

BGC Success Stories+

“As I think you know, BGCA has an excellent relationship/partnership with Positive Action. Their evidence-based curriculum is terrific, and I am using it with 4 State Alliance grants (states love the curriculum because it is evidence based!). I also have a couple of other state funding proposals in the works that will use Positive Action as well. Their outcomes are tremendous and is an approved program for OJP funds.”

—Debbie Davis BGC Alliance Director

“Positive Action curriculum has been a great addition to the programming offered at the Boys and Girls Club of Southwest Missouri. One member has struggled with her self-image and battled suicidal thoughts. Being actively engaged in the Positive Action programming helped to build a relationship with that staff and help her feel comfortable enough to talk to the staff and ask for help.”

—Staff at BGC of Southwest MO

“I am excited to see our BGC kids responding so positively to positive action. Overall, I am seeing them being more cognizant of the impact their behavior has on others. And even our little ones (K-5) are policing their peers more than I have ever seen before in terms of stopping hurtful talk when they hear it. The program is really making them realize that we all play a part in the Club's climate, and we all have a responsibility to protect that.”

—Staff at a BGC in Pennsylvania

“In spite of COVID-19, the Boys & Girls Club of Easton is OPEN and still providing services to the young members and families in the community as well as providing social emotional learning through our Positive Action program. While our organization places heavy emphasis on academic achievement, the Boys & Girls Club of Easton was able to take precautionary steps to provide a safe place for club members to stay active, healthy, and connected.”

—Monica Bowles, Program Director



**BOYS & GIRLS CLUBS
OF AMERICA**

"The things we are able to do through Positive Action have really made a big difference for our members. Dealing with the added stress of the pandemic these past few months on them and their families, kids need positive action now more than ever."

—Angela Briggs, Positive Action Grant Coordinator, BGC of Glasgow-Barren County

"I had a parent come into the Club to pick up her child today and said that recently she and her daughter were waiting at the Coffee shop drive through, and the weather was nasty, cold and rainy. The coffee was very slow in getting the order filled and the mother said that she was starting to complain about the weather and how slow it was getting their order when her daughter looked at her and said, "you need to look at the positive side, we're dry and warm and have food to eat." The mother said that she asked her daughter where she learned that and she said, "at the Club, in Positive Action". The mother was very impressed with her daughter's insight and thankful for the Club and the Positive Action program for teaching her such a valuable perspective."

—Kelsie Kroetch, Director of Excellence, BGC of Northern Plains, Inc.

"In our Kindergarten, 1st, and 2nd grade group, we review the Thoughts, Actions, Feelings cycle regularly as well as we have it posted. Our littles do well when they are in the positive action session being able to define the terms from Unit 1 as well as use the cycle."

Without any prompts, one of our 1st graders asked if she could share something that happened at school that day. We of course, agreed. She stated that during lunch, a girl in her class was crying. She didn't know why but when she talked to her, she found out another girl in their class told her that she didn't want to be her friend anymore.

For a first grader, this is devastating. She invited the crying girl to play with her and let her know that she would be her friend. When she completed the story, she looked at us and recited every step of the cycle to us and how she used it with her new friend. She was so proud of herself."

—BGC of Hopkinsville-Christian County

"I am excited to see our members as young as 5 responding positively to Positive Action. The connection some of the older members have made to Positive Action has taken us in the right direction. I like the simplicity of the curriculum making it easy to use and understand. The cute and soft plush puppets were a hit with our little ones."

—Wells Community BGC



**BOYS & GIRLS CLUBS
OF AMERICA**

Boys & Girls Clubs of America

Overview Presentation

February 2021

Presenter: J. Allen

Program Consultant: Dianne Derricott



What is Positive Action?



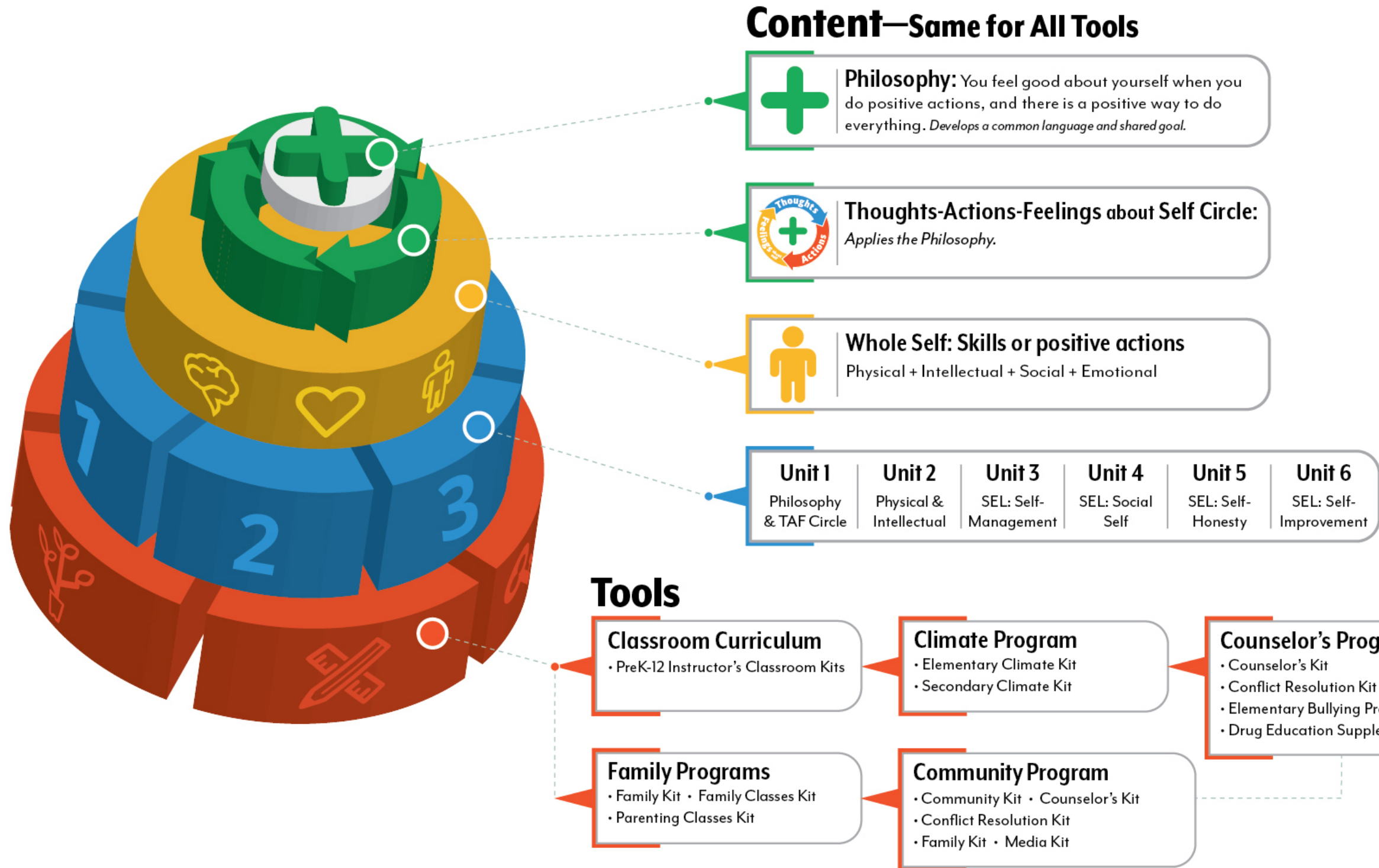
Positive Action is a systematic program addressing whole-child development, building intrinsic motivation, kindness and cooperation, among youth and adults.

