

Girls' Empowerment Camp Schedule

Ages 9–12

Location: Church Undercroft & Classrooms

Duration: 5 Days (Monday–Friday)

Time: 8:30 A.M – 3:30 P.M

Theme: RESILIENCE

- Morning & afternoon journaling
- One 2-hour speaker block each day
- 45-minute lunch
- Resilience activities

Day 1- “Resilience”

Focus: Understanding what resilience means

8:30–9:00- Welcome, Breakfast, Icebreakers (Name Web, “Something That Makes Me Strong”)

9:00–9:30– Morning Journaling:

Prompt: *What does resilience mean to me? Who or what inspires me to be strong and why?*

Introduce - Rubrik's Cube take home activity with worksheet

9:30-10:30- Group Challenge:

“Bounce Back Relay”

Each team completes an obstacle course (e.g., crawling under rope, balancing across a beam, hopping through hoops).

- If they “fall” or miss a step, they must start again with encouragement from teammates.
- Afterwards: Discussion: “What helped you keep going?”

10:30-10:40- Break

10:40-12:40- Speaker: Outrageous Beauty by Taria Franklin **Topic:** Yoga

12:45- 1:15-Lunch (45 minutes)

1:20–2:00-Activity: ✦**Resilience Rocks**

- Each girl decorates a rock with a word or phrase that reminds her to be strong (e.g., “Brave,” “Keep Going,” “Shine On”).
- Rocks are placed around camp as reminders.

2:00-2:45- Afternoon Journaling

-Prompt: *What was the hardest moment of my day, and how did I practice resilience to handle it?*

3:00-3:30- Counselor Lead Activity

Age groups (9/10 & 11/12)
-Group share/ Reflection Circle

Day 2- “Teamwork & Trust. Together We Rise”

Focus: Building resilience through connection

8:30-9:00– Welcome & Breakfast

9:00-9:30– Morning Journaling

***Prompt:** What is one thing I can do today that helps me feel brave or confident?*

9:30-10:30– Activity: “**Blindfold Path**”

- Pairs navigate a short course with one blindfolded and one guiding only with words.
- Switch roles.
- Debrief about trust, communication, and patience.

10:30-10:40– Break

10:40-12:40–

12:45-1:15– Lunch (45 minutes)

1:20-2:00- Movement Activity: Team Crawl

- Back crawl relay
- Teammates chant a cheer for each girl crawling
- Resilience takeaway: Support makes challenges easier.

2:00-2:45 Afternoon Journaling

***Prompt:** How did someone help me today, or how did I help someone else feel stronger?*

3:00-3:30– Counselor Lead Activity/Age Groups (9/10 & 11/12)
Reflection Circle/Showcase Prep

✚ Day 3- “ Friendships, Communication, & Problem Solving, Find a Way”

Focus: Perseverance and creative thinking

8:30-9:00- Welcome & Breakfast

9:00–9:30- Morning Journaling

***Prompt:** What makes a healthy friendship?*

9:30-10:30- “Friendship Bracelets”
Campers make friendship bracelets

10:30-10:40- Break

10:40-12:40- Speaker: Outrageous Beauty by Taria Franklin

Topic: Hair Care, **Skin Care**

12:45-1:15- Lunch (45 minutes)

1:20–2:20– ½ Movie: **“Wicked”**

- Worksheet to increase engagement
- Debrief
- “Wicked” affirmation stickers

2:30- 3:15 – Afternoon Journaling

***Prompt:** How can I stay resilient when friendship feels tough?*

3:20-3:30– Counselor Lead Activity/Age Groups (9/10 & 11/12):Reflection Circle

Day 4- “Courage, Confidence & Self-Expression, Face the Fear”

Focus: Facing fears and taking healthy risks

8:30-9:00– Welcome & Breakfast

9:00-9:30 – Morning Journaling

***Prompt:** What helps me express myself?*

9:30-10:30– Counselor Lead Activity/Age Groups (9/10 & 11/12)

Activity: **Art for Resilience**

- Campers should discuss their vision (no materials should be given)
- Create expressive art

10:30-10:40 – Break

10:40-12:40– Speaker: Linda Felder, *Felder House*

Topic: Etiquette

12:45-1:15- Lunch (45 minutes)

1:20-2:20- ½ Movie: **“Wicked”**

Worksheet to increase engagement

- Debrief

2:30/3:15- Afternoon Journaling

***Prompt:** How can creativity help me stay strong?*

2:55–3:30 – Counselor Lead Activity/Age Groups (9/10 & 11/12)

- Reflection Circle/ Showcase Prep

Day 5- Self-Care & Reflection: “Strong Inside, Strong Outside”

Focus: Building inner resilience

9:00–9:30 – Welcome & Breakfast

9:30-9:30 – Morning Journaling

Prompt: *Who do I want to become? What is one challenge I want to practice facing with a positive attitude?*

9:30–10:30- Activity: “Mindful Obstacle Course”

- Combine challenges with calming tasks: balance while holding water, walk silently with eyes closed (guided), pause to take deep breaths at each checkpoint/ Group Bonding/Board games/ Camp pictures

10:30-10:40 – Break

10:40-11:40 – Speaker: Khristie Lauren Adams, Author, Unbossed

Topic: Unbossed [book signing with author]

11:40-12:40 - Line Dancing with Dr. Daphne Hicks

12:45- 1:15 – Lunch: Etiquette Tea Party (45 minutes)

Reflection: Rubrik's Cube debrief (strategies used? feelings?)

1:15-2:30– Break/ Prep for closing exercise

Prompt: *What is one challenge I overcame and one way she grew stronger this week?*

- Share out during Showcase at Closing Ceremony– Showcase Prep: Posters, skits, or presentations on resilience.
- **Reflection:** Rubics Cube (strategies used? feelings?)

2:30–3:30 – Resilience Closing Celebration

- Showcase
Certificates
- Group Affirmations
- Parent Viewing (optional)

✚Day 6- Experiential Practicum Field Trip

8:30 - 9:15 — Assemble at Church of Holy Trinity, continental breakfast

9:30 — get on the bus, take attendance and head count. Reinforce rules of conduct

Monster Mini Golf, Jessup, Maryland. Buddy system, chaperone assigned

10:30 - 12:00 — Monster Mini Golf, Lunch (Pizza) headcount, Cake

12:10 — meet at bus, headcount

12:30 — depart Monster Mini Golf. Group debrief on bus

1:00 — arrive at the Church of the Holy Trinity. Parent pick up