



# OregonASK Training Catalog



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## Activities and Curriculum

### » Program Standard:

A quality program provides supportive, responsive and developmentally appropriate activities and curriculum, as well as a safe indoor and outdoor learning environment that meets the needs of individual participants as well as the larger group.

### » Staff Competency:

Afterschool professionals are responsible to be intentional about the learning and development that occurs in the afterschool setting.

## ACADEMIC SUPPORT

### Lesson Planning Strategies for Afterschool

This workshop will cover all the components of planning an afterschool activity for short (less than 1 hour) activities and multiple week courses for your afterschool program. The importance of gathering materials on limited time, efficiently setting up a space in another teacher's classroom, building a daily schedule to create consistency, and tools for reflection time will all be covered. Participants will spend time working on a lesson plan and should leave this workshop with a ready to use template.

*Set 1 | CKC: Learning Environments and Curriculum | 2 hours  
For staff serving K-5th grade students*

### Power Hour: Making the Most of the Homework Hour in Afterschool

Afterschool programs can be key to a student's achievement in school. Join us as we explore best practices for an engaging and productive Homework Hour. We'll develop strategies for creating the right space and establishing systems and procedures. We will examine how selecting the right academic activities can link to the school day and support student achievement.

*Set 2 | CKC: Learning Environments and Curriculum | 2 Hours  
For staff serving K-8th grade students*

## ART

### Art To Promote Youth Voice

This hands on training gives afterschool facilitators tools for sharing empowering art with school age youth. We will explore activities aligned with national art standards. We will find flexible ways to use a variety of materials, create an inclusive atmosphere for youth, explore youth voice, and offer youth skills for interacting positively in groups. Example curriculum will be provided.

*Set 2 | CKC: Learning Environments and Curriculum | 1-3 Hours  
For staff serving K-12th grade students*



### Clay Projects Inspired by Mesoamerican Cultures

This curriculum and training use air-dry clay to learn basic hand-building techniques for youth. Each skill can be used to make simple projects based on vessels, animals, human figures, and other forms found in Mesoamerican Art. These projects can be made with elementary aged students and middle school aged students given additional time to explore detail and function.

Set 1 | CKC: Learning Environments & Curriculum | 2 Hours

For staff serving K-8th

### Great Art in Afterschool: Creative Art Projects and Activities for School-Age Youth

This hands-on workshop will explore engaging and fun art activities for school age youth that go beyond crafts and explore learning about and creating amazing artwork!

Set 1 | CKC: Learning Environments & Curriculum | 2 Hours

For staff serving K-8th

### Including Great Art Practices in Your STEAM Program

This hands-on workshop will give you great ideas for making the most of Art in your STEAM (Science, Technology, Engineering, Arts, and Math) program. We will explore best practices for integrating art and design projects into great STEM curriculum. Participants will leave with clear strategies for relating art and science through creative thinking.

Set 2 | CKC: Learning Environments and Curriculum | 2 Hours

For staff serving K-12th grade students

## LITERACY

### Comics: Stories in Pictures and Words

Attendees will explore content, concepts, and lessons from the curriculum Comics: Stories in Pictures and Words. Participants will explore the elements of storytelling, character development, and design through hands on activities.

Set 2 | CKC: Learning Environments and Curriculum | 2 Hours

For staff serving K-8th grade students

### Fostering Grade Level Reading: Supporting Readers in K-3rd Grade

In this session educators such as afterschool and library professionals will examine the learning process of beginning readers and develop strategies to support them in their programs.

Set 2 | CKC: Learning Environments and Curriculum | 2 Hours

For staff serving K-3rd grade students

### Storybook Art

Participants will explore strategies and tools to make works of art based on children's story books. They will practice techniques with materials for making projects and discuss how teaching style may relate to how their students relate to reading.

Set 2 | CKC: Learning Environments and Curriculum | 2 Hours

For staff serving K-8th grade students



## EARLY LEARNERS

### Art Projects and Activities for Preschool

This workshop will explore hands-on activities for preschool-aged appropriate art. We will use a variety of materials and techniques to develop motor, cognitive, and communicative skills. This fun workshop will also explore strategies for creating your own age appropriate art lessons.