Focused improvement areas include:

- + Social-Emotional Learning
- + Academics & Behavior
- + Substance Abuse
- + Mental & Physical Health
- + College and Career Readiness

Other Improvement Areas: <https://www.positiveaction.net/uses>

The Positive Action System





Key Elements

- + Connects clubs, families and communities
- + Develops the whole-person
- + Cultivates a safe, engaging, and inclusive environment
- + Addresses mental health
- + Supports students facing trauma
- + Prevents substance use
- + Includes data-driven assessment tools



Applying the Positive Action System

Teaches the
Behavior
Process
(Knowledge)

- An Intuitive (universal) Philosophy
- A Think + Act + Feel about Self + Circle

Teaches
Skills

- Development of Social, Emotional, Physical and Intellectual areas (Six Units)

Develops
Climate

- By Applying, Practicing and Reinforcing the skills (positive actions)

Philosophy

You feel good about yourself
when you do

POSITIVE ACTIONS

And there is a

POSITIVE

Way to do EVERYTHING!



The Philosophy is Depicted by the **Thoughts + Actions + Feelings about Self Circle**



This Circle can be **Positive** or **Negative**

*The Philosophy Teaches **Motivation***

Extrinsic Motivation:

The reward is something given to us externally



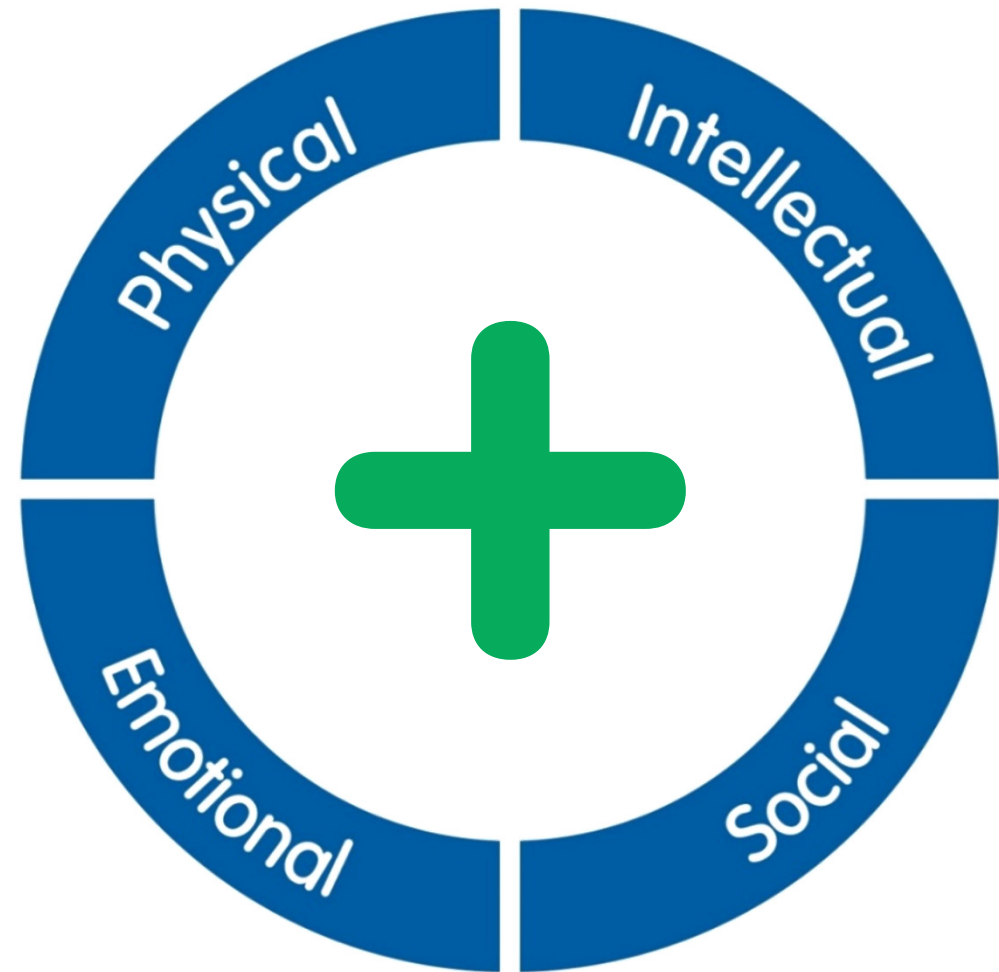
Intrinsic Motivation:

The reward is the good feeling we get internally



The Philosophy: There is a Positive Way to do Everything

- + Be **optimistic, hopeful** and **resilient**.
- + Be **positive** rather than negative.
- + Know that you can't control everything, but you can control how you **react**.



Unit 1: Philosophy & Self-Concept



- + **Philosophy**
- + **Think + Act + Feel
about Self + Circle**
- + **General skills or
positive actions**
- + **Self Concept**



Unit 2: Healthy Body & Mind



+ Physical Positive Actions

- + Exercising
- + Keeping clean
- + Eating nutritiously
- + Maintaining good dental health
- + Avoiding Illnesses
- + Avoiding harmful substances
- + Refusing to abuse
- + Getting enough sleep & rest

+ Intellectual Positive Actions

- + Solving problems well
- + Making good decisions
- + Being motivated to learn
- + Having good thinking skills
- + Having good study habits
- + Valuing learning



Unit 3: Self-Management



- + Managing Yourself Responsibly**
 - + Managing thoughts
 - + Managing actions
 - + Managing feelings
(love, anger, worry, jealousy, feelings of pride, fear, loneliness, discouragement, thankfulness)
 - + Managing time/energy
 - + Managing money
 - + Managing possessions
 - + Managing talents



Unit 4: Social Skills



+ Getting Along with Others

- + Treating others the way you want to be treated
- + Seeing the good in others
- + Respecting others
- + Saying nice things to others
- + Showing appreciation
- + Showing empathy
- + Showing fairness
- + Showing kindness
- + Showing cooperation
- + Avoiding bullying



Unit 5: *Self-Honesty*



+ Being Honest with Yourself and Others

- + Being in touch with reality
- + Telling yourself the truth
- + Telling others the truth
- + Not blaming others
- + Not making excuses
- + Not rationalizing
- + Knowing your strengths and weaknesses
- + Doing what you say you will do



Unit 6: Self-Improvement



+ Improving Yourself Continually

- + Setting physical goals
- + Setting intellectual goals
- + Setting social and emotional goals
- + Believing in your potential
- + Having courage to try
- + Turning problems into opportunities
- + Persisting
- + Broadening your horizons





Elementary Kits

Engaging & Ready-to-go

Pre-K:

- 130 lessons / 5-minute interactive, scripted lessons

K–6:

- 140 lessons / 15-minute interactive, scripted lessons

Materials: 30 students

Lesson strategies & methodologies:

- Puppets, games, poems
- Role-playing, stories
- Plays, discussions, journals
- Music, stickers
- Colorful, interactive posters

