



KIDS EMPOWERED

SUMMER CAMPS



Potions, Motions and Slime

Kids will make slime and potions each day to learn about their superpower, mindfulness, and the art of managing emotions and frustrations. Kids will learn how to recognize they are in a sticky situation and learn strategies to respond to unfriendly classmates, friend comments and actions, sibling conflict & everyday challenges.

Each day, kids will make magical potions and different colors of slimes that represent their emotions and learn ways to manage them. Lots of games, fun and role playing to handle sticky situations in this camp. Please pack a nut free snack and drink for your child. Location: Birmingham Covington School \$150
Girls and Boys

#16463 (Ages 4 – 6)
Dates: 6/21/2021 - 6/25/2021
M - F 9:00 AM - 12:00 PM

#16464 (Grades 2 – 5)
Dates: 6/21/2021 - 6/25/2021
M - F 12:30 PM - 3:30 PM
Register: www.communityed.net

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



KIDS EMPOWERED has 23 years of experience training kids, parents, & schools on social emotional intelligence, preventing bullying & dealing with unfriendly classmates & friends.

Kids Empowered Coaching and Counseling

Ste. 150B, 415 S West Street, Royal Oak, MI 48067

*Children & Teens *Families

*Friendship issues, *Depression, *Anxiety, *Coping Skills,

*Social Skills, *Family Conflict,

*School Challenges, *ADHD



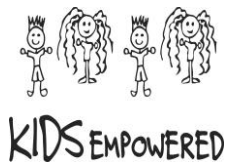
TIK TOK

Do's and Don'ts for Girls

Girls will have fun making lots of Tik Toks about Girl Power. Girls will learn the Do's and Don'ts of Social Media. What to do when friends or classmates are unfriendly through texting and social media. How to handle peer pressure. We will create some fun Tik Toks with messages about being assertive, being confident, true friendship and being yourself. Fun, Mindfulness, Yoga, Dance, and lessons about the Do's and Don'ts of Social Media included. Please pack a nut free snack and drink for your child. Location: Birmingham Covington School \$150. Register: www.communityed.net

#16467 (GIRLS GR 4th – 6th) Dates: 7/19/2021 - 7/23/2021
M - F 12:30 PM - 3:30 PM

#16468 (GIRLS GR 6th – 8th) Dates: 7/19/2021 - 7/23/2021
M - F 9:00 AM - 12:00 PM



SUMMER CAMPS



The Mandalorian for Boys

Protect Baby Yoda. Using the characters from Star Wars and The Mandalorian, boys will learn to awaken the force within themselves. Boys will learn how to be assertive, and problem solve to protect Baby Yoda. They will have fun making their own crafty light saber. Using the light saber boys will practice the social skills of following directions, listening, and stay calm in situations of conflict. Fun, games, mindfulness, assertiveness toolbox activity, Light Saber craft, and watching clips from The Mandalorian included.

Location: Birmingham Covington School

#16469 Boys 2nd-5th grade \$150

Dates: 7/26/2021 - 7/30/2021 M - F 12:30 PM - 3:30 PM

Register: www.communityed.net



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 & 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 & 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. Location: Birmingham Covington School Girls & Boys \$150.

#16470 Dates: 8/2/2021 - 8/6/2021

M - F 9:00 AM - 12:00 PM

Register: www.communityed.net

BACK TO SCHOOL RECESS CAMP

Girls & Boys Grades 2nd-5th



Kids will build a toolbox of social skills to handle recess challenges. Kids will learn how to problem solve to be inclusive, deal with rule changers & cheating, & how to be a friendly classmate whether you win or lose. Kids will learn exact words to say, tone of voice & 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 & coping skills to help them be calm in sticky situations, so they can "act", not "react". Camp includes a recess tool-box craft, & lots of fun games. Location: Birmingham Covington School

#16473 Dates: 8/2/2021 - 8/6/2021 M - F 12:30 PM - 3:30 PM Fee: \$150

Register: www.communityed.net



KIDS EMPOWERED

SUMMER CAMPS



BOYS EMPOWERED: TRAIN YOUR DRAGON, BE ASSERTIVE... WHAT TO SAY & HOW TO SAY IT!

