



NPS PARENT CAMP YOUTH TRACK: GROWING EMPOWERED KIDS!

We are looking forward to offering a Kids Empowered **youth track** at Northville Public Schools' 2019 Parent Camp! With funding provided by the Northville Educational Foundation, Parent Camp is an outstanding opportunity for NPS parents to build their skills, learn about District initiatives, uncover resources, and now, **empower their K-5th graders!** If you pre-register your elementary aged children for this year's Youth Track, please read below for information about their special program! Note: parents must remain at Parent Camp and attend adult sessions and pre-registration for the Youth Track is required.

Participating children will be arranged in small groups by age (K-1, 2-3, 4-5). In these small groups, kids will participate in 5 interactive, hands-on stations to learn and practice skills to handle sticky situations and be empowered kids.

KIDS EMPOWERED PROGRAM: THE 5 STATIONS

STATION 1: Pick Your Emoji – Body Language

Top 3 points:

1. Teaching confident vs. unconfident body language
2. Teaching friendly body language vs. unfriendly body language
3. Teaching how to show other kids they are welcome to join your group and include them in a conversation vs. telling them to go away, or that you're having a private conversation.



STATION 2: Calm and Collected

Top 3 points:

1. For kids to understand that their brain responds in flight or fight when they feel threatened.
2. For kids to understand that there are many different tools to help them handle problems and unfriendly situations.
3. For kids to understand how breathing is a tool that will actually help them calm their bodies. (Mindfulness)



STATION 3: Rock, Paper, Scissors

Top 3 points:

1. For kids to be a problem solver and use Rock, Paper, Scissors for many typical playground issues.
2. For kids to learn the back-pocket response, "I'm just here to have fun" to shut down situations when someone put them down for an activity that is just fun at recess, camp, the park, etc.
3. For kids to learn to include and be a friendly classmate instead of telling kids they can't play.



STATION 4: The Voice

Top 3 points:

1. For kids to learn how the voice can make a situation worse or better by shutting down unfriendly situations or using it to problem solve.
2. For kids to learn different situations require different responses. To help give guidelines we look at how to respond to 3 groups (Friends, Unfriendly Classmates, and Bullies)
3. To give kids words they can say for different unfriendly scenarios.



STATION 5: The DO's and DON'TS of Friendly Classmates

Top 3 points:

1. For kids to learn that not everyone has to be friends, but we need to be friendly classmates.
2. To learn specific behaviors of do's and don'ts of a friendly classmate.
3. To learn specific behaviors of do's and don'ts of a true friend.