*Set 2 | CKC: Learning Environments and Curriculum | 2 hours*

### Emergency and Disaster Preparation in Child Care and Early Learning Programs: Shelter in Place

Emergency and disaster preparedness is an essential skill and risk management tool to ensure the health, safety, and well-being of children in care. Whether an emergency is caused by nature or humans, high-quality program providers must be prepared. This workshop explores emergency and disaster preparedness and provides strategies for “sheltering in place”.

*Set 2 | CKC: Health, Safety, and Nutrition | 2 Hours*

### Getting Ready for Preschool STEM Module 1: STEM Identity and Mindset

In this session participation will explore and practice hands-on activities from the book Making and Tinkering with STEM (Science, Technology, Engineering, and Math): Solving Design Challenges with Young Children. Participants will explore their own STEM Identify and mindset, and examine how their identity and mindset influences their work with children.

*Set 2 | CKC: Learning Environments and Curriculum | 2-3 hours*

### Getting Ready for Preschool STEM Module 2: Supporting STEM Learning

In this session participation will explore and practice hands-on activities from the book Making and Tinkering with STEM (Science, Technology, Engineering, and Math): Solving Design Challenges with Young Children. Participants will explore preschool age development and develop strategies for engaging young children in meaningful STEM activities.

*Set 2 | CKC: Learning Environments and Curriculum | 2-3 hours*

### Getting Ready for Preschool STEM Module 3: Hands on STEM Activities

In this session participation will explore and practice hands-on activities from the book Making and Tinkering with STEM (Science, Technology, Engineering, and Math): Solving Design Challenges with Young Children. Participants will also develop strategies for creating challenge statements and linking STEM to literacy, art, and social emotional learning.

*Set 2 | CKC: Learning Environments and Curriculum | 2-3 hours*

### Getting Ready for Preschool STEM Module 4: Family Engagement in Preschool STEM Learning

In this session participation will explore and practice hands-on activities from the book Making and Tinkering with STEM (Science, Technology, Engineering, and Math): Solving Design Challenges with Young Children. Participants will develop strategies for engaging families in STEM program activities and STEM family events.

*Set 2 | CKC: Family and Community Systems | 2-3 hours*



## STEM CURRICULUM TRAINING

These trainings are focused on implementing specific STEM curricula.

### Great Art in Afterschool: Creative Art Projects and Activities for School-Age Youth

This hands-on workshop will explore engaging and fun art activities for school age youth that go beyond crafts and explore learning about and creating amazing artwork!

Set 1 | CKC: Learning Environments & Curriculum | 2 Hours

For staff serving K-8th

### Maker's Box: Origami Math for School Aged Youth

Training participants will explore the use of the Math is Art: Origami curriculum through hands-on activities for youth. The curriculum is a Makers Box style curriculum that sets challenges for exploration of Common Core-aligned Math content, with the fun of creating folded paper in the traditional Japanese method.

Set 2 | CKC: Learning Environments and Curriculum | 2-3 Hours

For staff serving 6th-12th grade students

### NASA: Girl's STEAM Ahead Coding with School Age Youth

Recoloring the Universe is an Educator Training using hands-on and virtual STEAM activities about color, astronomy and coding from NASA! Grades 4-12 students with no prior coding experience can learn how to use computers to create images and understand astronomical data. Participants learn basic coding starting with concepts such as shape and color to explore astronomical objects.

