



KICKOFF SESSION MATERIALS

- Presentation & Notes
- Session Prep Checklist
- Volunteer Handout
- Session Agenda
- Conversation Card
- Happiness Reflection



KICKOFF SESSION

CONVERSATION CARD



Find a seat with your family.



Introduce yourself to other families nearby.



Take turns asking each other questions using the Conversation Card provided.



CONVERSATION CARD

Kickoff session

SkillsVille

Take turns asking these questions to the people around you.
Mark off the box for every question you get answered.

What is your favorite family memory?	If we had a "Yes Day" where no one could say "no" to anything you ask to do, what would you do?	What's the best part of each day?
How do you want to change the world?	What's my superpower? What's your superpower?	What are you grateful for?

INTRODUCTIONS

Share as much as you would like

- your names
- children's ages
- one of the things you talked about from the Conversation Card



Take turns asking these questions to the people around you.
Mark off the box for every question you get answered.

What is your favorite family memory?	If we had a "Yes Day" where no one could say "no" to anything you ask to do, what would you do?	What's the best part of each day?
How do you want to change the world?	What's my superpower? What's your superpower?	What are you grateful for?

WELCOME



In a separate window, open the Skillsville Platform. Find the Kickoff bundle and play the Welcome to Skillsville Intro video.

Talking Points:

- Over the next x weeks, families will spend time diving into the world of Skillsville to learn about different skills, careers, and strategies.
- Each week will feature a different skill.
- Families will learn helpful strategies and talk about a variety of careers while watching parts of an episode and playing games together.

GROUPS

CAREGIVERS

Learn more about the Skillsville Program

CHILDREN

Play the Skillsville Avatar Maker game and create your own avatar

During this time, split into two groups. One of the facilitators should take the children to a space where they will provide each child with a QR code, tablet and headphones while they guide children through the Avatar Maker activity on the Skillsville Platform.

The caregivers will stay with the other facilitator to learn more about what they'll be doing in the Skillsville Family Program.

OUR MISSION

Give families and their children ages 5 - 8 tools to grow the skills and knowledge they need to prepare them for future careers while building relationships and having fun!



Talking Points:

- Skillsville Family Program is designed for children ages 5 – 8
- The goal of Skillsville is to give families and their children the tools they need to grow the skills and knowledge they need to prepare them for future careers while building relationships and having fun!

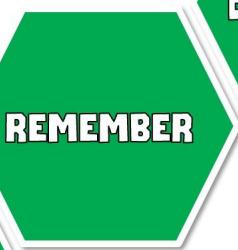
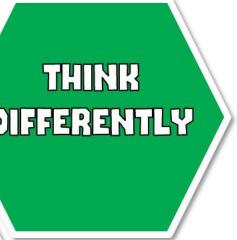
PROGRAM CURRICULUM

**STRATEGIES****CAREER
EXPOSURE****SUCCESS
SKILLS**

Talking points:

- The curriculum of Skillsville Family Program is made of three pillars – strategies, career exploration, and success skills.
- Each of the three pillars support the other two. Example: Before we use a success skill in a career or everyday task, we can use a strategy.
- Each week of Skillsville will feature a success skill, strategy and three different careers

SUCCESS SKILLS

FOCUSFEELORGANIZEREMEMBERTHINK
DIFFERENTLY

Talking points:

- Success Skills are a set of mental skills that our brain depends on every day to help us work, learn and manage activities of daily living
- The five success skills of Skillsville are remember, feel, organize, think differently and focus. Each week will center around one of those five success skills.
- Each week, all of our activities will center around one of five success skills

SUCCESS SKILLS

FEEL

Check and show your emotions



Photo by Andrea Piacquadio on Pexels

Talking points:

- In Skillsville, Feel is a child-friendly term for emotional regulation and emotional expression
- We use the feel success skill when we recognize, regulate, and express our emotions.
- An example of emotional regulation is when a child gets angry at a sibling and moves to another room because they know they need to “cool off.”
- An example of emotional expression is when we can identify what we are feeling (happy, sad, angry, confused)

SUCCESS SKILLS

FOCUS

Pay attention to something, even when distractions happen around you



Photo by Kiana Bosman on Unsplash

Talking points:

- In Skillsville, focus is a child-friendly term for task initiation and task persistence
- Task initiation is starting a task and task persistence is finishing that task, even if you are distracted
- An example of task initiation is when we see a room needs to get cleaned, and we start cleaning it. An example of task persistence is when we try to “beat” a level at a game after we fail or get a low score a few times.