Grade 3 Kit Contents

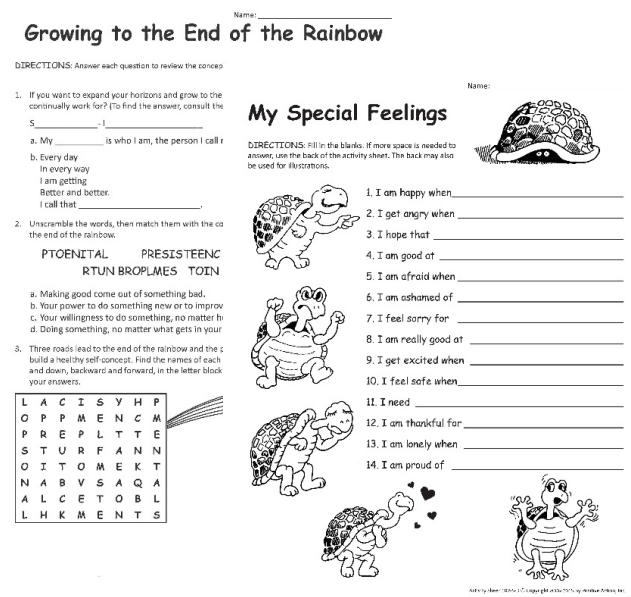
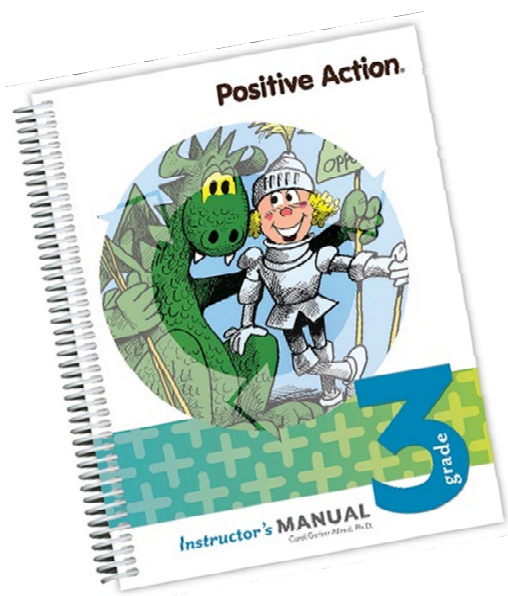




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INSTRUCTOR'S GUIDE xx

BIRD'S-EYE VIEW OF POSITIVE ACTION UNITS. xxv

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UNIT 2—
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UNIT 3—
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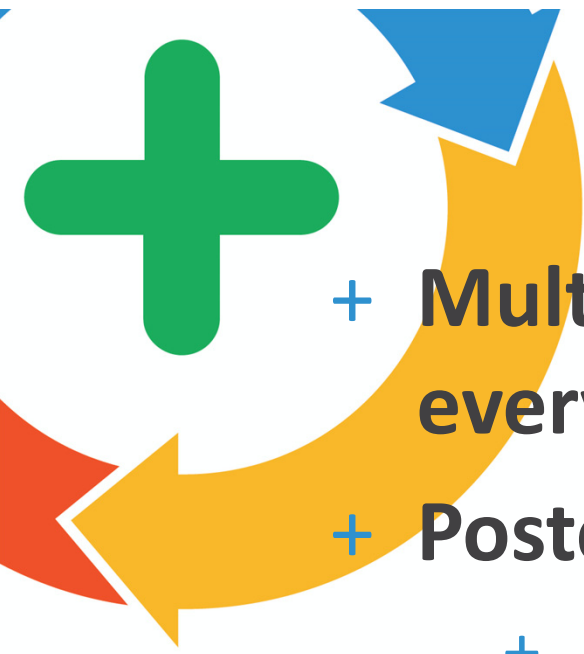
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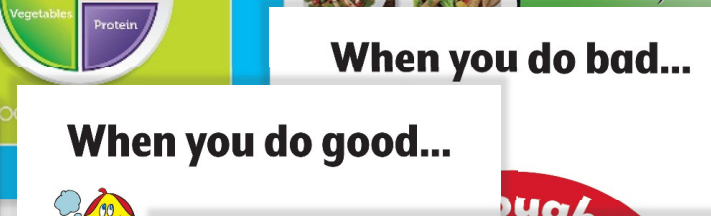
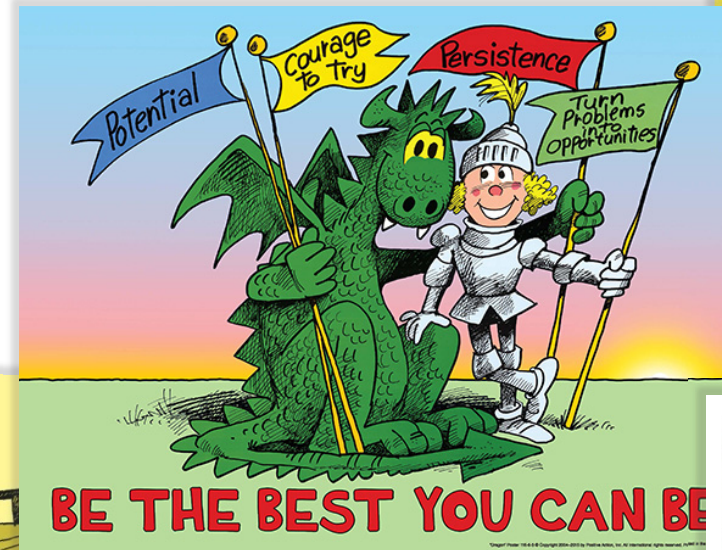
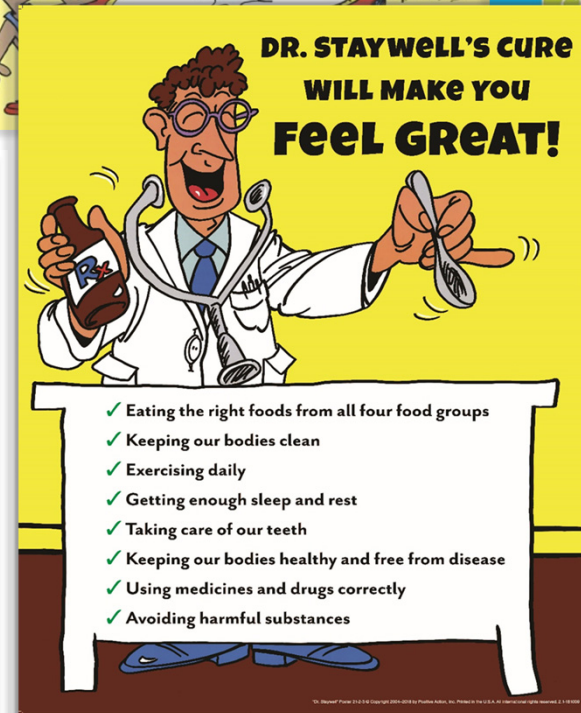
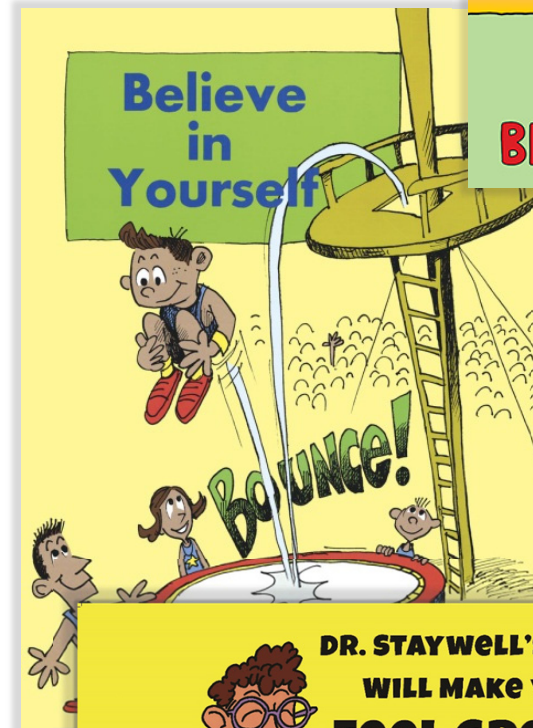
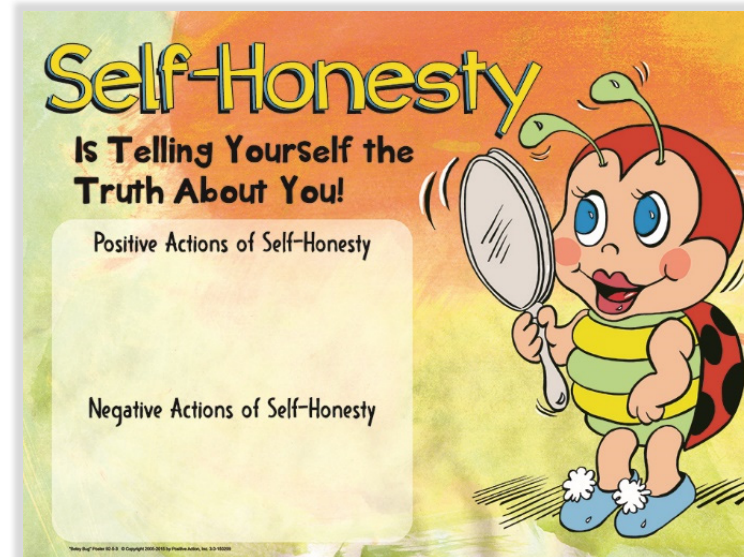
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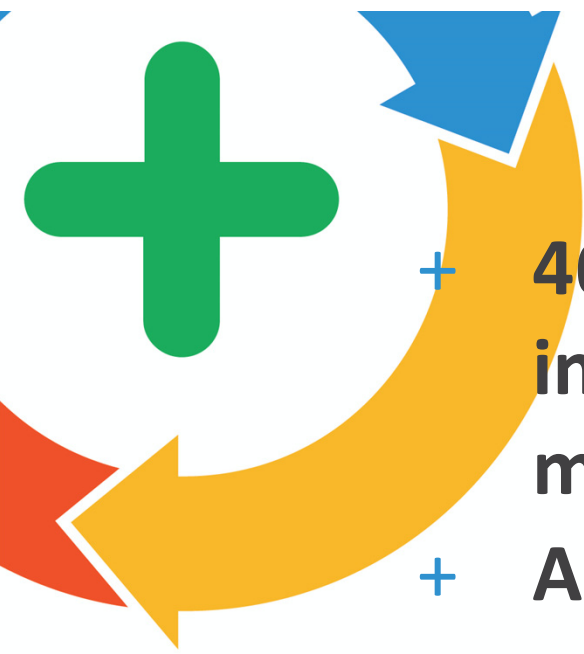
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ACTIVITY SHEET THUMBNAI LS 237



