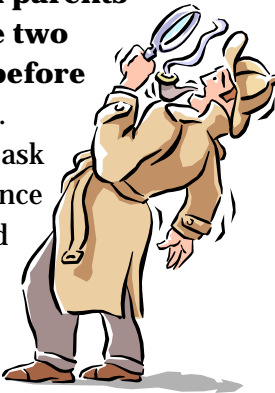


What Else Should I Know?

The **Emotion Detectives** program is part of a larger research project being conducted at the University of Miami. In addition to offering the training to all campers, we also really want to evaluate its effectiveness, and **we need your help!**

To help us, we ask that **all parents and campers complete two short questionnaires before and after the program.** These questionnaires will ask about each child's experience with fear and sadness, and they will inquire about how they currently deal with these feelings.



I Still Have Questions! Where Can I Learn More?

You can learn more about **Emotion Detectives** and related research at the **University of Miami** by

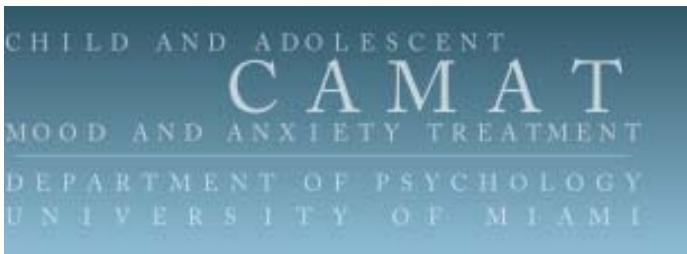
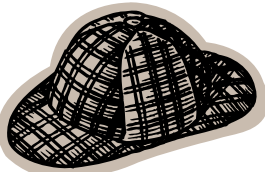
- **Contacting** the Child and Adolescent Mood and Anxiety Treatment (CAMAT) Program at **(305) 284-9852**
- by **visiting** the CAMAT website: **www.psy.miami.edu/camat**
- Or by visiting the **Mini Canes website:** **www.miami.edu/wellness/camp**

You can learn more about **emotion management research** here

- Gross, J. J., & John, O. P. (2003). Individual differences in two emotion regulation processes: Implications for affect, relationships and well-being. *Journal of Personality and Social Psychology*, 83, 348-262.

How Do I Sign Up?

1. Fill out and mail us the registration forms included with this brochure.
2. Once we receive your forms you will receive 2 short questionnaires for both you and your camper to complete prior to camp.
3. Then, bring your camper to the first day of camp, and let the fun begin!



The
**Mini Canes
Recreational
Sports Camp**
And the
University of Miami
Department of
Psychology
Present

Emotion Detectives



**A New Evidence Based
Educational Program
for Children**



Email: anxietylab@psy.miami.edu

What is the **Emotion Detectives** Program?



Creative and recreational education has always been an important part of the **Mini Canes Recreational Sports Camp**.

This year, they are offering **Emotion Detectives** as the theme for their award winning programming.

Emotion Detectives is designed to help campers learn how to understand and manage their emotions more confidently. Research shows that children with good emotion identification and management skills have higher self esteem, have better social skills, and are generally happier than children with deficits in these areas (Gross & John, 2003).

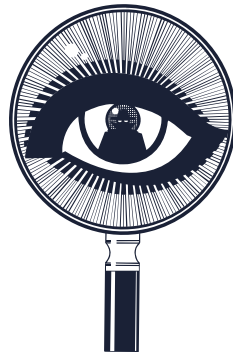
We want to help your child achieve high levels of life satisfaction!

Emotion Detectives is a good way to start!



What Will My Child Learn in **Emotion Detectives**?

This program is designed to teach children skills that they can use to navigate childhood and adolescence with ease and confidence.



Emotion Detectives will teach your child important, evidence based strategies to identify and regulate emotions. Some of the strategies we teach include:

- Emotion identification
- Flexible thinking
- Problem solving techniques
- Facing fears

The program also includes **one parent meeting during the second week of each camp session**.

During this optional evening meeting, parents will also learn skills to help their child navigate the emotional maze of childhood.

During this session, you will learn the benefits of giving your child **I.C.E.**



ICE:
Independence
Consistency
Empathy

This Sounds Great But, Shouldn't Camp Be **FUN**?

Here at **Mini Canes Recreational Sports Camp**, **FUN is a top priority!** **Emotion Detectives** is no exception!

Emotion Detectives incorporates learning about emotions into fun activities and topics such as:

- *Music*
- *Movies*
- *Sports*
- *Art*

These activities will teach campers to identify emotions and the different parts of an emotion experience.

