

## 2020 GetConnected Afterschool Conference

### EMOTIONAL HEALTH & WELLNESS

#### [CATCH Health at Home - Resources and Tips for Virtual Out-of-School Time PE and Nutrition \(LIVE SESSION\)](#)

(1:25:58 minutes)

This session is designed for out-of-school time staff that will be delivering their out-of-school time programs virtually. We will offer tips to get kids moving and ways to incorporate healthy eating through the screen. Topics include navigating the free Health at Home resources for optimal use, tips on actively engaging students virtually and strategies on adapting physical activity for smaller spaces and individuals. This session is interactive and practices the CATCH philosophy of "If it ain't fun, it won't get done"!

Joey Walker, CATCH GLOBAL FOUNDATION

Lindsay Edgar, CATCH GLOBAL FOUNDATION

Shana Green, CATCH GLOBAL FOUNDATION

[Handouts](#)

[CATCH Kids Club Process Guide](#)

[Learning Objectives](#)

- 1) Have a clear understanding of the CATCH resources available to them, their students and parents
- 2) Walk away with clear strategies and ideas on delivering physical activity and the CATCH curriculum virtually

#### [Creating a Positive Learning Environment with Y4Y \(29:56 minutes\)](#)

Our language and interactions send a signal to students and stakeholders. Make that signal one of nurture and caring by providing a positive learning environment with all the feels. Join the U.S. Department of Education's You for Youth (Y4Y) Technical Assistance Team as they discuss the importance of designing a welcoming afterschool space, provide strategies for developing a positive learning environment, and offer ideas for maximizing outcomes through programming that makes students feel safe and ready to learn. Creating a Positive Learning Environment with Y4Y

Andrew Francis, You for Youth (Y4Y)

[Handouts](#)

[Creating Positive Learning Invironments](#)

[Building Student/Educator Relationships Questionnaire](#)

[Classroom Management Resources](#)

[Ice Breaker Activities](#)

[Strategies for Creating a Positive Learning Environment](#)

[Learning Objectives](#)

- 1) Assess program climate in relation to clearly defined values and culture.
- 2) Implement strategies to create and sustain a positive learning environment where students, families, and program staff feel safe and supported.

#### [Creating Out-of-School Time Environments Where Social Emotional Learning Comes into Play! \(49:50 minutes\)](#)

Kids' physical, emotional and social well-being are inseparable. Healthy kids do better in school, at home, and in life. The session will provide tools, guidance, and resources to support out-of-school time sites in creating healthier environments that empower kids to thrive. We will (1) Assess the health and wellness of your out-of-school time program; (2) Increase resilience of students and staff with the RISE Index, from Kaiser Permanente; and (3) Review resources, tools and trainings on physical education & activity, employee wellness, nutrition, social-emotional health and learning, policy, and more. Creating Out-of-School Time Environments Where Social Emotional Learning Comes into Play!

Jessie Coffey, Nebraska Department of Education

[Handouts](#)

[Presentation Slides](#)

[DEL PA NU Handout Links](#)

[SEL Graphic Organizer, Notes Page](#)

[Learning Objectives](#)

- 1) Increase participants knowledge of social-emotional (SEL) core competencies and the value of utilizing SEL practices in the out of school time setting.
- 2) Identify evidence-based tools and resources that will increase the participant's ability to implement SEL practices into their out of school time setting.

### [Easy Peasy Art Pleasy \(LIVE SESSION\)](#) (1:24:39 minutes)

This session will provide ideas and activities for bringing arts into afterschool, whether in person or virtually. Art is a wonderful way to nurture emotional well-being in people of all ages. Prepare to have fun and get these supplies ready before the session: Cardstock, art paper or 8x10 canvas board, popsicle stick, playdoh, scissors, glue, paintbrush, colored markers, black sharpie marker, acrylic paint (various colors), paper towel and water to wash brushes, but feel free to join even if you don't have all the supplies.

Kathie Phillips, Lincoln Community Learning Centers  
Kristi Chambers, Lincoln Community Learning Centers  
Emily Trauernicht, Lincoln Community Learning Centers

[Handouts](#)

[Presentation Slides](#)

[Learning Objectives](#)

- 1) Participants will learn a variety of activities in the arts that can be done with easy-to access materials.
- 2) Participants will learn a variety of strategies for enhancing emotional well-being through fun and relaxing visual arts, musical arts, and language arts activities.

### [Educating Youth on the Science and Social Science of COVID Using the Smithsonian's "COVID-19! How do I protect myself and others?" \(LIVE SESSION\)](#) (1:20:01 minutes)

The Smithsonian Science Education Center (SSEC) is much more than a museum. In this presentation, the Director of the SSEC will discuss how you can use the guide to help youth understand the science behind COVID-19 practices and how they can keep themselves safe every day.