Set 2 | CKC: Learning Environments and Curriculum | 6-8 hours

For staff serving 4th-8th grade students

### SciGirls Curriculum

SciGirls is a PBS developed curriculum that uses engagement strategies for underserved youth, and is fun and engaging for all students regardless of gender and background. SciGirls is an American children's animated and live-action television series that has the bold goal of changing how millions of girls think about science, technology, engineering and math – or STEM. Each half-hour episode highlights the processes of science and engineering, following a different group of middle school girls who design, with the help of scientist mentors, their own inquiry-based investigations on a variety of topics. SciGirls educational materials provide gender-equitable teaching strategies and hands-on inquiries based on the concepts modeled in SciGirls' videos. The SciGirls approach is rooted in research on how to engage girls in STEM. A quarter of a century of studies have converged on a set of common strategies that work, and these have become SciGirls' foundation—aka the SciGirls Six. All SciGirls activities were created with the SciGirls Six in mind and incorporate as many strategies as possible. Seven activity booklets are available, and each booklet pairs with a series of episodes focused on a general topic, such as Healthy Living, Physical Science, Computer Science, and Engineering and Inventing. The following two trainings are based on the SciGirls Girls curriculum. Curriculum can be found at <https://www.pbslearningmedia.org/collection/scigirls/#.WyAqNDNKgWo>



### SciGirls Citizen Science Curriculum Training for School Age Programs

Attendees will explore content, concepts, and lessons from the SciGirls Citizen Science curriculum. Participants in the training will practice hands-on activities from the curriculum in order to explore lessons as well as approaches, strategies, and tools to promote STEM identity for their students.

*Set 2 | CKC: Learning Environments and Curriculum | 3 Hours*

*For staff serving 4th-8th grade students*

### Using Scientific Inquiry to Explore Engineering Design

Join us as we explore scientific inquiry, using a nine-week curriculum to examine the science of engineering design. Apply STEM concepts appropriate for school-age children.

*Set 2 | CKC: Learning Environments and Curriculum | 2 Hours*

*For staff serving K-5th grade students*

### Using Scientific Inquiry to Explore Invisible Forces

Join us as we explore scientific inquiry, using a nine-week curriculum to examine the science of invisible forces. Apply STEM concepts appropriate for school-age children.

*Set 2 | CKC: Learning Environments and Curriculum | 2 Hours*

*For staff serving K-5th grade students*

### Using Scientific Inquiry to Explore Mechanical Engineering

Join us as we explore scientific inquiry, using a nine-week curriculum to examine the science of mechanical engineering. Apply STEM concepts appropriate for school-age children.

*Set 2 | CKC: Learning Environments and Curriculum | 2 Hours*

*For staff serving K-5th grade students*

### Using Scientific Inquiry to Explore the Science of Sound

Join us as we explore scientific inquiry, using a nine-week curriculum to examine the science of sound. Apply STEM concepts appropriate for school-age children.

*Set 2 | CKC: Learning Environments and Curriculum | 2 Hours*

*For staff serving K-5th grade students*

### Using Scientific Inquiry to Explore Wind

Join us as we explore scientific inquiry, using a nine-week curriculum to examine the science of wind. Apply STEM concepts appropriate for school-age children.

*Set 2 | CKC: Learning Environments and Curriculum | 2 Hours*

*For staff serving K-5th grade students*

### S.INQ STEM Festival

In this session participants will learn to use the Inquiry Process to help students design their own project to present at a science fair event

*Set 1 | CKC: Learning Environments and Curriculum | 2 Hours*



### S.INQ UP: Science Inquiry for Middle School-Careers

Attendees will explore content, concepts and lessons from the S.INQ UP: Science Inquiry for Middle School-Careers curriculum. Participants will practice activities from the content while applying the Scientific Inquiry Process and principles. Participants will explore STEM Career examples and strategies for presenting them to youth.

Set 2 | CKC: Learning Environments and Curriculum | 2 Hours  
For staff serving 6th-8th grade students

### S.INQ UP: Science Inquiry for Middle School- Earth and Space Sciences

Attendees will explore content, concepts and lessons from the S.INQ UP: Science Inquiry for Middle School-Earth and Space Sciences curriculum. Participants will practice activities from the content while applying the Scientific Inquiry Process and principles. Participants will explore Earth and Space Sciences activities, and strategies for presenting them to youth.

