

Michigan AfterSchool Association Virtual Mini-Summit  
Friday, April 30 8:30am-4:30pm

**Breakout Session 1**

**8:30-10:30 2hrs**

**Choice 1**

**Thriving through Adversity: resilience and SEL after the pandemic**

Core Competencies: 7

How do we move forward after our world has changed? Life and routines for our youth have shifted quickly over the past year. We're realizing that resilience-building skills and social-emotional learning are more important now than ever. Where do we begin to connect youth with these critically important skills? This hands-on workshop will explore how we can use deep integration of SEL practices to catch resilience where it lives for our children and magnify its impact.

Best suited for Early EI through High School

Presenter: Kirk Lewis, Portage Community Center

**Choice 2**

**Personal Growth Through SE Skill Development**

Core Competencies: 1,2,5

An exceptional school year requires extra care, practice, and patience for front-line educators. Working with youth – whether in the classroom or in an afterschool program – starts with adults. This session dives deep into the five core competencies of social emotional learning and provides opportunities for reflection and application in both personal and professional settings.

Best suited for Early EI, Late EI, Middle School

Presenter: Katie Barton, Wingsforkids.org

**Choice 3**

**Bridges to Success: Connecting with Families and Students**

Core Competencies: 1,2,4,6,8,10

Effective communication with parents can significantly impact student success. Learn

tips on ways to get parents on your side to develop a cohesive team. Develop effective communication tool and build trusting relationships with students and parents bring dramatic results.

Best suited for Early Childhood through High School

Presenter: Gloria Sherman, Parenting and Teaching with GLO,LLC

## **Breakout Session 2**

**10:45-12:15 1.5 hrs**

### **Choice 1**

#### **Using Restorative Practice and Circles for Youth Healing**

Core Competencies: 2,4,7,10

This workshop will provide start with some of the basics around restorative practices and circles. Participants will engage in several active exercises to build community and connection. The group will also participate in a short healing circle exercise and then have an opportunity to plan a healing circle for their own program.

Best suited for Late EI, Middle school, High school

Presenter: John Weiss/Suzie Staley, Neutral -Zone.org

### **Choice 2**

#### **The Power of a Question: Tips for Cultivating Creativity and Curiosity.**

Core Competencies: 1,2,4,8,10

Providing high-quality STEM learning is bigger than simply presenting fun hands-on activities. The goal is to create an environment of discovery where youth are engaged in creative and critical thinking. To achieve this, one must become familiar and comfortable with asking effective open-ended questions. Through intentional questioning, you can stretch young people's curiosity, reasoning ability, creativity, and independence.

Best suited for Early EI through High School

Presenter: Chaz Pounder, Utah AfterSchool

### **Choice 3**

#### **Healing Mental Health through Mindfulness**

Core Competencies:1,2,4,5,6,7,8,9,10

Mental health is often times misdiagnosed as a mental illness. For children, receiving a mental illness diagnosis can be limiting and harmful. We need to start talking more about positive mental health solutions and being more aware of how our emotions are affecting our current mental state.

Best suited for Early childhood through High School

Presenter: Alicia Marcos Birong, Guided Choices/ChatterGirls

## **LUNCH BREAK**

**12:15-12:55**

### **Breakout Session 3**

**1:00-2:30 1.5 hrs**

#### **Choice 1**

### **Connecting Learning through the Lens of Youth Development**

Core Competencies: 2,4,9

Do you have trouble sometimes creating projects that support the youth that you work with? Join this interactive workshop that will focus on keeping youth engaged with projects that are not only fun but educational.

Best suited for Early Childhood through Middle School

Presenter: Denita White, KiddieTime DayCare

#### **Choice 2**

### **Yo-Comic™, A Wellness & Literacy Program For The Virtual Generation**

Core Competencies: 1,2,4,5,7,8,9,10

It's important we focus on wellness and STEM education for everyday learning to keep our youth's mind sharp and focus in school. The Yo-Comic™ focuses on strengthening the mind with yoga stretches and poses to start everyday and then diving into teaching kids on comic book (or novel) design to apply creativity, critical thinking, communication and collaboration.

Best Suited for Early EI, Late EI, Middle School

Presenter: Thanh Tran, Accelerate4kids

### Choice 3

## **Beyond Poverty: Brain-Inspired Ways to Understand and Respond to Poverty**

Core Competencies: 1,2,4,5,7,8,9,10

Poverty has a synergistic and pervasive impact on children's brains. In this workshop, participants will learn about the specific differences developing brains exposed to poverty have, the impact of those differences in the classroom and the unique interventions that can be used to overcome poverty's effects. Known as "neuroplasticity," the brain's ability to change and grow through exposure to environmental stimulus offers exciting new approaches and strategies for educators, parents and child-serving professionals working with children from impoverished backgrounds.

Best Suited for Early childhood through High School

Presenter: Gloria Sherman, Parenting and Teaching with GLO LLC

### Breakout Session 3

2:45-4:15 1.5 hrs

### Choice 1

## **Unpacking School Based Racial Traumatization and its Impact on Student Success**

Core Competencies: 3,6,10

Through this training, out of school time staff and educators will develop a whole program approach to responding to the complex trauma experienced by students that is rooted in intersectional interactions.

Best Suited for Early childhood through High School

Presenter: Aisha Walters/Nyekah Guest, Communities in Schools of Michigan

### Choice 2

## **Program Planning and Implementation to support Youth Programming**

Core Competencies: 3,4,7,9

This workshop will give you resources that can be used in your programs to support youth, community and families. Will be able to take a deep dive into day to day challenges that are occurring in post Covid and ways that can make a difference as we

move forward. Some areas covered will be

- Encourage a sense of belonging or connectedness
- Establish and maintain clear, developmentally appropriate boundaries and guidance
- Encourage and support youth to build new skills Empower youth to make a difference in their communities
- Facilitate supportive youth-adult relationships and partnerships
- Engage family, school, and community as partners with youth
- Understanding rules in licensing programs (Q&A)
- Create a safe environment for youth, both physically and emotional

Best Suited for Early Childhood through High School

Presenter: Jennifer Bonner, Michigan AfterSchool Association and MAA Partners

### Choice 3

#### **Lifelines: self-care for caregivers in a post-pandemic world**

Core Competencies: 5

Do you believe in the vital importance of adults mentoring and guiding youth? If so, then self-care needs to be a priority for those of us who do this important work. This engaging workshop will explore our own dimensions of resilience, mindfulness practice, as well as some practical tools and strategies to help sustain youth development professionals through turbulent times.

Best Suited for Early childhood through High School

Presenter: Kirk Lowis,Portage Community Center