

Arizona Center for Afterschool Excellence

25th Annual School's Out, Make It Count

Arizona Out-of-School Time Conference

Professional Development Workshops

Note on symbols:

(LDR) Indicates Leadership Track. Workshops for current program managers and supervisors.

K-4 Indicates that workshop is applicable to Elementary School Programs

5-8 Indicates that workshop is applicable to Middle School Programs

9-12 Indicates that workshop is applicable to High School Programs

I – VII : Indicates Alignment to Arizona Quality Standards for Out-of-School Time Programs

I: Safe and Healthy Environments

III. Intentional Programming & Activities

V. Family, School & Community

VII. Program Evaluation & Data

II. Positive Relationships

IV. Equity & Inclusion

VI. Program Management

GD signifies workshop addresses Growth & Development (developmentally-appropriate activities, child guidance, developmental psychology)

PM signifies workshop addresses program administration, planning, development or management

SESSION I

10:00am-11:00am

Save, Spend or Splurge: Make a Splash with Financial Literacy

150/151

Michael Sullivan, Ed. D.

Financial literacy is an important life skill- and it's never too early to start learning! Join financial consultant and former Education Director of Take Charge of America Michael Sullivan as he demonstrates "The Minnow Tank (of Savers)", a new financial literacy curriculum specifically developed for out-of-school time programs! Discover how financial literacy can facilitate reading and math enrichment, as well as positive social/emotional development. You'll get hands-on, step-by-step experience with this innovative program. Don't miss this chance to learn from a national expert, and give youth the tools to lead financially healthy lives! **1-6. III. PM.**

Inspiring, Encouraging and Empowering Underrepresented Youth in STEM

152

Michelle Taylor-Frazier, MS Ed., Multicultural Educational Programs, Inc.

Children's rights activist Marian Wright Edelman once said, "You can't be what you can't see." This workshop will introduce you to Multicultural Educational Programs (MEP), an internationally-recognized STEM program that works to close the STEM achievement gap for African American, Latino and other underrepresented youth. Participants will explore the key elements of MEP and engage in fun, hands-on learning activities designed to teach youth about African American and Latino inventors, and allow all youth to picture themselves in STEM careers. You'll leave this session with book recommendations to use in your program, and with the tools and resources to inspire all youth to future greatness. **3-8. III, IV. PM.**

Understanding the Influence: Youth Substance Abuse Prevention 154

Shane Watson, notMYkid

notMYkid's prevention programs have educated and empowered more than a million youth, families, and community members across Arizona, providing the knowledge and courage to prevent negative behaviors. Join Shane Watson, Manager of Parent & Faculty Education, as he equips you with the knowledge to identify drug abuse, youth risk factors pertaining to substance abuse, the effects of drugs and alcohol on the developing brain of adolescents, prevention strategies, and how adults can effectively intervene if they perceive a problem. You'll learn how to start an open and honest dialogue with youth to prevent and address destructive behaviors. **K-4, 5-8, 9-12. II, III. GD.**

Hands-On STEM Projects: Easy for Staff, Fun for Youth! 156

Jeff Salzman, Nature-Watch

You don't have to be a "science person" to do STEM. Given the right hands-on materials and resources, teaching science can be easy for you, and fun for youth! This workshop will show you engaging, hands-on STEM projects that can be easily incorporated into your program. Participants will also discuss barriers to the inclusion of science instruction in OST programs, and means by which to overcome those barriers. You'll walk away with not only sample STEM projects, but the confidence to teach and create your own! **K-4. III. PM.**

Starting A Chess Club: No Experience Required! 157

Ted Komada, Flagstaff Unified School District

Chess is the most popular board game in the world. For youth, it's a game that's about much more than just winning. It's about coming together with peers, and growing together as players. It's about logic and resiliency, and doing something slightly better today than the day before. Join Ted Komada of the nationally recognized Killip Elementary Chess Club as he models a simple, structured way of teaching chess to youth. You'll be introduced to the four concepts that make a 'good' chess game, and learn how to build a chess club from start-up, to school, local and state tournaments. Even if you've never played before, you'll leave this session feeling like a Chess Queen (or King!). **K-4, 5-8, 9-12. III, V. PM.**

Swish! NBA Math Hoops in Out-of-School Time 158

Nick Monzi and Jeff Drexler, Learn Fresh Education Co.

