



KICKOFF SESSION

LET'S GET STARTED!

1. Scan the QR code to fill out the sign-in form.
2. Get a name tag for each family member.
3. If you **DO NOT consent** to having your picture taken, put a RED sticker next to your name tag.
4. Find a seat with your family and ask each other questions using the Conversation Card provided.



1. Have this slide showing as families enter
2. Make sure the Digital Sign-In QR Code sheet is displayed
3. Have nametags and red stickers available for families – this helps with our research. Families should only put red stickers on their name tags if they DO NOT consent to having their picture taken
4. Encourage families to ask each other questions using the Conversation Card

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?

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. Make sure families understand this is a multi-session program and that they should plan to come to all sessions to get the most out of Skillsville.
- Each week will highlight 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.

WELCOME TO SESSION 1



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GROUPS

GROWN-UPS

Learn more about the SkillsVille Program

CHILDREN

Play the SkillsVille Avatar Maker game and create your own avatar

1. During this time, split into two groups.
2. 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.
3. The caregivers will stay with the other facilitator to learn more about what they'll be doing in the SkillsVille Family Program.

OUR MISSION

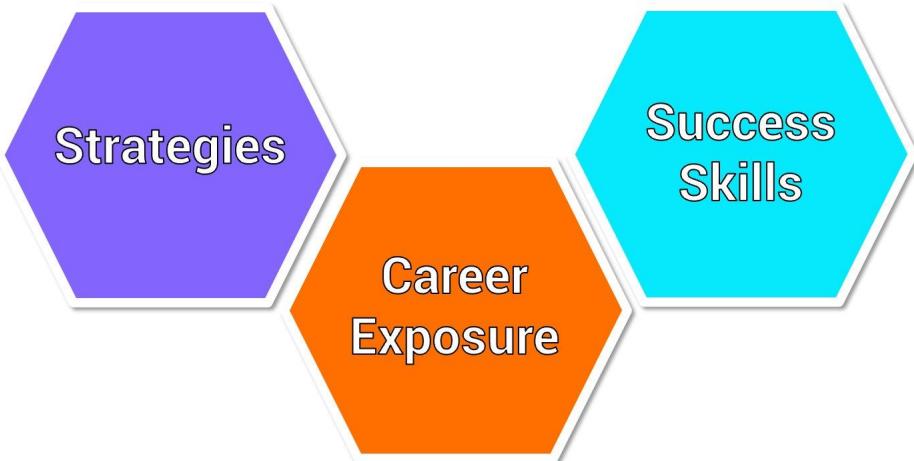
Give families and their children ages 5 - 8 tools to grow the skills and knowledge they need to prepare them for future careers while building relationships and having fun!



Talking Points:

- Skillsville Family Program is designed for children ages 5 – 8
- Skillsville is designed 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!
- This is a multi-session program meaning families should plan to come to as many sessions as possible to get the most out of Skillsville

CURRICULUM



Strategies

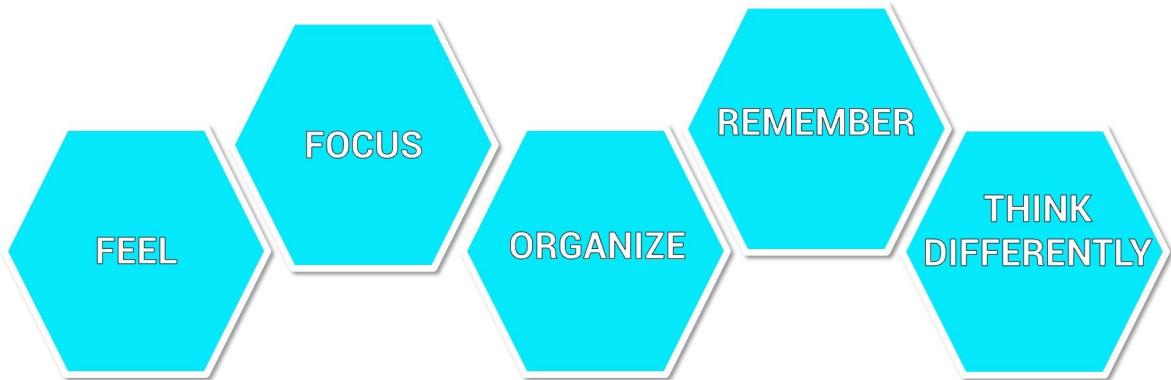
Success
Skills

Career
Exposure

Talking points:

- The curriculum of Skillsville Family Program is made of three pillars – strategies, career exploration, and success skills.