SUCCESS SKILLS

ORGANIZE

Keep track of different information and belongings and put them in an order that makes sense to you



Photo by Glenn Carstens-Peters on Unsplash

Talking points:

- In Skillsville, organize is a child-friendly term for planning and prioritizing
- Sometimes we organize physical things like toys or papers but we can also organize information like planning steps needed to do a task

SUCCESS SKILLS

REMEMBER

Hold new information
in your mind to use
when you need it



Photo by Paola Aguilar on Unsplash

Talking points:

- In Skillsville, Remember is a child-friendly term for working memory
- Working memory is when we get information and use it to solve a problem or complete a task in a short amount of time
- An example of working memory we might see with children is when we tell them a three-step direction and then they need to do it. “Get your backpack, put the red book in your backpack, put your backpack on the table to the right.”

SUCCESS SKILLS

THINK DIFFERENTLY

Try new things and find creative ways to solve a problem.

Learn from your mistakes and make changes.



Photo by Monstera Production on Pexels

Talking points:

- In Skillsville, think differently is a child-friendly term for flexible thinking
- Flexible thinking is our ability to think about different ways to solve problems, adjust to new situations, learn from mistakes, cope with changes, try new things, go from one task to another, and learn new information

DISCUSSION

Focus – Feel – Organize – Remember – Think Differently

*Which of these skills do you use at work?
At home?
How do you use them?*

Share with a neighbor

After caregivers share with neighbors, offer to have them share out

CURRICULUM

STRATEGIES

Things we say or do to help us achieve calmness or concentration

Talking points:

- Strategies are things we say or do to help us achieve calmness or concentrate.
- Children (and grown ups) can benefit from having a toolbox of strategies ready to use that work for them
- Each week Skillsville families will learn and practice a new strategy together

Ask caregivers to share any strategies they already use when they need to help their children (or themselves) achieve calmness and concentration? Examples might include taking deep breaths, going for a walk, throwing a pillow, playing a game.

DISCUSSION

Focus – Feel – Organize – Remember – Think Differently

*Let's say you are in a stressful situation;
how would that change your ability to use a success skill?*

*Is there a coping strategy you might use to help you so you
can concentrate?*

Share with a neighbor

Talking points:

- The five success skills in Skillsville are remember, focus, feel, think differently and organize
- After caregivers share with neighbors, offer to have them share out

CURRICULUM

CAREER EXPOSURE

's Skillsville Resume

Color in each career and Success Skill as you learn about them!

Print and attach
individual's
QR Code login

My Careers



My Success Skills



tpt

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Talking points:

- In Skillsville, children will learn about a variety of careers.
- At this age, we want to expose children to many kinds of careers, to get them to think how and why they are different from other careers.
- Our goal isn't to get our children to become an "expert" in a career field, but rather to show them that there are many careers out there that might align with their passions and interests.
- Children will get build their "resume" throughout the sessions. Beginning at the next session, children will get a resume that they can fill in with the different careers they experience throughout the program.

WHAT TO EXPECT

's
Skillsville Resume
Color in each career and Success Skill as you learn about them!

My Careers

Train Engineer	Delivery Driver	Astronomer	Personal Service Workers	Firefighter
Food Scientist	Mayor	Construction Supervisor	Air Traffic Controller	Artist
Treasurer	Tour Guide	Chef	Emergency Dispatcher	Farmer

My Success Skills

Remember	Feel	Organize	Think Differently	Focus

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HOW TO PLAY: RAPID RESPONSE

EMERGENCIES AND RESPONDERS

Every player gets 3 random emergency cards, face down. Make sure everyone can read their names. Don't look at the cards!

DISPATCH

Emergency cards show Beeples who need help. Different responders help with different emergencies. Send responders by putting them on the emergency card.

EMERGENCY DISPATCHER CHALLENGE

Flip over one emergency card at a time, and send a responder. The first responder to send a correct responder to all their emergencies wins!



Talking points:

- Each session will begin with a meal/snack and conversation card like today
- We'll spend some time talking about the success skill of the day as well as reviewing content from the previous session
- We'll then watch a short episode clip showing characters from Skillsville using the success skill we will learn about
- Next, we'll learn and practice a strategy
- We'll play a paper game where we are using the success skill as we pretend to have a different career like astronomer or treasurer
- We'll play a digital game on tablets where you pretend to be in another career using the success skill
- Finally, we'll wrap up with a review and have some materials for you to take home to continue the conversation about the session's success skill, strategy and careers.
- After today, your children will have a QR code to login to our Skillsville Platform. This will be attached to their resume, showing the different careers they may learn about while they participate in the Skillsville Family Program. After each activity, they will color in the career that

CAREGIVER ROLES



MAKING MAYOR DECISIONS
You are the Mayor of Skillsville!
Use the Think Differently Success Skill to make choices, and earn all the badges.

