



Girls Empowered & Boys Empowered & Kids Empowered
248-757-0912
www.girlsempowered.com & www.boysempowered.com
Sign up on the website for our monthly newsletter!
Facebook: Stop the Meanness, Spread the Kindness



General Information:

- Camp includes themed educational lessons, crafts, daily fitness activities, games & role plays.
- Fitness Activities include yoga, hip hop, fitness games and soccer.
- Daily Swimming at the Franklin Athletic Club camps
- $\frac{1}{2}$ hour parent demonstration during last $\frac{1}{2}$ hour on the last day of every camp
- Sessions include an emailed parent handout with overview of what is being learned.
- Bring 1 healthy, nut-free snack for $\frac{1}{2}$ day, 2 snacks for full day, & reusable water bottle.
- We try to be a "green" camp, please no bottled water
- Wear tennis shoes and comfortable clothing.

Time: Full day 9:00-4:00 or Half day 9:00-12:00 or 1:00-4:00

American Girl Camp

Girls will have fun with their American Girl dolls learning lessons about building character with the historical dolls and learning how to deal with girl friendship issue using the movie "Chrissa Stands Strong". Camp includes matching girl/doll crafts and focuses on dealing with unfriendly friends and meanness all while learning to be empowered and true to themselves.

June 20 - 24, July 25 - 29 Franklin Athletic Club Girls 6-10 yrs Half/Full Day

Little American Girl Doll Camp

Girls will have fun with their American Girl dolls learning lessons about building character with the historical dolls and learning how to deal with girl friendship issues. Camp includes matching girl/doll crafts, role plays, watching American Girl movie Kit, all while learning to be empowered and true to themselves.

July 11-15 Franklin Athletic Club Girls 4-6 yrs Half/Full Day

High School Musical

Girls will have fun with hip hop dancing & singing while examining the social landscape in High School Musical. Learn how to identify mean girl behavior, what it looks like being a target, a bystander, & how to stand up for yourself. Girls role play the characters & learn how to have the confidence to be

themselves. Girls perform a Girls Empowered version of the musical for their parents. Songs & lessons come from all 3 movies!

June 27 - July 1 Franklin Athletic Club, Girls 6-10 yr old Half/Full Day

Diary of a Wimpy Kid

Boys will have fun learning about how to be yourself and deal with everyday meanness and bullying. Boys will learn how to be assertive and not aggressive or passive through cartooning, playing games, and fun activities. They will learn how to handle conflict and problem solve with confidence. Camp includes daily physical activity, games, crafts and learning lessons from watching the Diary of a Wimpy Kid.

June 27 - July 1 Franklin Athletic Club Boys 7-10yrs Half/Full Day

Fashion - Spa Week & Dealing with the Fashion Bully

Girls will learn about fashion, skin care, hair, and appropriately dressing their age while still being able to express themselves. Girls will learn to stand up to the Fashion Bully, deal with peer and societal pressure to "look" a certain way and be critical thinkers about the media. At the end of camp, the girls will show you what they have learned in a Fashion Show that family and friends are invited to.

*July 5 - 8 (no camp July 4) Franklin Athletic Club Girls 6-10 yrs Half/Full Day

Peace is the Word Camp

These days, girls seem to be really into the peace sign as a fashion statement, but many kids don't even know what it means. Girls will explore the meaning of inner peace, world peace, and peace among friends. They will learn to be at peace with their role in friendships, and how to help "keep the peace" among their friends and peers. This class can help girls who observe mean behavior around them and would like to learn to help stand up for their friends and themselves (in other words, go from being the bystander to the Empowered Girl). Girls will practice yoga, as well as make peace sign crafts, while exploring the concept of peace. Optional: Tie Dye your own peace shirt or buy a Girls Empowered peace shirt to tie dye for \$10.

July 11 - 15 Franklin Athletic Club Girls 6-10 yrs Half/Full Day

A Girl's World of Friendship!

Helping our girls understand & learn strategies for dealing with situations when friends don't always act like friends. We will explore "hot and cold" friend behavior, relational aggression, hurtful actions from friends, as well as friends who suddenly don't want to "be friends" anymore. This camp will help girls make friends, keep friends, be a friendly person and deal with sticky friendship issues and what to do when they experience inconsistent friendship. Girls will learn the do's and don'ts of friendships, how to be assertive with friends, and how to handle conflict.

July 18 - 22 Franklin Athletic Club Girls 6-10 yrs Half/Full Day

A Boy's World of Friendship!

Helping our boys understand & learn strategies for dealing with situations when friends don't always act like friends. We will explore "hot and cold" friend behavior, relational aggression, hurtful actions from friends, as well as friends who suddenly don't want to "be friends" anymore. This camp will help boys make friends, keep friends, be a friendly person and deal with sticky friendship issues and what to do when they experience inconsistent friendship. Boys will learn the do's and don'ts of friendships, how to be assertive with friends, and how to handle conflict.

