



Designing Afterschool & Summer Learning Programs

with Sheely Mauck

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Welcome

In the chat, please share:

- Name
- Pronouns (optional)
- Organization / Program
- Favorite Ice Cream Flavor or Ice Cream Truck treat



Acknowledgements



The lands of Duwamish, Coast Salish, and Puyallup

<https://native-land.ca/>



Objectives

Participants will:

- Explore where and how learning happens
- List specific strategies that support learning based on the Science of Learning & Development
- Describe characteristics of afterschool and summer settings and how those settings can support learning
- Analyze learning activities to support math and literacy skills in afterschool/summer programs, including through virtual programming
- Develop a plan to implement new activities that incorporate the elements of learning



Opening Activity

**Think of a time when you really enjoyed
learning something...**

Where does learning happen? How do youth learn?



Learning Opportunities in Afterschool



Video debrief & reflection

- What ideas or concepts stood out to you in the video?
- What connections do you see between ideas in the video and your own learning experiences?



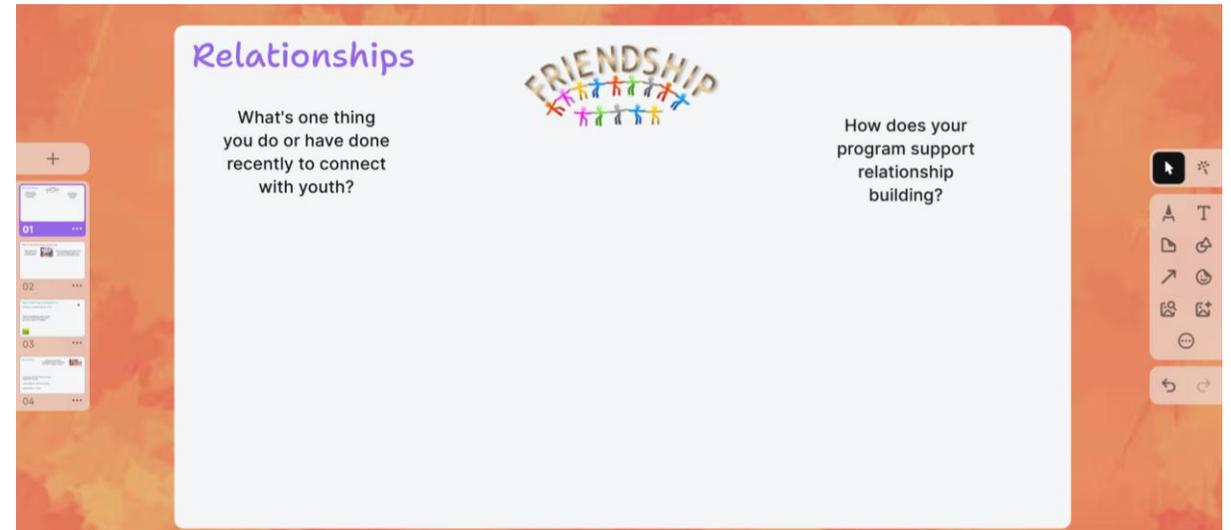
Science of Learning & Development – How Youth Learn Best

Exploring Elements of Engaged Learning

- Relationships
- Peer & Collaborative Learning
- Play, Creativity, & Imagination
- Movement

In groups:

- Review your Element
- Discuss & Add to the Padlet Sandbox
- Review other elements / slides in Sandbox once complete



Relationships

- Stable, committed staff and/or volunteers
 - Build trust and foster a sense of belonging
- Regular check-ins & structure in connection time
- Utilize trauma-informed, healing-centered, and culturally responsive practices
 - Support emotional, psychological, and physical safety
 - Calm, patient, and non-punitive responses to challenges
 - Learning and valuing cultures, languages, and traditions of youth
 - Valuing multilingualism

Peer & Collaborative Learning

- Increases student retention, self-esteem, and responsibility
- Supports development of higher-level thinking and problem solving
- Builds communication skills and fosters leadership
- Creates opportunities for self-management and emotion regulation
- Fosters teamwork and social skills
- Supports students who are more attuned to communal or relationship-based learning