The Phoenix Suns and partner Learn Fresh Education are proud to offer NBA Math Hoops, a FREE math program for youth in 4th-8th grades, to OST programs throughout Arizona! Math Hoops uses a board game and NBA-themed curriculum to engage youth in fundamental math, and gives top participating youth the opportunity to earn rewards from the Suns-- including special event access and entry in the annual Arizona Math Hoops tournament! In this introductory session you can explore the curriculum, discover best practices for implementation, and learn how your program can sign up. **4-8. III. PM.**

Thriving: Overcoming Adverse Childhood Experiences 159

Mike Edwards

What are ACEs, and how does an ACE score affect the behavior of youth? This eye-opening session will introduce you to Adverse Childhood Experiences (ACEs) and the groundbreaking research study on the risk factors associated with childhood trauma. You'll learn how healing is possible, and how safe, stable and nurturing relationships can ease the adverse affects caused by childhood stress and trauma. **K-4, 5-8, 9-12. II, V. GD.**

Power of Play 160

Kara Largent and Rhett Etherton, Playworks Arizona

For over 20 years, Playworks has been transforming schools and programs throughout the country, creating fun, safe and supportive spaces for youth. In this interactive, "learn-through-play" workshop, Playworks Arizona trainers Kara Largent and Rhett Etherton will share Playworks games, activities and strategies to create healthy, inclusive and fun play in your program. You'll walk away with best practices to help youth navigate and overcome barriers and challenges, and the skills to support their physical, social and emotional development through play! **K-4, 5-8. III, IV. PM.**

Strengthening Social & Emotional Learning through Drama 161
Katie'B Jarvis and Andrea Lombardi, Childsplay
Childsplay is a nationally and internationally respected theatre company that provides high-quality arts education in dozens of communities throughout Arizona. Join Childsplay's Katie'B Jarvis and Andrea Lombardi for this highly-interactive workshop that will give you the techniques to reinforce social and emotional learning through collaborative creative play and storytelling! You'll learn drama activities and strategies that will teach youth to analyze their own reactions and perspectives in various situations and conflicts. **K-4, 5-8, 9-12. II, III. GD.**

CrossFit for Kids 165
John Castaneda and Nikki Dooley, Steve's Club of Flagstaff
Think you need a ton of special equipment to do CrossFit? Think again! You can do CrossFit in your program, and John Castaneda and Nikki Dooley of Steve's Club are here to show you how! Get ready to get moving AND learning in this high-energy, interactive workshop. You'll learn how CrossFit supports healthy physical fitness habits in youth, as well as their neurological, cognitive and motor skill development! **5-8, 9-12. III. GD.**

Unpacking my Invisible Backpack: An Interactive Workshop on Implicit & Explicit Bias 167
Richard T. Crews, Radicle Solutions Group
Bias is something that we all have, regardless of our race, gender, religion, etc. The real question is not if we have bias, but are we aware of our biases and how they manifest in our everyday lives? In this workshop you will examine the intersections of your identity, and unpack the lenses through which you view your program. Presenter Richard Crews will lead you in a discussion on best practices for working alongside communities perceived as different from your own, and how to recognize and respond to instances of bias in your program. Whether you are an Executive Director or a Volunteer, you will leave this workshop equipped to maximize your impact and authentically engage with the youth, families, and communities you serve. **K-4, 5-8, 9-12. II, IV, V. PM.**

SESSION II

11:15am-12:15pm

STEM on the Cheap 4.0 150/151
Josh Moore, Amanda Zamudio and Ashley Jeffers-Sample, Arizona 4-H Youth Development
Is your program on a shoestring budget? Do you want to incorporate more STEM, but don't think you can afford it? Then this workshop is for you! Presented by Arizona 4-H, this session is hands-on from start to finish, and will provide you with a solid knowledge base for leading several all-new fun and affordable STEM activities! **K-4. III. PM.**

