

Parent (Teacher) Toolkit: Practice Plan

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This document is part of the YCISL Parent (Teacher) Toolkit Series which is aimed at empowering parents as teachers to develop youth creativity and leadership skills that support healthy learning. The following is an example practice plan and notes to create your own variations.

Practice Plan

Date: Friday May 15, 2020

Start Time: 11:00 AM

Time Allowed: 30 minutes

| SKILL | DURATION | ACTIVITY |
|-------------------------------|------------------|--|
| WARM-UP | 1 MINUTE | Focus exercise |
| ASKING QUESTIONS | 9 MINUTES | Change answers to questions (Jeopardy-like). |
| BREAK | 1 MINUTE | |
| POSITIVE THINKING | 9 MINUTES | Things around home that make you smile. |
| BREAK | 1 MINUTE | |
| FAST CREATIVE THINKING | 9 MINUTES | Design a Product Label for a Creative Ice Cream Flavor. |

Coach's Notes:

- Practice plans should typically include (a) 3 skills or (b) 2 skills and an exercise that combines the 2 skills (a scrimmage that requires both skills).
- Practice durations could be shorter or longer than the 30 minutes shown in the example above. However, try to stay with the same practice duration every time to keep the focus time consistent.
- Schedule these sessions once or more a week. The days and start times should be the same each week in order to make it part of a regular schedule.
- Use a rewards system. Reward for each completion of a practice session. A good example of a reward is a collectible (eg, sports trading card).
- The Practice Plan always starts with a Warm-up exercise (Coach's choice).