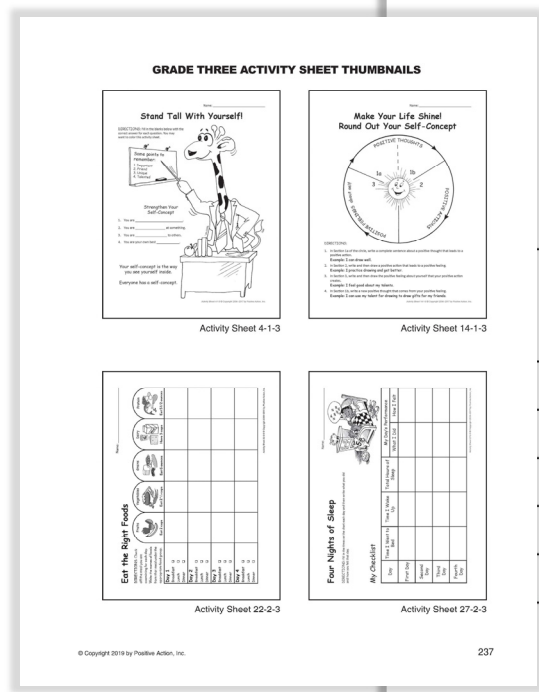
- + Multiple full-color posters at every grade level
- + Posters are coded:
 - + LESSON-UNIT-GRADE
(ex. Lesson 8, Unit 2 for Grade 3: 8-2-3)





- + 46 student activity sheets used in the lessons throughout the manual.
- + Activity sheets are coded:
 - + LESSON-UNIT-GRADE
(ex. Lesson 1, Unit 1 for Grade 3: 1-1-3)
- + Thumbnails in Instructor's Manual

(Note: All posters and visual aids are coded in the same way.)



Name: _____

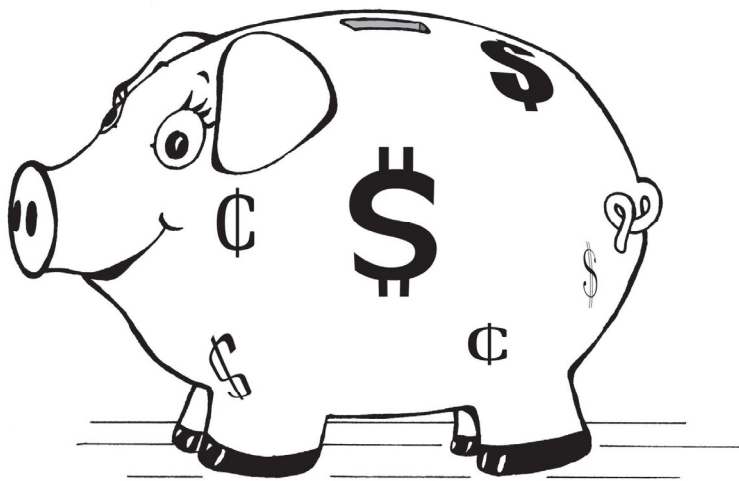
Stand Tall With Yourself!

DIRECTIONS: Fill in the blanks below with the correct answer for each question. You may want to color.

Name: _____

Piggy Bank Happiness

DIRECTIONS: List two things you would like to buy: one for yourself and one for someone else. Think of at least three ways you can use positive actions to earn money to buy these things. List them below. On the back of this sheet, draw yourself using these positive actions to earn money.



Gift for Yourself _____ 2. _____ Gift for Someone Else _____

Positive Actions to Earn Money

1-1-3 © Copyright 2006–2020 by Positive Action, Inc.

Activity Sheet 51-3-3 © Copyright 2006–2020 by Positive Action, Inc.

- + “Property Of” Sign
- + Envelopes
- + See Good Glasses
- + Paper Plates
- + Clapper Board
- + Game board
- + Game markers
- + Toothpicks
- + Bean bag
- + Yarn

HELP MOTHER GOOSE USE POSITIVE ACTIONS TO GET TO THE SHOE.

GO OVER RAINBOW

Positive Actions

Director:

Take: 3

Shot:

"Clapper Board"

Helped a friend find the ball she lost at recess
Move ahead two

Told my teacher about the favor a classmate did for me
Take two turns

Told a friend something bad about a classmate
Go Back two

No Smile all Day!
Lose one turn

Picked up books a first-grader dropped you knew you would want someone to help if you had done it
Take another turn

Saw that the new boy in class is fun to be around
Take Another turn

Grumpy all day. Couldn't laugh at little things.
Lose one turn

Love 1 space.

UNIT 3

LESSON 56 • UNIT 3 • GRADE 3

MANAGING YOURSELF USING SOCIAL/EMOTIONAL POSITIVE ACTIONS

Purpose: To introduce the positive actions of identifying feelings of love, anger, worry, jealousy, pride, fear, loneliness, thankfulness, and discouragement.