Set 2 | CKC: Learning Environments and Curriculum | 2 Hours  
For staff serving 6th-8th grade students

### Exploring the S.INQ Up Energy Inventors Curriculum

Participants will explore the S.INQ Up Energy Inventors curriculum by taking part in hands on activities and exploring online video resources. Participants will apply the Scientific Inquiry Process to group activities and discussions in order to implement student-led learning in the classroom.

Set 2 | CKC: Learning Environments and Curriculum | 2 Hours  
For staff serving 6th-8th grade students

### Techbridge Curriculum

The Techbridge curriculum is designed to interest students in STEM, promote inquiry, and highlight real-world applications so kids can see how STEM careers make the world a better place. All units are appropriate for middle school students; many activities can be simplified for use with younger grades, while others can be made more in-depth and complex for high school students. The following five trainings are based on the Techbridge curriculum. Curriculum can be found at <https://techbridgegirls.org/>



### Techbridge Curriculum Training: Digital Media

This session will give staff the tools they need to apply teaching strategies that support scientific inquiry and the engineering design process, and build students' comfort and confidence in exploring science concepts with their peers. Participants will practice activities from the curriculum and explore teaching strategies for their program.

Set 2 | CKC: Learning Environments and Curriculum | 2 Hours  
For staff serving 4th-12th grade students



### Techbridge Curriculum Training: Product Design

This session will give staff the tools they need to apply teaching strategies that support scientific inquiry and the engineering design process, and build students' comfort and confidence in exploring science concepts with their peers. Participants will practice activities from the curriculum and explore teaching strategies for their program.

*Set 2 | CKC: Learning Environments and Curriculum | 2 Hours  
For staff serving 4th-12th grade students*

### Techbridge Curriculum Training: Environmental Engineering

This session will give staff the tools they need to apply teaching strategies that support scientific inquiry and the engineering design process, and build students' comfort and confidence in exploring science concepts with their peers. Participants will practice activities from the curriculum and explore teaching strategies for their program.

*Set 2 | CKC: Learning Environments and Curriculum | 2 Hours  
For staff serving 4th-12th grade students*

### Techbridge Curriculum Training: Design Challenges

This session will give staff the tools they need to apply teaching strategies that support scientific inquiry and the engineering design process, and build students' comfort and confidence in exploring science concepts with their peers. Participants will practice activities from the curriculum and explore teaching strategies for their program.

*Set 2 | CKC: Learning Environments and Curriculum | 2 Hours  
For staff serving 4th-12th grade students*

### Techbridge Curriculum Training: Chemical Engineering

This session will give staff the tools they need to apply teaching strategies that support scientific inquiry and the engineering design process, and build students' comfort and confidence in exploring science concepts with their peers. Participants will practice activities from the curriculum and explore teaching strategies for their program.

*Set 2 | CKC: Learning Environments and Curriculum | 2 Hours  
For staff serving 4th-12th grade students*

## STEM FACILITATION SKILLS FOR EDUCATORS

These skills will support any informal STEM learning activities.

### Activities that Let Youth Take the Lead: Animal Town

In this session participants will learn how to support students in following their own curiosity and then sharing what they learn using themed units.

*Set 1 | CKC: Learning Environments and Curriculum | 2 Hours  
For staff serving K-5th grade students*



### Activities that Let Youth Take the Lead: Wheels That Work

In this session participants will learn how to support students in following their own curiosity and then sharing what they learn using themed units.

*Set 1 | CKC: Learning Environments and Curriculum | 2 Hours  
For staff serving K-5th grade students*

### Developing an Active STEM Learning Environment

Afterschool staff and volunteers will be able to apply skills needed for Active STEM learning and their role in developing an active learning environment.

*Set 2 | CKC: Learning Environments and Curriculum | 2 hours  
For staff serving K-12th grade students*

### Developing Your Own Purposeful Questions

In this session participants will explore and practice questioning strategies to increase and enhance learning in informal science, technology, engineering, and math (STEM) activities in afterschool programs.

