

Family and Caregiver Resource	Corresponding Session
<p>Healthy Conversations Travel Game Youth and families play a game in which they create opportunities to talk together about interesting and thoughtful topics. This activity will support youth skills in asking questions and seeking support from trusted adults.</p>	<ul style="list-style-type: none"> • Grades K-2 Session 4: You've Got My Attention • Grades 3-5 Session 4: You've Got My Attention • Grades 6-8 Session 4: Active Listening
<p>Decision-Making Discussion Guide Youth discuss and practice their decision-making strategies with their families. Includes opportunities for families to share how they could support decision-making.</p>	<ul style="list-style-type: none"> • Grades K-2 Session 7: Decision-Making Magicians • Grades 3-5 Session 7: Freeze! • Grades 6-8 Session 7: AMAZE-ing Decisions
<p>Celebration Night Agenda Emphasize the value of promoting healthy lifestyles by inviting families to attend a Family Night in which they learn about and experience some of SMART Moves: Core, complete with youth presentations of what they've learned.</p>	<ul style="list-style-type: none"> • Grades K-2 Session 11: More Than Meets the Eye • Grades 3-5 Session 11: Be Your Own Influencer! • Grades 6-8 Session 11: Defining our Healthy

Utilize the Program Evaluation Resources to Measure Local Impact

This program includes a suite of evaluation resources to help you measure the impact of SMART Moves: Core among youth in Grades 3-5 and 6-8 in your Club and Youth Center. The survey tools measure attitudes and skills that can lead to the intended outcomes of the program. Using these evaluation tools will enable you to track the progress of youth towards building skills that support healthy decision-making. The resources include a pre-/post-test, a follow-up survey and retrospective post-test survey.

Use Calming Music to Guide Session Facilitation

Use calming music when youth enter the program space, during individual activity time and when youth are transitioning to the next place. This technique can help refocus young people's energy and contribute to the feelings of a calm and safe program space. Calming music sections should be free of words, slow in pace and may even include nature sounds.

Allow Youth Opportunities to Pass

Emotional safety is a priority during the SMART Moves: Core sessions. Make sure youth are provided an opportunity to "pass" or sit out of activities if they are feeling uncomfortable or unwilling to share during a component of the session. Youth who would like to opt out of activities can utilize two options:

- A Quiet Zone: Create a quiet space in the program environment that is out of the way of the main activity space, but where youth are still able to observe the other youth participating. Provide manipulatives that youth can use while there to help guide self-regulation. When youth are ready, they can opt back into programming easily.
- Leave and go to a Club-Wide Self-Regulation Space: Hopefully, your Club or Youth Center has created a space in which all youth can go to self-regulate with adult supervision. Provide support to youth if they opt to leave the session and make sure they use your Club or Youth Center's routines and expectations for accessing the self-regulation space.

Use Groupers Intentionally

Using groupers – quick, inclusive ways to divide a large group into smaller groups or teams – is a key youth development practice, as it helps build community among a group of youth. Rather than letting youth work together with friends or others they already know well, the groupers allow youth to be partnered in various new ways, and support teamwork and trust-building for the group at large. While each SMART Moves: Core session includes a grouper, you can find alternative groupers in BGCA's YDToolbox app. Download the free app from the Apple Store or Google Play, or access online at ydtoolbox.goodbarber.com.

Obtain Parent/Guardian Consent Forms

BGCA recommends that before you begin any of the components of the SMART Moves suite, you have received parent or guardian permission for youth to participate in the program. Sample Parent/Guardian Consent Forms in English and Spanish can be found in Appendix A.