

# Kindness ROCKS!

4th Annual Childcare Conference



## Conference Schedule

8:00 — 8:30	.....	Check-in & Continental Breakfast
8:30 — 9:15	.....	Keynote Speaker — Jim Atkinson
9:30 — 10:45	.....	Session 1 Workshops
11:00 — 12:15	.....	Session 2 Workshops
12:15 — 1:00	.....	Lunch & Raffle
1:00 — 2:15	.....	Session 3 Workshops
2:15 — 3:00	.....	Final Raffle & Closing

**Quail Run Elementary School**

4000 Golden Bay Avenue  
San Ramon, CA 94582

**Saturday, March 9, 2019**

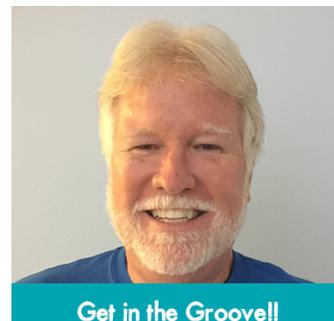
**8am to 3pm**

# Kindness ROCKS!

8:30 — 9:15 Keynote Speaker  
Multipurpose Room

Jim Atkinson AKA Mr. H-A-P-P-Y

Jim has presented over 1,300 workshops/keynotes in the past 26 years to numerous local, state, national and international organizations. He is best known for his motivational and games workshops. Jim will surely get everyone movin' and groovin' with his high energy presentation and FUN ON THE RUN workshop!



9:30 — 10:45 Session One Workshops

Run, Hide, Fight!

Kyle Rhoton

Danville Police Department Officer

**Room 1**

The Danville and San Ramon Police Department have encouraged our employees to “run, hide, fight” in the face of an active shooter. “Run, hide, fight” is a safety protocol for active shooter situations promoted by the Department of Homeland Security and other law enforcement agencies.

Extreme Self-Care For Childcare Professionals

La Rhonda Crosby-Johnson

Certified Integral Coach of BARUTI Enterprises

**Room 2**

Wellness is not just the absence of disease, but a lifestyle that brings optimal physical, spiritual and emotional health. “Extreme Self-Care For Child Care Professionals” has been designed for directors, managers, direct service staff and educators. This workshop will focus on identifying barriers to self-care and practices that change self-care from an event to a lifestyle. Participants will create their own Personal Self-Care & Wellness Plan while recognizing the importance of returning JOY to their daily lives.

Creating an Outdoor Classroom

Elizabeth Castillo & Kathy Casey

Kids' Country Edible Education Chairs

**Room 3**

Creating an outdoor classroom is as easy as 1,2,3! In this session we will talk about creating your own outdoor classroom and being able to think outside the box while creating your space. We will talk about how to get started, the tools you will need, and some curriculum that you can incorporate. Creating an outdoor classroom is not just about gardening but giving your children another space to be creative and explore.

Prototyping Challenges with Design Thinking

JP Neang

STEAM Educator, Kids' Country

**Library**

Design Thinking is best understood through play. This hands-on workshop is an energetic activity that uses fun and unconventional materials to solve a mission. Participants will be asked to create prototypes from REAL classroom challenges by experimenting with the basic structures of Design Thinking. These tools will help to provide enhanced learning structures, promote forward thinking, and how to create multiple solutions from a single classroom challenge. This workshop is best for those who want to learn how to inspire and build creative solutions and/or want to have more impact in their programs.



## FUN ON THE RUN!

Jim Atkinson

Afterschool Motivational Leader

### MPR

A “Bag of Tricks” full of activities, games and ALL the equipment needed to fill in those intolerable “Hurry Up and Wait!” periods that care providers experience every day. Over 40 ideas that easily fit in your shoulder bag and your brain!

## 11:00 — 12:15 Session Two Workshops

### Kindle Mindfulness & SEL in your Program

Rowena Alegre

Program Coordinator, Kids’ Country

### Room 1

Acquire fun and creative ways of activating Mindfulness and SEL (social emotional learning) in your afterschool program to foster a kind and healthy environment. Attendees will learn to make sense of Mindfulness & SEL and recognize its importance while gaining ideas on how to make Mindfulness & SEL an integral part of your program

### Understanding Challenging Behaviors

Mandi Lee

Developmental Specialist

### Room 2

Challenging behaviors are caused by numerous factors, however in the presence of the behaviors, uncovering the how’s and why’s take time and a bit of detective work. Before getting to the root of the problem, exploring strategies to manage the day to day and exploring how to prevent teacher burn out will be discussed. We will also discuss the importance of respecting the child and the importance of working as a team. How to be your best when challenging behaviors can bring out our worse will be the focus of the training. Teachers will be asked to take part in hands-on activities geared towards reflecting on their own personal experiences and strategies on how to bring out their best.

