

BE A LEADER

Caregiver Gear Up Lesson

PURPOSE:

Adults demonstrate important life skills to children when they work toward positive change in the community, at their school, and/or in achieving personal goals.

LEARNING GOALS:

- Expose caregivers to opportunities to engage with their communities and work for change.

POTENTIAL SPEAKERS:

- **School board member, school administrator, or City Council member** – Discuss the process that residents can use to contact them, express concerns, and get items on the agenda.
- **Leader of local volunteer agency** – Discuss different volunteer groups in the community, what they do, and ways to get involved.
- **Children’s Librarian** – Lead discussion on ways in which we can model and support leadership for our children.

HOSTING THIS SESSION:

- PLEASE READ THROUGH CAREGIVER HANDOUT BEFORE HOSTING THIS DISCUSSION.
 - Welcome caregivers back.
 - Invite caregivers to share some of the at-home activities they completed with their children from last week’s session.
 - Allow caregivers time to ask any questions.
 - Give out Caregiver Handout. Encourage caregivers to take notes on the back of the Caregiver Handout.
 - Announce today’s theme - **Be a Leader**

 - Introduce Guest Speaker and what they will be speaking about today.
- OR**
- Facilitate discussion using this lesson’s discussion questions.
 - Distribute discussion questions to caregivers.
 - Have caregiver read question aloud.
 - Encourage everyone to answer the questions as a group.

CLOSURE:

- Encourage questions at the end of session.
- Review what children learned and encourage caregivers to ask children about how they worked together today.