



Jemz in a Nutshell

Jemz Girls Program is a curriculum based 8 week class that provides an outlet to build healthy relationships and character in a small group setting for girls in the 5th-8th grade. The foundation of Jemz is based on 6 main principles: seeing good in others, the power of our words, living a life of gratitude, giving and receiving compliments, breaking negative cycles and attitude is everything. Jemz promotes SEL skills (*Social Emotional Learning) and is timeless. It can be taught now and one hundred years from now. Jemz can be taught to any child within any socio-economic background including the city, suburbs or a child across the globe. Jemz lessons are beautiful seeds planted in the spirit of each child and will grow for years and years to come.

Benefits

The benefits of Jemz... stronger relationships in the classroom/ school. Better school experience for the child. Each child will be built up and poured into for 8 weeks by the Jemz teacher and her peers. Each week is new... they don't know what to expect so they are super excited! Something to look forward to. It's fun! Seeds of positivity planted – once a seed has been planted it is always there!

Goals

#1 is for every child that sits in a Jemz program to feel accepted by her Jemz peers! For her to feel safe and comfortable to share and participate. To see each child come away happier, more grateful, with an optimistic & positive outlook, hopeful and more tolerant of others. She will learn the fundamentals of being a good friend and having good friends. She will learn how to build others up as well as seeing the value in herself.

Testimonial

Jemz was wonderful experience both for the students involved and myself as a faculty member. I had the pleasure of participating in the group and was amazed with the enthusiasm and genuineness Amy demonstrated each session. I was able to observe our students fully engage in the dynamic materials presented during each class; Amy is gifted in her ability to energize and focus her Jemz girls! I feel this program is beneficial for their social and emotional growth as young women. I watched as each student grew in their confidence and began to carry themselves with a newfound belief in their abilities to make a difference in this world. I would highly recommend this group to those who are interested in encouraging their students to reach beyond their fullest potential and discover their unique, beautiful and empowered voices."

Lauren Grimm, LMSW Nazareth Elementary



CLASS OVERVIEW

JEMZ is an 8-Week Class - meeting once per week for 60 minutes

Ages - 5th - 8th Grade

*Class Breakdown

- First 30 minutes - Connection Circle (Connection Question & Journal Writing, JEMZ Lesson and Group Discussion)

- Week 1- Introduction Class - Go over the Class Pledge - Each student will sign in agreement
- Week 2 - Finding a Star in Others - The beauty of diversity and the importance of seeing that there is good in everyone
- Week 3 - Crush - Understanding the power behind our words and actions and seeing that everyone is a human being with real feelings AND the importance of expressing our emotions in healthy ways
- Week 4 - Living a Life of Gratitude - Becoming more aware of all that we have and expressing our outer and inner voice of appreciation to our self and others
- Week 5 - Breaking Negative Cycles - Visualizing the impact of a bad attitude and how it can affect many individuals
- Week 6 - Compliments - Learning to value a compliment by accepting them AND giving them generously
- Week 7 - Attitude is Everything - Living life with a positive attitude and understanding that it is a choice!
- Week 8 - Class Graduation

- Last 30 minutes - JEMZ Activity

Each JEMZ Activity promotes having fun while building relationships within the group. They also target some of the following but not limited to:

Building Self Esteem

Promoting Teamwork and Team Spirit

Decision Making and Communication

Speaking in front of a Group

Getting to Know One Another on a Deeper Level

Bonding with a new Friend

Best of All... Lots of FUN!

* At the end of each class, girls are sent home with a take-home assignment (JEMZ Challenge) that focuses on the lesson of the day. The challenge reinforces the lesson that we dove into together as a group. Girls bring their completed JEMZ Challenge back to class. For each Challenge complete they earn a JEMZ star. If all six stars are awarded girls will receive their JEMZ tshirt and certificate during their last class.

* Girls are also sent home with a JEMZ Report. This keeps parents and loved ones included in what their child is doing during each class.