



EARLY CHILDHOOD COUNCIL  
OF LARIMER COUNTY

16th Annual

# After School Zone Conference

A conference for professionals working  
with school-aged children in after school  
and out of school programs.



**Saturday, November 16, 2019**  
**Doors open at 8:30 a.m.**  
**Group Publishing**  
**1515 Cascade Avenue**  
**Loveland, CO 80538**

# Keynote Speakers



Becky Keigan, M.A.

Becky Keigan, M.A., is currently serving as the Buell Early Childhood Leadership Network Alumni director, founder and educational consultant for Becky Keigan + Associates and as University of Colorado Denver adjunct faculty. She has been actively involved in Early Childhood Education for over 35 years as an educational consultant, coach, adjunct faculty, Food Friends program coordinator at Colorado State University and the training and curriculum specialist at Kodo Kids. Becky also served as an Early Childhood Education school district/Head Start teacher, family literacy, health education and education coordinator in the Poudre School District. She has a B.S. in Child Development/ECE and ECSE from Iowa State University and a M.A. Her life goal is to inspire early and inspire often people's passion and joy for their child-focused work, family life choices and healthy living.



Sarah Weeks

Sarah Weeks, a native Hoosier with a Master of Science in Elementary Education, is delighted to call Colorado home for almost 15 years now. She was an elementary classroom teacher for two years in the Denver area before spending several years teaching outdoor education, running summer camp programs, and even becoming a PSIA certified kids ski instructor. Sarah finally found her favorite teaching position as the K-5 Media Technology Specialist and STEM teacher at Lopez Elementary, a Leader in Me School in Fort Collins. In her current position as the Impact and Education Director for the OtterCares Foundation, she can pursue her passion for infusing philanthropy and entrepreneurship into education for all youth. Sarah is a member of ISTE (International Society for Technology in Education) and received the Making IT Happen award in 2014 at InnEdCO (Colorado's ISTE affiliate conference). When she's not working you can find her running in local races, hanging out with her family, and reading sci-fi or historical fiction.

# Schedule

Doors Open at 8:30 a.m.

**8:30 a.m. - 9:00 a.m.**

**Registration and Light Breakfast**

**9:00 a.m. - 10:00 a.m.**

**Welcome and Morning Keynote**

**10:10 a.m. - 12:20 p.m.**

**Morning Workshops**

Session 1 - A, B

2 Hours

10:10 a.m. to 12:10 p.m.

**OR**

Session 2 - C, D, E, F

1 Hour

10:10 a.m. - 11:10 a.m.

**AND**

Session 3 - G, H, I

1 Hour

11:20 a.m. - 12:20 p.m.

**12:20 p.m. - 12:50 p.m.**

**Lunch**

**12:50 p.m. - 1:50 p.m.**

**Afternoon Keynote**

**2:00 p.m. - 4:10 p.m.**

**Afternoon Workshops**

Session 4 - A, B

2 Hours

2:00 p.m. - 4:00 p.m.

**OR**

Session 5 - C, D, E, F

1 Hour

2:00 p.m. - 3:00 p.m.

**AND**

Session 6 - G, H, I

1 Hour

3:10 p.m. - 4:10 p.m.

**6 Training Hours**

# How to Register & Choose Your Workshop Sessions

- Read the workshop descriptions.
- Choose ONE 2-hour workshop or TWO 1-hour workshops in both the morning and afternoon.
- Space is limited and sessions are filled on a first come, first serve basis.
- Complete the registration form, either on paper or online at [www.ecclc.org](http://www.ecclc.org).
- If you wish to pay with a credit card, register online.
- If you register with paper, mail form and payment to:

ECCLC Attn: ASZ  
2850 McClelland Drive, Suite 3400  
Fort Collins, CO 80525

# Morning Keynote

Laugh, Breathe and Dance Your Way to a Good Day!

*Becky Keigan, M.A*

Everyday we have a choice in how we show up in our work and our lives. How are you showing up? Get ready to spend an hour with your friends and colleagues engaging in the mindful act of laughing, breathing and dancing to ensure that every day is a good day for ourselves and for the children and families for whom we serve!

## Workshop Descriptions

### Morning Workshops

Choose one 2-hour workshop OR two 1-hour workshops

#### **Session 1-A (2 hours) Interactive Art History for Kids**

*Elizabeth Fuller, Site Manager- Irish, Putnam, CLPE, BASE Camp*

Elevate your craft time by drawing inspiration from art history! Learn to adapt the style of significant movements and artists to the school-age setting, at various developmental levels, through fun and engaging art activities. Build confidence in your ability to plan from an art historical timeline through discussion and hands on practice. Walk away with resources you can use in your program!

