

YOUTH SUMMER

Day Camps

2019

A Fun Filled Day That Builds Positive Futures!

Introduction

Welcome to our Youth Summer Day Camps! If you want your Youth to have a GREAT day that strengthens their relationships and puts them on a path towards a successful future, then sign them up for this! Great for giving your Youth an unforgettable day of fun plus awareness of their personal strengths for success! As you know, this is no ordinary program and we have a style that's all our own! We've outlined all of the details here so that you are completely informed and ready to go forward with this transformational experience that will begin the journey of changing lives for the better. Thank you for joining us, we are excited to become a positive influence in the lives of your Youth.

Schedule Overview

Youth participants will attend Confident Kids Canada for one, full day workshop

Duration of the event will be 6 hours and the time and day is TBD

Participants will engage in a fun filled day of Equine Assisted Learning, growth mindset activities, games, crafts and farmyard adventures.

Lunches will be provided by Confident Kids Canada and are included in your Program fee

Planned Approach

Participants will begin by working through exercises from our TMBuilding Block© Curriculum of Equine Assisted Learning that are chosen to be simple yet highly effective in a short period of time. Youth will start with basic 'learning to learn' (with horses) and self-evaluation, moving into development of relationships and communication skills. Youth will begin to value the contributions of their group while learning to work cohesively with one another.

We will begin by addressing safety and horse behaviour to ensure that participants are comfortable and have a basic understanding of working alongside a horse. Throughout the Workshop we can escalate or de-escalate any of the activities to ensure successful learning outcomes.

Planned Approach Cont'd

Next, your Youth will create some invaluable artwork. The project is 'Dream Boards' and the objective is positive visualization. Youth will be introduced to the true power of envisioning their best future, forming it into their own creation and focusing on it daily as they bring those goals to reality. What we focus on shows up in our lives – let's make it positive!

Throughout the day your Youth will engage in interactive gaming – farm style! We will turn them loose in forest and field to explore nature, build relationships and understand the benefits of teamwork. They will play games that simply won't work without clear communication so that they can experience and adjust the outcomes of their own behaviour and actions in a positive and entertaining environment.

We will spend some time planting the values of a Growth Mindset into your Youth in a way that is easy to understand and simple to put into effect. Topics such as Gratitude & Mindfulness are introduced as the basic tools for managing our emotions and our happiness and kids are taught age appropriate techniques that are quick and simple to use. Nothing too deep (we don't want them tuning out) but enough to start a journey of self awareness and confidence that can be built upon to create extremely successful futures!

Schedule Details

Arrival at the Farm – Please park in main yard, at white fence with 'Parking' signs and wait for staff. Staff will take everyone through to the arena where all activities take place.

Introductions & Briefing- Run through introductions, basic safety practices, farm rules and the schedule of planned activities

Equine Assisted Learning – Exercises are laid out in the arena with simple instructions at each one. Participants are put into teams and choose a horse to work with (horses are waiting in arena.) Teams work through the exercises at their own pace and facilitators ensure safety, creative thinking and parallel the learning to real life situations.

Interactive Gaming – Youth will embark on a Farm Treasure Hunt through forest and field that has them working together to find objects such as 'a leaf as big as your hand' or 'two dead mosquitoes' to inspire outdoor fun and teamwork.

Schedule Details Cont'd

Art Project – Youth will gain an introduction to positive visualization as they learn to create their very own Dream Boards! Hands on and homemade, this project will inspire Youth to focus on their positive goals and give intention to what they desire at any age. Both personal and powerful, this exercise will set the tone of bringing goals to life for your Youth – how great is that?!

Lunch Break – 1/2 hour lunch (provided by us) time to relax and hang out on the grass

Growth Mindset Activities – Introduction to practicing Gratitude as a tool to improve our mood or circumstance and for daily well being. Understanding how simple Mindfulness techniques help us manage our emotions and improve social interactions. Easy stuff with powerful results!

Interactive Gaming – Youth will play an interactive relay game that can only be won through using clear and effective communication. Shout outs are encouraged and laughter is a forsure when teams are encouraged to be their best selves in order to successfully participate!

Equine Assisted Learning – Building on the skills learned in their morning class of EAL, Youth are now benefitting from their strengths and understanding their limitations. This is when confidence starts to grow! We watch kids grow two feet taller right in front of us when they accomplish tasks with their horse teacher that they never thought possible. Awesome!!