Materials Needed: Audio player, internet access, crayons or markers

Materials Provided: “Emotions” music and lyrics on *Positive Action* Resources website, Paper plates (one per student)

Procedure:

- 1) SAY, “Today we will start some lessons that will help us to **identify feelings**. Feelings are emotions such as anger, fear, love, or worry, and to identify our feelings means to name or be aware of them. Being aware of your feelings is an action that will help you have a happy, healthy life.”
- 2) “Did you know that everyone at some time feels the same ways you do? Different things cause different feelings in people, but everyone—your mom, dad, teachers, siblings, coaches, teammates, and friends—has the same kinds of feelings that you have. Let’s look at what these feelings are.”
(Write the bolded words on the board; give definition orally.)
- **Love:** Feeling deeply about someone or something.
 - **Anger:** Getting mad.
 - **Worry:** Thinking a lot and being anxious about something.
 - **Jealousy:** Feeling bad about someone who has something you don’t have.
 - **Pride:** Feeling good about yourself or something you’ve done.
 - **Fear:** Being scared.
 - **Loneliness:** Feeling all alone.
 - **Thankfulness:** Being happy or grateful to have something.
 - **Discouragement:** Losing your courage to try.
- 3) “We’re going to be learning about these feelings in the next few weeks. To help us remember all of them, we’re going to learn a song called ‘Emotions.’”

TEACHER: Prepare to play the music with the lyrics and print or project the lyrics from the Positive Action Resources website. Play “Emotions” once and have students listen. Then play it again and have them sing along. Use this song and others you will learn often to set a positive tone and remind students to do positive actions. This song will remind them of the many feelings they need to learn to manage.

LESSON 56 • UNIT 3 • GRADE 3 (Continued)

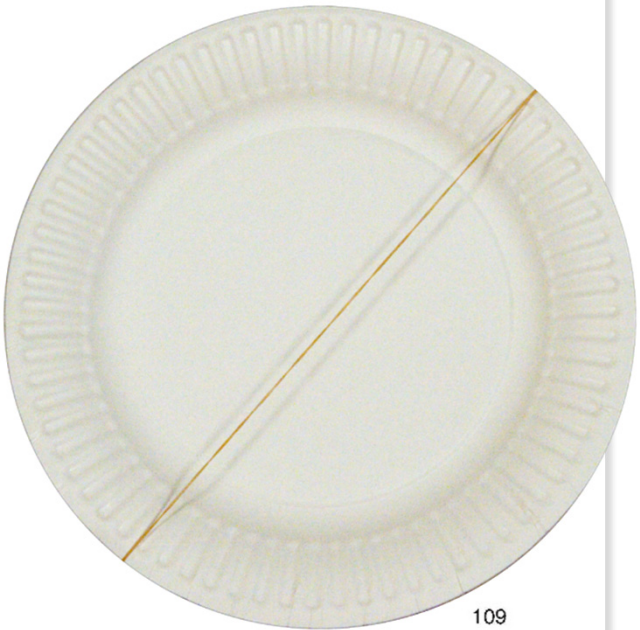
- 4) “Many times we can tell what people are feeling by their facial expressions. We know whether someone is angry or worried, lonely or afraid, just by looking at the person’s face. Let’s make some face masks to show these feelings. We will use them as we study the positive actions for managing all these feelings.”
- 5) *TEACHER: Distribute the paper plates. If possible, give the children a choice about which feelings they want to draw on their masks, but make sure each feeling is illustrated with at least once by a face drawn by a student. Ask students to write the name of the feelings their drawings represent on the backs of their plates. Collect these masks for use in future lessons.*

NOTE: For Lesson 60 each child will need to bring a small rock from home that can be painted and decorated.

WORD OF THE WEEK ALERT!

Feelings

Emotions such as anger, fear, love, and worry.



Middle School Kits

Engaging & Ready-to-go

Grade 7

- Units 1-3; total 82 Lessons

Grade 8

- Units 4-6; total 82 Lessons

15-20-minute; interactive, scripted lessons

Materials: 30 students

Lesson strategies & methodologies:

- Posters, games, manipulatives
- Stories, discussion, radio scripts & role-playing





High School Kits

Engaging & Ready-to-go

HSK1 – *Life's Big Question: "Who Am I?"*

HSK2 – *Lives on the Line Play*

HSK3 – *Projects for Teens*

HSK4 – *Life Training for Teens*

- 132 Lessons
- 15-20-minute; interactive, scripted lessons

Materials: 30 students

Lesson strategies & methodologies:

- Role-Playing, stories, posters, activities, and discussion
- Projects, peer-mentoring



Supplemental Kits

Kits stand alone or with curriculum kits

Elementary Bullying Prevention Kit

- 21 lessons; 30-minute
- Materials: 30 students
- Lesson strategies: Posters, stories, games, Positive Behavior Plans and Celebrations

Drug Education Kits

- Elementary: 18 lessons; 15-minutes
- Secondary: 30 lessons; 20-minutes
- Materials - 30 students
 - Lesson Strategies: Posters, games, discussion; secondary includes a play script and music

Conflict Resolution Kit

- 7 lessons; 15-20-minutes
- Materials: 1 Set of "Conflict Resolution Plan Scenarios", 100 "Conflict Resolution Plans", 4 "Decision-Making and Problem-Solving Checklist" Notepads (25 pages in each)
- Strategies: Practice using "Conflict Resolution Plans"



Counselor's Kit

For individuals, small groups,
classrooms, & families

Manual: *Positive Actions for Living*

- 42 lessons; 30-45 minutes each

Materials – 6

Lesson Strategies:

- Stories, games, posters, music

Other Materials

- Topical Guide
- Conflict Resolution Plan & Teacher's Guide
- Positive Behavior Plans/Celebrations
- ICU Box



Parent & Family Kits

Engaging Parents & Families at Home

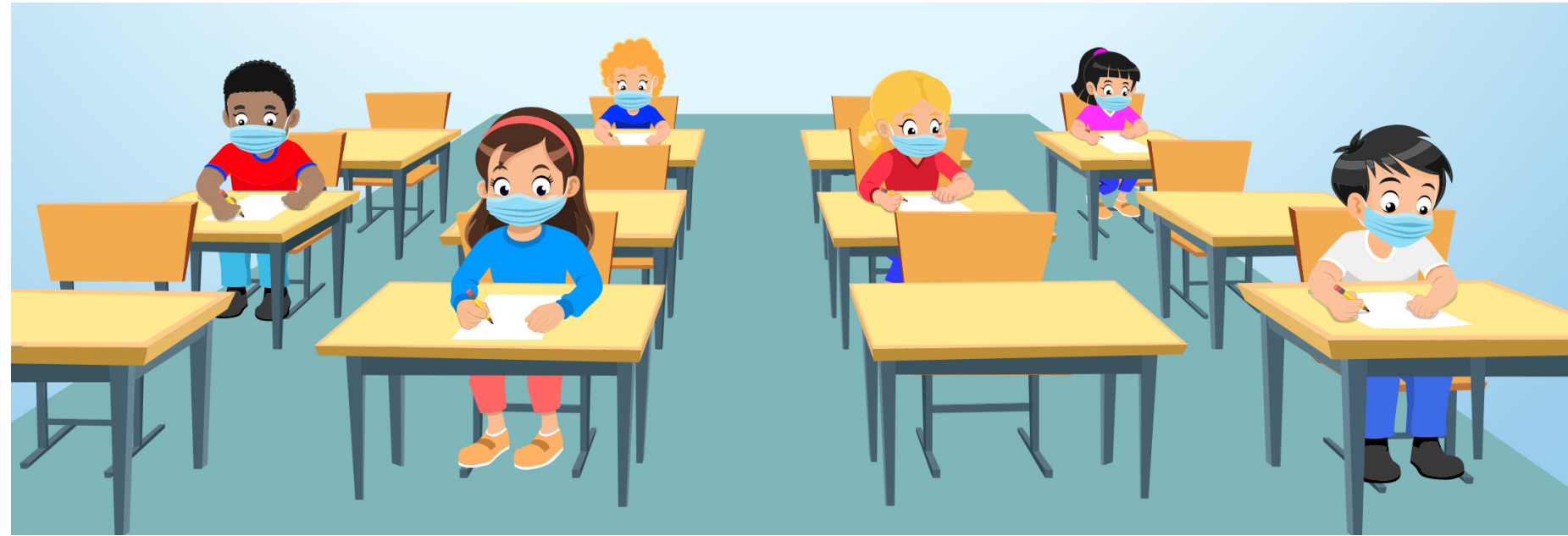
Family Kit — *Stand alone and for classes*