Learning Your Way: Multiple Intelligences and STEAM 152
Gail J. Hutchison, Museum of Science and Industry, Chicago
Join Gail Hutchison, Top 25 NAA presenter and Education Coordinator with the renowned Museum of Science and Industry, for this in-depth, hands-on session. You'll learn how to identify and understand multiple intelligences (MI), and how MI can be used to provide youth with engaging, meaningful STEAM (Science, Technology, Engineering, Arts and Math) instruction and activities. You'll leave this session with examples of STEAM projects that kids will love, and which you can easily implement in your program! **K-5. III. PM.**

Coaching Staff to Success (LDR) 154
Jansen Azarias, Higher Ground
Every member of your staff wants to do their job well. But "doing well" may have a different meaning for each person on your team. In this workshop Jansen Azarias, Executive Director of Higher Ground Resource Center and 2017 Next Generation in Afterschool Honoree, will discuss how to get your team motivated, mission-driven and on the same page. You'll learn methods to motivate your staff through coaching, and inspire them to maximize their positive impact on youth. **K-4, 5-8, 9-12. II, VI. PM.**

- Language and Literacy... It's FUN-damental!** 155
Nicole North and Shannon Wynn-Cannon, MindWorks Resources
Language and literacy are the foundations on which all learning takes place. From simple tasks such as tying a shoe to complex tasks such as physics calculations, a strong foundation in both language and literacy are critical for success. Out-of-school time is the perfect place to create opportunities for youth to strengthen their language and literacy skills. Join Nicole and Shannon from MindWorks Resources as they demonstrate easy, fun and creative ways to infuse language and literacy into all aspects of your program. Come prepared to play, create and learn! **K-4, 5-8. II, III. PM.**
- Improve Program Quality with a PD Plan (LDR)** 156
Justin Hensley, Click2Science
Are you are looking for new resources to improve the quality of your program through professional development? Staff are the key to high quality OST programs and professional development can be provided in every program. In this session, you will learn how to implement an ongoing, professional development cycle in your program using the free resources available from Click2SciencePD. You will find resources to meet your program professional development needs and structure and leave with strategies you can implement immediately. **K-4, 5-8, 9-12. VI. PM.**
- Building Creative and Critical Thinkers with Lego Bricks** 157
Tami Taylor, PVSchools
It's universal, and it's powerful: Toy blocks and other construction toys can change the way kids think. This session will provide out-of-school time staff with an opportunity to broaden your thinking about Legos and how to use them in your program. Using the 4 C's (Communication, Collaboration, Critical Thinking and Creativity), Outstanding OST Professional Finalist Tami Taylor will guide you throughsen multiple hands-on Lego activities and provide you with creative tools and lesson plans that you can take back to your program. You will leave this session inspired and ready to implement these fresh new ideas using these beloved bricks! **K-4. III. PM.**
- Small Changes Make a Big Difference: Activity Modification for Youth with Special Needs** 158
Amy Maschue, M.S. CCC-SLP, Words to Grow On LCC
11.4% of Arizona public school students have special needs, and 1 in 66 children in Arizona is diagnosed with Autism Spectrum Disorder. Kids with special needs bring their own unique talents, humor, perspectives, and challenges to out-of-school time programs. This workshop will give you practical ideas that can positively impact behavior and communication of students with special needs in OST programs. Presenter Amy Maschue will show you how small changes to an activity can make a big difference in participation, compliance and enjoyment of all students. You'll learn evidence-based practices that will empower you to create a fun, inclusive and enriching OST environment for all youth, regardless of ability. **K-4. I, II, IV. GD.**
- Strengthening Your Program through Community Partnerships (LDR)** 159
Marge Pellegrino, Owl and Panther; Mariana Pegno & Morgan Wells, Tucson Museum of Art
Strong partnerships with community organizations can add new layers of learning, engagement and excitement to an out-of-school time program. Outstanding OST Program Award Finalist Owl & Panther and the Tucson Museum of Art are a perfect example of what can be achieved for youth through community partnerships. Join representatives from both organizations as they discuss their partnership program, "Museum as Sanctuary," which serves refugee youth. Presenters will reveal successful tactics for collaboration, and demonstrate how trust-building and active listening are foundational to effective community-based programming. **K-4, 5-8, 9-12. III, V. PM.**
- Fuel for Fun: Making Nutrition Fun and Relevant for Youth** 160
Kirsten Gray, Valley of the Sun YMCA
Fast food and junk good are everywhere – and constantly marketed to kids! How can we as youth program staff break through the noise and get youth interested in good nutrition? This workshop will provide you with strategies and activities that make nutrition and healthy food choices appealing to youth. Using the National Afterschool Association-approved Healthy Eating and Physical Activity (HEPA) standards and the Y-USA's "Food, Fuel and Fun" curriculum, presenter Kirsten Gray will show you how to educate youth on healthy eating, and instill good habits both inside and outside your program. **K-4, 5-8. I, III. PM.**