HOW TO PLAY

1. Tap the blueprint! See your choices.
2. Make a choice! See what happens.
3. Earn a badge! Different choices earn different badges.

ASK YOUR CHILD

- What badge do you want to earn next? How will you earn it?
- Which was the hardest choice you had to make? Why?
- What choices do you think the Mayor of your city makes?

Caregivers should do all activities with their children – don't be afraid to show that grown ups can always grow their success skills, too!

Talking points:

- One of the most valuable ways caregivers can help their child(ren) learn is to learn with them
- Each part of this program is designed to be completed with caregivers and children together
- After each episode clip, there will be a list of three questions for caregivers to ask their child(ren) to reinforce the success skills
- During games, caregivers should be playing with their child(ren)
- During digital games, there will be a list of question prompts for caregivers to ask their child(ren). There are also splitters provided so caregivers can listen to the game with their child(ren).
- Caregivers shouldn't be afraid to show their children that the skills they'll be learning about are things grown ups practice with every day too
- Caregivers should plan to come to all sessions to get as much out of Skillsville as possible

DISCUSSION

What do you hope your child gains from the SkillsVille Family Program?

What do you hope you gain from the SkillsVille Family Program?

Share with a neighbor

Talking points:

- Offer to answer any questions about the family program
- Have caregivers share what they hope to gain with their neighbors and if they like to everyone else
- When this part is over, either have caregivers continue sharing or if children are done with the avatar maker, bring children back to the main group

HAPPINESS REFLECTION

1. Quietly think about the happiest part of your week.

Where were you? What happened?

2. Draw the happiest part of your week.

Use colors that represent what you saw.

3. Journal about the happiest part of your week.

Use a pencil to write short sentences.



Talking points:

- Skillsville Strategies are tools and techniques that help achieve calmness and concentration. These can be words or actions.
- Reflecting on a happy time is a strategy you can use.
- Caregivers and children should take turns completing the steps. Each step is a building block and depending on a child's age they may want to stop if the prompt becomes too difficult.
- If caregivers and children would like, they can complete steps 2 and 3 on another piece of paper.

If time allows, have children and caregivers talk to other families about what they reflected on and how it helped them feel calm or concentrate.

DISCUSSION

1. Quietly think about the happiest part of your week.

Where were you? What happened?

2. Draw the happiest part of your week.

Use colors that represent what you saw.

3. Journal about the happiest part of your week.

Use a pencil to write short sentences.

- **What was it like reflecting on a happy time in your week?**
- **Did thinking about a happy part of your week help you achieve calmness?**

Talking points:

- Ask families to share how it felt to think and reflect on a happy time in their week. What made that special? How could this strategy help you feel calm?

COME BACK NEXT TIME!

HAPPINESS REFLECTION

SkillsVille Strategies are tools and techniques that help achieve calmness and concentration. These can be words or actions. Together with your child(ren), please complete the following steps. Each step is a building block, and depends on the previous one. You may want to stop if the prompt becomes too difficult. Let your child(ren) know they're in a safe space to share!

1. Quietly think about the happiest part of your week.
Where were you? What happened?
2. Draw the happiest part of your week.
Use colors that represent what you saw.
3. Journal about the happiest part of your week.
Use a pencil to write short sentences.

You can use the back of this paper for steps 2 and 3.

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**Meet us back here on (date)
at (time)**

**Our next session topic will be:
Focus**

Talking points:

- Edit the slide in Google Slides to let families know when they should return
- Tell families they can get an extra copy of the happiness reflection on their way out.



PREP CHECKLIST

Kickoff session



TECHNOLOGY

- Confirm the internet speed is at least 10 Mbps per tablet at the location where you will be hosting Skillsville Family Program. As of 2021, the FCC suggests speeds of 10Mbps per user/student for downloading and 5-8Mbps per user/student for streaming video (<https://www.fcc.gov/consumers/guides/broadband-speed-guide>). The Skillsville Platform uses both downloading and video streaming, so these speeds are recommended to run this program successfully.
- When you are at the location where you will be leading Skillsville, go to the Skillsville Platform (bit.ly/Skillsville) and open the demo bundle on the device you will use to present as well as one of the tablets provided by Twin Cities PBS. Check to see that the videos are not blocked by a firewall.
- Make a Skillsville Platform account for Grown Ups.
- In your Grown Up Skillsville Platform account, create enough children's accounts for at least 5 more children than are enrolled.
- Print children's ID badges – it is important that children do not share badges, each child should have their own.
- In the location where you will be leading Skillsville Family Program, open the Google Slides presentation and test to make sure it works correctly, and content is not blocked by firewalls.
- Make sure you have a projector and speakers to share the family presentation and that they work correctly. Play the introduction video to make sure you can hear it over speakers.
- Make sure all tablets are charged.
- Connect all tablets to your location's WIFI.
- Decide where you will store headphones and tablets between sessions.