*Set 2 | CKC: Learning Environments and Curriculum | 2 hours  
For staff serving K-12th grade students*

### Exploring the Engineering Design Process with School Age Youth

In this hands-on, minds-on session, participants will explore the engineering design process from activities in various STEM curricula including S.INQ, SciGirls, and Afterschool Science Plus. Participants will explore questioning strategies, develop strategies for encouraging reflection, and examine strategies for engaging typically underserved youth.

*Set 2 | CKC: Learning Environments and Curriculum | 3 Hours  
For staff serving K-8th grade students*

### Family Engagement in STEM: Facilitating a Family Engineering Event

By attending this session parent volunteers and afterschool providers will become fully prepared to co-facilitate a fun and engaging Family Engineering Event.

*Set 2 | CKC: Family and Community Systems | 3 Hours*

### Including Great Art Practices in Your STEAM Program

This hands-on workshop will give you great ideas for making the most of Art in your STEAM (Science, Technology, Engineering, Arts, and Math) program. We will explore best practices for integrating art and design projects into great STEM curriculum. Participants will leave with clear strategies for relating art and science through creative thinking.

*Set 2 | CKC: Learning Environments and Curriculum | 3 Hours  
For staff serving K-12th grade students*



## STEM Approaches

In this interactive training, participants will explore how to engage school-aged youth in Science, Technology, Engineering, and Math (STEM) using the Scientific Inquiry Process. Participants will move through an example lesson plan, including tips on student led problem solving and group dynamics. Participants will explore ways to support student motivation, encourage reflection, and examine strategies for engaging typically underserved youth.

*Set 2 | CKC: Learning Environments and Curriculum | 3 Hours*

*For staff serving K-12th grade students*

## Teaming Up for Success: Encouraging Collaborative STEM Work

Afterschool staff and volunteers will explore the necessity of collaboration and interaction in science and engineering learning experiences and will be able to effectively facilitate collaborative STEM learning experiences.

*Set 2 | CKC: Learning Environments and Curriculum | 2 hours*

*For staff serving K-12th grade students*



## Families, Communities, and Schools

» Program Standard:

A quality program develops, nurtures, and maintains strong and positive relationships with families, community organizations, and schools to fully support positive outcomes for children and youth.

» Staff Competency:

Afterschool professionals should be able to communicate effectively and build lasting partnerships with the families, communities, and school that support the children and youth in the program.

### Family Engagement in STEM: Facilitating a Family Engineering Event

By attending this session parent volunteers and afterschool providers will become fully prepared to co-facilitate a fun and engaging Family Engineering Event.

Set 2 | CKC: Family and Community Systems | 2 Hours

### Family Engagement Through Authentic Relationships

The Search Institute's Developmental Relationships framework points to critical opportunities youth programs can reframe the way they partner with families. In this session participants will explore the framework and apply it to family engagement strategies for their program.

Set 2 | CKC: Family and Community Systems | 2 Hours

### Forming Community Partnerships in School Age Programs

Partnerships are vitally important to a successful afterschool program. Participants will use the Beyond the Bell tools to explore the value of community partnerships and to create partnership implementation strategies. Participants will practice strategies for communicating with stakeholders in order to sustain on-going and mutually beneficial relationships with community partners.

Set 2 | CKC: Family and Community Systems | 2 Hours

### School Day Collaboration for Afterschool Programs

Partnerships are vitally important to a successful afterschool program. Participants will use the Beyond the Bell toolkit to explore The Five Principles of Successful School/Afterschool partnerships, and the best practices for school-day alignment. Participants will develop and practice strategies for communicating with school day staff. This training is designed for management level staff.

Set 2 | CKC: Family and Community Systems | 2 Hours



## Health, Safety, and Nutrition

### » Program Standard:

To ensure all participants are well nourished, ready to learn, and able to make lifelong healthy food choices, a quality program provides a welcoming, healthy, and safe environment for children, youth, staff, and families. Additionally the program mission, policies, and procedures are linked to promoting wellness and encouraging children and youth to independently practice good healthy, nutrition, and safety.

