

## Principles of Healthy Child Development (PHCD) Outline

*This 7.5 hour course is for people providing direct leadership to children in middle childhood (ages 6 to 12). This session provides you with an approach that ensures a healthy experience for each child.*

<b>Section:</b>	1 – Introduction and Overview of HIGH FIVE®	<b>Time:</b>	25 minutes
<b>Expected Learner Outcomes:</b>	<ul style="list-style-type: none"> <li>★ Understand the expectations for the training session</li> <li>★ Contribute to and experience a positive and safe learning environment</li> <li>★ Comprehend the overview of HIGH FIVE®</li> </ul>		
<b>Section:</b>	2 – Healthy Child Development	<b>Time:</b>	65 minutes
<b>Expected Learner Outcomes:</b>	<ul style="list-style-type: none"> <li>★ Identify physical, cognitive and social development traits of children ages 6-12</li> <li>★ Determine leader's impact on child's experience</li> </ul>		
<b>BREAK</b>		<b>Time:</b>	10 minutes
<b>Section:</b>	3 – Principle 1: A Caring Adult	<b>Time:</b>	30 minutes
<b>Expected Learner Outcomes:</b>	<ul style="list-style-type: none"> <li>★ Interact with children as A Caring Adult</li> <li>★ Foster positive relationships in a recreation setting</li> </ul>		
<b>Section:</b>	4 – Principle 2: Friends	<b>Time:</b>	30 minutes
<b>Expected Learner Outcomes:</b>	<ul style="list-style-type: none"> <li>★ Use strategies to help children make Friends</li> <li>★ Plan activities that build on Diversity and Uniqueness</li> </ul>		
<b>Section:</b>	5 – Principle 3: Play	<b>Time:</b>	30 minutes
<b>Expected Learner Outcomes:</b>	<ul style="list-style-type: none"> <li>★ Identify strategies for keeping Play in recreation and sport activities</li> </ul>		
<b>MEAL BREAK</b>		<b>Time:</b>	60 minutes
<b>Section:</b>	6 – Principle 4: Mastery	<b>Time:</b>	30 minutes
<b>Expected Learner Outcomes:</b>	<ul style="list-style-type: none"> <li>★ Support children to achieve success and a feeling of accomplishment</li> <li>★ Find the Challenge Zone to maximize feelings of accomplishment and Mastery</li> </ul>		



<b>Section:</b>	7 – Principle 5: Participation	<b>Time:</b>	30 minutes
<b>Expected Learner Outcomes:</b>	★ Create program environments that maximize Participation		
<b>BREAK</b>		<b>Time:</b>	10 minutes
<b>Section:</b>	8 – Making it Happen: Activity Planning	<b>Time:</b>	45 minutes
<b>Expected Learner Outcomes:</b>	★ Create an activity plan based on HIGH FIVE® healthy child development Principles and Design Guidelines		
<b>Section:</b>	9 – Toolkit Part 1: Conflict Resolution	<b>Time:</b>	25 minutes
<b>Expected Learner Outcomes:</b>	★ Resolve conflict through a child-centred approach		
<b>BREAK</b>		<b>Time:</b>	10 minutes
<b>Section:</b>	10 – Toolkit Part 2: Bullying	<b>Time:</b>	25 minutes
<b>Expected Learner Outcomes:</b>	★ Address bullying with appropriate interventions		
<b>Section:</b>	11 – Conclusion	<b>Time:</b>	25 minutes
<b>Expected Learner Outcomes:</b>	★ Understand the role and function of the QUEST 2: Observing the Child's Experience and its relevance to front line leaders. ★ Understand the organization's commitment to HIGH FIVE®.		

**If you are interested in attending or scheduling a PHCD workshop in BC please contact:**

Professional Development and Initiatives Coordinator

Phone: 604-629-0965, ex. 229 Fax: 604-629-2651

[education@bcrpa.bc.ca](mailto:education@bcrpa.bc.ca)

