



### **Learning Event Lesson Plan<sup>1</sup>:**

PE102 Create Positive Program Experiences

Create Positive Program Experiences (PE102) explores how to establish safe and supportive environments for recreation participants. Understand what influences behaviour and how a strengths-based approach builds your confidence to deal with challenging situations. Community members are more likely to be involved in recreation when their experiences are positive.

### **Learning Objectives/Outcomes:**

- Better understand what influences behaviours in recreation settings.
- Recognize how a strengths-based approach contributes to a positive recreation experience.
- Implement strategies for ensuring a safe, inclusive and positive program experience.

### **Participants will successfully complete their LE by:**

1. Participating in each Learning Event's weekly conference call(s) unless otherwise arranged with the trainer.
2. Completing and sharing the required Learning Activities in Moodle.

### **Learning Event Lesson Plan for LE: PE102 Create Positive Program Experiences**

#### **Learning Objectives/Outcomes:**

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<sup>1</sup> Purpose for the Learning Event Lesson Plan:

- Supports tracking of activities during Pilot.
- Provides background for evaluation.
- Provides a plan in case trainer is unexpectedly away.
- Provides some response to work plan requirement for facilitator and participant manuals.

Time/Timing	Activity & Description	Purpose	Materials and/or Resources	Technology and Tools
Day 3	<p>Conference Call</p> <ul style="list-style-type: none"> <li>• Welcome participants</li> <li>• Acknowledge KDFN and Ta'an Land</li> <li>• Check that participants have the PE102 Presentation open or have printed a copy</li> <li>• Describe PE102 and the learning objectives – explain why I am delivering rather than Jodi</li> <li>• Point out that there are 3 RLAs</li> </ul>		PPT pages 1 - 5	Record the call using *4
	<p><u>Introductions:</u></p> <ul style="list-style-type: none"> <li>• Begin with quote on slide 6 – point out that from those who have posted RLA #1 – the positive experiences were about what they were feeling</li> <li>• Invite participants one at a time to introduce themselves</li> <li>• Ask participants to briefly highlight their own positive program experience (RLA #1) using questions on slide 8</li> </ul>		PPT pages 6 - 8	
	<p><u>Why are positive program experiences essential?</u></p> <ul style="list-style-type: none"> <li>• Because they help us achieve the benefits of recreation – get to the outcomes that are most important.</li> <li>• And, because challenging behaviours can negatively impact the experience for all participants and, in some cases, for the community.</li> </ul>		PPT pages 9 - 10	
	<p><u>Building Blocks – what can help us create more positive experiences?</u></p> <ol style="list-style-type: none"> <li>1. Awareness of what drives behaviour</li> </ol>		PPT page 11	

Time/Timing	Activity & Description	Purpose	Materials and/or Resources	Technology and Tools
	2. Understanding of the personal and social factors that impact behaviour  3. Using a strengths-based approach in recreation programming			
	<u>Awareness of what drives behaviour</u> <ul style="list-style-type: none"> <li>• The brain's role in behaviour and how triggers can lead to fight or flight behaviour that often appears out of control or out of what might be considered regulated.</li> <li>• We may not know much information, nor do we NEED to know the details of the root causes of problems behaviours. What we DO need to do is be aware that problem behaviours might be the result of other things, and to remain empathic and engage with strengths-based approaches.</li> </ul>		PPT pages 12 - 15	
	<u>Factors that impact behaviour</u> <ul style="list-style-type: none"> <li>• ASK participants to identify behaviours (above surface) they observe.</li> <li>• ASK participants to describe what might be going on (under water). These could be individual, institutional or systemic factors.</li> <li>• Factors can include: trauma, abuse, unsafe living environments, food insecurity, violence, traumatic events at home, etc.</li> <li>• Individual Factors can include: learning disabilities, fetal alcohol spectrum disorders (FASDs), cultural differences, mental health issue, physical/intellectual disability, sensory impairment</li> </ul>		PPT page 16	
	Shifting to a strengths-based approach <ul style="list-style-type: none"> <li>• We can't change what is going on for participants in our programs. BUT through our actions, we can make</li> </ul>		PPT pages 17 - 19	



