



To reach Girls Empowered/KIDS EMPOWERED:

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## KIDS EMPOWERED

### Kids Empowered Program

The Mission of Girls Empowered/Kids Empowered ... is to help boys and girls improve their confidence, self-esteem and health, learn life skills and develop a positive self concept in a safe, supportive learning environment. We have over 9 years of experience in creating both fun and innovative programs using original curriculum. *Empowered kids grow into powerful adults!*

We are currently training educational staff to use our curriculum in their lesson plans to teach students confidence, self-esteem, assertiveness, decision making, communication, healthy living, and how to deal with bullying. We strive to create an environment in which every child is successful, safe, and comfortable with **WHO** they are while learning to stand up for themselves and others using kindness and empathy as a model

**Goal:** To implement a school-wide anti-bullying program that increases awareness of and lowers all relational aggression and uses kindness and empathy as a model within the school community. This will be done by targeting the students through an assembly program, special events, after-school programming, and training teachers and parents to maintain consistent delivery of the curriculum and providing informational handouts and graphics to reinforce the message.

#### **Assemblies: Pick Your Stick**

In this anti-bullying/peer relationships assembly, children will learn that they have a choice and the power to decide how they respond in situations and treat other children. The Bully (Meanie behavior), Bystander, Doormat, and Empowered Kid roles will be taught. A copy of a hand-out that explains the roles and strategies will be given to make copies for the parents.

### **Parenting Workshops**

Our parenting workshop runs for 1 ½ hours and is designed to provide parents with an understanding of the dynamics of relational aggression, to familiarize them with the terminology of the Pick Your Stick program and to provide information on self-esteem building. Middle school preparedness workshops are also available upon request.

### **Teacher In-Service Program/Lunch Aides/Administration**

We will provide a 2 hour teacher training on the Pick Your Stick program, relational aggression and address any specific problems that may be occurring in your specific school. Role plays and curriculum will be provided so that teachers can follow-up to support the anti-bullying goal.

### **Staff Training**

We can provide a one day training for teachers to use activities and ways to incorporate teaching confidence, assertiveness, self-esteem, and dealing with mean kid behavior in their lesson plans. Training includes a 75 page manual filled with activities.

### **6 week after-school programs**

Classes are 1 hour long and use role plays, crafts, games and discussions to teach lessons. Sample descriptions below. Programs can be modified to fit objectives.

### **Special Event programs**

We can do Mother/Daughter, Father/daughter, Mother/son, Father/son, Girls Nites Out, Boys Nites Out, Kids Nites Out and Family programs. Sample programs are listed below. Programs can be modified to fit objectives.

## SAMPLE PROGRAMS

### **Flower Power Girls 4-6 yrs, 6-9 yrs 10-12 yrs**

Girls will have fun learning how to grow strong & be a confident girl with a theme of Flower Power. Girls will build confidence by discovering themselves, their interests, personal strengths & ways to take care of themselves. Girls will learn the language of self-confidence, make 4 Flower Power crafts and do fitness games.

Little Girl Power: Happy to be Me Girls 4-6 yrs

Little Boy Power: Happy to be Me Boys 4-6 yrs

Kids will have fun each day making a craft that represents who they are. Kids will learn the power of positive self-talk & thinking, appreciating who they are & ways to build self-esteem. Each workshop includes a daily story about being themselves, crafts, & fitness activity.

### **Little Girl Power: My friends and me! Girls 4-6 yrs, 6-9 yrs old**

Girls will have fun learning how to be a good friend. This camp will lay the foundation of friendship skills, making new friends, sharing, cooperation, & things not to say or do when being a good friend. Girls will have fun with friendship themed crafts & stories. This program includes 4 crafts & a fitness games.

Little Girl Power: ABCs of Girl Power Girls 4-6 yrs

Little Kid Power: ABCs of Kid Power Boys & Girls 4-6 yrs

Kids will have fun making an alphabet book that teaches ways to be a strong empowered kid. They will learn how you build self-esteem & confidence while learning about themselves. The ABC Book of Kid Power will give kids a chance to practice their writing skills & learn the language of self-confidence. The program includes a daily story about being themselves, 3 crafts, & fitness games.

