624 – Jr. Scouts

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**Boys Nite Out Lego Fun**

Friday, January 31, 2020
6:00 PM - 8:30 PM $25

Boys will have fun creating and participating in some friendly competitions with legos while learning social skills. Social skills are skills that help us create and maintain relationship! There are over 100 social skills.

Kids will work on the following social skills during this boy’s nite out. *It’s not fair! Dealing with kids who change the rules or break the rules. Or maybe that’s me!* * “You are so annoying”. Dealing with kids who annoy you. Or maybe you annoy others. *She/He did it first. Choosing your own reaction not based on someone else’s action including our siblings. *Listening, following directions & participating in conversations.

#14631 - Boys K-5th grade $25
#14632 - Leaders in Training (M.S. and H.S. Teens) $25
LEADERS IN TRAINING (M.S. and H.S. teens) will help with the evening and get the benefit of the lessons, too!

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?? about Kids Empowered?
248-757-0912 or kidsempowered.com

KIDS EMPOWERED has 21 years of experience training kids, parents, & schools on social emotional intelligence, preventing bullying & dealing with unfriendly classmates & friends.

**Kids Empowered Coaching and Counseling**

Ste 112, 1787 W Big Beaver, Troy, Michigan

*Children & Teens *Families
Does your daughter get bossed around a lot? Do they feel walked all over or feel left out? Girls will learn how to be assertive in voice, body language and words. They will learn how to deal with problems, conflicts and when someone is being unfriendly in an assertive way. Assertiveness is a critical social skill in dealing with everything from getting help, to standing up for yourself, setting your boundaries to following your DREAMS! This is a mother/daughter workshop; please register the daughter only. Location: Seaholm HS Media Center $35 per pair

#14634 - Girls Ages 6 - 8 + parent 3/4/2020 Wed 6:00 PM - 7:30 PM $35 per pair
#14635 - Girls Ages 9 - 11 + parent 3/11/2020 Wed 6:00 PM - 7:30 PM $35 per pair
#14636 - Middle School Girls + parent 3/11/2020 Wed 7:30 PM - 9:00 PM $35 per pair

Most families struggle with sibling conflict and teasing. In some cases, there is sibling bullying. Sibling teasing and bullying can cause more harm than the teasing kid or bully at school. If you have siblings between the ages of 6-14 years send them together to learn what the impact of their everyday meanness can have and how they can make a different choice in how they treat each other or how they handle the situation. Parents participate in their own workshop to learn how to manage sibling conflict while kids learn how to problem solve. At the end, parents and kids come together to work on a family contract. Location: Groves High School Staff Planning

#14629 Includes Parent(s) and or 2 siblings $36.
#14630 Registration for each additional sibling $15
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Winter and Spring Break Camps

*Feb. 17-21  Berkshire MS
*April 6-10 Birmingham Covington School

Time:  9:00-3:00  $60 per day  Free Before and After Care 7:30am-9:00am & 3:00pm-5:00pm

EMPOWERED SLIME TIME

Kids LOVE slime! At Kids Empowered we use slime in lots of fun ways to teach social skills & emotional management. One way we use slime is that it represents sticky situations kids face on the playground, in the classroom & at home. Kids will learn how to recognize they are in a sticky situation & learn strategies to respond to unfriendly classmates, friend comments & actions, sibling conflict & everyday challenges. We will have some fun empowerment lessons with the Slime Time show. We will even practice mindfulness with slime. Kids will make slime to represent different lessons. Lots of games, fun and role playing to handle sticky situations.
#14648 Monday 2/17/2010  #14649 Monday 4/06/2010

LEGO FUN

Girls and Boys will have fun learning how to use their power to build others up and themselves using Lego activities. Kids will learn the social skills of cooperative play, problem solving, handling conflict, and being a positive person. As they are building and tearing down their Lego creations they will learn words to say that can help build others up including themselves or tear others down. They will learn how their words can be used to solve problems or make them bigger. Camp includes Lego activities, games and outdoor play (weather permitting).
#14642 Tuesday 2/18/2020  #14643 Tuesday 4/07/2020

AMERICAN GIRLS

Girls will have fun doing American Girl themed crafts, games, fitness activities and role plays using the stories of American Girl Dolls. Lots of role-playing sticky friendship situations, yoga and mindfulness.
#14641 Wednesday 2/19/2020  #14640 Wednesday 4/08/2020   Girls only

HARRY POTTER FUN

Kids will have fun using the movie & magic theme of Harry Potter to learn about managing our big emotions, stress & being brave like Harry Potter. Kids learn how to get into the “friendly house” & how to respond in an empowered way to the “slitherans”. We will learn about managing our stress/ emotions. Kids will learn how to manage the chambers of secrets and the impact of the brewing of gossip. Most importantly, we will learn the magic spells to shut unfriendly situations down. Day includes themed games, craft activities, mindfulness, role playing & physical activity.
#14647 Thursday 2/20/2020  #14646 Thursday 4/09/2020

EMOJI FUN

Using a fun Emoji theme, this day will be about identifying and coping with emotions. It will use crafts, games, movies and interactive exercises to help learn about our own emotions. Kids will learn how to go from frustrated to empowered and sad or anxious to feeling ok. Kids will learn the art of gratitude to help bring more joy, and happiness! This camp helps to grow a better understanding of ourselves and our emotions while expanding our tool box for handling emotions in an empowered way!
#14644 Friday 2/21/2020  #14645 Friday 4/10/2020