

## Building a Safe and Supportive Environment

Does your program provide a safe and nurturing environment that supports the developmental, social-emotional, and physical needs of all students? This is one of the Quality Standards for Expanded Learning Programs in California, available at [www.afterschoolnetwork.org/sites/main/files/file-attachments/quality\\_standards.pdf](http://www.afterschoolnetwork.org/sites/main/files/file-attachments/quality_standards.pdf). Having a safe and supportive space is fundamental to your program's success. If you offer a healthy snack and perhaps supper, daily physical activity, and help students to build social-emotional skills, you are on your way! Strong social-emotional skills require students to:

- Manage and control their feelings and emotions.
- Show caring and concern toward others.
- Establish positive relationships with each other and with adults in their lives.
- Make responsible decisions.
- Handle challenging situations constructively.

For more information on social-emotional skills, see [www.casel.org](http://www.casel.org).

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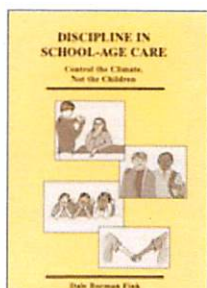


## Check Out the CASRC Library Resources Below to Help You Enhance Your Program's Environment



### Great Afterschool Programs and Spaces That Wow — #9943

This manual provides guidance for establishing an engaging learning environment for students during expanded learning time. It presents considerations and ideas to establish expectations and routines, build interpersonal relationships, and to create appropriate indoor and outdoor spaces to meet the needs of children and early adolescents. Assessments and guidance for addressing programmatic issues and constraints are included.



### Discipline in School-Age Care: Control the Climate, Not the Children — #7333

This book explains how six key elements of program design influence the behavior of student participants: considering the children's basic needs, the physical arrangement, activities and schedules, social groupings, rules, and consequences. Through background-building and reflective exercises, readers understand that their attitudes influence the behavior of student participants. They learn to deal with discipline issues by building a positive learning environment, and applying calm and consistent management methods.

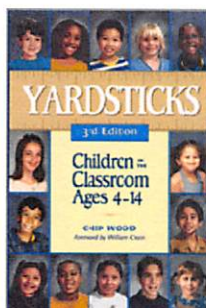
### Featured Online Training

#### A Positive Approach to Behavior Management

This FREE training explains how behavior management contributes to creating a safe and supporting learning environment for students. Participants examine four recommendations and learn strategies to implement positive behavior management.



## Professional Resources

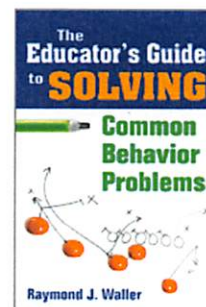


### Yardsticks: Children in the Classroom Ages 4-14 — #7612

What is considered "normal" behavior? How does understanding child development help educators? Organized by stages, this book explains the social, emotional, physical, linguistic, and cognitive characteristics of children at each age from four through fourteen. Reference charts present typical, key characteristics of children at different stages, and provide age-appropriate ideas for teaching literacy, math, history, and science in school and expanded learning programs. Children's literature lists, as well as resources for parents and educators are included.

### The Educator's Guide to Solving Common Behavior Problems — #8072

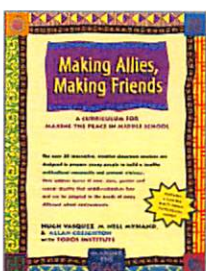
Through humor and anecdotes, this book provides research-based behavior management strategies for a variety of cases. The author offers key points to remember when dealing with common behavior challenges, such as asking the right questions to prompt positive responses, remembering the importance of bonding with students, and using finesse when dealing with challenges. Chapters such as "Don't Be an Old Yeller" and "Move Those Buns!" remind educators that screaming is not the best way to get the students' attention, and that exercise is actually conducive to learning. Each of the twenty chapters ends with points to remember, which summarize concrete ways to manage behavior.



### What to Do with the Kid Who... Developing Cooperation, Self-Discipline, and Responsibility in the Classroom — #8071

This book explains how to turn classroom management theory into practice through 19 typical behavior challenges. The focus is on preventing misbehavior and using positive approaches to resolve existing issues. Topics include setting a positive learning climate, teaching students appropriate social skills, and helping them to accept responsibility and build interpersonal skills. One chapter is devoted to working with students with special needs. Tips for handling bullies and helping students to use self-management techniques are also included.

## Curricula

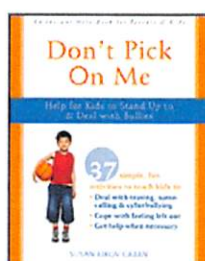


### Making Allies, Making Friends — #9626

This 30-lesson curriculum fosters students respect for cultural diversity in themselves and their peers.

Instructor and student-led discussions, reflections, and projects cultivate an appreciation for differences, more peaceful student interactions, and youth engagement in standing up for fairness and equality. All lessons in the book offer clear guidance for preparing and delivering the content and skills.

*Reviewers' Notes: Excellent instructor directions, scripting and discussion questions should ease implementation. Includes moving stories of oppression and social action from diverse cultural and ethnic groups.*



### Don't Pick On Me: Help for Kids to Stand Up to and Deal with Bullies — #9756

This resource offers 37, 10-minute activities that parents and

children can do together to learn how to effectively and safely stand up to a bully. These activities help children learn strategies to use when faced with teasing, name-calling, cyber-bullying, gossiping, and other forms of bullying and harassment. Each activity starts with background information and includes one or two short worksheets to fill out to complete the exercise with the help of a parent or other caring adult.



