

Out of School Time Essentials

The hours outside of school may be the most important hours of all.

A free gift to help you make those hours count — simple, doable ideas to create experiences where young people feel supported and inspired.

Gifted Gifts

- Balance every session: something active, creative, and calm.
- Give two good choices — ownership grows engagement.
- Have a five-minute 'sponge' activity ready for the gaps.
- Assign roles; a kid with a job is a kid who belongs.
- End on a high note — it shapes what they tell their parents.

Trade Tricks

- Connect activities to real life so learning sticks.
- Keep transitions short and predictable; chaos lives in the gaps.
- Document the good moments; stories fuel support and funding.

CYNDEE'S CURE

Afternoon energy crashing into chaos? Don't fight it — schedule for it. Put the calm, hands-on activity right when the meltdown usually hits. Plan around the dip and the dip disappears.

BRETT'S BEST

Make them feel it before you teach them anything. Belonging and fun open the door; everything you want them to learn walks through it after.

Consider these our gift to you — freely given, no strings. If they helped, there's more waiting when you're ready.