GIRLS EMPOWERED...  
BOYS EMPOWERED...  
KIDS EMPOWERED!

KIDS EMPOWERED CAMPS

Girls and Boys Empowered/Kids Empowered has provided empowerment programs for thousands of children for over 21 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, themed crafts, poster activities, team building, physical fitness, yoga and mindfulness. 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. FUN IS INCLUDED! Further information at kidsempowered.com or 248-757-0912.

BOYS EMPOWERED INNER NINJA
Gratitude, Attitude, and Positivity are essential to living our best lives and being our best selves. Boys will have fun learning about the art of gratitude, the power of positivity and the choice in attitude while playing games and doing team building activities. Boys will learn the power of words that can help solve a problem or make it worse, words that can build someone up or tear them down including themselves. Boys will have fun learning their inner strength with physical activities, team building, and learning self-defense moves. Presented by Boys Empowered. Location: Covington

BOYS Ages 4-6
15404 M-F July 06-10 9:00 AM - 12:00 PM $150.

BOYS Grades 2-5
15405 M-F July 06-10 12:30 PM - 3:30 PM $150.

BOYS TRAIN YOUR DRAGON (DOLPHIN) BE ASSERTIVE... WHAT TO SAY HOW TO SAY IT! Grades 2-5 Boys Only
Being assertive is a life skill every boy needs to have in dealing with unfriendly friends, bullies, in negotiating, handling conflict, setting boundaries, to be taken seriously, and getting their needs met. Using the movie "Train Your Dragons" boys will learn and practice being assertive in their words, voice, and body language through role-playing, dragon/dolphin themed posters, and lots of GAMES! The dolphin represents the empowered kid, friendly and a problem solver. This camp will help all boys no matter what their confidence level is including boys who may be too aggressive in how they communicate to those who don’t use their voice at all. Half day campers bring a snack, and beverage in non-breakable container. Full day campers bring a lunch, swim suit and towel. Presented by Boys Empowered. Location: Birmingham Covington School

15419 M-F July 27-31 9:00 AM - 3:30 PM $275.
15418 M-F July 27-31 9:00 AM - 12:00 PM $150.

GIRLS EMPOWERED GIRLS ASSERTIVENESS FRIENDSHIP BOOT CAMP Grades 2-5 Girls Only
Being assertive is a life skill every girl needs to have in dealing with unfriendly friends, bullies, in negotiating, handling conflict, setting boundaries, to be taken seriously, and getting their needs met. Girls will learn and practice being assertive in their words, voice, and body language through role-playing and crafts. Girls will learn the do’s and don’ts of friendship and how to work through tricky friendship situations. This camp will help all girls no matter what their confidence level is including girls who may be too aggressive in how they communicate to those who don’t use their voice at all. Role playing, games, friendship crafts and fitness included. Half day campers bring a snack, and beverage in non-breakable container. Full day campers bring a snack, lunch, swim suit and towel. Presented by Girls Empowered. Location: Birmingham Covington School

15421 M-F July 27-31 9:00 AM - 3:30 PM $275.
15420 M-F July 27-31 9:00 AM - 12:00 PM $150.

GIRLS EMPOWERED INSPIRED BY FROZEN II
Using "Frozen II" girls will explore their own source of power. Girls will learn how to use their power and talents to be themselves in a world that gives girls very strong messages about who to be. Girls will have fun making Frozen inspired crafts while learning about how to make themselves feel better when they are sad or mad and how to build confidence in themselves. Singing Frozen songs and role playing included. Half day campers should bring a snack and beverage in non-breakable container. Presented by Girls Empowered. Location: Covington

Ages 4-6 GIRLS
15406 M-F July 13-17 9:00 AM - 12:00 PM $150.

Grades 2-5 GIRLS
15407 M-F July 13-17 12:30 PM - 3:30 PM $150.

COMBINE 2 CAMPS! INSPIRED BY FROZEN II/LET IT GO! Full Day
Full day campers need to bring a snack and lunch.

Grades 2-5 GIRLS
15408 M-F July 13-17 9:00 AM - 3:30 PM $250.
15409 M-F July 13-17 9:00 AM - 3:30 PM $250.