End Time - Participants head home to tell all their friends about their awesome day at camp!

Your Investment & What's Included

Length Of Program	Costs*	Notes
One Day ~ 6 hours	\$85.00/youth	Lunch is included

** Minimum of 2 participants – maximum of 8 participants **

All fees are applicable to GST. Payment is due at time of booking.

Payment can be made via cheque or online transfer to shana@confidentkidsCanada.ca

Your Investment & What's Included Cont'd

Your Investment Includes:

- ✓ Ongoing participation in regular Empowerment Events
- ✓ All event design & planning
- ✓ Internationally Certified facilitators throughout the duration of the event
- ✓ All activity materials, horses, and event consumables
- ✓ Full liability insurance
- ✓ Refreshments, snacks & lunch
- ✓ Exercise briefing & debriefing plus follow-up activities

Your investment does not include: Transportation or Accommodation

Next Steps

Your camp director is Shana Nicholls. Please contact Shana if you have questions or require more information. Shana is happy to discuss your objectives and requirements in detail in order to fine tune the planning for this event.

Thank you for your interest, we look forward to working with you!

Further information about Confident Kids Canada can be found at our website

<https://www.confidentkidscanada.ca/> as well as on our social media sites of

Instagram <https://www.instagram.com/confidentkidscanada/> and

Facebook <https://www.facebook.com/confidentkidscanada/>

Sincerely,

Shana Nicholls

Program Director/Facilitator

Confident Kids Canada

Phone (403) 507-9619

shana@confidentkidscanada.ca

Participant Registration Form

Youth 'PIONEERS' Curriculum

Participants Name: _____

Participants Age & Birth Date: _____

Parent/Guardians Name(s): _____

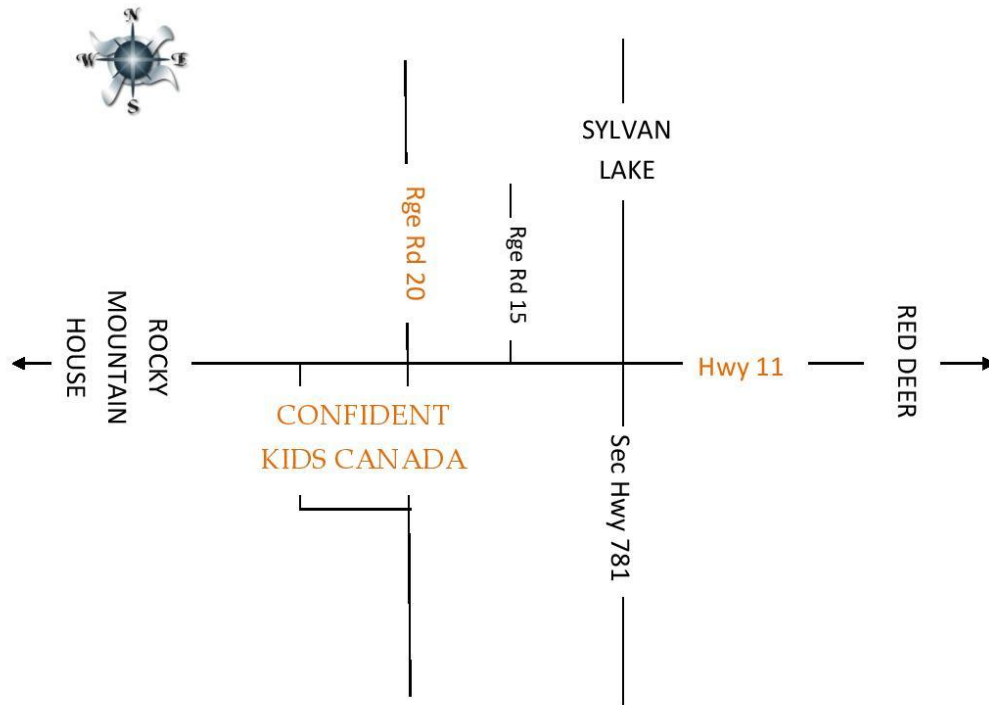
Phone Number: _____

Address: _____

Alternative Contact: _____

Alternative Phone Number: _____

Please fill out and return to Confident Kids Canada at time of registration, thank you!



Highway 11 & Rge Rd 20

Approx 2 miles West of Sylvan Lk

R.R. 20 South – First Driveway on Right

38344 Range Rd 20
Red Deer County, AB
(403) 507-9619