### **Girl Power for Animal Lovers Girls 4-6 yrs, 6-9 yrs**

This program is for girls who love animals. Girls will have fun learning how to be a kind, loving, and compassionate girl while still being strong, confident and powerful. Using the theme of animals we show girls communication styles, personal power, and compassion. Girls will have fun with animal themed crafts, stories, & fitness activities.

### **Girl Power Girls 6-9 yrs & 10-14 yrs**

Girls learn about personal power & how attitude & beliefs about themselves affect how they handle friendships, peer relationships, & opportunities/problems in life. We look at the inner-self & outer-self which they present to the world to see if it fits with who they want to be. Activities focus on appreciation for who we are, what we have, our dreams & liking ourselves! 3 crafts.

### **No Thank-You: A Graceful Approach to Assertiveness Girls 6-9 & 10-14 yrs**

Being assertive is a skill every girls needs to have. Girls will learn & practice being assertive in their words, voice, & body language through role-playing & crafts. They will learn how to express themselves to get their needs meet, to be taken seriously, to be able to negotiate, set boundaries and handle conflict. This program will help girls who feel they have no voice find one and help all girls use their voice to be themselves. Program includes 2 crafts, role-plays and fitness games.

**ABC's of Social Skills Girls 6-9 yrs**

**ABC's of Social Skills Boys 6-9 yrs**

Assertiveness, Bullying, and Conflict resolution skills will be taught through activities, games, crafts and interactive discussions. Girls/Boys will learn the language of problem solving and sticking up for themselves and others. Girls/Boys will make 3 crafts, do fitness games, and interactive discussions.

**Surviving Mean Girl Boot Camp Girls 6-9 yrs & 10-14 yrs**

**Surviving Mean Kid Boot Camp Boys 6-9 yrs**

Girls/Boys will learn the how to handle mean kid situations using curriculum that Girls Empowered has developed & is teaching to kids, teachers, & parents throughout schools in Michigan & at national conferences. Kids learn to identify mean kid behavior, be a bystander, a doormat and to stand up for yourself & others. Kids will learn why making good choices helps them become powerful kids & making choices to be mean or let others walk all over you takes away their power. Programs includes role plays, interactive discussions, crafts, & fitness activities.

**Social Skills and Character Development Girls 6-9 yrs**

This camp will cover the concepts of character education including respect, responsibility, citizenship, empathy, & personal space. Girls will learn how to be responsible, become more organized & independent, how to understand others, care about community & participate as a citizen of the world. Girls will learn how to accept help & constructive criticism. program includes fitness games, role plays & 3 crafts.

**Now What? Social Skills for problem-solving: Boys 6-9 yrs & Girls/Boys 6-9 yrs** Kids will learn steps to effective problem solving including how to identify the problem, brainstorming possible solutions, how to put solutions into action & work through sticky situations with peers. Parents will be provided with a 4 step process for guiding their kids to solve problems developed by the **Love and Logic Institute**. Includes fitness games & 3 crafts.

**Social Skills for Friendships Girls 6-9yrs**

Girls will learn skills for friendship building & how to find quality friends. Girls will learn about sharing, cooperation, compromise and other problem solving skills. Girls will role play greeting friends, how to call friends, how to invite others to play, how to include others in play, how to join others who already are together, taking turns, being patient with friends, and other social skills of friendship.

**Girls Circle Relationship with Peers by Girls Empowered Tween Girls**

Girls Empowered is excited to offer the Girls Circle Relationship with Peers program. Together we will examine how to express ourselves, accept ourselves, cultivate respect, giving voice to feelings, and have healthy boy-girl relationships and successful friendships with other girls. Using the Girls Circle format we will be discussing our feelings and doing activities to help us have positive peer relationships.