- **Manual:**
 - 42 lessons; 30-45 minutes
- **Lesson Strategies:** Activities, stories, games, posters & music
- **Materials:** for 6
- **Free Online:** <https://www.positiveaction.net/teach>

Family Classes Instructor's Kit

Parenting Classes Instructor's Kit

Technology



Teach App

- *Family Kit & Parent Guide (elem.)* available for Free
- Request digital resources for virtual delivery and other program support
- Program Music
 - Original and remixed tracks
 - Song lyrics
 - Sheet music
- Kit and other implementation resources



<https://www.positiveaction.net/teach>

Climate Goals

To Create a Place That Is:

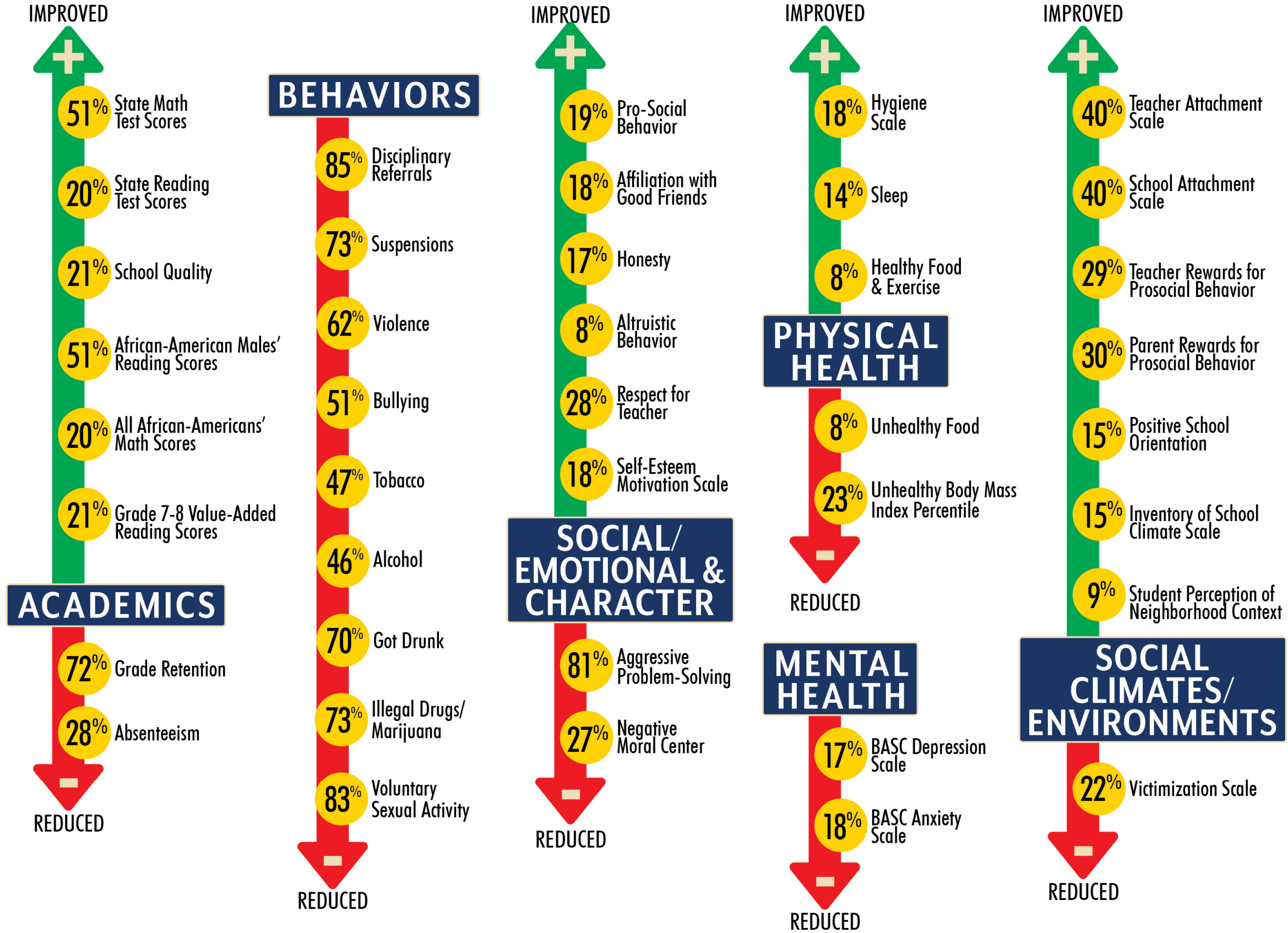
- + Positive
- + Safe
- + Welcoming
- + Inclusive

Where *Positive Actions* are:

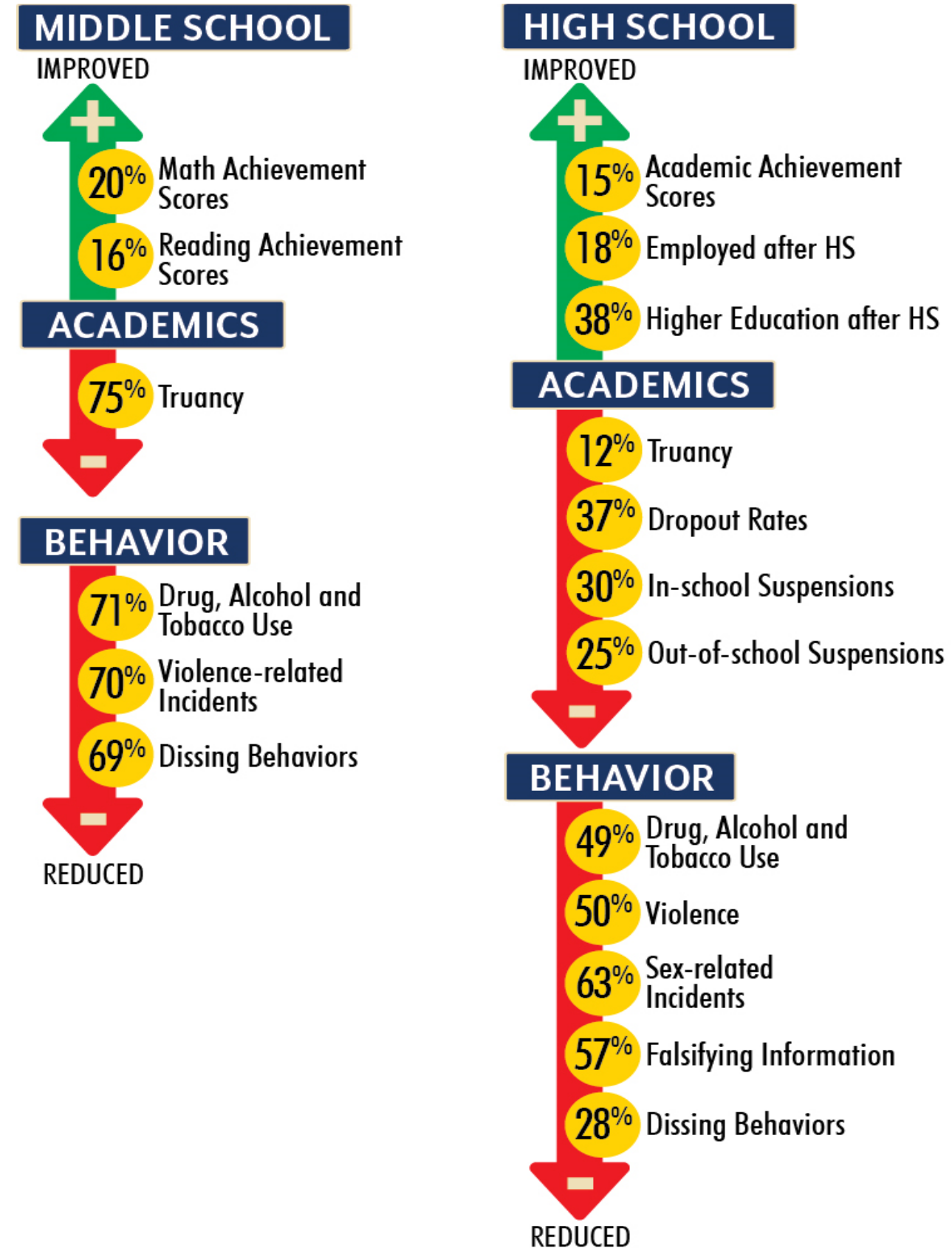
- + Modeled & Practiced
- + Recognized & Reinforced
- + Providing New Experiences
- + Contributing to the Climate