Groovin' to the Music 161
Kami Kerby, Kerby Seminar Group
Good music has the power to change your mood and the environment of your program! Music unifies people and enhances learning opportunities. In this workshop you will walk away with ideas of how to use music to establish routines and make quick easy transitions. You will also walk away grooving to music and movement games and activities to make your job easier and more enjoyable! **K-4. II, III. GD.**

3-2-1... Blast Off with Rocketry! 165
Jennifer Cheesman, Peoria USD, and Jef Herold, Deer Valley USD
Fun and exciting rocketry projects don't have to break your budget! In this one-hour workshop you will learn three types of rocketry activities that you can easily and cheaply launch in your program. Ready to build and launch your very own rockets? Prizes will be awarded for farthest launches! **K-4. III. PM.**

Design Thinking: Building Innovation Within Your Programs (LDR) 167
Courtney Klein, SEED SPOT
Join Keynote Speaker Courtney Klein, Co-Founder and CEO of SEED SPOT, for an interactive workshop that will introduce you to the process of design thinking. Courtney will take you through a design thinking exercise to provide you with a new way to approach solving problems, understanding the youth in your program, and innovating within your out-of-school time programs. The methodology shared in this workshop can be used in a multitude of settings to drive innovation and change within your work. **K-4, 5-8, 9-12. VI. PM.**

SESSION III

1:15pm-2:15pm

Create the Path and Leave the Trail: How to Build a Team that Gets Results (LDR) 150/151
Larry Tracey, Youth4Youth
Do you want to move your program forward further, faster and easier? Would you like to reduce stress and create buy-in from your team? In this fast-paced, interactive hour you will determine the obstacles that keep you and your team from achieving programmatic goals, discover master skills for effective leadership, and learn how to empower your team through goal-setting and planning. You will leave this session with hope, energy and a renewed sense of purpose and direction. **K-4, 5-8, 9-12. VI. PM.**

Reel Talk: Using STEM & Film to Foster Youth Voices 152
Gail J. Hutchison, Museum of Science and Industry, Chicago
In this workshop participants will explore STEAM (Science, Technology, Engineering, Arts and Math) concepts behind the fundamental process of creating short films. Lighting, special effects, and basic animation techniques covered in this session will provide opportunities for your students' creativity and voices to be fostered and utilized! You'll learn basic film concepts and the scientific theories behind them, techniques to foster open discussions about what's important in their communities, and engagement strategies that will enhance the use of videography in your program. **3-12. III. PM.**

Essential Love & Logic Skills for Out-of-School Time 154
Larry Kerby, Kerby Seminar Group
Come discover some fun program management and self-management tools and techniques that will transform your out-of-school time program! Join Larry Kerby for this interactive session as he demonstrates some simple adjustments that can dramatically increase the quality of the relationships you have with the kids in your program. **K-4. II. GD.**