July 18 - 22 Franklin Athletic Club Boys 6-10 yrs Half/Full Day

ABCs of Social Skills

Kids will learn about 25 different Social Skills. Social Skills are the skills kids need to develop and manage relationships in life. Learning Social Skills like Dealing with being Left Out, Accepting No, Saying No, Negotiation, Compromise, Taking Turns, Beginning a Conversation, Joining a group, Handling Conflict and Dealing with Group Pressure can help any child be successful in relationships whether it's with peers, friends, family, teachers or later in life- Work!

July 25 - 29 Franklin Athletic Club Girls and Boys 8 - 11 years Half/Full Day

August 15 - 19 Franklin Athletic Club Girls and Boys 6 - 10 years Half/Full Day

Assertiveness Boot Camp - What to say to the bully and more!

Being assertive is a life skill every kid needs to have in dealing with bullies, in negotiating, handling conflict, setting boundaries, to be taken seriously, and getting their needs met. Kids will learn and practice being assertive in their words, voice, and body language through role-playing and crafts. This camp will help all kids no matter what their confidence level is including kids who may be too aggressive in how they communicate to those who don't use their voice at all.

August 1 - 5 Franklin Athletic Club Girls and Boys 6-10 years Half/Full Day

Stop, Think and Go!

Kids will learn an easy tool to help them make good decisions about how to treat others or what to do when others are mean to them or asking them to do something that will get them in trouble! Kids will have fun making 3 crafts, playing games and activities teaching them how to deal with peer and societal pressure. Kids will learn social skills, respect, decision making and conflict resolution skills.

August 1 - 5 Franklin Athletic Club Girls and Boys 4-6 years Half/Full Day

Ramona and Beezus

Girls will have fun learning about believing in yourself and being true to who you are using the positive messages from the movie Ramona and Beezus. Girls will learn how to be confident and build self-esteem while making a Dream Pillow, Fortune Cookies, Affirmation Box, and learn how to set boundaries for friendship and what to do when friends are unfriendly. Includes lessons through watching the Ramona and Beezus movie.

August 8 - 12 Franklin Athletic Club Girls 6-10 Half/Full Day

Finding the Warrior Within, Kung Fu Panda with Boys Empowered

Boys will have fun learning about believing in yourself and find their strength. Boys will learn how to connect with their inner warrior by gaining an understanding of how to manage and express their emotions, deal with meanness and conflict, and build confidence. Includes lessons through watching the Kung Fu movie.

August 8 - 12 Franklin Athletic Club Boys 7-9 years Half/Full Day

Get Ready for Kindergarten

Going to kindergarten is a big transitional period for kids. This camp will help kids prepare for new adventure with activities to teach them how to make new friends, manage emotions, make good decisions and enter this exciting time with confidence.

August 15 - 19 Franklin Athletic Club Girls and Boys going into kindergarten Half/Full Day

Bully-Proof Me!

Kids will learn how to NOT be a target for bullies. The camp is all about strategies for dealing with bullies and mean-spirited behavior. Kids will learn great responses to meanness and how to have a confident body language, a strong voice and words. Kids will make bully-proof themed crafts to remind them of how to protect themselves. Kids will learn stress management techniques to help them deal with meanness.

August 22 - 26 Franklin Athletic Club Girls and Boys 6-10 years Half/Full Day

Kid Power

This camp will lay the foundation for our little ones to become confident and empowered. They will learn how to use positive self-talk and language to believe in themselves and handle sticky situations. A child who believes in themselves, likes themselves, and has the skills to manage sticky situations with peers will feel happy with themselves and be able to manage peer relationships in a healthy way. We will do crafts, games, and use books to learn about Kid Power!

August 22 - 26 Franklin Athletic Club Girls and Boys 4-6 years Half/Full Day

Back to School Confidence Camp

Go back to school with a boost of confidence, fun, and social skills important to start the year off right. We will work on confidence building activities, developing a keeping a positive attitude, and how to reunite with kids in school that may have not been friends with before or interact with kids who you may have had sticky situations with.

August 29 - September 2 Franklin Athletic Club Girls and Boys 7-10 years Half/Full Day

Little Kid's Back To School Confidence

Go back to school with a boost of confidence, fun, and social skills important to start the year off right. We will work on confidence building activities, developing a keeping a positive attitude, and how to reunite with kids in school that may have not been friends with before or interact with kids who you may have had sticky situations with.

August 29 - September 2 Franklin Athletic Club Girls and Boys 4-6 years Half/Full Day

Franklin Athletic Club 248-352-8000 29350 Northwestern, Southfield, MI 48032
Register for full week camp at www.franklinclub.com

Or download registration form at www.girlsempowered.com & www.boysempowered.com
Register for day rate by calling Camp Director Kimberly Cash Ext 233

Time: Full day 9:00-4:00 Half day 9:00-12:00 or 1:00-4:00

Price:

Member: \$35 half day, \$45 full day, \$190 week, , *Week of July 4 or August 29 - \$156

Non-Member: \$42 half day, \$55 full day, \$230 week, *Week of July 4 or August 29 - \$188