

PERFECTLY ME

SUPERHERO CAMP



SuperHero Camp = A Summer of Fun and Purpose

Coed Ages 5-11

Kindness • Patience • Creativity • Teamwork • Discovery

Dear SuperHero Families,

My name is Raquel Whiting Gilmer and I am a wife, a community advocate, founder of Perfectly Me and a momma to an 8 year old named Mikey. Mikey is a big part of the reason why I started Perfectly Me and our SuperHero Camp program.

Like many of you, I worry about the world he is growing up in - a world that often lacks kindness, a world where disagreeing with others means we can't be friends, a world where it's easy to ignore the issues and challenges facing our community. Despite all of this, I want Mikey to show up differently. I want him to lead with kindness, to learn that it's ok if he and his friends have different opinions - they can still be friends and like each other. I want him to care about our community and go out of his way to help others, pick up trash, and seek out opportunities to be a difference maker. I know some of this won't come naturally to him, I mean he's 8. But, during superhero camp and our other programs, he's going to train and work at being his best self - a hero. Most importantly, he's going to practice patience, kindness, listening, teamwork and community mindfulness through our intentionally designed programs. If you want the same for your kiddos, this is the camp for your family.

And I hope you do because Mikey needs a **CREW**. A crew of superheroes who are showing up in the world differently. That's what we are building at Perfectly Me SuperHero Camp. We are creating a place where all kids belong. A place that is fun and inclusive. A place where kids can build their supervalues - where they can be their best selves - be heroes - not the kind of heroes that fly but the kind that are compassionate, honest, brave and awesome! And I know that if we have enough heroes on our team we can and we will change the world.

This is why I started Perfectly Me and our SuperHero programs and why I hope you will join our community.

Sincerely,



Raquel Whiting Gilmer



SuperHero Programs for Every Kid



What We Do!

At Perfectly Me SuperHero Camp we believe that every kid is a superhero. Did you know that superheroes need to train? They do! From the strongest to the most popular, all heroes need training and support. Our camp is a superhero training program for strengthening supervalue while having fun. What are supervalues? Well, we think supervalues are what make kids superheroes - kindness, independence, compassion, perseverance, creativity, confidence and more! Through immersive activities such as improv classes, yoga, taekwondo, ropes courses, book clubs, nature hikes, STEM learning, and more, every kid at our camp will get the opportunity to play and learn. Each child has their own unique abilities that makes them great and special. This summer your child can discover those abilities and let shine!



Our Approach

Our approach follows a play-based curriculum that emphasizes the importance of our supervalues, that are ever changing to meet the growing and evolving interests of children. Children meet new friends, relationships blossom, old ideas fade and make way for new goals and dreams, all the while the world around ebbs and flows every day. The counselors and children help each other to train supervalues. Our camp is the place where each child can fully immerse themselves in a fun activity that reflects their own unique abilities and then learn in their own perfect way.

This summer your child can:



Be a superhero to themselves and their friends



Build their supervalues and train like a superhero



Find their inner strength, kindness, and independence



Make new friends



Spread their wings



Be in a safe environment where being themselves is celebrated



Find a place where they belong and will be accepted



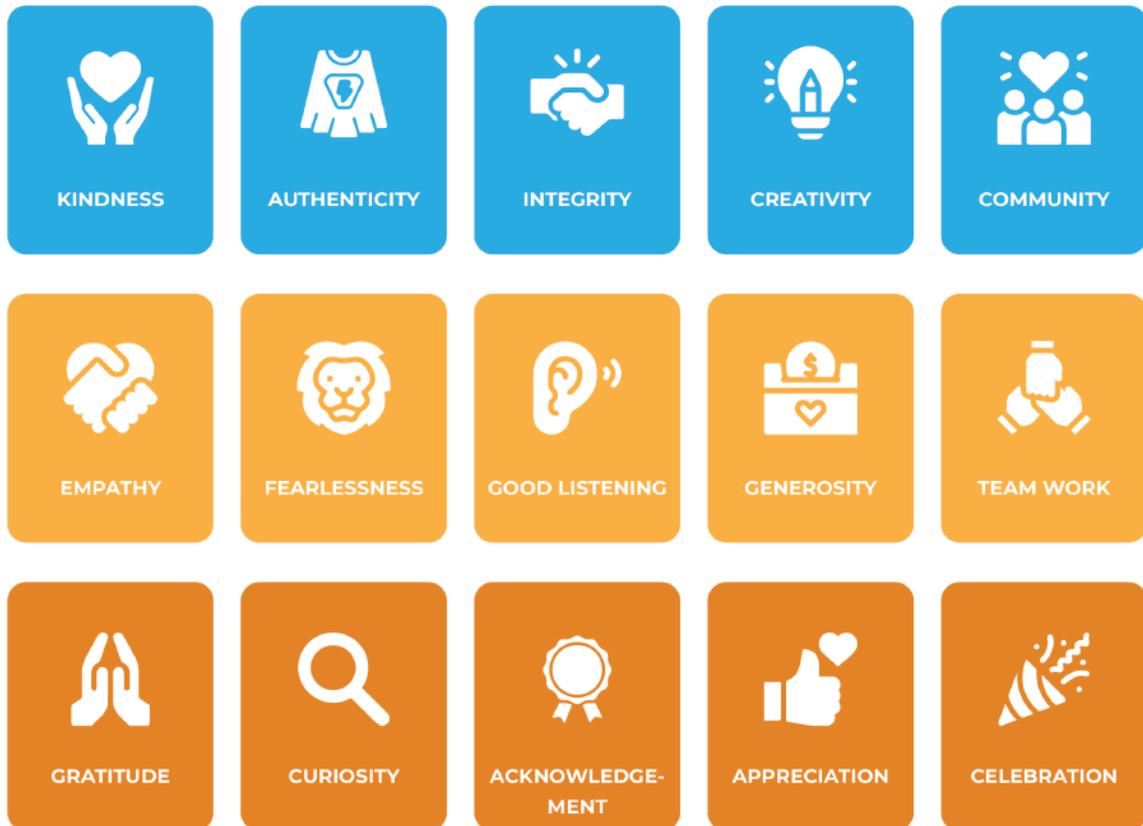
AND HAVE LOTS OF FUN!

Our SuperValues



At Perfectly Me, we believe that supervalues are the hallmark of all great superheroes. Some superheroes are courageous and empathetic while others might be strong and friendly. Each kid's supervalue is unique to them and our camps, clubs and content are all designed to help support that growth and development.

But, we don't just train others in supervalues, we live out our own every day. Here are our team's supervalues that we bring to this game-changing work!



Why SuperHero Programs?

Unique, Proprietary Curriculum and Programming Developed to Help Kids be Their Best Selves

- Focus on supervalues – kindness, patience, respect, courage and more
- Opportunities for hands-on engagement to build supervalues and social skills needed for success in school and life

Community-Based Events / Activities Year Round to Encourage Student SuperHero Development

- Campers participate in Community Connections Projects during camp to promote/encourage service and community commitment
- Captain Kid Kindness Lafayette Square Community Clean Up

Programs Based on a Diverse Group of SuperHeroes with Special Powers

- Zoe the Courageous, Captain Kid Kindness, Mack the Whiz, the Perfectly Me Squad

Parents Love Our Programs

- 100% of Parents reported that their child enjoyed superhero camp
- 100% of Parents said they would enroll their child in superhero camp again
- 67% of Parents reported that SuperHero Camp helped their kids live out their supervalues at home
- "The Perfectly Me Girls Program has been perfectly wonderful. My twin daughters have grown so much while taking part in the program. They are much more Committed to their school work and their future because their self-esteem has increased significantly." *Parent of 7th grade girls*

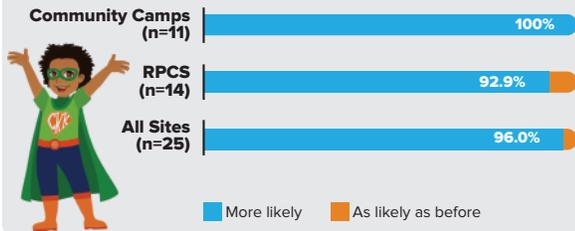
OUR IMPACT

When I started Perfectly Me, I wanted to make an impact in the community. I didn't just want to run any camp or after-school program, I wanted to change lives. I worked with educators, mental health professionals and parents to design our content. Based on this work, I hoped we would accomplish our goal and I am excited to share that we exceeded my expectations.