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 his 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-themed posters, and lots of GAMES! 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.

COST: \$175

AGES: 2nd - 5th grade, Boys

WHEN: Aug 2-6 | 9 AM - 12 PM

Location: Liggett University, Grosse Pointe

Register: uls.org



GIRLS EMPOWERED ADVENTURES WITH THE DESCENDANTS

Girls will have fun looking at the heroes and villains and the choices they make. Using the key message of the story — that nobody is inherently good or bad and that it is our own choices that count — we will look at our own power and how we can use it to be includer, problem solver, and make a difference. Girls will learn the skill of assertiveness; what it looks, and sounds like in voice, body language, words, and decisions.

They will learn how to stand up to villains and use their power to be empowered. Role-playing, Descendant-themed crafts, games, mindfulness, and yoga included.

COST: \$175

AGES: 2nd - 5th grade, Girls

WHEN: Aug 2-6 | 9 AM - 12 PM

Location: Liggett University, Grosse Pointe

Register: uls.org



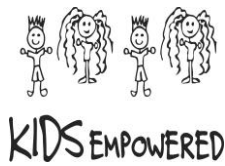
THE MANDALORIAN ADVENTURE

Protect Baby Yoda. Using the characters from Star Wars and The Mandalorian, girls & boys will learn to awaken the force within themselves. They will learn how to be assertive and problem-solve to protect Baby Yoda. Girls & boys will have fun making their own crafty lightsaber. Using the lightsaber, they will practice the social skills of following directions, listening, & stay calm in situations of conflict. Fun, games, mindfulness, assertiveness toolbox activity, Light Saber craft, & watching clips from The Mandalorian included.

COST: \$175 AGES: 2nd - 5th grade, Boys & Girls WHEN: Aug 2-6 | 12:30 PM - 3:30 PM

Location: Liggett University, Grosse Pointe

Register: uls.org



SUMMER CAMPS



Virtual GIRLS EMPOWERED ASSERTIVENESS FRIENDSHIP BOOT CAMP

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 interactive activities. Girls will learn the do's and don'ts of friendship and how to work through sticky friendship situations. This program 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. Included is role playing, interactive discussions, a poster activity, yoga, a Friendship kit, and mindfulness activities.

Two sessions offered! If you have a group of girls and would like to schedule a private group, please email kimber@kidsempowered.com. Register: www.kidsempowered.com

July 12-16 1:00-3:00 Grades 2nd-5th **3:00-5:00** Middle School girls

Aug 2nd-6th 10:00-12:00 Grades 2nd-5th **1:00-3:00** Middle School girls

\$99. Plus \$30 for Friendship Box Friendship Box: Materials to make Friendship kit, Social Roles activity, & Mindful activity. Registration must be received by July 10 to have Friendship box mailed due to postage delays or pick up in Birmingham. \$30.00 includes postage (For shipments to Canada, additional postage may be required)



ADHD Toolbox Summer Camp

Girls & Boys Grades 2nd-5th & Teen Jr. Counselors

Discover your superpowers and learn and practice important life skills. Learn new Emotional management and Friendship skills to add to your Toolbox. Games, Teambuilding, Role Playing, and Mindfulness will be used to teach the lessons. Activities include lots of fun, making slime, science experiments, and lots of fun with Legos.

Includes a one-on-one parent follow-up by Zoom or phone to give an update on areas to work on with social skills and emotional management. Before and Aftercare available through Birmingham Community Ed. Location: Birmingham Covington School, Birmingham, MI

Aug. 2-6

Time: 9:00AM - 3:30PM Register: www.kidsempowered.com

*Go to website to see ADHD Summer workshops and special!