MATERIALS

- Print one volunteer hand out for each volunteer and give it to them before the session begins.
- Print one QR code sign-in sheet for families to scan as they enter. Tape or place it where families can easily see them
- For each family, print one Skillsville Agenda. Place these near the entrance where they sign in.
- For each family, print one Kickoff Conversation Card. Place these where families will be sitting during their meal/snack.
- Have ID badges cut for each child, keeping at least 5 extra in case more children arrive
- For each family, print one Happiness Reflection activity sheet (double-sided). Distribute one to each family as they leave.
- For each person, have a piece of paper, colored pencils/crayons/markers available for the Happiness Reflection.



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VOLUNTEER HANDOUT

Kickoff session



WHAT WILL FAMILIES DO TODAY

Learn about the SkillsVille Family Program

WHAT IS SKILLSVILLE FAMILY PROGRAM?

SkillsVille Family Program is an intergenerational, multi-session family event geared towards teaching caregivers and children ages 5 – 8. During each session, families will learn about a success skill (executive functioning skill), self-regulation strategy and a variety of careers. Each session, families will watch clips of a television episode, play paper and digital games, and share in discussion as they learn about a selection of skills needed to join and lead the 21st century workforce.

SCHEDULE

- meal/snack and conversation cards
- introductions
- "Welcome to SkillsVille" video clip
- small groups (caregivers – "What is SkillsVille?" / children – Avatar Maker)
- happiness reflection
- discussion
- clean up

VOLUNTEER CHECKLIST

- Welcome families to the SkillsVille Family Program.
- Assist families in signing in using the QR code.
- Instruct families to partake in the meal/snack provided and to find a seat together.
- Encourage caregivers to use the Conversation Cards at their tables as a conversation starter with their family members and the families around them.
- Assist families in cleaning up their snack or meal once the session starts.
- Assist the group with the children during small groups.
- Assist in collecting tablets and headphones.

DIGITAL GAME

Avatar Maker

GOAL OF THE GAME

Create an Avatar and learn about new careers.

HOW TO LOG IN TO TABLETS AND FIND THE DIGITAL GAME

To help children create and log in to their SkillsVille Platform account:

1. Tap the Google Chrome icon on the tablet's homepage, or go to bit.ly/SkillsVille.
2. Tap the QR code on the SkillsVille Platform homepage to sign in.
3. Hold the QR code from their SkillsVille ID badge under the camera (it is important each child get their own ID badge, they should not share ID badges).
4. If the camera isn't scanning properly, you can also type in the passcode found at the bottom of the ID badge.
5. The Avatar Maker will appear when children first log in. Children should follow the prompts by typing their name, choosing their appearance, and then selecting activities.



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SESSION AGENDA

Kickoff



WELCOME TO SKILLSVILLE!

SkillsVille is a new program in development from Twin Cities PBS. You and your family are part of our important work in designing what this program will look like. We aren't finished yet, and the feedback you give us today will help us grow. Thank you for choosing to partner with us!

WHAT WE ARE DOING TODAY

Get settled with our Conversation Cards

Use the cards provided to spark a discussion with your family and neighbors at your table.

Introductions

Get to know your presenters and other families joining you for the *SkillsVille* Family Program.

Welcome to *SkillsVille* video

Watch a short video introducing the world of *SkillsVille* – a television show in production from Twin Cities PBS.

Small groups

Caregivers will meet to learn more about what they can hope to gain from the SkillsVille Family Program while children play an Avatar Maker game on tablets provided by Twin Cities PBS.

Happiness reflection strategy

Spend time with your family doing a strategy where you recall a happy memory.

Discussion



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CONVERSATION CARD

Kickoff session



Take turns asking these questions to the people around you.
Mark off the box for every question you get answered.

What is your favorite family memory?	If we had a “Yes Day” where no one could say “no” to anything you ask to do, what would you do?	What’s the best part of each day?
How do you want to change the world?	What’s my superpower? What’s your superpower?	What are you grateful for?



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HAPPINESS REFLECTION

Skillsville To Go



Skillsville Strategies are tools and techniques that help achieve calmness and concentration. These can be words or actions. Together with your child(ren), please complete the following steps. Each step is a building block, and depending on the child's age, they may want to stop if the prompt becomes too difficult. Let your child(ren) know they're in a safe space to share!

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Where were you? What happened?

2. Draw the happiest part of your week.

Use colors that represent what you saw.

3. Journal about the happiest part of your week.

Use a pencil to write short sentences.

You can use the back of this paper for steps 2 and 3.



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Draw the happiest part of your week.

Journal about the happiest part of your week.



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