Grades 4-6 GIRLS
15410 M-F July 13-17 12:30 PM - 3:30 PM $150.
15411 M-F July 13-17 9:00 AM - 12:00 PM $150

KIDS EMPOWERED: FUN WITH HARRY POTTER
This camp uses a fun and magic theme of Harry Potter! This camp includes learning through Harry Potter themed crafts, games, movies and role play. Kids learn how to get into the "friendly house" and how to respond in an empowered way to the "Silferians". We will learn about managing our stress/emotions and being brave like Harry. 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. Campers should bring a snack and beverage in non-breakable container. Presented by Kids Empowered. Location: Birmingham Covington School

Grades 2-5 BOYS ONLY
15413 M-F July 20-24 9:00 AM - 12:00 PM $150.

Grades 2-5 GIRLS ONLY
15412 M-F July 20-24 12:30 PM - 3:30 PM $150.

For information: 248.203.3800 • www.communityed.net
**ENRICHMENT CAMPS**

**KIDS EMPOWERED A BRILLIANT SCIENTIST’S WORLD OF EMOTIONS**

Using fun science experiments this camp will help kids manage their emotional world. They will learn the art of gratitude, what gives them joy, how to go from frustrated to empowered, how to make themselves feel better when they are sad and how to calm their bodies and minds when they are in sticky situations. Kids will increase their emotional literacy by making an emotions word bank. Camp includes fun science experiments, making slime, empowerment lessons and FUN! Full day campers bring a snack, bag lunch and beverage in non-breakable container. Half day campers should bring a snack and beverage in non-breakable container. Daily swimming is included in the full day option only for Grades 2-5. Full day campers bring a snack, bag lunch, beverage in non-breakable container, swim suit and towel. Presented by Kids Empowered. Location: Covington School

**Ages 4-6**
- 15422 M-F August 03-07 9:00 AM - 12:00 PM $150.
- 15424 M-F August 03-07 9:00 AM - 12:00 PM $150.

**COMBINE 2 CAMPS! A BRILLIANT SCIENTIST’S WORLD OF EMOTIONS/SOCIAL SKILLS FOR THE PLAYGROUND**

Full day campers need to bring a snack and lunch.

**Ages 4-6 Full Day Option**
- 15427 M-F August 03-07 9:00 AM - 3:30 PM $250.
- 15423 M-F August 03-07 9:00 AM - 3:30 PM $275.

**SOCIAL SKILLS FOR THE PLAYGROUND**

Kids will learn how to problem solve to be inclusive, deal with rule changers and cheating, and how to be a friendly classmate whether you win or lose. Kids will learn exact words to say, tone of voice and how their body language should look. Kids will learn how to respond when other kids say they can’t play, or they are having private conversations. Kids will learn frustration management techniques and coping skills to help them be calm in sticky situations, so they can “act”, not “react”. Camp includes a playground tool box craft, and lots of fun games. Half-day campers should bring a snack and water bottle in a reusable container. Daily swimming is included in the full day option only for Grades 2-5. Full day campers bring a snack, bag lunch, beverage in non-breakable container, swim suit and towel. Presented by Kids Empowered. Location: Covington School

**Ages 4-6**
- 15425 M-F August 03-07 12:30 PM - 3:30 PM $150.
- 15426 M-F August 03-07 12:30 PM - 3:30 PM $150.

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**SLIME TIME**

Kids LOVE slime! At Kids Empowered we use slime in lots of fun ways to teach social skills and emotional management. One way we use slime is that it represents sticky situations kids face on the playground, in the classroom and at home. Kids will learn how to recognize they are in a sticky situation and learn strategies to respond to unlike classmates, friends and conflicts, and learning conflict and everyday challenges. We will have some fun empowerment lessons with the Slime Time show. Each day, kids will make different colors of slimes that represent their emotions and learn ways to manage them. We will even practice mindfulness with slime. Lots of games, fun and role playing to handle sticky situations in this camp. Half day campers should bring a snack and water bottle in a reusable container. Daily swimming is included in the full day option only. Full day campers bring a snack, bag lunch, beverage in non-breakable container, swim suit and towel. Presented by Kids Empowered. Location Covington School

**Ages 4-6**
- 15399 M-F June 22-26 12:30 PM - 3:30 PM $150.
- 15400 M-F June 22-26 9:00 AM - 12:00 PM $150.
- 15401 M-F June 22-26 9:00 AM - 3:30 PM $275.