## Wow! What A Great Idea!

Jim Atkinson

Afterschool Motivational Leader

### Library

An incredible collection of ideas and activities that are guaranteed to make your job easier and more enjoyable. Topics include Programming, Staffing, Scheduling, Storage, Accountability, Safety, Communications, Goal Setting, Orientation and Having FUN!

### Acts of Kindness using Applied Design Thinking

Eric Welker

Learning Engineering Asset Director, RAFT

### Room 3

Design thinking is a proven protocol combining creativity and critical thinking for making decisions, improving products, and gaining knowledge. Participants in this session will learn to facilitate a series of hands-on STEAM activities that emphasize developing empathy, design/engineering skills, and creativity and then culminating in the building of a personalized gift for a fellow participant to highlight a focused endeavor in kindness. Participants will interview a partner to learn about the person. Then they will analyze and use a variety of interesting materials intended to promote skill building, active learning, and different perspectives on unique material and human attributes in a safe, supportive, and equitable environment.

### Rainy Day Games to Get Kids Moving

Chris Karney

Summer and Enrichment Coordinator Kids’ Country

### Blacktop or MPR

In this workshop, staff will learn indoor games that can be played on those rainy days when we just can’t get outside. Staff will play games that can be played in a large space like a Multipurpose Room or in a smaller space like your classroom. This workshop is sure to get you up and moving.

## 12:15 — 1:00 Lunch & Raffle!

### MPR

Enjoy lunch with your friends and participate in the Kindness ROCKS Project, a wonderful movement that encourages people to decorate rocks with inspirational messages to leave in public places!

## 1:00 — 2:15 Session Three Workshops

### Finding your Happiness

Marnie Sowa

Site Director, Kids' Country

#### Room 1

By re-defining what makes us happy we can use simple everyday tools to create happiness in our lives. When we choose happiness we share positivity towards our co-workers, the kids, and the families we serve. Participants will learn to define their personal happiness and learn to build happy habits!

### From Good Teacher to GREAT Teacher

Rick Rood

Author of "Games Teachers Play Before the Bell Rings"

#### Room 2

Rick Rood has been on the front lines of Out-of-School-Time for over 25 years, working directly with children and front-line staff. With degrees in Education, Afterschool Care, & Applied Mathematics, Rick is a student of the thought leader movement, distilling lessons from master teachers like Jack Canfield, Tony Robbins, and Brendon Burchard - giving them practical application to education professionals. Participants have described his workshops as "fascinating" and "life-changing." In addition to running afterschool centers, Rick has taught leadership principles for youth, music, and computer programming. Rick is a contributor to "Youth Today!" and is the author of "Games Teachers Play Before the Bell Rings". Rick is a Certified High Performance Coach™ and works privately and in groups with education professionals to help them achieve higher levels of performance in their work and personal lives. In this workshop participants will learn the Mountain Pathway Theory, the 3-D Model of Teacher Effectiveness and Integrating Identity with Expertise.

### Get Your Art On

Molly Hiatt

Site Director, Kids' Country

#### Room 3

Ever been to a paint night party?? In this workshop participants will learn how to bring that to their center for the kids! They will have a blast learning how to set up and create a fun atmosphere as well as lead a group of students step by step to create a beautiful keepsake canvas painting.

### Working with Common Core Math

Karen Lightfoot

Afterschool Motivational Leader

#### Library

"A physicist, an engineer, and an MBA were studying a 4th grade math problem...." [No, not a joke, true story!] Yes, Common Core Math can be confusing! In this workshop, we will learn and practice a few of the ways students are expected to show their work with computations, fractions and decimals. This fun, interactive workshop will help take the stress out of homework time!

### You Hired 'Em, Now What?

Jim Atkinson

Afterschool Motivational Leader

#### MPR

Your program's success depends on the quality of your Staff. Are you doing everything you can to bring out their best? This workshop will help make Staff orientation and motivation easy by using games & activities that encourage teamwork, enthusiasm, positive communication skills and healthy self-esteem.

## 2:15 — 3:00 Closing & Raffle

Thank you so much for joining us today! We hope you all had a great time, made new friends, and learned something to bring back to your programs!