Experiencing STEM

155

CynDee Zandes, Consult 4 Kids

Out-of-school time programs and STEM education are a perfect match! When a program provides hands-on and minds-on STEM opportunities for youth, the learning possibilities are endless. This workshop will teach you how to guide youth to “think like a scientist” or “think like an engineer” through experiential learning and the inquiry-based learning model. You’ll learn how to facilitate STEM in a way that sparks the imagination of youth, while building their content knowledge and important 21st century skills. **K-4, 5-8. III. PM.**

Testing the Waters: Engineering and Planetary Science in OST

156

Sean Ryan and Vanessa Fitz-Kesler, Northern Arizona University

High-quality STEM curriculum does NOT have to break the bank! Get some hands-on experience with STEM curriculum that is high-quality, research-based, easy to follow AND free! Trainers from NAU’s Center for Science Teaching and Learning will take you step-by-step through a sample OST STEM activity and show you how to access the free curriculum. Be one of the first to get a sneak peak of a new curriculum that integrates engineering and planetary science, and learn about professional development opportunities with the NASA-funded PLANETS project. If you’re serious about STEM, this session is for you! **K-4, 5-8. III. PM.**

Strategic Planning for Your Program (LDR)

157

Jeremy King, City of Tempe Kid Zone Enrichment Program

“A failure to plan is a plan for failure,” right? Well, a strategic plan is a plan for success! NAA Afterschool Ambassador Jeremy King will present a 2-hour interactive workshop that will help you craft a strategic plan that will maximize your resources, energize your staff with a shared vision, and create the best possible program for youth! You’ll receive a template for your program’s strategic plan that includes intentional programming, activities and curriculum; staff training; mission statement-alignment; youth voice and choice; and more! You don’t want to miss this training!

K-4, 5-8, 9-12. III. IV. PM.

Mindful Me: Fostering an Environment of Resiliency and Self-Regulation

158

Beheir Johnson and Allison Gilbert, Phoenix Children’s Hospital

Are there youth in your program with whom, no matter what you do, you just can’t seem to make a connection? Sometimes adults can mistakenly perceive these youth as angry, or uninterested in social interaction, or just “bad.” In this interactive workshop, the team from Kohl’s Mindful Me at Phoenix Children’s Hospital will address the underlying causes of behavior as it relates to trauma, the effects trauma has on the brain and development, and the many ways it can manifest in out-of-school time program settings. You’ll learn about trauma and trauma-informed practices, and gain new strategies and tools to make positive connections with the youth you serve. **K-4, 5-8, 9-12. I, II, IV. GD.**

Native American Roundtable: Healthy Native Youth

159

Gwenda Gorman, Inter Tribal Council of Arizona, and Aaron Secakuku, Native Americans for Community Action

This session will focus on the various programming that is happening in the Native American communities throughout the great state of Arizona. Facilitators Gwenda Gorman and Aaron Secakuku will guide the group to voice successes, struggles and barriers in working with tribal entities and governments when it comes to out-of-school time programming. In addition, attendees will be introduced to “Healthy Native Youth,” a new online resource with health promotion curricula created for American Indian and Alaska Native youth! **K-4, 5-8, 9-12. V, VI. PM.**

CATCH the Fun with Physical Activity Programming!

160

Christine Hicks, Patricia Russell and Cristina Guterman, Coordinated Approach to Child Health (CATCH)

Learn fun and easy-to-implement physical activities and games that all youth can enjoy together, regardless of athletic ability! CATCH Kids Club is an evidence-based physical activity and nutrition education program designed for K-8 OST programs, adopted by over 100 program sites in Maricopa. In this interactive session, CATCH trainers will demonstrate a number of engaging activities that support youth in the adoption of a healthy and active lifestyle, as well as positive and effective group management techniques that will keep kids moving and having fun! **K-4, 5-8. I, III, IV. PM.**

Great Games for Recreation Programs

161

Jason Jamison, Covering the Court LLC

Time to get on your feet, moving, playing and having fun! Join Jason Jamison for a high-energy session where you'll discover and experience a number of exciting games that are ideal for out-of-school time programs. Get your heart pumping while learning how to implement activities that keep kids active and engaged! You'll also learn how to modify games to ensure success for all youth, and how to reinforce important life skills through play!

