



POWER Play Kids Summer Camp FAQ

August 5 – August 9 *and* August 12 – 16, 2024

At POWER Play Kids Camp, we empower children through play and collaborative fun to heighten their social intelligence using mindful actions, critical thinking, and problem solving. POWER Play Kids Camp also strives to develop campers' social-emotional competencies, which will emPOWER them to develop self-awareness and self-confidence, learn how to manage difficult emotions, develop emotional acuity, and build resilience through their successes and failures.

What is POWER Play and POWER Skills?

POWER represents skills or qualities that enable children to thrive across social settings and support their participation and self-awareness.

- **P** – stands for *Play with a Plan*. In order to successfully carry out play schemes, solve problems, interact socially, or complete functional activities of daily living, one needs to be able to formulate a plan, modify as needed, and complete a plan. One POWER skill that falls under the letter P is “keeping your body in the group”. Another POWER skill is developing reciprocity and self-confidence, which are necessary skills when you are part of a group plan and encounter differences of opinions and/or ideas. Many executive functioning skills are emphasized within individual and/or group plans throughout each camp day.
- **O** – stands for *Observing* and becoming more aware of our surroundings, other peers, and how one’s actions impact others. This POWER skill includes “thinking with your eyes” and making smart guesses through observations and analysis.
- **W** – Stands for “*We*”. To be successful across all social situations, one needs to consider others in addition to their own interests and ideas in order to collaborate and have fun. Practicing flexible thinking and problem-solving skills are important POWER skills emphasized through the letter W. To broaden the concept of thinking about others, which is emphasized in group collaboration, POWER Play Kids Camp sponsors service projects during camp. Campers have been involved in park cleanups, creating blankets and toys for cats at the Animal Shelter, and organizing various kits for our community and beyond (school supplies, POWER pack meals, and hygiene kits). These service-minded projects foster empathy and nurture social intelligence.
- **E** – stands for *Energy and Emotion*. These two systems impact our self-regulation to be able to make a plan, observe, think about others, and problem solve. Campers develop an understanding that various levels of energy and emotional states impact relationships and their ability to be a part of a group and complete tasks. Campers learn about identifying Hidden Rules and Expected Behaviors and using strategies to regulate, manage anxious feelings or fears, and problem solve. Learning the concept of Size of the Problem and practicing appropriate reactions in relation to different problems is an important POWER skill.
- **R** – Stands for *Rest and Relax* and supports a child’s ability to recognize their energy state and regulate based on strategies practiced at camp. On Fridays, campers are thrilled to leisurely explore 10-15 relaxation stations that provide opportunities to identify ways to relax and practice slowing down. In past summers, stations have included massage, foot soaks, manicures, face painting, sewing weighted objects, aromatherapy, creating fidgets, unstructured art area, book corner, and nature hikes.

Two curriculums, Social Thinking by Michelle Garcia Winner, and The Zones of Regulation by Leah M. Kuypers, provide a foundation for the concepts, themes and activities planned throughout the week. In addition, we will support the understanding and use of POWER skills across more specific social and emotional nuances regarding the following topics:

Worry Wise (understanding worries, and strategies to overpower a worry)

Respectful Relationships (words and actions matter)

Making and Keeping Friends (handling friendship drama, conversational skills, and more)

Brain Skills (learning and practicing organization of time, space and materials at home and school, and other executive functioning skills)

Body Boundaries (understanding one's own body bubble, how to defend your own, and how to respect others' body boundaries)

Family First Aid (family communication and reaction styles, sibling bonds)

What Do I Say...(i.e. in a tough situation, to a bully, in response to teasing, when embarrassed, and more)

Self Esteem (building and maintaining confidence, recognizing personal strengths)

Tech Talk (positive & negative of technology and how it may impact our brain and relationships)

WHO WILL BENEFIT FROM ATTENDING POWER PLAY KIDS CAMP?

Our camp involves learning about thoughts and feelings, thinking about others, being part of and collaborating in a group, and developing friendships. Camp also targets self-regulatory control and developing an awareness of various energy and emotional levels. These skills and social thinking are best nurtured with children who have average to strong verbal language and solid cognitive abilities and are between the ages of 4 – 12.

WHERE IS CAMP LOCATED?

Camp will take place at Temple Rodef Shalom located at 2100 Westmoreland Street in Falls Church, VA. Temple Rodef Shalom is nestled on the edge of Cougar Woods and has multiple established outdoor playgrounds, a mediation garden, and one large natural wooded play space. This facility offers us a large multi-purpose room and classrooms for small group activities. Most of our activities occur outside unless weather prohibits our plan. There will be daily opportunities for outdoor adventures, gross motor exercise, and water fun.

WHAT IS THE CAMP RATIO AND WHO IS THE TEAM?

We maintain a low child to coach ratio (no more than 6 children to 1 adult/coach), which allows staff to offer individualized attention to each child and create small groups. Camp is codirected by Jane Rutt, OTR/L, and Melanie Bielski, M.S. CCC-SLP who participate in and lead activities. Experienced coaches, teachers and GWU graduate students studying speech-language pathology serve as coaches. High school and middle school students also join our camp to serve as assistants and play peers.

WHAT DOES MY CHILD NEED TO BRING TO CAMP EACH DAY?

Each child will receive a camp T-shirt, which we encourage them to wear every day. They should also bring a backpack with the following items inside - extra change of clothes, sunscreen, bathing suit, and towel. In addition, please send in a nut free lunch and water bottle. All personal items must be labeled to assist with organization.

HOW WILL WE COMMUNICATE WITH YOU REGARDING CAMP?

Parents will receive an emailed invitation to our camp page on the app Band. Through Band we will post pictures and a short description of the targeted POWER skills featured that day. We will also use Band to provide updates, schedule changes, and reminders about what to wear and bring.

WHAT IS THE COST OF CAMP AND WHEN IS PAYMENT DUE?

The total cost for one week of camp is \$850 and \$1,700 for both weeks, 9:00 am - 1:00 pm. A deposit of \$425 for one week and \$850 for two weeks is due with a signed registration form by April 30th. The final payment is due by June 30th. No refunds are given except under extraordinary conditions.

WHAT ARE EXTENDED DAY OPTIONS AND COST?

An extended day option from 1:00 pm – 3:00 pm is available from Monday - Friday for an additional fee of \$300/week. During this time, campers will expand their learning on POWER skills with more opportunities for structured practice. We are also offering a Superfriends Club option from 3:00 – 5:00pm for an additional fee of \$30/day. During this time, campers will participate in unstructured play activities supervised by an assistant. Superfriends Club can be prearranged for the entire week or on a daily basis as needed.

WHAT IS SPECIAL ABOUT POWER PLAY KIDS CAMP?

By participating in a camp led by a Speech Language Pathologist and an Occupational Therapist, children are able to work on their whole body and language-based social skills across developmental domains. Development is a dynamic process! Melanie, Jane, and their team collaborate to support children and embrace the fact that a single skill does not function in isolation of other skills. The camp's primary goal is for children to have fun while they practice new skills and further expand existing skills, all through the POWER of Play.