### » Staff Competency:

Afterschool professionals should be focused on providing nutritionally balanced snacks and meals and observing practices related to safety and health to ensure that participants are able to learn and develop.

### Do as I Do: Being a Healthy Lifestyle Role Model

In this session participants will explore the idea of what being a role model for youth really means and how their actions influence those around them. Participants will learn strategies to achieving a healthier lifestyle and to how involve youth in healthier options.

*Set 2 | CKC Health, Safety, and Nutrition | 2-3 Hours*

### Emergency and Disaster Preparation for School Age Programs

Emergency and disaster preparation for facilities/programs serving school-age children.

*Set 1 | CKC Health, Safety, and Nutrition | 2 Hours*

### Employee Wellness for Afterschool Providers

In this session participants will explore the importance of taking care of oneself, physically and mentally. Participants will examine the effects of what we do for ourselves on a chemical level and how it translates to how we function in the afterschool environment with additional stressors of children, parents, and overall situation.

*Set 2 | CKC Health, Safety, and Nutrition | 2-3 Hours*

### Health and Wellness Curriculum Overview

In this session participants will be introduced to various evidenced-based Health and Wellness curriculums. Participants will compare the features of each curriculum, including age range, standards, and how well it can fit into their program.

*Set 1 | CKC Health, Safety, and Nutrition | 2 Hours*

*For staff serving K-8th grade students*



### Helping Stressed Out Kids In Your Program

In this session participants will examine how stress affects adults and children on physiological level. Explore the signs and symptoms exhibited in children experiencing stress. We will discuss the different components of what makes stress positive vs. negative, the changes that happen on a chemical level, how to recognize signs of stress, and strategies to combat negative stress.

*Set 2 | CKC Health, Safety, and Nutrition | 2-3 Hours*

*For staff serving K-8th grade students*

### Trauma Informed Practices in Afterschool Programs

In this session participants will explore the effects of Adverse Childhood Experiences (ACEs) on development and how those effects manifest in children's behavior. The session will also explore strategies for limiting potential trauma triggers in programs and for self-regulation of emotions.

*Set 2 | CKC: Health, Safety & Nutrition | 3 Hours*

*For staff serving K-12th grade students*

## Highly Skilled Personnel

» Program Standard:

A quality program employs staff that have both the academic and experiential knowledge that is needed to successfully perform their jobs. Ongoing development plans ensure that staff have the required credentials and knowledge to meet the diverse needs of the children and youth in the programs.

» Staff Competency:

Afterschool professionals need to understand what it means to be a professional and commit to ongoing growth and professional development.

### Employee Wellness for Afterschool Providers

In this session participants will explore the importance of taking care of oneself, physically and mentally. Participants will examine the effects of what we do for ourselves on a chemical level and how it translates to how we function in the afterschool environment with additional stressors of children, parents, and overall situation.

*Set 2 | CKC Health, Safety, and Nutrition | 2-3 Hours  
For staff serving K-12th grade students*



## Program Management

### *for Directors and Program Leadership*

» Program Standard:

A quality program has an effective management structure, based on program goals and mission, with policies and procedures that ensure the successful and sustainable implementation of the program.

» Staff Competency:

Afterschool professionals need to understand effective program management techniques in order to manage program planning, development, budgeting, and evaluation.

### Family Engagement Through Authentic Relationships

The Search Institute's Developmental Relationships framework points to critical opportunities youth programs can re-frame the way they partner with families. In this session participants will explore the framework and apply it to family engagement strategies for their program.

*Set 2 | CKC: Family and Community Systems | 2 Hours*

### Forming Community Partnerships in School Age Programs

Partnerships are vitally important to a successful afterschool program. Participants will use the Beyond the Bell tools to explore the value of community partnerships and to create partnership implementation strategies. Participants will practice strategies for communicating with stakeholders in order to sustain on-going and mutually beneficial relationships with community partners.

*Set 2 | CKC: Family and Community Systems | 2-3 Hours*

### Leadership in Afterschool: Delegation

Being a leader in an afterschool program doesn't mean you have to do everything yourself. In this session we will explore ways to delegate tasks with clear expectations and accountability measures so your whole team has more ownership in the running of the program.