SUCCESS SKILLS



Talking points:

- Each session, all of our activities will center around one of five success skills
- 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.

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

Success Skills:

Feel – Focus – Organize - Remember - Think Differently

Which of these skills do you use?

How do you use them?

Share with a neighbor

Talking points:

- The five success skills in Skillsville are feel, focus, organize, remember and think differently
- 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

Hint: Ask families 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

Success Skills:

Feel – Focus – Organize - Remember - Think Differently

Pretend you are in a stressful situation:

You are running late to an appointment because your car broke down or the bus is late.

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:

- Share an example of a coping strategy you use (Example: “When I am stressed it’s hard for me to focus because I am worrying so much. It helps me to close my eyes and take a deep breath.”)

CURRICULUM



**CAREER
EXPOSURE**

**Presenting
children with a
variety of careers**

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.

DISCUSSION

Success Skills:

Feel – Focus – Organize - Remember - Think Differently

Strategies like breathing, help you achieve calmness and concentration so you can feel, focus, organize, remember, and think differently.

Think of a career.

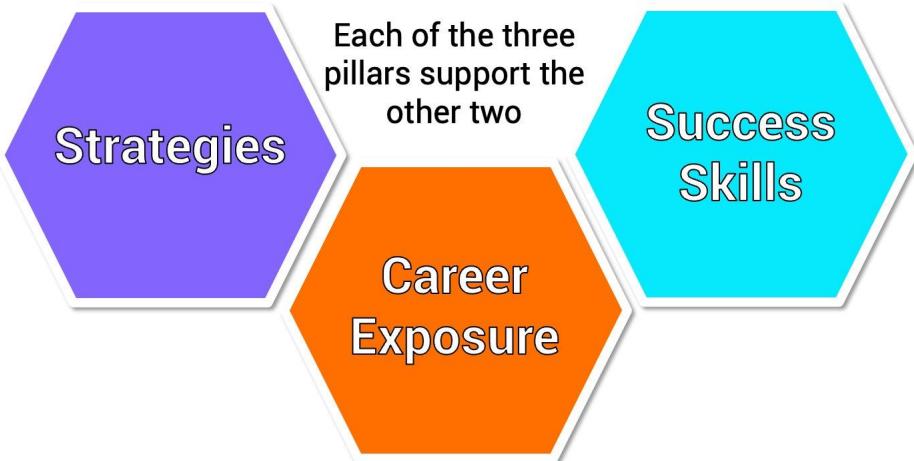
How could these Success Skills be important for that career?

Share with a partner

Talking Points:

- All of these Success Skills form the foundation to succeed in school work AND any career your child wishes to pursue
- Ask caregivers to share a career, and then as a group think through how all of the success skills (feel – focus – organize – remember – think differently) are important for that career

CURRICULUM



Strategies

Each of the three pillars support the other two

Success Skills

Career Exposure

Talking points:

- During our time together, we will see how these three are connected.
- An example is let's say you are working at your job and need to do a difficult task that requires you to use a success skill like organize. If you aren't calm and can't concentrate, you won't be able to do a very good job. You can use a strategy to achieve calmness so that you are able to use that skill while you complete your task.

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 ask your responder: The responder needs to send a correct responder to all their emergencies! Wind!



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

- they learn about.

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

WELCOME BACK!

GROWN-UPS

Ask your child(ren):

- How many people with different careers do you know?
- What are they?

CHILDREN

Tell your grown-up(s):

- What careers you unlocked in the Avatar Maker?
- Which careers from the Avatar Maker do you want to dress as? Why?

Talking points:

- Bring back children to the main group and give families some time to talk about these questions.

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

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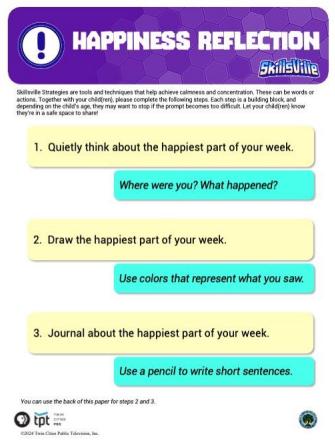
3. Journal about the happiest part of your week.

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?

COME BACK NEXT TIME!



This is a 3+ session program.

Join us for our next session on (date) at (time).

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.