**Girls Circle Body Image program by Girls Empowered Tween Girls**

Girls Empowered is excited to offer the Girls Circle Body Image program.

Together we will examine how our own beliefs and thoughts and the media influence our body image. Using the Girls Circle format we will be discussing our feelings and doing activities to help us have a positive body image. The Girls Circle is a model of structured support groups for girls to allow for genuine self-expression through verbal sharing & creative activity.

### **Stress Less Tween Girls**

Stress is a major issue in the lives of girls today. Girls will learn how to manage stress through journaling, talking, problem-solving, exercising, and relaxing. They will do yoga each day, make 3 crafts including a yoga eye pillow and stress ball and do fun relaxing spa activities.

### **BEING HAPPY WITH YOURSELF**

#### **DADDY/ DAUGHTER SELF-CONFIDENCE BUILDING WORKSHOP**

In this one day workshop, Dads will help girls with two crafts that teach them about who they are! Girls will learn about being happy with themselves while dads learn how they can support that! A time to strengthen the daddy/daughter bond while having fun! Please bring a snack.

#### **DEALING WITH MEAN GIRL BEHAVIOR- Mother/Daughter Workshop**

Today more than ever girls are having to deal with girls being mean to each other. Girls and moms learn strategies in dealing with common conflicts between girls, how to deal with teasing, exclusion, cliques and bullies. Moms will learn strategies to help create an environment for their daughter to help minimize the social pain that sometimes can be caused by girl peers.

Girls 6-8 years and their mothers

Girls 9-11 years and their mothers

Middle School girls and their mothers

### **BOYS NITE OUT**

Boys ages 6-9 will learn how to deal with mean kid behavior and deal with everyday sticky peer issues. A fun evening that will include fitness games, role playing and interactive discussion

### **MOTHER/DAUGHTER NITE OUT**

This evening is all about moms and daughters bonding and working together to empower their girls. The evening includes a relaxing and powerful yoga session and snack!

Girls 6-8: Be Happy with yourself & Yoga

Moms and girls will have fun together learning how to build confidence and self-esteem and be comfortable and happy with whom they are. Girls will paint a plaster smiley face.

Girls 9-11 Dealing with Mean Girls & Yoga

Moms and daughters will learn how to deal with mean girl behavior and communicate in an assertive way.

Girls 12-14 Mother/Daughter Communication

Moms and daughters will learn how to strengthen their relationship and communication with each other

## **GIRLS NITE OUT**

Hip Hop and Friend or Foe. A craft is included. Girls will learn how true friends treat each other and the things that you don't do when being a true friend. They will make two kits to represent the positive friendship skills and negative friendship behaviors.

Yoga and Civilized Assertiveness. Girls learn about confidence, body language, and how to communicate assertively while being true to themselves and not being mean.

Yoga and The Power of Words. Girls learn about how words can be used to build someone up or to tear them down. They will make a kit to represent the impact that words can have on others and themselves.

## **DADDY/DAUGHTER NITE OUT**

Dads and girls will have fun together learning how to build confidence and self-esteem and for girls to be comfortable and happy with whom they are. Girls and Dads will make a piñata that represents girls being true to themselves. Together they will play fitness games! Snack included.

## **MOTHER/DAUGHTER WORKSHOP- A GUIDE TO CONFIDENCE**

Mothers and daughters will learn together how to develop confidence. Mothers and daughters will each make a guide to use after the workshop to guide the girls into being confident. Assertive communication, dealing with sticky friendship issues, and building self-esteem will be discussed.

Girls 6-9 years and their moms

Girls 10-12 and their moms

## **BOYS DAY OUT NOW WHAT? SOCIAL SKILLS FOR PROBLEM SOLVING**

Boys will learn steps to effective problem solving including how to identify the problem, brainstorming possible solutions, how to put solutions into action & work through sticky situations with peers. Parents will be provided with a 4 step process for guiding their kids to solve problems developed by the **Love and Logic Institute**. Craft and fitness games included.  
Ages 6-8 and Ages 9-11