**KIDS EMPOWERED LEGO MANIA**

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 building 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. Campers should bring a snack and water bottle in a reusable container. There is no afternoon swimming. Presented by Kids Empowered. Location: Birmingham Covington School

**Ages 4-6**
- 15414 M-F July 20-24 9:00 AM - 12:00 PM $150.
- 15415 M-F July 27-31 12:30 PM - 3:30 PM $150.

**COMBINE 2 CAMPS! LEGO MANIA & MINDFULNESS IS A SUPER POWER**

**Ages 4-6 FULL DAY** Full day campers need to bring a snack and lunch.

**Ages 4-6 FULL DAY COMBINATION**
- 15416 M-F July 20-24 9:00 AM - 3:30 PM $250.

**MINDFULNESS IS A SUPER POWER Ages 4-6 boys and girls**

Kids will find their superpower using mindfulness and looking at super heroes. Wisely choose how to respond to situations instead of blindly responding is a super power. Kids will play games and do physical activities while learning how to practice mindfulness in their daily life. They will role play sticky situations (unfriendly classmates, conflicts, homework stressors) and practice using mindfulness tools to respond to situation. Kids will have fun with mindfulness games, try some yoga, and learn about how their brain responds to stressors and threats (sticky situations). Games, physical activity, role plays, a poster activity, and lots of fun is included. Managing our emotions and self-regulation is key to confidence and our well-being. We will have fun with muddy brain activities and make this superpower a fun thing to learn in ways that work in the boy world and the girl world. Campers should bring a snack and water bottle in a reusable container. There is no afternoon swimming or private conversations. Presented by Kids Empowered. Location: Covington School

**Ages 4-6**
- 15417 M-F July 20-24 12:30 PM - 3:30 PM $150.
KIDS EMPOWERED GET READY FOR KINDERGARTEN FOR GIRLS AND BOYS
Ages 4-6
 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. Half-day campers should bring a snack and water bottle in a reusable container. Full day campers bring a snack, bag lunch, and beverage in non-breakable container. Presented by Kids Empowered. Location Covington School
15428 M-F August 03- 07 9:00 AM - 12:00 PM $150.

COMBINE 2 CAMPS! GET READY FOR KINDERGARTEN FOR GIRLS AND BOYS and SOCIAL SKILLS FOR THE PLAYGROUND
Ages 4-6 Full Day Option
Full day campers need to bring a snack and lunch.
15429 M-F August 03- 07 9:00 AM - 3:30 PM $250.

SOCIAL SKILLS FOR THE PLAYGROUND
Kids will learn how to problem solve to be inclusive, deal with rule changers and cheating, and how to be a friendly classmate whether you win or lose. Kids will learn exact words to say, tone of voice and how their body language should look. Kids will learn how to respond when other kids say they can’t play, or they are having private conversations. Kids will learn frustration management techniques and coping skills to help them be calm in sticky situations, so they can “act”, not “react”. Camp includes a playground tool box craft, and lots of fun games. Half day campers should bring a snack and water bottle in a reusable container. Daily swimming is included in the full day option only for Grades 2-5. Full day campers bring a snack, bag lunch, beverage in non-breakable container, swim suit and towel. Presented by Kids Empowered. Location Covington School
Ages 4-6
15425 M-F August 03- 07 12:30 PM - 3:30 PM $150.

THE GIRL EMPOWERMENT ZONE
Gratitude, Attitude, and Positivity are essential to living our best lives and being our best selves. Girls will have fun learning about the art of gratitude, the power of positivity and the choice in attitude while making fun crafts and jewelry that reflect inspirational words and quotes. Girls will learn the power of words that can help solve a problem or make it worse, words that can build someone up or tear them down including themselves. Girls will have fun making inspirational crafts, jewelry, a power of words kit and role playing. Yoga and daily fitness included. Campers should bring a snack and beverage in non-breakable container. Presented by Girls Empowered. Location: Covington
Ages 4-6
15402 M-F July 06- 10 9:00 AM - 12:00 PM $150.
Grades 2-5
15403 M-F July 06- 10 12:30 PM - 3:30 PM $150.

DRAGON ACADEMY PROGRAM
ADHD Mindfulness
 GIRLS & BOYS WITH ADHD Grades 2-5 • JULY 13-17
TEEN LEADERSHIP OPPORTUNITY for Grade 6-High School
For Dragon Academy ONLY, go to www.kidsempowered.com or call 248-757-0912.

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