



NEW WAYS TO MANAGE UNFRIENDLY BEHAVIOR AND PREVENT BULLYING

Saturday, December 2, 2017

Groves High School, Birmingham, MI

9:00 A.M. – 12:15 P.M. | KID TRACK \$15

Register at: <http://survivingthesocialjungle.com/>

Location: 20500 West 13 Mile Road, Beverly Hills, MI 48025

Kid Track: \$15 per participant

Adult Track: \$15 per participant

Professional Track: \$50 per participant (includes lunch, afternoon session, curriculum)

Questions: Call 248-757-0912 or Email [info@survivingthesocialjungle.com](mailto:info@survivingthesocialjungle.com)

## KID TRACK

### Grades 3-5 and Middle School\* (runs concurrently with Adult Track)

- A Group Leader will take 12-15 kids to seven stations that will include interactive fun activities to teach practical skills for dealing with unfriendly situations and prevent bullying.
- Included is a Back Pack with fun items given out at the stations to represent the lessons learned to survive the social jungle.
- Includes nut free snack and water bottle.

### Seven Fun Interactive Stations:

- **Station 1: Verbal Judo** – Kids and Teens will learn about the power of words to shut down unfriendly situations, to avoid enflaming situations and to maintain equal footing with others. Judo moves will be taught to represent staying strong in these situations. Kids will learn when they need to get an adult involved to help them to shut down the situation. \*Middle School groups will address sexual harassment language that is pervasive in our teen culture.
- **Station 2: “Picture This”** – Kids and Teens will learn why a healthy self-esteem is important to being happy and needed to prevent yourself from getting in a bullying situation. Having a healthy self-esteem and respecting yourself can help you choose how you want to respond to unfriendly situations. Kids and Teens will have an opportunity to express themselves in their own way and get a photo taken in a fun photo booth.
- **Station 3: Station 3: Pick Your Emoji** – Kids and Teens will learn about body language: Confident and unconfident body language, friendly and unfriendly body language. Having confident and friendly body language can help increase the number of allies for kids, manage unfriendly situations and prevent kids from getting into a bullying situation.
- **Station 4: Calm and Collected** – Kids and Teens will learn how the brain reacts to conflict, confrontations, meanness and problems as well as tools to manage calm yourself in friendship situations. Kids and Teens will do yoga moves, learn breathing techniques and mindfulness tools to calm their bodies and mind so they can respond in a way that will help solve the

problem or shut down the situation. Kids who do not have the tools go into “fight or flight” which is an emotional response and often results in ignoring situations, yelling, being mean back, panicking or feeling like a target.

- **Station 5:** Rock, Paper, Scissors - Kids will teach problem-solving skills through role playing recess activities. They will learn what to say when someone puts you down for the way you play. Example: “You run too slow.” “You aren’t fast enough.”
- **Station 6 : Kindness Rocks** – Heard of the Kindness Rocks Project? Kids will learn about the Kindness Rocks Project and how each person can use their power to build people up or tear people down including themselves. They will paint their own Kindness Rock to take into the world.

### **Station 7- Three Paths dependent on group/age**

- **Middle School: Social Media Do’s and Don’ts:**  
Teens will learn the do’s and don’ts of Social Media, Texting, and Gaming.
- **Don’t be a target** – Kids and Teens will play a game while learning and practicing things that can bully proof you. Learning key word phrases and responses and strategies to manage or avoid getting into unfriendly situations.
- **Girl Scout Station:** Priya Mann, Anchor/Reporter for Channel 4 will lead the Girl Scout Station of girl empowerment. Girl Scouts can sign up individually or come with their troop. Girl Scouts receive a Social Jungle fun patch!



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