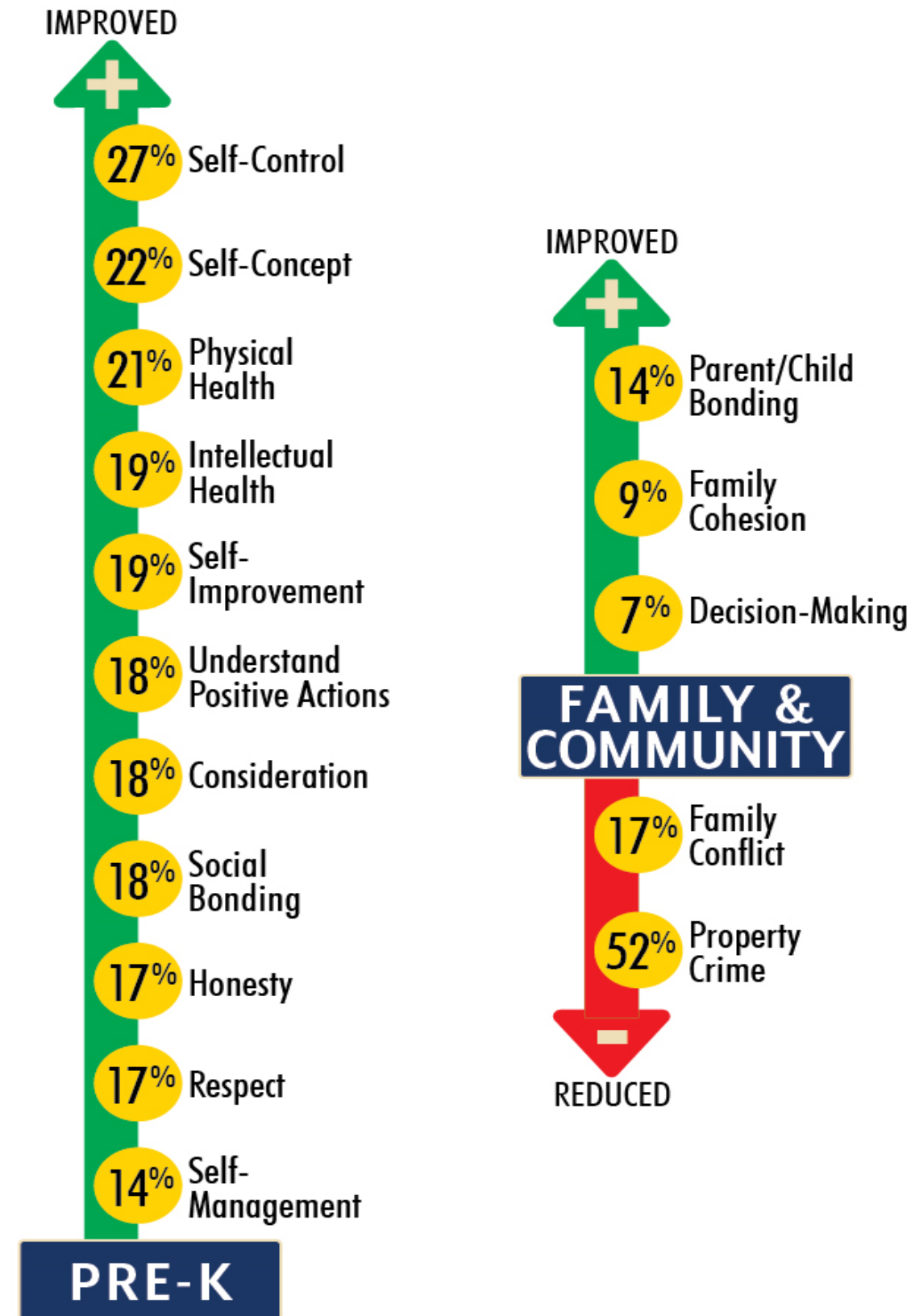
Student Outcomes



Student Long-Term Outcomes

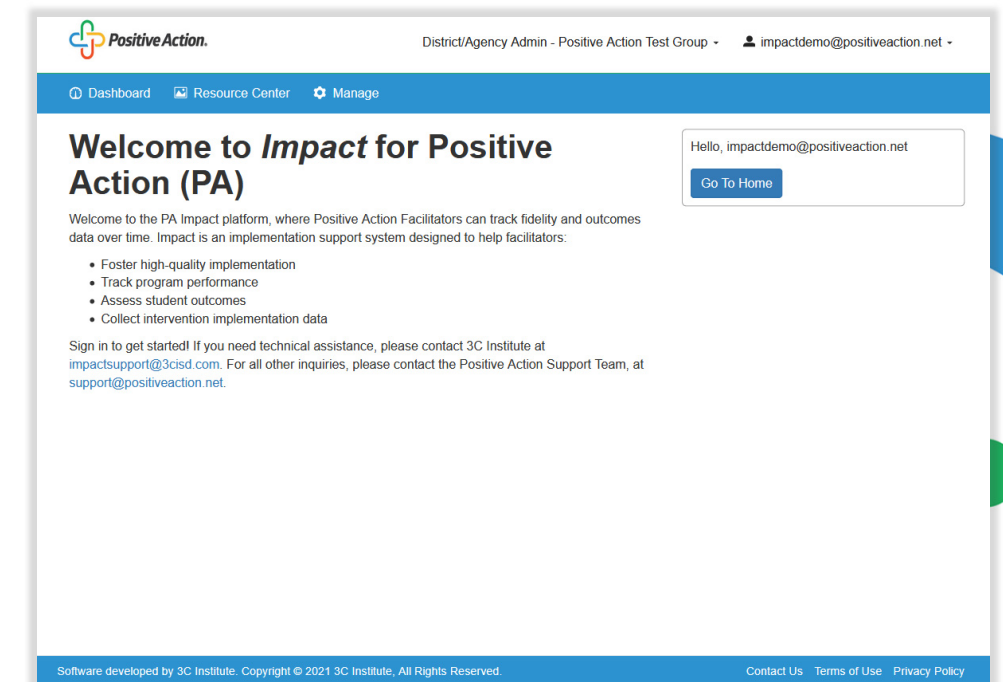


Pre-K & Family/Community Outcomes



Free Assessment Measures:

- + ***NEW* *Impact Implementation Support Platform***
 - + Customized for *Positive Action* to collect and track fidelity, progress and outcomes data online
- + **Monitoring Fidelity:** assess the level (dosage) and quality (integrity) of implementation
 - + Weekly, Unit and End-of-Year Implementation Reports
- + **Outcome Measures:** assess short-term/immediate and long-term effects
 - + Student Pretest/Posttest Surveys



<http://www.3cisd.com/implementation-support>



Economic Benefits

Cost-Benefits Analyses

Washington State Institute of Public Policy

For every \$1 spent – **\$32.65** in benefits

Columbia University – Teacher's College

For every \$1 spent – **\$10.14** in benefits

Pennsylvania Commission

For every \$1 spent – **\$217.89** in benefits



Aggregate Return on Investment (ROI)

8,580%

Takeaway

Positive Action has the highest returns of any SEL program analyzed. For **every \$1 spent**, there is an **average of \$86 in return**.

Pre-K-12

- + Pre-K: S
- + Kinderg
- + Grades
- + Grades
- + High S

- + Pre-K: \$400
- + Kindergarten: \$450
- + Grades 1–6: \$400 each
- + Grades 7–8: \$450 each
- + High School Kits 1–4: \$500-\$550 each
- + *Average Student Cost: \$15 initial year; \$5 successive years*

- + Elementary Bullying and Elementary Drug Education: \$250 each
- + Secondary Drug Education: \$450
- + Conflict Resolution: \$150

+ Family Kits

- + Family Kit: \$100
- + Family Classes: \$1450
- + Parenting Classes: \$1000

- + Live Webinar: \$550 first 2 hours; \$300 each additional hour
 - + 2-6 hours average depending on scope; max 20 participants
- + Onsite: \$3,000 per day plus travel expenses
 - + 1 day depending on scope: max 50 participants



Program Pricing

Products



+ *NEW in 2021* Starter Combos
An easy way to jumpstart your SEL initiative with a savings of 30-40%.

+ Elementary: \$1950

- + K–5 Instructor's Kits
- + 2 hours webinar training
- + Free shipping

+ Middle School: \$1375

- + Grade 6–8 Instructor's Kits
- + 3 hours webinar training
- + Free shipping

+ High School: \$1975

- + High School Kits 1–4 Instructor's Kits
- + 3 hours webinar training
- + Free shipping



*Combos are listed under the Products page on the website.
No code necessary. Combos may not be modified or combined with other discounts.*

Guide to Succeeding with Positive Action

- + Implement with fidelity for optimal outcomes
- + Follow the steps in the guide.

- + **3 Parts with 4 Steps:**

- + **Part One: Program**

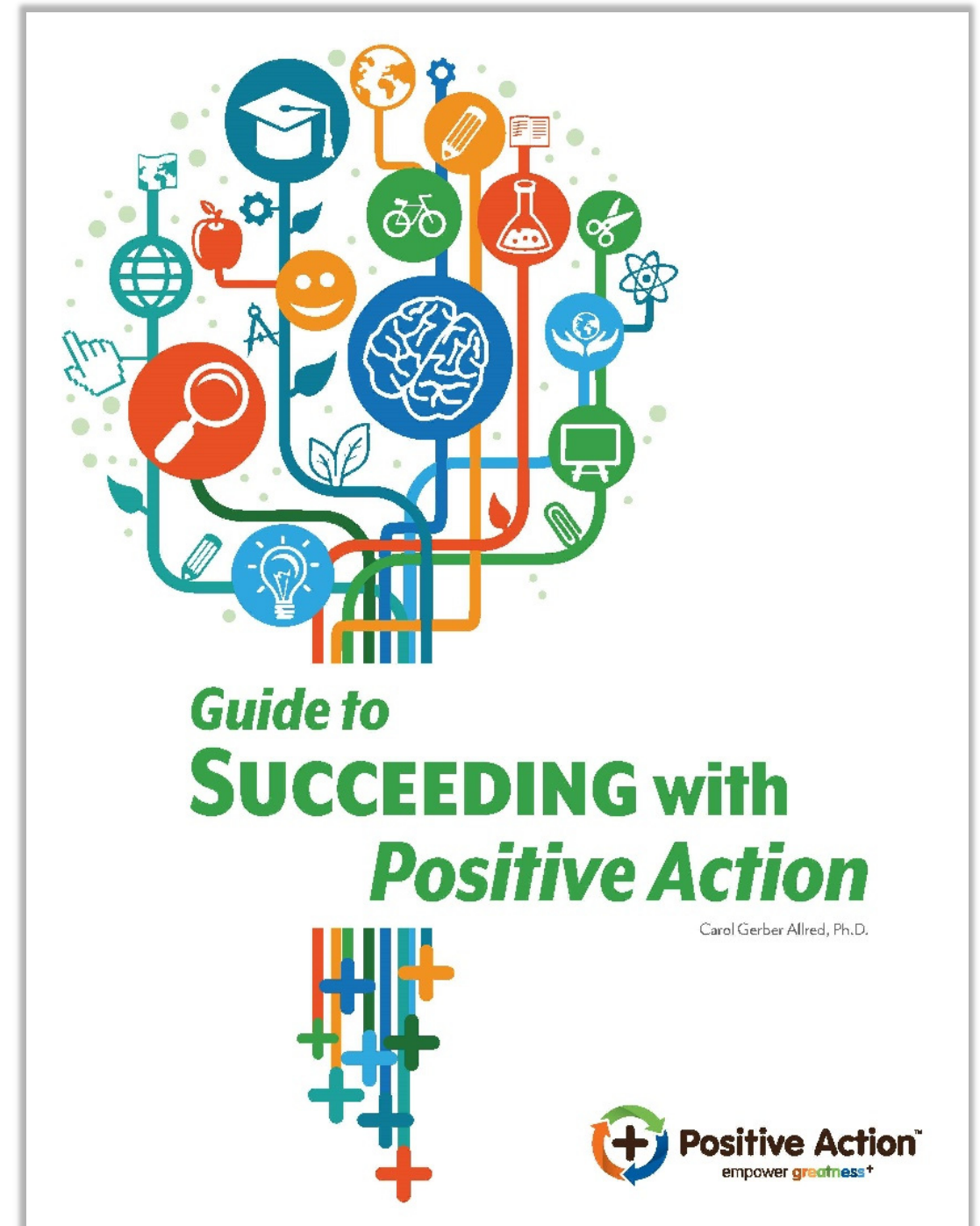
- + Plan
- + Prepare
- + Implement
- + Assess

- + **Part Two: Classroom (Lessons)**

- + Plan
- + Prepare
- + Implement
- + Assess

- + **Part Three: Climate Activities**

- + Plan
- + Prepare
- + Implement
- + Assess



<https://www.positiveaction.net/blog/succeeding-guide>

“If you don’t know where you going, you will wind up
someplace else.”

— Anonymous; Lesson 32 Positive Action Family Kit

**The very next
choice you make**



**could send you in a
positive direction.**



Contact your Program Consultant
for more information

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