Time/Timing	Activity & Description	Purpose	Materials and/or Resources	Technology and Tools
	<p>participants feel included and safe.</p> <ul style="list-style-type: none"> <li>• A strengths-based approach can help focus on what we can't do, rather than on what we don't have control over.</li> <li>• A strengths-based approach can help foster positive experiences in recreation programs and events.</li> </ul>			
	<p><u>Wrap-Up:</u></p> <p>Explain Required Learning Activity #2 – Hint... review pages 21 – 27 in the presentation before you begin RLA #2</p> <p>Kwànáschis - Thank you in Southern Tutchone</p>		PPT page 20	Disconnect all lines by using ##

### LE OVERVIEW SECTION IN MOODLE:

Welcome to PE102 Create Positive Program Experiences beginning on April 16<sup>th</sup>. This learning event explores how to establish safe and supportive environments for recreation participants. You will learn what influences behaviour and how a strengths-based approach helps build confidence when dealing with challenging situations. Community members are more likely to be involved in recreation when their experiences are positive.

It is strongly recommended that you join the one-hour conference calls. These will be held on Wednesdays, April 18<sup>th</sup> and 25<sup>th</sup> at 1:00 PM eastern, Noon central, 11:00 AM mountain and 10:00 AM pacific. Call toll free: 1-888-289-4573 and use the access code: 8690945.

Week 1 learning opportunities will help you build awareness and understanding of what drives and impacts behaviour and recognize the value of a strengths-based approach in recreation programming. Follow these steps for a successful learning experience.

#### Week 1 Activities

1. Review pages 1 to 20 in the PE102 Presentation.
2. Complete Required Learning Activity (RLA) #1. Share it in the Week 1 Forum before the April 18<sup>th</sup> conference call.



3. Join Wednesday's conference call. If you cannot join conference call #1, post RLA#1 and listen to the recording.
4. After the conference call, work on RLA #2 and post it by the following Tuesday.

In Week 2, we will explore how to apply a strengths-based approach and identify tools and strategies that contribute to positive recreation experiences. Follow the steps below to successfully complete PE102 by the end of Week 2.

### **Week 2 Activities**

1. Review the PE102 Presentation.
2. Complete RLA #2 (due Tuesday, April 24<sup>th</sup>) and share it in the Week 2 Forum.
3. Join Wednesday's conference call. If you cannot join conference call #2, post RLA #2 and listen to the recording.
4. Complete RLA #3 and upload it into the Week 2 Forum by Friday, April 27<sup>th</sup>.

### **Required Learning Activity #1**

Due before the conference call on Wednesday, April 18<sup>th</sup>

My own positive experience

1. Think about a time as a participant when you had a positive experience.
2. Explain why it was positive. Explain...
  - What took place?
  - Overall, how did you feel?
  - What made the experience important or meaningful for you?

### **Required Learning Activity #2**



Share RLA #2 by Tuesday, April 24<sup>th</sup> in the Week 2 Forum

1. Think about a time (in a recreation setting) when you experienced or observed a Problem-Centered Approach OR a Strengths-Based Approach.
2. Describe what happened.
3. Explain what was done (or could have been done) to create a more positive experience?
4. Identify changes or impacts that were evident (or could have emerged) in the participant(s), group or community?

### Required Learning Activity #3

Share RLA #3 by Friday, April 27<sup>th</sup> in the Week 2 Forum

1. Identify two tools, strategies or actions that you will use to encourage positive program experiences?
2. Describe what these are or how to use them. Provide a hyperlink if you found them on the Internet.
3. Explain what you expect will change as a result of using these.

### WEEK 1 FORUM IN MOODLE:

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Week 1 learning opportunities will help you build awareness and understanding of what drives and impacts behaviour and recognize the value of a strengths-based approach in recreation programming. Follow these steps for a successful learning experience.

#### Week 1 Activities

1. Review pages 1 to 20 in the PE102 Presentation.
2. Complete Required Learning Activity (RLA) #1. Share it in the Week 1 Forum before the April 18<sup>th</sup> conference call.
3. Join this week's conference on **Wednesday, April 18<sup>th</sup>** at 1:00 PM eastern, Noon central, 11:00 AM mountain and 10:00 AM pacific. **Call toll free: \_\_\_\_\_ and use the access code:\_\_\_\_\_.**



4. If you cannot join conference call #1, post RLA#1 and listen to the recording.
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It is strongly recommended that you join this week's conference on Wednesday, April 18<sup>th</sup> at 1:00 PM eastern, Noon central, 11:00 AM mountain and 10:00 AM pacific.

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*Due before the conference call on Wednesday, April 18<sup>th</sup>*

My own positive experience

1. Think about a time as a participant when you had a positive experience.
2. Explain why it was positive. Explain...
  - What took place?
  - Overall, how did you feel?
  - What made the experience important or meaningful for you?