In 2022, we commissioned Engage with Data to conduct our first independent evaluation of the program's impact. This evaluation, which included students who participated in the Perfectly Me SuperHero Camp¹ for at least two weeks, examined student behavioral outcomes including personal choice, treatment of others, openness to learning about other people and cultures, helpfulness and community-mindedness.

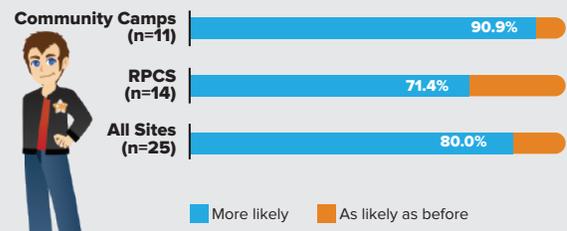
Kindness/Compassion

Considers other people's feelings



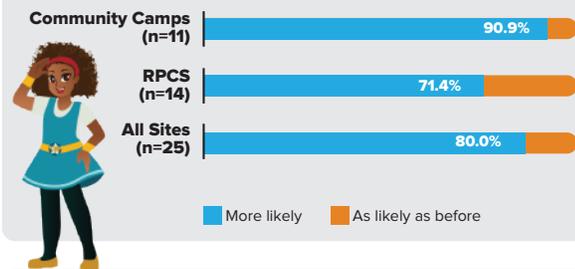
Respect/Listening

Treats others the way they want to be treated



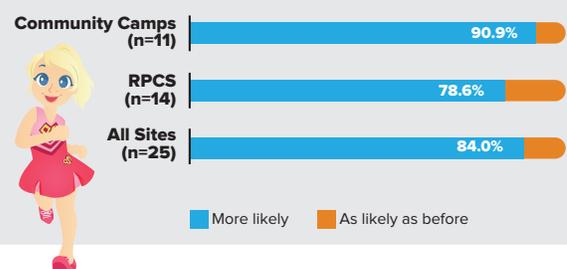
Independence/Confidence

Makes good choices about their behavior

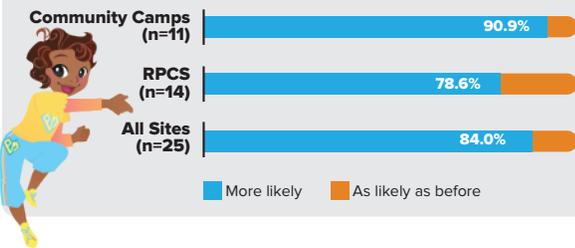


Cooperation/Community

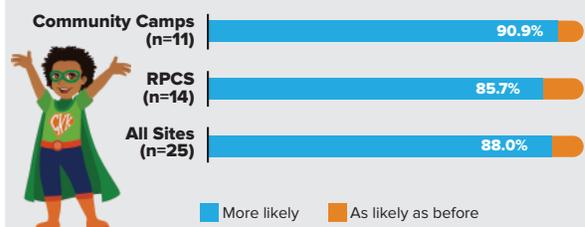
Resolves conflict with others



Takes steps to make new friends



Thinks about how they can do good in their community



¹ Two of the sites were community camps, offered in partnership with local non-profit organizations: Bon Secours Community Works, located at the Bon Secours Community Resource Center, and Community Assistance Network (CAN), held at the Garden Village Community Center. Both sites were grant-funded, so families could enroll their children in these programs at no cost, increasing access to programming for under-resourced families and communities. The third site was held at Roland Park Country School (RPCS) and was funded through enrollment fees from families. The same programming was provided to campers across sites and program types.

Possible Camp Activities and SuperValues



Perfectly Me Passport Travels *Listening, Respect*

Passport Travels helps to develop the Listening and Respect supervalues. When we are good listeners, we see deeply into parts of life that we never knew existed. Listen closely and you will see that we all have something special to share and show others.



