



ACTIVE LEARNING PARENT WORKSHOPS & PROFESSIONAL DEVELOPMENT



ACTIVE LEARNING

Parent Workshops

Our Parent Workshops offer practical tools to support child development, wellness, and learning at home. All sessions include Spanish translation to ensure access for all families. These interactive workshops strengthen home-school connections and provide culturally responsive, easy-to-use strategies. Workshops are 1.5 hours long, with costs ranging from \$1,200 to \$1,500

Workshop	Description
Social Emotional Literacy	CASEL-aligned with culturally responsive books & discussion
The Power of Parents (with live actors)	Scenarios acted out, audience interaction, resources
Watercolors, Classical Music & Relaxation	Art therapy paired with soothing classical music
Self-Care	Emotional wellness, mindfulness, stress relief tools
Family Bonding: Self & Family Care	Focus on shared family well-being & communication
Sensational Sensory (Infant & Toddler)	Interactive milestone & movement workshop for caregivers
Child Development (Ages 0-5)	Focused on motor skills through play & bonding
Yoga, Mindfulness & Meditation	Breathwork, stretching, relaxation for parents
Dance into Fitness	Dance-based cardio & cultural rhythm class



Parent Workshops

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Family Fitness & Fun	Parents & children participate together in fitness stations
Kitchen Calisthenics	Combines exercise, food prep, and dance (includes recipe demos)
Healthy Home, Healthy Family	Household movement activities for home wellness
Raising Resilient Kids	Parents learn evidence-based strategies to build resilience, self-regulation, and emotional strength in children, especially in times of transition or adversity.
Digital Balance: Screen Time & Boundaries	Explore healthy screen habits, how to model digital discipline, and how to create tech-free family rituals that enhance connection.
Play-Based Learning at Home	Parents learn how to turn everyday routines into meaningful play experiences that promote learning and strengthen bonds.
Understanding Your Child's Temperament	A look at how personality, temperament, and behavior impact learning and communication. Strategies provided for each temperament type.
Cultivating a Growth Mindset at Home	Help children reframe mistakes and failures into opportunities to grow. Includes take-home growth mindset tools for families.



Professional Development

Our Professional Development workshops are designed to equip elementary educators with practical, engaging strategies that support the whole child. Each session is interactive and aligned with best practices in early learning, social-emotional development, movement-based instruction, and inclusive teaching. Workshops are 1.5 hours long, with costs ranging from \$1,200 to \$1,500, and can be customized to meet site-specific goals or staff needs.

Workshop	Description
Fine & Gross Motor Skills (Ages 3–6)	Physical development theory & practice for early learners
Moving & Learning Indoors: Literacy & Math	Movement integrated with academic skill-building
Moving & Learning Outdoors: Science & Senses	Outdoor learning that enhances sensory development
Music & Movement: Transitions & Activities	Rhythmic transitions & classroom engagement
Yoga Adventures: Mindfulness & Meditation	SEL tools for educators and students alike
Theatrical Literacy: SEL Read-Alouds	Read-alouds with emotional intelligence goals
Sensory Experiences (Infant & Toddler)	Tools to support sensory and motor milestones
Master Class: Active Play (Indoor/Outdoor)	Advanced training with model lessons and curriculum integration
Terrific Transitions	Quick implementation tools for classroom management
Self-Care and Stress Relief (Educator Wellness)	Wellness strategies for staff retention & morale
Dance Fitness for Educators	A high-energy, culturally inspired dance fitness session that boosts morale, promotes wellness, and encourages teamwork.
Educator Fitness: Yoga, Movement & Mobility	Strength, mobility, and stretching exercises tailored to the needs of classroom professionals.
Teamwork & Restorative Practices in Action	Interactive session exploring strategies to build collaborative teams and implement restorative practices that support a positive school culture.



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