K-4, 5-8, 9-12. II, III, IV. PM.

In It Alone, or Not?

165

Dr. Gale Gorke, Kids Kan Inc.

Too often the demands of everyday life can overwhelm us. Managing stress and maintaining supportive relationships are essential for your health and for your effectiveness as an out-of-school time professional. In this session you will learn that attachment is the key! You'll practice various techniques and strategies to help you work through, cope with, and overcome barriers that can prevent you from reaching your goals. These techniques and strategies will help you to manage stress, and can also be used to provide support and encouragement to the youth in your program.

K-4, 5-8, 9-12. I, II. GD.

Inspiring English Learners with Wordless Picture Books

167

Meredith Scott Lynn, WRiTE BRAiN BOOKS

Out-of-school time is the perfect time for English learners to grow and develop in reading! This interactive session will demonstrate how wordless picture books provide accessible, unthreatening opportunities for English learners to discover their voices and use their creativity as a tool for communication. Join Meredith Scott Lynn from WRiTE BRAiN BOOKS as she demonstrates fun strategies to help young English learners to become more confident in their speaking and writing skills, and elevate their self-esteem, open-mindedness and resilience in the process! **K-4, 5-8, 9-12. II, III. PM.**

SESSION IV

2:30pm-3:30pm

Boosting Morale on a Minimum Budget (LDR)

150/151

Melanie Martin and Beth Jenkins, Children's Museum of Phoenix

Employee morale isn't something that you can measure or quantify, but it is absolutely essential for program success. Melanie Martin and Beth Jenkins are here to share the strategies and methods that have boosted and maintained good employee morale and relationships at the Children's Museum of Phoenix. They'll discuss key morale-building topics such as milestones, celebrations, competitions, celebrations, wellness and more! You'll leave with new activities and best practices that you can use to increase comradery, cooperation and job satisfaction among your staff.

K-4, 5-8, 9-12. II, VI. PM.

The Winning Team: It's Personal (LDR)

152

Denisha Tate, Denisha Tate & Associates LLC

In sports and in life, everyone wants to play for a winning team. As a manager, the success of your team starts with you... and your staff development strategy. Your staff development strategy must reflect not only the needs of your OST program, but also the abilities of individual staff members, the dynamics of your team, AND how your program measures success. In this eye-opening workshop, Denisha Tate will guide OST staff managers through an examination of the four components of successful staff development strategies, and show you how to lead and develop a winning team!

K-4, 5-8, 9-12. II, VI. PM.