Free Choice *Independence*

What do we do with our free time? Being given the option to choose what to do taps into our own intuitive voice, and develops this skill of independence which is useful throughout the rest of our lives.

During **Free Choice**, campers will get to choose from many stations: books to read, board games to play, small painting projects, natural artifacts to examine, and more projects (i.e.; making bird feeders, seed starting projects, etc.). Having to make choices daily, helps to promote independent thinking.



Improv/Drama Class

Confidence

In Improv and Drama Classes, we will teach each other how to be bold in our decisions, to stick to our ideas and most importantly have fun with it! This builds confidence in a low stakes and exciting way. Our campers will meet with improv artists for these sessions and together we will learn more about who we are.



Yoga

Strength/Respect

Yoga will help campers build strength in mind and body. These practices also teach us respect for ourselves and respect others. Campers will engage in one of these activities daily.





Games

Cooperation

Cooperation literally means “to work together”. Throughout the week, campers will participate in various games and activities help promote a sense of working together with others and socializing in ways that build the value of teamwork and the importance of communicating with others to meet a goal - or score a goal! Who knows what we can accomplish when we work together?



Arts and Crafts

Creativity

Painting, drawing, gluing, building, are only some of what will take place during Arts and Crafts. Arts and Crafts is about the process of creating art, not the end result. Creative process is the fertile soil through which genuine, unique, and new ideas can sprout. Every camper will find their own special way of being creative, and that’s what it’s all about!



Scavenger Hunts

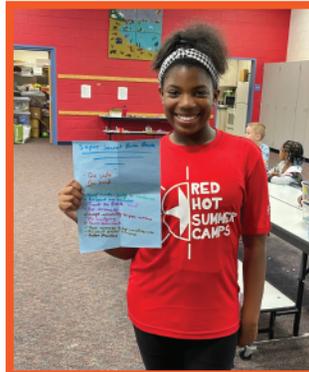
Teamwork

Campers will work together to solve challenges. And the best moment will be when they can say - We did it! Together! Learning to work together is such an important supervalue to learn as a child.

STEM Activities

Discovery

Campers will measure and observe, and explore ideas and experiment with theories during our **STEM Activities**. Campers will discover that each person has the ability to solve problems and actually that there is usually more than one way to solve every problem. When we practice our Discovery supervalue we cultivate that spark of curiosity... we also just might see a few **sparks** fly along the way!





Exploration/Nature Walk

Discovery

Through nature walks, campers will exercise their exploration skills and strengthen their understanding of nature and commitment to protecting the environment.

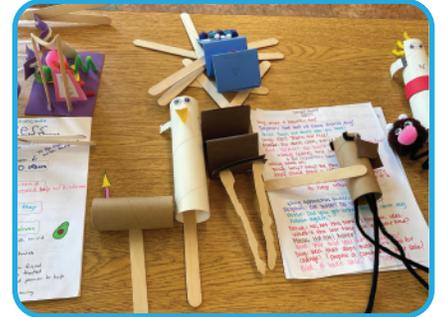
PM Superhero Book Club

Listening and Community Building

In Book Club campers will partner with other campers in groups and read together. As campers practice listening closely, they will learn that they have more in common with other people which will create a much more supportive community.



A Day at Perfectly Me SuperHero Camp



What is a day at Perfectly Me Superhero Camp like? Can we just say **AWESOME!!!** No matter what camp location you attend, your superhero will have fun with purpose! Each week has a different theme with special activities and projects.

But, let me start from the beginning, we always start with **Morning Meeting** where we set the tone for the day, practice our **Gratitude Supervalue** and work on building community.

Next up, we travel all around the world to different countries and learn all about their culture, their customs, their language, their food during **Passport Travels**. Our superheroes practice their **Discovery, Listening and Learning Supervalues** - so they can become **CULTURE CHAMPIONS**.

Then we go outside and play - we have lots of outdoor fun! We know it's summer so we also work on our **Fun, Friendship and Imagination Supervalues!**

After we have lots of outside fun, we get ready for indoor fun at music class.