#### **Session 1-B (2 hours) Raising Critical Thinkers: Adjusting Our Perspective on Social Emotional Learning Goals**

*Heather Griffith, Owner, Young People's Learning Center*

There is a need for a change to the paradigm of social emotional learning programs. As educators, we get stuck looking for children to be compliant and end up limiting teaching of critical thinking skills. By teaching critical thinking skills, we can help classrooms become more inclusive, help children transfer the skills they learn to other environments, and help better prepare our learners for the world. Join a group discussion about how to shift our perspective.

**OR**

#### **Session 2-C (1 hour) Creative Movements and Dance Elements**

*Ashley Meeks, BASE Camp Director- Olander Elementary, Varsity Dance Coach and BFA in Dance*

Come ready to move! Learn activities to help children dip into their creative voices through dance and movement games, and activities. Discover how to format an active and creative dance class, while encouraging children through movement explorations. Dress comfortably.

# Workshop Descriptions

## Morning Workshops Continued

### **Session 2-D (1 hour) Stress, Academics, and Relationships**

*Maxine Haller, OTR/L (Occupational Therapist)*

Perceived stress is pervasive, especially with the prevalence of trauma. How it affects relationships and classroom interactions can be destructive. Learn how to assess a stress profile to effectively explain why a child could be struggling to hear the instructions and may not just be acting out. Discover strategies that will help the whole class, and not single out any particular child.

### **Session 2-E (1 hour) Back Pocket Ideas**

*Stacy Hale, Young People's Camp/School-Age Director and Sherpardson Elementary Para*

Sometimes downtime and unexpected gaps to fill put a kink in daily plans. Try out back pocket ideas to create fun engaging transitions that require little to no supplies or prep time! Learn fun games, songs, and activities that can be used immediately to fill the time.

### **Session 2-F (1 hour) Breathwork and Yoga to Teach Self Management Skills in Children**

*Robin Hughes, Owner/Lead Instructor, Family Balance Yoga*

Discover how breathwork, yoga, and mindfulness can promote your own self-care and teach children how to manage their emotions, big or small. Leave with strategies to implement when your students are experiencing "big emotions."

**AND**

### **Session 3-G (1 hour) 3 Keys to Empowered Discipline**

*Mary Dravis-Parrish, Parent Whisperer, Speaker, Author*

Learn three key concepts to apply when responding to challenging behaviors that empower both the adult and the child. Observe these keys being demonstrated, and practice using them in a variety of scenarios. Create a plan to use when you return to the workplace and encounter difficult child behaviors.

### **Session 3-H (1 hour) Building Community**

*Alex Nassaney, Multi-Site Manager, BASE Camp*

Join this fast-paced, hands-on session to explore how to "build community." Come ready to experience team-building games and activities to create connections with youth and staff. These activities require little to no materials, and can be adapted for various ages.

## **Session 3-I (1 hour) Strength Based Profile: Getting to Know Your Kids With or Without Disabilities**

*Matt Cloven, Peacewolf Advocacy & Consultation Services (PACS)*

Empowering kids with and without disabilities is built on the idea of developing relationships. Through the creation of a one-page person-centered profile, kids express who they are, their interests and strengths, how best to support them with struggles, and what they would like to improve. Learn about the strength based profile, how it can help build relationships, and empower all youth.

# Afternoon Keynote

## **What's Your Project Heart? How To Bring Philanthropy and Empathy Into Education**

*Sarah Weeks, Impact and Education Director, OtterCares Foundation*

As an educator, you can help cultivate the “empathy advantage” in your students throughout your daily programming. Explore research about how empathy increases confidence and inclusivity, while decreasing bullying and much of the stress and anxiety children are experiencing. Discover new strategies to help children make their learning spaces safer places.

# Workshop Descriptions

## Afternoon Workshops

Choose one 2-hour workshop OR two 1-hour workshops

### **Session 4-A (2 hours) WILD Children: Addressing Challenging Behavior and Appropriate Risk-Taking in Nature**

*Ashley Young, M. ED., Education Coordinator, Gardens at Spring Creek*

Nature is a powerful tool for transformation. It can transform a student from a challenge to a participant, a follower to a leader, timid to brave or quiet to expressive. Join this hands-on workshop to explore how nature and thoughtful facilitation can help us address challenging behavior and build confidence through developmentally appropriate risk-taking. We will spend time outside so dress accordingly.

### **Session 4-B (2 hours) Cooking With Kids**

*Stacy Hale, Young People's Camp/School-Age Director and Sherpardson Elementary Para*

Enjoy a class that delves into how to encourage kids to try new foods AND supplies you with a mid-conference snack. Try out recipes for snacks and meals that are easy to bring back to your program, even if your space doesn't have a traditional kitchen. Discover strategies to divide jobs and teach safety to children who are just as excited as you to eat in the middle of the day.

# Workshop Descriptions

## Afternoon Workshops Continued

**OR**

### **Session 5-C (1 hour) Science Smorgasbord: A Variety of Cool After School Experiments from Different Science Disciplines**

*Treloar Bower, Manager of Program Development, Denver Museum of Nature and Science*

Dinosaurs, space, jelly beans... these are a few of kids' favorite things! Experience a smorgasbord of fun afterschool science activities that you can use right away with your students. Learn how to empower students to use the science process, and to ask good questions in all their investigations.