### Exercise Your Options — #5331

This set of eight-lessons, student workbooks, and presentation PowerPoints are aligned with the United States Department of Agriculture's (USDA) *My-Plate*. It teaches students to make healthier food and activity choices. Students record what they eat, how much they exercise, and how they can improve nutrition and physical activity choices. Lessons can be infused into health, science, social science, language arts, and mathematics skills. They also support the Common Core Standards and the California Health Education Content Standards and Nutrition Competencies.





## NEW CASRC Online Trainings

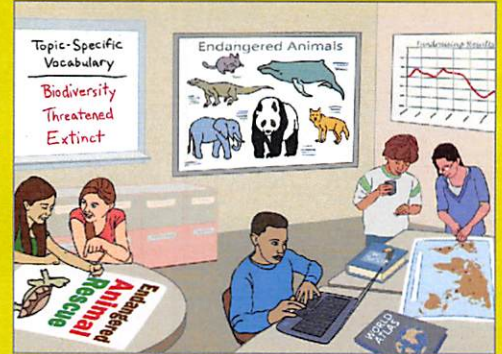


### A Friendly Guide to Family Engagement

How does family engagement contribute to students' success? Obtain strategies for addressing key barriers to family engagement, and explore how to build positive relationships with families in expanded learning programs.

### Building 21st Century Skills Through Play & Project-Based Learning

How do the Common Core State Standards and the 4C's (collaboration, creativity, communication, and critical thinking) help to prepare students for 21st century success? Explore how educational games can support student learning, and are introduced to Project-Based Learning as an instructional method.



Online!

Free!

COMING SOON!

Special Needs 1:  
Language & Laws

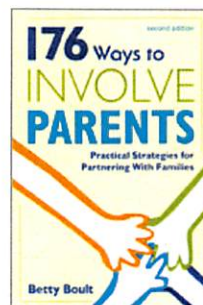
Special Needs 2:  
Inclusion Works!

## Family Engagement Library Resources



### Building Relationships with Parents and Families in School-Age Programs — #4504

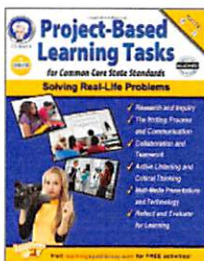
This training guide for expanded learning providers offers four workshop activities on how to build relationships with families, improve program quality through parent surveys, and sustain home connections. Sample templates of letters, surveys, and other communication tools are included.



### 176 Ways to Involve Parents — #8477

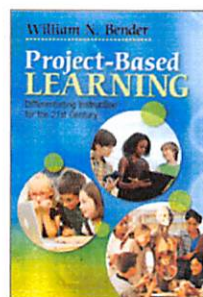
This resource offers 176 ideas to increase and promote parental and family involvement and additional resources are offered through a list of Website links. Strategies include volunteer recruitment and development, effective communication, developing community relationships, fundraising development, and capacity building.

## Project-Based Learning Library Resources



### Project-Based Learning Tasks for the Common Core State Standards — #9868

This guide explains how to integrate project based learning into the traditional classroom. It contains important information and strategies about how to analyze the standards, leverage higher order thinking skills, and develop dynamic 21st century projects for students.



### Project-Based Learning: Differentiating Instruction for the 21st Century — #9655

This resource provides guidance, ideas, and tools for educators to implement project-based learning (PBL), a practice whereby students collaborate to create solutions to real-world issues of interest to them. Readers learn how to design projects for a variety of topic areas and grade levels, use technology, social networks, and tailor lessons for a variety of learning styles. The suggested activities connect to the Common Core State Standards and inquiry-based learning. The last chapter contains assessment options for PBL.







For more information, visit  
**[www.californiaafterschool.org](http://www.californiaafterschool.org)**  
Call: 888-318-8188

## Academics

- Common Core: Elementary Literacy
- Bridging the Digital Divide, the After School Way
- Hands-On STEM Series: Explore It!, Dig In!, Garden-Based Nutrition
- 50+ Modules for After School Professionals
- Connecting with Students Through Read-Alouds English Learning in Action Series
- Career Education Nuts and Bolts Career Readiness Tools Making Sense of Math
- Math All Around
- Fun Facts: History in the Making!

## Health and Safety

- Asthma Series
- The Basics
- Responding to Asthma Episodes
- See, Think, and Act! Series
  - Diabetes
  - Anaphylaxis (Severe Allergies)
  - Seizures
  - Handwashing and First Aid

## Nutrition

- Action 4 Nutrition: Assessing Your Snack Program
- Engage Youths to Live Healthy
- Lives and Build Healthy Communities
- Foundations of Nutrition: Five Things Students Need to Know to Read the Food Label Foundations of Nutrition: My Plate
- Snack Time: Providing Healthy Snacks in Your After School Program

## Physical Activity

- Physical Activity: Ability Awareness
- Physical Activity Series
  - Up and Running
  - Maximize Potential
  - Going the Distance
- Learning in Motion

# Online Training Modules

**50+ Modules  
for After School  
Professionals**

- Online 24/7
- Free
- User-Friendly
- Field-Tested

**Completion  
Certificates  
Available!**

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