This isn't your normal music class - it's **Super-Energized Music Class** - where we play drums and buckets, dance, jump around and sing fun songs - this is where we work on our **Listening, Learning and Celebration Supervalues** - while having lots of fun.



But the fun doesn't end with music, next we might do a fun **Arts and Crafts** project to work on our **Creativity Supervalue** or we could play **Nature Bingo** on a nature walk and explore to work on our **Curiosity Supervalue**. We do all of this before lunch! Are you tired yet? **I'm NOT!**



After lunch, we will play - A LOT! And then we will work on our **Teamwork SuperValue** while we participate in **Collaborative Games** or **Sports Activities**. We might continue to work as a team on a fun **Stem Project** or **Robotics Activity**. Some days, the Perfectly Me SuperHeroes will send us on a **Scavenger Hunt** to help in the battle against their archnemesis, AdversiT. You don't know who AdversiT is? If you've been to SuperHero Camp, you know all about her. If not, visit perfectlyme.com where you can learn all about our heroes and the villains in the universe or even read a free comic to learn about their adventures. Some days, we will even do a **Storytime Adventure with Yoga** or **Fitness Activities** or an **Obstacle Course**. These activities are not only **Fun**, but they help us work as a **Team**, gain **Strength**, work on our **Mindfulness** and figure out how to be our **Personal Best**.

Finally, one of my personal favorite activities of camp is our **Community Connections Projects** where we learn about a challenge in our community and help address it as a team! We will be heroes ALL summer while cleaning up and supporting our environment, showing kindness to others by assembling care packages, celebrating everyday heroes in our community by creating cards and other signs of acknowledgement and lots of other connection projects. These projects help our superheroes understand that they have **an important role in the community and show them that they can personally make a difference**.



Ok, now I'm tired!

You see - each day at superhero camp is full of **Adventure, Fun, Friendship and Purpose!**

WE HOPE YOU WILL JOIN US!

2023 SuperHero Camp Themes



WEEK ONE

FRIEND OR FOE? A PUPPET SHOW!

Even superheroes need friends! This week, explore the supervalue of friendship and kindness. Put on a super show. Then help our camp complete 100 acts of kindness! Are you up for the kindness challenge?

WEEK TWO

TOP SECRET – SUPERHERO FORTRESS

Build an impenetrable fortress and design your superhero uniforms. Strike a pose with your squad mates in your fortress and show off your super suits! Discover the value of collaboration, confidence, and creativity.

WEEK THREE

BEAT THE CLOCK! TIME CONQUERORS

The superpower of time is patience. This week, complete minute-to-win-it challenges, superhero relay races, and other time challenges. Explore the value of patience and teamwork.

WEEK FOUR

FANTASTIC FILMS – SUPERHERO SHORTS

Lights! Camera! Action! Work collaboratively to create a short fantastic camp film. Explore the supervalue of cooperation, creativity, and confidence.



WEEK FIVE

MARVEL-OUS MAD SCIENTISTS!

This week play the villain. Explore mad science and the many wonders of matter and chemistry! Experiment with courage and curiosity.

WEEK SIX

COMICS IN ACTION! – SUPERHERO OLYMPICS

Pow! Zap! Kaboom! This week, bring your superhero to life with arts and crafts. Draw a comic and fill it with vibrant color. Then compete in our superhero Olympics. Grow your supervalues of creativity, encouragement and celebration.

WEEK SEVEN

WATER WARRIORS- OBSTACLE COURSE

You will need your squad this week more than ever. Work together to conquer the obstacle course and water challenges. Build a course with simple machines then build your listening and collaboration supervalues.

WEEK EIGHT

HEROES VS. VILLAINS – SUPERHERO CAMP SPIRIT WEEK

Beat the villains! This week, the campers are the heroes, and the counselors are the villains. Work collaboratively to create works of art, protect your squad, and complete spirit week challenges. Silly string wars await!



June 20th - August 11th



July 17th - July 28th



July 17th - August 18th



TBD

**Visit PerfectlyMe.com for more information.
Enroll Today!**



Perfectly Me is committed to your child having a safe and fun summer.

We adhere to all Maryland State Health Department and CDC protocols related to COVID safety including mask wearing, hand washing, temperature checks, and wellness surveys.