### WEEK 2 FORUM IN MOODLE:

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In **Week 2**, we will explore how to apply a strengths-based approach and identify tools and strategies that contribute to positive recreation experiences. Follow the steps below to successfully complete PE102 by the end of Week 2.

### Week 2 Activities



1. Review the PE102 Presentation.
2. Complete RLA #2 (due Tuesday, April 24<sup>th</sup>) and share it in the Week 2 Forum.
3. Join this week's conference on **Wednesday, April 25<sup>th</sup>** at 1:00 PM eastern, Noon central, 11:00 AM mountain and 10:00 AM pacific. **Call toll free: 1-888-289-4573 and use the access code: 8690945.**
4. If you cannot join conference call #2, post RLA #2 and listen to the recording.
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## WELCOME POST

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Welcome to PE102 Create Positive Program Experiences beginning on April 16<sup>th</sup>. This learning event explores how to establish safe and supportive environments for recreation participants. You will learn what influences behaviour and how a strengths-based approach helps build confidence when dealing with challenging situations. Community members are more likely to be involved in recreation when their experiences are positive.

**It is strongly recommended that you join the conference calls.** These will be held on Wednesdays, April 18<sup>th</sup> and 25<sup>th</sup> at 1:00 PM eastern, Noon central, 11:00 AM mountain and 10:00 AM pacific. Call toll free: 1-888-289-4573 and use the access code: 8690945.

For more information on this learning event, please read the PE102 Overview in the Learning Space. And, if you have any questions or concerns, please let me know.

Kwànáschis (Thank you in Southern Tutchone)

## INTRODUCING WEEK 1

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Welcome to Week 1 of PE102 Create Positive Program Experiences!

Week 1 learning opportunities will help you establish safe and supportive environments for recreation participants through an understanding of the factors that influence behaviour and a strengths-based approach. Follow these steps for a successful learning experience.

1. Review pages 1 to 20 in the PE102 Presentation.
2. Complete Required Learning Activity (RLA) #1. Share it in the Week 1 Forum before the April 18<sup>th</sup> conference call.
3. Join Wednesday's conference call. If you cannot join conference call #1, post RLA#1 and listen to the recording.



4. After the conference call, work on RLA #2 and post it by the following Tuesday.

For more information, please read the PE102 Overview in the Learning Space.

I look forward to connecting with you this week.

### **CONFERENCE CALL REMINDER #1:**

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Please join in the PE102 conference call tomorrow - Wednesday, April 18<sup>th</sup> at 1:00 PM eastern, Noon central, 11:00 AM mountain and 10:00 AM pacific.

**Dial:** \_\_\_\_\_ **and use the code:** \_\_\_\_\_

BEFORE the call, review pages 1 to 20 in the PE102 Presentation and share your Required Learning Activity #1 in the Week 1 Forum.

PREPARE for the conference call discussion. Take a look at the posts for RLA #1 shared by others.

If you cannot join conference call #1, please listen to the recording and share RLA #1 in the Week 1 Forum.

Kwànáschis

*Thank you in Southern Tutchone*

### **INTRODUCING WEEK 2**

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In Week 2, we will explore how to apply a strengths-based approach and identify tools and strategies that contribute to positive recreation experiences. Follow the steps below to successfully complete PE102 by the end of Week 2.

1. Review the PE102 Presentation.
2. Complete RLA #2 (due Tuesday, April 24<sup>th</sup>) and share it in the Week 2 Forum.
3. Join Wednesday's conference call. If you cannot join conference call #2, post RLA #2 and listen to the recording.



4. Complete RLA #3 and upload it into the Week 2 Forum by Friday, April 27<sup>th</sup>.

For more information, please read the PE102 Overview in the Learning Space.

I look forward to wrapping up PE102 with you this week.

#### **CONFERENCE CALL REMINDER #2:**

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Please join in the PE102 conference call tomorrow - Wednesday, April 25<sup>th</sup> at 1:00 PM eastern, Noon central, 11:00 AM mountain and 10:00 AM pacific.

**Dial:** \_\_\_\_\_ **and use the code:** \_\_\_\_\_

BEFORE the call, review the PE102 Presentation and share your Required Learning Activity #2 in the Week 2 Forum.

PREPARE for the conference call discussion. Take a look at the posts for RLA #1 shared by others.

If you cannot join conference call #2, please post RLA #2 in the Week 2 Forum and then listen to the recording.