- Essential Love & Logic Skills for Out-of-School Time** 154
Larry Kerby, Kerby Seminar Group
Come discover some fun program management and self-management tools and techniques that will transform your out-of-school time program! Join Larry Kerby for this interactive session as he demonstrates some simple adjustments that can dramatically increase the quality of the relationships you have with the kids in your program. **K-4. II. GD.**
- Get Kids Ex-SCI-ted for Science!** 157
Veronica Vasquez, Center for the Collaborative Classroom
Experience how easy science can be in out-of-school time! Get ready to roll up your sleeves as Veronica Vasquez from the Center for the Collaborative Classroom demonstrates a fun science activity and shows you how to meaningfully engage youth in science programming. You'll learn how to apply an inquiry-based approach to hands-on science activities in your OST program, and to encourage youth to work together in the process. By the end of this session you'll have new, simple ideas for managing your OST science activities, as well as some sample experiments that support the Next Generation Science Standards. **K-4, 5-8. II, III. PM.**
- Art Heals: Combining Art with Intention** 158
Ruth Sager and Erina Meneses, Free Arts for Abused Children of Arizona
For more than 20 years, Free Arts for Abused Children of Arizona has been successfully delivering creative and therapeutic arts programs to thousands of Arizona youth who have faced abuse, neglect and homelessness. In "Art Heals," Outstanding OST Professional finalist Ruth Sager, along with Erina Meneses, will demonstrate how to use the Free Arts model in your program to encourage mental and emotional growth, self-expression, skill development and resilience in youth. By the end of this session, you'll be able to take a basic art project and, by adding layers of intention, promote healing and growth in youth. **K-4, 5-8, 9-12. I, II, III. GD.**
- LGBTQ 101** 159
James Popoff, Devereux Advanced Behavioral Health Arizona
Safety, Respect, and Inclusion are important elements of every OST program. In this interactive workshop James Popoff, Gender and Sexual Minority Clinician with Devereux Advanced Behavioral Health, will provide you with the information, terminology and best practices to create a safe, welcoming and inclusive program environment for LGBTQ youth. As a result of this session, you'll be able to distinguish between the terms "sex" and "gender", define commonly used LGBTQ terminology, and reflect awareness of societal concepts related to gender and sexuality. You'll gain the knowledge and skills to ensure that all youth feel safe and respected, and show respect to all. **K-4, 5-8, 9-12. I, II, IV. GD.**
- Kindness for All** 160
Krista Walker and Shelley Jackson, The Be Kind People Project
Is your out-of-school time program inclusive to all youth, regardless of ability? Join The Be Kind Crew as they demonstrate "Kindness for All," a proactive philosophy of inclusion that will make your program environment a fun and welcoming place for every kid. In this interactive session you'll learn best practices for engaging and including youth with special needs, as well as activities that promote inclusion and acceptance in diverse program settings. The inclusion of kindness can help all youth succeed! **K-4, 5-8, 9-12. II, III, IV. GD.**
- The Laws of Motion: Integrating STEM in Physical Activity** 161
Jess Wadleigh, Skillastics
Numerous studies have shown that children who are active and healthy have a lower risk of poor behavior, an increase in academic achievement, and tend to have a much better self-image. Join Jess Wadleigh as she integrates STEM and Physical Activity in a unique format that will help instill positive exercise habits and STEM knowledge that will last a lifetime. Don't miss this opportunity to participate in a one-of-a-kind workshop! **K-4, 5-8, 9-12. III. PM.**
- The Sport of Roundnet: How to Teach, Play and Adapt** 162
Erick Schlick, Jadon Wilson and Bill Babyar, SpikeBall
Roundnet is a high-energy game that requires hand-eye coordination, agility, and strong reflexes. Come learn the rules of this fast-paced game, and how to play it with the youth in your OST program! Presenters will also demonstrate a number of modifications to adapt the sport to any age group or skill set. Don't miss this fun, interactive session that will get you up and moving! **K-4, 5-8, 9-12. III. PM.**

Communication – The Essential Skill in Serving Others!

165

Dr. Gale Gorke, Kids Kan Inc.

Good communication and good customer service go hand-in-hand! Join School's Out, Make It Count favorite Dr. Gale Gorke as she demonstrates strategies and techniques to help you communicate well, build positive relationships within your program and with program parents, and get things done. Gale will guide you through a series of eye-opening activities that will help you build the communication skills to better serve your program and community.

K-4, 5-8, 9-12. II, V. PM.

Building Self-Esteem through Storytelling, Journaling and Rapping!

167

Meredith Scott Lynn, WRiTE BRAiN BOOKS

Personal storytelling is a powerful tool for increasing the self-esteem of young people! In this unique, lively, interactive session, out-of-school time staff will learn how to inspire kids to find and explore their own voices. Whether it's through daily journaling experiences, personal essay writing, spoken stories or rap songs, discovering one's own voice (and learning how to hear it and share it) is key to positive self-esteem. Meredith Scott Lynn from WRiTE BRAiN BOOKS will demonstrate how to identify topics that are relevant and meaningful, how to guide youth to express their unique points of view, and strategies to encourage public speaking and writing through storytelling! **K-4, 5-8, 9-12. II, III. PM.**