*Set 2 | CKC: Program Management | 2-3 Hours*

### Leadership in Afterschool: Emotional Intelligence

Emotional Intelligence is the ability to reason with and about emotions. It is critical to the success of youth programs that the adults leading programs have solid emotional intelligence skills. In this session we will examine emotional intelligence, and explore the skills associated with it and how our skills as adults impact the students in our programs.

*Set 2 | CKC: Personal, Professional & Leadership Development | 2 Hours*

### Leadership in Afterschool: Giving and Receiving Feedback

We can find a lot of ways to grow personally and professionally by working in an afterschool program. That growth is enhanced in a program culture that values two-way feedback. In this session we will examine the benefits of effective feedback and explore strategies for giving and receiving meaningful feedback.

*Set 2 | CKC: Program Management | 2 Hours*



### **Leadership in Afterschool: Planning and Goal Setting**

Participants will examine the importance of planning and goal setting and apply their understanding by developing a program plan using a logic model.

*Set 2 | CKC: Program Management | 2-3 Hours*

### **Leadership in Afterschool: Staff are People**

We can't run programs without staff. They are an essential component of an afterschool program. In this session we will explore ways to support, acknowledge, and retain staff by following the 3 Ps of Leadership - People, Purpose, and Process.

*Set 2 | CKC: Program Management | 2 Hours*

### **School Day Collaboration for Afterschool Programs**

Partnerships are vitally important to a successful afterschool program. Participants will use the Beyond the Bell toolkit to explore The Five Principles of Successful School/Afterschool partnerships, and the best practices for school-day alignment. Participants will develop and practice strategies for communicating with school day staff. This training is designed for management level staff.

*Set 2 | CKC: Family and Community Systems | 2 Hours*

### **Strategies for a Positive Classroom**

Participants will explore and practice strategies for generating and maintaining a positive classroom dynamic. These strategies will provide teachers the tools to foster healthy student relationships, prevent bullying and develop tools to foster respect among individuals.

*Set 2 | CKC: Understanding and Guiding Behavior | 2 Hours*

### **Using Data for Quality Improvement in Afterschool**

In this session participants will explore various kinds of data from real afterschool programs. They will practice drawing conclusions from the data and connecting the data to program improvements.

*Set 2 | CKC: Program Management | 2 Hours*



## Social and Emotional Learning and Engagement

» Program Standard:

A quality program fosters social and emotional learning and encourages youth engagement in the planning, implementation, and governance of the program, resulting in positive outcomes for children and youth.

» Staff Competency:

Afterschool professionals are expected to draw on their knowledge of child and youth development to build relationships and support participants in Social and Emotional Learning.

### Creating Connections that Help Young People Thrive: Exploring and applying the Search Institute's Research on Developmental Relationships

In this session participants will examine the results of the Search Institute's research on Developmental Relationships and develop strategies for strengthening connections with youth.

*Set 2 | CKC: Human Growth and Development | 2 Hours*

*For staff serving 4th-12th grade students*

### Creating a Supportive Program Climate

In this session participants will examine how a supportive youth program climate can prevent bullying. Participants will explore ideas and develop strategies for developing supportive relationships and establishing a culture of respect

*Set 2 | CKC: Understanding and Guiding Behavior | 2-3 Hours*

### Examining and Intervening in Bullying Behavior

In this session participants will examine what bullying behavior is and is not and what bullying looks like in action. Participants will explore ideas and develop strategies for addressing and reporting bullying behavior when it occurs.

*Set 2 | CKC: Understanding and Guiding Behavior | 2-3 Hours*

### Growth Mindset: Supporting School-age Learners

Participants will explore the concept of Growth Mindset, examine their own mindset as it applies to learning new things, and practice communication strategies that build confidence in problem solving and encourage students to persist through challenges.