### **Session 5-D (1 hour) The Village: Partnering with Parents and Caretakers**

*Regina Hariri, LPC, CAC III, IMH-E(II), Child, Family, & Individual Counseling*

It truly takes a village to support children. Examine how to navigate a team approach in working with families. Learn strategies that help decrease resistance, increase supportive communication, and provide a better understanding in regards to the kids and families you work with every day.

### **Session 5-E (1 hour) Laughter Wellness for All Ages**

*Dr. Sharon Montes, Certified Laughter Wellness Instructor and Mary Dravis-Parrish, Certified Laughter Yoga Instructor*

Laughter Wellness is an interactive integrated body mind practice that develops positive attitude and improves physical, mental, emotional and social well-being. Come experience the various elements of Laughter Wellness and take back a variety of practices to use with kids.

### **Session 5-F (1 hour) Working With Older Grade School and Middle School Populations**

*Ashley Prow, Area Director, Boys & Girls Clubs of Larimer County*

Engaging older school age children (ages 9-13) can often be challenging in before/after school care. Explore how to build community in your programs and create a place to belong for all school-aged children. Participants will return to their programs with action steps for working with older children, and gain creative ideas on programming and problem-solving from peers.

**AND**

# Workshop Descriptions

## Afternoon Workshops Continued

### **Session 6-G (1 hour) Exploring "My" Hidden Curriculum: Understanding the Importance of What We Teach Directly and Indirectly**

*William Anderson, Teacher & Surveyor of the Thoughtful, Creative, and Cool; The Manual High School*

Educators, as well-meaning as most are, are still products of their environment. Therefore, when teachers show up to their place of work, they bring “their world” with them. Challenge yourself to examine the baggage (good, bad, and all in between) that you bring with you to work and teach students whether on purpose, or accident. Strive to be more intentional about what it is you are teaching your students.

### **Session 6-H (1 hour) Creating Child Neurologists for Behavior Change**

*Heather Griffith, Owner, Young People's Learning Center*

As educators and caregivers, we are increasingly using brain science to change our practices. Learn how to share brain science information with your students by using child friendly language to help them make choices and manage their own behaviors. Understand how trauma can and does impact brain development and what to do about it.

### **Session 6-I (1 hour) Beyond Good Job**

*Catherine McCallum, Retired Early Childhood Educator, Faculty, and Coach*

What you say and do as you interact affects how children feel about themselves and how they behave. Practice using positive talk beyond “good job.” How does positive talk sound? What is the effect? Learn to speak and understand in order to improve relationships with children, change children’s responses, and support children’s self-confidence. *\*Designed for working with children aged 5-8.\**

# ASZ Registration

Deadline for Registration: Monday, November 4, 2019

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Employer/Program Name: \_\_\_\_\_

Number of School-Aged Children Enrolled: \_\_\_\_\_

Dietary Restrictions/Special Accommodations: \_\_\_\_\_

- Choose either one 2-hour workshop or two 1-hour workshops for the Morning & Afternoon.
- For each session, indicate your 1st and 2nd choices with number 1 and 2. If no 2nd choice is given and your only choice is full, sessions will be assigned by ECCLC.
- There is limited space in each session, registrations are processed in the order they are received.

## Morning Workshops:

Session 1  
10:10 a.m. - 12:10 p.m.      2 Hour      1-A \_\_\_\_\_ 1-B \_\_\_\_\_  
**OR**

Session 2  
10:10 a.m. - 11:10 a.m.      1 Hour      2-C \_\_\_\_\_ 2-D \_\_\_\_\_ 2-E \_\_\_\_\_ 2-F \_\_\_\_\_  
**AND**

Session 3  
11:20 a.m. - 12:20 p.m.      1 Hour      3-G \_\_\_\_\_ 3-H \_\_\_\_\_ 3-I \_\_\_\_\_

## Afternoon Workshops

Session 4  
2:00 p.m. - 4:00 p.m.      2 Hour      4-A \_\_\_\_\_ 4-B \_\_\_\_\_  
**OR**

Session 5  
2:00 p.m. - 3:00 p.m.      1 Hour      5-C \_\_\_\_\_ 5-D \_\_\_\_\_ 5-E \_\_\_\_\_ 5-F \_\_\_\_\_  
**AND**

Session 6  
3:10 p.m. - 4:10 p.m.      1 Hour      6-G \_\_\_\_\_ 6-H \_\_\_\_\_ 6-I \_\_\_\_\_

**Circle the amount enclosed:**      Regular Registration      \$50/person  
Group Registration (5 or more)      \$40/person

Mail registration form and/or payment to:  
Early Childhood Council of Larimer County  
2850 McClelland Drive, Suite 3400  
Fort Collins, CO 80525