

## My Place To Be

We are a non-profit organization that's goal is to help children to navigate thru the social world. Learning ways to self regulate us through sensory integration, nature, music and art.

In this series we are utilizing the Meet Melly, Her Color is Mad Camp MakeBelieve Experience, developed by Pamela M. Goldberg and Marnie Winston- Macauley.

Melly is a creative, energetic, fun little girl when she is not getting into trouble. We will be following Melly's adventures through fun activities and strategies that teach children how to master their moods and become their own Master of Self-Control.

## Goals of the Program

- To help children get in touch with and identify their feelings accurately.
- Make the connection between their feelings and behavior.
- Understand the consequences of acting on feelings the wrong way
- Look for more effective strategies that reward positive choices.
- Build self-control, self-confidence, self-esteem, self-respect, and self-motivation.

### MY PLACE TO BE

61 North 6<sup>th</sup> Street  
Newark, Ohio 43055  
Phone: 740-587-7345  
Phone: 740-670-9877  
Email: [cmilner01@alltel.net](mailto:cmilner01@alltel.net)

## My Place to Be

740-670-9877

Or

740-587-7345

## Meet Melly Her

## Color is Mad!

*A Camp Make Believe  
Experience.*



Saturdays September 13th  
through November 22nd

1 - 2:30pm

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**Come join us for**  
**Sensory Games**  
**Group Social Development**  
**Art Projects**  
**Music**  
**Drama Role Playing**  
**Just Plain Fun!!!**

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Call Christa Milner @

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To Register

## **Meet Melly, Her Color is Mad**

**PRE K TO 3<sup>RD</sup> GRADE**

**\$25.00/week**

### **Week 1 - Face Your Feelings**

Identifying feelings through facial cues to expand awareness.

### **Week 2 - Feel the Colors**

Discovering the world of feelings through colors

### **Week 3 - The "Shades" of Feelings**

Exploring and expanding the language of feelings to increase accurate communication

### **Week 4 - Make Sense of Your Feelings**

Discovering how the five senses contribute to feelings

### **Week 5 - My Sparks are Flying**

Identifying the triggers or "sparks" that set off feelings

### **Week 6 - My Spinning Wheels**

Connecting feelings to behavior

### **Week 7 - Rules of the Road**

Relating behavior to consequences.

### **Week 8 - My Chain Reaction**

Sequencing the four-step connection of sparks, feelings, behavior and consequences.

### **Week 9 - Mad Inside Out**

Identifying internal and external body cues to better manage "mad" feelings.

### **Week 10 - My Madometer**

Exploring degrees of anger along with ways to control the "temperature"

### **Week 11 - What Lies Beneath**

Identifying the roots of anger, to promote appropriate reactions.

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