

# BE ACTIVE KIDS®

## 2020 Train-the-Trainer Sessions

JOIN OUR  
GROWING  
NETWORK!



Be Active Kids is a signature program of the Blue Cross and Blue Shield of North Carolina Foundation and the only comprehensive physical activity based program dedicated to improving the health and development of young children from birth to five in NC.

### Be Active Kids Training supports:

- ★ planning and leading of more structured activity
- ★ offering more opportunities for unstructured activity
- ★ incorporating fundamental motor skills and movement concepts into physical activity
- ★ integrating physical activity into daily schedules
- ★ physical activity best practices and NCFELD developmental domains

### Be Active Kids Movement Guide

- ★ extensive, evidence-based curriculum largely focused on fundamental motor skill development and movement concepts
- ★ includes more than **80 developmentally appropriate lesson plans** for **infants, toddlers, twos, and preschoolers**
- ★ aimed at improving children's physically active life experiences and empowering **EVERY** young child in North Carolina to become competent, successful movers

### What Trainers say about Be Active Kids trainings...

"I thought [the training] was informative, clearly presented, and I liked that it was broken up into different parts so we could get up and move around"

"I am a community college ECE teacher... I hope to use MANY of these activities in many courses"

"[BAK training] supports being more intentional in offering physical activities to all children birth to five. Fun, fun, fun!"

### Be Active Kids Train-the-Trainer Sessions

#### PURPOSE

Gain the knowledge, skills, and resources needed to train child care providers and preschool teachers. Once trained, offer the FREE training to child care providers and share our resources in your community.

#### COST

\$25 — covers the training, materials and lunch

#### REQUIREMENTS

TRAINERS MUST COMMIT TO:

1. Holding at least **two** provider training sessions per year. **OR**
2. Holding at least **one** provider training session **AND** sharing Be Active Kids in your community.\*

\*Participants who complete the Train-the-Trainer session will receive 4 CHCs approved by DCDEE.



[www.beactivekids.org](http://www.beactivekids.org)  
[facebook.com/beactivekids](https://facebook.com/beactivekids)  
[pinterest.com/beactivekidsnc](https://pinterest.com/beactivekidsnc)



Unable to attend a Be Active Kids Train-the-Trainer? Visit [www.beactivekids.org](http://www.beactivekids.org) to see other state-wide events where Be Active Kids will be featured.

# Current Training Information and Registration Deadline

**Note:** For more information, visit us at [www.beactivekids.org/for-trainers](http://www.beactivekids.org/for-trainers) or contact our program manager, Evie Houtz, at 919-287-7012 or [info@beactivekids.org](mailto:info@beactivekids.org).

DATE	NC CITY	COUNTY	TRAINING LOCATION	TIME	REGISTRATION DEADLINE
2/27/2020	Raleigh	Wake	Paragon Bank	10 am – 3 pm	<b>2/24/2020</b>

\* Be Active Kids also offers trainings on active, child-centered play concepts such as loose parts play, risky play, and more.

Lunch and snacks are provided. The training space is limited so please register\* as early as possible at [www.beactivekids.org/for-trainers](http://www.beactivekids.org/for-trainers).

\* **Payment options are given when you register online.**

**“I am currently using the Be Active Kids training and program to promote physical activity in child care facilities! This program has made it so easy to be successful and the movement guide is so user friendly! We LOVE it in Rutherford County!”**

— Jamie Nanney, BAK Trainer, Rutherford County

**“Up until the New Be Active Kids Guide, there were not many physical activity ideas out there for infant and young toddler teachers. Now the Be Active Kids guide has many activities that the teachers and I can use when working with infants, one and two year olds. Thanks for the great resource!”**

— Terri Walls, BAK Trainer, Craven County

**“When talking to providers about what they find rewarding about working with young children, [it’s that] they love the look of wonder and excitement children have when they grasp a new idea or concept. Surprisingly, this is the same look I see on the faces of participants in my Be Active Kids classes! Providers suddenly seem to realize how easy it is to get their children active and moving.”**

— Joan Nicholson, BAK Trainer, Mecklenburg County

**“I’m excited about receiving my own movement guide. I really love this curriculum and would love to do trainings with Be Active Kids yearly.”**

— Casi Freeman, NC Pre-K Provider, Sampson County

Looking for free online resources to start supporting healthy, active kids today? Go to [www.beactivekids.org/resources](http://www.beactivekids.org/resources)



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