*Set 2 | CKC: Human Growth and Development | 2 Hours*

*For staff serving K-8th grade students*

### How Playful Adults Model Play for Children in Afterschool

Having time to play as an adult has more benefits than most realize. Adults, especially in afterschool programs, are the role models for kids and communicate with them on a regular basis. Therefore it's important to be able to understand their language - play! Participants will explore how kids learn critical lifelong skills through play and examine their own sense of play.

*Set 2 | CKC: Human Growth and Development | 2 Hours*



### **Introduction to Brain Development, Trauma, and Behavior**

In this session participants will be introduced to brain development in relationship to toxic stress. The training includes playing the Brain Architecture Game, which introduces brain development from the perspective of variables like trauma and social support. Participants will also review trauma informed care practices and consider possible applications.

*Set 1 | CKC: Human Growth and Development | 2-3 Hours  
For staff serving K-8th grade students*

### **Overview of Social and Emotional Learning Frameworks for Afterschool Providers**

In this session afterschool providers will review a variety of social and emotional learning frameworks and how they apply to the afterschool setting.

*Set 1 | CKC: Human Growth & Development | 2-3 Hours  
For staff serving K-12th grade students*

### **PBIS Basics for Afterschool Providers**

Positive Behavior Interventions and Support (PBIS) is a research-based framework that is most successful when applied across all contexts of a student's school and afterschool experiences. In this session, participants will learn the basic components of a PBIS system and how afterschool staff can integrate PBIS strategies into their program.

*Set 1 | CKC: Understanding and Guiding Behavior | 2 Hours*

### **The Role of Play in Group Management in Afterschool Programs**

In this session participants will examine how Play can be applied to managing groups of children in elementary afterschool programs. Participants will practice strategies for using Play in transitions, routines, and time fillers to keep children active and engaged, limiting negative behavior.

*Set 2 | CKC: Understanding & Guiding Behavior | 1-3 Hours  
For staff serving 4th-12th grade students*

### **Transitions and Time Fillers**

Participants will explore and practice strategies to transition students between different activities, reduce or eliminate waiting time, and explore and practice activities that keep students busy and reduce behavior problems.

*Set 2 | CKC: Understanding & Guiding Behavior | 1-3 Hours  
For staff serving K-12th grade students*



## OregonASK Trainers

### Kassy Rousselle, Trainer

Kassy started at OregonASK as an Americorps member in 2017 as their Health and Wellness VISTA. At the end of her VISTA year she joined the OregonASK team full time as their Health and Wellness Coordinator/Trainer. Kassy has a Bachelor's in Food Science and Nutrition from Central Washington University, she's hoping to re-frame the way we think of healthy eating and physical activity. She develops and conducts trainings on a variety of health topics for afterschool ranging from healthy eating, physical activity, and healthy environments.



### Leilani Larsen, Master Trainer

Leilani joined OregonASK in 2019 as our Quality Improvement Coordinator. She earned her Bachelor's of Science in Elementary Education with a Minor in Early Childhood Education and a Master's Degree in Education from Oregon State University. She holds an Oregon Teaching License and Master Trainer certificate.

Leilani's 35 year career in the field of Education has journeyed through many paths. She has been a classroom teacher, school librarian, school coordinator for SMART (Start Making a Reader Today), owner of an afterschool program, afterschool teacher and program coordinator, school age specialist for OregonASK, and community volunteer. These valuable experiences have helped her see learning and education from a spherical aspect.



### Rachel Kessler, Master Trainer

Rachel has worked as the Curriculum Development Coordinator for OregonASK since 2015. She is a certified Master Trainer within the Oregon Registry system, also working alongside students and teachers as she designs and tests afterschool and summer curriculum. Rachel has a Masters of Fine Arts, bringing her passion for art and creativity in all she does. She has designed curriculum for local programs including Airway Science for Kids, Gilbert House Children's Museum, Woodburn Afterschool Club and Port of Portland. She conducts teacher and staff training on a wide variety of topics, including being a state trainer for national programs such as Science Action Club, CryptoClub, Techbridge, and SciGirls.