Carol O'Donnell, Smithsonian Science Education Center  
Katherine Blanchard, Smithsonian Science Education Center

[Learning Objectives](#)

- 1) Discover why schools and communities have been impacted by COVID-19.
- 2) Understand the underlying science and social science of COVID-19, and act to protect yourself and others from COVID-19

### [Encouraging a Growth Mindset through Wellness Enrichment](#) (33:03 minutes)

This session will help you support your school's mission to promote growth mindset in their students. Learn how a out of school enrichment program that encourage wellness can support efforts in wellness and growth mindset learning in the classroom. Encouraging a Growth Mindset through Wellness Enrichment

Taylor Wickham, Nebraska Extension

[Learning Objectives](#)

- 1) Participants will understand the importance of including wellness and personal development learning experiences during youth programming.
- 2) Participants will receive activities and lesson plans to support youth wellness in and out of the classroom.

### [Family Engagement for Physical Activity](#) (22:10 minutes)

Receive resources to assist in getting families engaged as well as ideas of physical activities (PA) to provide parents for family PA time at home. These can be applied outside of your program, or while in a remote setting. Family Engagement for Physical Activity

Lacey Peters, Nebraska Department of Education

[Handouts](#)

[Presentation Slides](#)

[Learning Objectives](#)

- 1) Discuss the importance of physical activity and the power of play
- 2) Explore resources for engaging families in your program and physical activity

### [How to Provide Physical Activity during the Pandemic](#) (27:34 minutes)

With all of CDC's guidelines on cleaning and disinfecting, social distancing and equipment use, how can we safely get kids up and moving? This session will help interpret the guidelines for safety while providing a variety of physical activity ideas that are safe to incorporate in-person or virtually into your programs. How to Provide Physical Activity during the Pandemic

Lacey Peters, Nebraska Department of Education

[Handouts](#)

[Presentation Slides](#)

[Learning Objectives](#)

- 1) Discuss the importance of physical activity and the power of play
- 2) Explore resources and ideas for safely engaging students in physical activity during the pandemic

### [Mindful Children: Methods for the Classroom](#) (30:38 minutes)

Children of all ages will benefit from these simple and time tested techniques. These mindfulness methods can be used on their own or together to make a unified and calm class room. Mindful Children: Methods for the Classroom

Mary Clare Sweet, Lotus House of Yoga

[Learning Objectives](#)

- 1) Learn strategies for sharing yoga and mindfulness with children.
- 2) Practice yoga exercises you can incorporate into your programming.

### [Mindful Educators: A Practice for Peace](#) (31:40 minutes)

Yoga, mindfulness, and breath practice create a place for your authentic self in the present moment. This practice will help you feel clear and focused. It is like a resting place for the tired mind that will rejuvenate and create peace. Mindful Educators: A Practice for Peace

Mary Clare Sweet, Lotus House of Yoga

[Learning Objectives](#)

- 1) Learn to practice mindfulness
- 2) Practice shifting your mental and emotional state using your body and breath.

### [Social and Emotional Learning with Y4Y](#) (57:46 minutes)

21st Century Community Learning Center programs offer a great platform for teaching students necessary social and emotional skills. Join the You for Youth (Y4Y) Technical Assistance team as we walk through each step of the process for delivering high-quality social and emotional learning activities - planning, designing, implementing and assessing your efforts. Learn more about Y4Y and other resources, along with other tools and tips to help you implement social and emotional learning into new activities. Social and Emotional Learning with Y4Y

Andrew Francis, You for Youth (Y4Y)

[Handouts](#)

[Assessing Social and Emotional Learning Organizational Readiness](#)

[Implementation Planning Checklist – Social and Emotional Learning](#)

[Social and Emotional Learning Logic Model Template](#)

[Learning Objectives](#)

- 1) Define social and emotional learning.
- 2) Examine techniques and strategies for implementing SEL in 21st CCLC programs.

### [When Work Becomes Overwhelming](#) (24:42 minutes)

2020 has been a challenging year. Many of us have experienced changes in routine, faced much uncertainty and have juggled several roles at one time. This session will examine ways that one might be experiencing compassion fatigue and how one engages in self-care. Participants will explore and discuss the impact compassion fatigue has on one personally and professionally. Participants will name ways to ease fatigue through a personal self-care plan and identify challenges to self-care. When Work Becomes Overwhelming

Michelle Krehbiel, University of Nebraska- Lincoln 4-H Youth Development

Handouts

[Building a Self-Care Action Plan](#)

[Professional Quality of Life Scale \(PROQOL\)](#)

[Resource List - Compassion Fatigue and Behavioral Health Websites](#)

Learning Objectives

- 1) Participants will define self care and compassion fatigue.
- 2) Participants will identify ways to do self care in their daily lives.