

ARISE 2 Day Life Skills Training Agenda

Introduction:

- Overview of ARISE
- Training Objectives

Icebreakers

ARISE Teaching Formula

ARISE Trainer's Demonstration of Lessons from ARISE Curricula:

- Self-Esteem – “Calendar of Life”
- Self-Esteem – “Five-Line Poem”

Planning ARISE Interactive Group Lessons

Preparing and Asking Questions to Encourage Group Discussion

Using Stories, Quotations, Biographies and Posters in ARISE Groups

Using Praise to Motivate: 40 Ways to Say “Very Good”

Communication Skills: Listening, Body Language Awareness

Tips for Classroom Management

Participants' Presentation of Practice Lessons:

- Fatherhood – “My Father, Myself”
- Substance Abuse and Guns – “Handgun Control Debate”
- So You're Thinking of Dropping Out of School – “Personal Audit”
- Violence and Conflict – “Knowing Yourself”
- Nutrition and Exercise – “A Race Against Time”

Tips for Connecting with Youth

Evaluation

