



# Project Get Outdoors Leader Certification SYLLABUS

1. **Welcome & Introductions** (45 minutes)
  - Expectations and schedule for the day
  - Getting to Know You/Ice Breakers to use at your site
  
2. **Overview of Project GO** (30 minutes)
  - Video: History and Need for Project GO\*
  - Project GO Trivia **worksheet**
  - Project GO Background
  - National H.E.P.A. (Healthy Eating and Physical Activity) standards handout\*  
-How Project GO activities can help you meet H.E.P.A. standards
  - Resources
  
3. **Youth Development 101 and the Role of Nature** (30 minutes)
  - Video: Why We Need Nature for Health TedX Talk\*
  - Health benefits of nature exposure
  - *Ages & Stages, Maslow's Hierarchy of Needs, Basic Needs of Youth* activity
  - Applying Youth Development Theories to Outdoor Programs **worksheet**
  - Video: Nature Explore \*
  - Impacts of Nature on Learning
  - Resources
  
4. **BREAK** (10 minutes)
  
5. **Cultural Awareness** (60 minutes)
  - Videos: Green Card Voices and Immersion\*
  - BAFABAFBA Activity – simulation of cross cultural interactions
  - Minnesota Now, Then, When... An Overview of Demographic Change ppt
  - Videos: Straight Talk from Middle Schoolers\*
  - ***Diversity in the Classroom; Sides Square Off in Minnesota.*** USA Today news coverage of Eden Prairie School District redistricting effort.
  - Side Effects of Racism handout
  - Getting to Know Your Neighborhood **worksheet**
  - Resources
  
6. **LUNCH** (30 minutes)
  
7. **Engaging Children with Nature** (60 minutes)
  - Hierarchy of Outdoor Awareness handout
  - Tips of Engaging Kids with Nature
  - Scenarios & Strategies group activity and **worksheet**
  - Backpack Group Activity
  - Tips for Incorporating Nature at Your Site
  - Resources

\*Required on-line viewing prior to training.

8. **Behavior Management & Safety** (60 minutes)
  - Establishing Positive Behaviors
  - Tips for Planning Outdoor Programs and Field Trips
  - Scenarios & Strategies group activity and **worksheet**
  - Example Site Safety Policy and **worksheet**
  - Mandated Reporting
  - Resources
  
9. **Break** (10 minutes)
  
10. **Community/Asset Mapping Tools** (60 minutes)
  - **The Power of Asset Mapping! Ted Talk\***
  - Tour of on-line community mapping efforts
  - Green Space Mapping case study from Plainview
  - Community mapping practice session and **worksheet**
  - Resources
  
11. **Practice Activities** (60 minutes)
  - Small group activity
  - Resources
  
12. **Program Planning** (30 minutes)
  - Where do we go from here? On-going support from Project GO handout
  - Putting the Puzzle Together – Incorporating GO in your community slideshow
  - What if you don't represent a partner organization? handout
  - Self-reflection/planning session **worksheet** and group sharing
  - Staying in touch:
    - Reporting your efforts (annual survey)
    - Sharing your stories (Project GO Facebook, newsletter, website map)
  - Resources
  
13. **Wrap Up** (20 minutes)
  - Presentation of certificates and backpacks
  - Post Training Knowledge Assessment

**\*Required on-line viewing prior to training.**