Play, Creativity, & Imagination

5 characteristics of learning through play:

- Iterative – make mistakes, test, re-test
- Joyful – celebrate progress, bring the fun
- Meaningful – activities, topics are relevant to young people; solving real-world problems
- Socially interactive – share ideas, explain thinking, compromise
- Actively engaging (dance, jump around, be so invested in what you're doing, you lose track of time – flow; immersed in subject or project)

From Lego Foundation and learningthroughplay.com

Movement

- Increases oxygen to the brain and prepares the brain for learning
- Releases endorphins and neurotransmitters
- Improves memory, language, attention, and emotion regulation
- When combined with language, learning process can improve by 90%

Source: <https://www.playstreet.in/2021/10/21/the-importance-of-movement-for-children/>

The brain is the main beneficiary of any kind of aerobic activity. There is a strong brain-body connection. Hence, it is important to remember that **learning doesn't happen from the neck up, but from the feet up!**

Michael Kuczala, TEDxAshburn)



Characteristics of Afterschool & Summer Programs

Positive Youth Development

Positive Youth Development (PYD) is an intentional, prosocial approach that engages youth within their communities, schools, organizations, peer groups, and families in a manner that is productive and constructive; recognizes, utilizes, and enhances young people's strengths; and **promotes positive outcomes** for young people by providing opportunities, **fostering positive relationships**, and furnishing the support needed to **build on their leadership strengths**

From outh.gov; Definition developed by the US Interagency Working Group on Youth Programs

Afterschool and Summer Superpowers

Opportunities to provide or build:

- Safe, flexible spaces that can encourage movement
- Strong, caring relationships
- Small groups and peer learning
- Active, hands-on learning (incl. access to variety of materials)
- Youth choice and voice
- Real-world relevance
- Opportunities for play, fun, and creativity

Activity Exploration – Math, Literacy, & Virtual Programming

Each group will explore Math or Literacy Activities

- Even numbered rooms will review Literacy Activities
- Odd numbered rooms will review Math Activities
- **Bonus option (all rooms)** – review virtual programming tips and ideas on Pg. 4

Step 1: Assign Team Member roles (**Facilitator** – ensures everyone has chance to share; **Presenters** – will share highlights back to large group; **Notetaker** – bring questions back to large group)

Step 2: Review the activities and discuss reflection questions as a group (see page 5 on handout)

Step 3: Shared Goal – Prepare to share one activity or idea to support math or literacy with the whole group

Group Share-outs





Planning & Implementation

Benefits of Planning

- Ensures you have all necessary materials or supplies
- Ensures activities incorporate important elements of learning
- Reduces “down time” or transitions between activities
- Supports staff and youth to have clear understanding of what to expect
- Anticipate potential challenges and support problem-solving in advance
- Builds staff cognitive, communication, and teamwork skills

Ultimately, planning can make everyone’s (staff and young people’s) lives easier and more fun!

Planning & Implementation

Option 1:

- Pick one activity from the small group discussion OR pick an upcoming program session and complete the program planning template. *There is also a virtual session planning template.*

Option 2:

- Review the sample weekly schedule
- Start to draft a weekly schedule to incorporate math and/or literacy activities throughout the week
 - Great option for summer programs



Closing Reflection & Wrap-Up

Resources

Books:

- *Culturally Responsive Teaching and the Brain: Engaging Students' Minds Through Cultural Understanding and Neuroeducation* by Zaretta Hammond
- *Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School* by John Medina

Websites, Reports, & Podcasts:

- [Learning Through Play](#)
- [SoLD Report – From a Nation at Risk to a Nation at Hope](#)
- [Changing the Odds Remix podcast](#)
- [10 simple learning games for kids from Muxi ESL world](#)
- [Learning through Play - Activities - Resources video playlist](#)

Glow & Grow



Share a Glow – an idea or activity you're excited about or something you appreciated learning from a fellow participant



Share a Growth Area – something you think you'll need to grow (learn more about, build skills, etc.) or something you have questions about.

Thank you!

Contact Us:

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