



CONSCIOUS  
LEADERSHIP ACADEMY  
find your strength || be your best self

# IGNITE

DARE TO BE YOUTH SUMMER CAMP SERIES

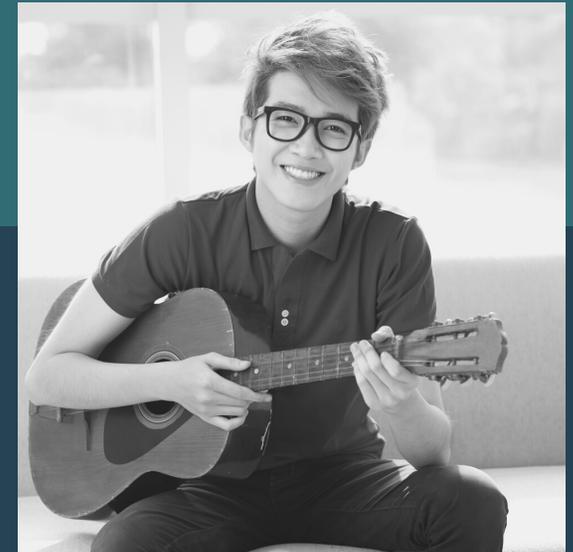
A program that builds a strong sense of self and develops skills to thrive in the world.



**STRENGTH**  
**COURAGE**



**CONFIDENCE**  
**CHARACTER**



**COMPASSION**  
**VOICE**

Uniquely designed for kids and teens from 3rd to 10th grade

# IGNITE AT A GLANCE

Each day of camp incorporates creative, engaging, and fun activities in a safe environment facilitated by a supportive staff. Students will develop leadership, interpersonal, and mindfulness skills while making meaningful connections and strong friendships.

## Day 1: Who am I?

Students develop self-awareness, identify their strengths, and build confidence.

## Day 2: Feelings Matter!

Kids have intense feelings, that can overwhelm their ability to adapt and self-regulate. We build awareness and resiliency around emotions.

## Day 3: From ME to WE

Friendship and connection are powerful. They bring us joy and belonging and sadness and hurt. Learn to foster healthy relationships.

## A Strong Voice

Day 4: Speaking clearly and advocating for oneself and others takes courage. We develop a strong voice through practice, encouragement, and support.

## Making A Difference

Day 5: Our world needs a new kind of leadership. IGNITE is here to teach kids to lead. Find meaning and purpose through skills such as empathy, thoughtfulness, and courage.



# How we *IGNITE*

The Ignite program is based on our researched curriculum and follows a particular progression of learning and experience. Our work and research suggest that there are three components critical to a person's overall wellbeing and ability to thrive. Our program creates awareness around all three and begins building a strong foundation for each student.



# What to expect at **IGNITE**

- Each age group will be challenged while learning in ways that are both fun and inspiring.
- Concepts will be 'brought to life' to foster growth and development.
- A focus on creativity, using music, art, photos, movement, and even social media (in a healthy way).
- We create an inclusive group environment where everyone's voices are heard.
- Staff consists of former teachers, coaches, and therapists, all with advanced degrees in leadership development.
- Facilitators and support staff undergo comprehensive training with the Conscious Leadership Academy.



*The Dare To Be program helped my daughter learn to love herself for who she is.*

*~ Mom of 10-year-old*

*The most valuable part of this program was my son learning ways to deal with conflict and stress without fighting or yelling.*

*~ Father of 13-year-old*

*The things the kids practice are what's really essential for them to be healthy and happy adults.*

*~ Mom of 12-year-old girl*

*My son recognized how important it is to be a role-model and mentor. He began to believe he could be a leader.*

*~ Father of 14-year-old*

"We are what we **BELIEVE** we are." - C.S. Lewis



I am strong  
I am fierce  
I am kind  
I am brave  
I am me

**3RD / 4TH GRADE**



I feel happy  
I feel secure  
I am a good friend  
I make good choices

**5TH / 6TH GRADE**



I belong  
I know what matters  
I can say no  
I believe in me

**7TH / 8TH GRADE**



I know myself  
I can take a stand  
I feel gratitude  
I feel connected

**9TH / 10TH GRADE**

# The *IGNITE* Journey

*Your child can progress with us along their developmental journey. We group kids of like-age together to ensure they are getting the activities and content most relevant to their age group.*

*Kids look to summer to Ignite their spirits and to have fun! We facilitate activities and exercises that bring fun to the experience. Think games and art, theater and music. It's friendship and laughter with real conversations!*

*Sessions run from June 13 - July 1, 2022. \*\* Both morning and afternoon sessions available.*

*If you have questions, email [consciousleadership@sandiego.edu](mailto:consciousleadership@sandiego.edu)*

**FOR DATES, COST, and other details, or to [REGISTER NOW CLICK HERE](#)**

[www.usdcla.org](http://www.usdcla.org)