



Primetime

LEADER'S GUIDE

Meet Our Speakers



Peggy Osborne

Peggy has journeyed alongside her husband, Chris Osborne, in pastoral ministry for over 40 years. After three decades in College Station, Texas, she now finds herself in Fort Worth as a mentor for pastor's wives and female seminary students at Southwestern Baptist Theological Seminary where her husband teaches. Peggy has years of experience as a classroom teacher and administrator in the Early Childhood Department of the College Station Independent School District. Most recently, she and her daughter Lauren have started a consultancy serving Faith-Based Schools, childcare centers, school districts, and Head Starts across the nation.



Lauren Osborne

Lauren has a bachelor's degree from Texas A&M University as well as a Master's of Education from the University of Texas at Arlington. She was a teacher for eight years, both in the public and private sectors and has been a Christian Independent Consultant/Speaker for over fifteen years. She has a deep desire to encourage and refresh women to live in the freedom that comes with believing and obeying God fully. With this passion, she is a zealous speaker at women's events, retreats, conferences and seminars.



Monica Healer – Host

Monica Healer is your host for this event. She serves as the Executive Director of the Early Childhood Christian Network and is passionate about equipping and encouraging early educators to realize their eternal impact in the everyday parts of life. She has a background in IT, but has spent the last 17 years in faith-based early childhood education as a classroom teacher, an administrator and now the leader of ECCN.



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“for you are a people holy to the Lord your God. Out of all the peoples on the face of the earth, the Lord has chosen you to be his treasured possession.” - Deuteronomy 14:2

Session Descriptions



The Brain: An Overview

In this session, we'll go on a journey all the way to the Garden of Eden to see how God designed our brains and bodies to function within a perfect environment. Then, we'll walk through our current common brain states - survival, emotional and thinking brains. This is an overview, so we'll stay high level but you'll find out what each state needs in order to function in a healthy way.



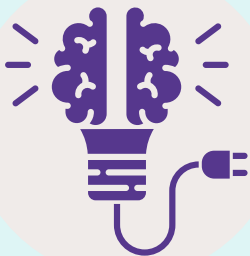
Survival Mode

Fight, flight or freeze! We've all been there. In this session, we'll go a little more in-depth into the survival brain state. We'll learn what a reaction from this part of the brain looks like and we'll learn the primary way to de-stress a child (or adult) who is stuck in their survival brain.



Ocean of Emotion

This session will cover the emotional brain state. When we are functioning out of this part of our brain, we need connection in order to journey on up to our thinking brain. We'll talk about age-appropriate ways of building strong emotional connections in a classroom as well as strategies for teaching children to run to Jesus with their emotions.



Thinking Straight

The place where children (and adults) can actually learn and reason is in their "Thinking brain". In this session, we'll talk through practical strategies for helping children build strong neural pathways in their thinking brain as they learn to develop self-control and self-regulation.

Materials needed:

- Printed copies of the Primetime Learning Guide for your staff
- Fun pens for your team to take notes
- Printed copies of “Benefits of Baby Massage” for your Infant/Toddler (0-2yrs) teachers. (Session 2). [HERE](#) is the link.
- 2 prizes for Cell Phone Scavenger Hunt (Session 2)
- Multiple (3-5) index cards for each teacher (Session 3)
- Watch Your Words Activity Supplies (Session 3)
 - 1 tube of cheap toothpaste for each table
 - 1 paper plate for each table
 - Various “tools” like craft sticks, plastic spoons/knives, cotton swabs, toothpicks, mini spatulas, etc.
 - Wipes or paper towels to clean up any mess

Session 1: The Brain – An Overview

Opening Activity: Sit/Stand Activity (5 minutes)

**We want this to be a fun activity for your team to get to know each other! When the game is over, if your team is laughing and talking... pause the video and allow a little bit more conversation before you start the teaching time!

Video #1: The Brain – An Overview (approx. 30 min.)

**At any point in these activities, PAUSE the video if your team is enjoying conversation.

Activity #1: Review Brain States with a partner (2 minutes)

Activity #2: Share a survival brain experience with a partner (6 minutes)

Activity #3: Identify brain states in common scenarios (8 minutes)
PAUSE the video and discuss correct answers on the next page.

ACTIVITY THREE

ANSWER KEY

Read through the following scenarios and determine which brain state is being exhibited (Survival, Emotional or Thinking brain.)

Discuss insights with your table group.

Survival	1. A one year old is angrily kicking his legs as his teacher changes his diaper.
Thinking	2. A pre-teen is having a thoughtful conversation with their parent about the rules at the house.
Survival	3. A six year old crawls underneath the chair and will not come out.
Survival	4. A thirty-two year old slams the door of the car after getting home from work.
Thinking	5. A five year old says, "I don't want you to do that" in a calm tone.
Emotional	6. A three year old is whining to go outside to play.
Emotional	7. A wife blames her husband when she trips over the trash because he didn't take it out.
Emotional	8. A teacher lectures a child because they forgot the rules of the classroom.
Thinking	9. An infant is playfully interacting with their mobile.
Thinking	10. A young child is playfully interacting with another child at the block center.
Emotional	11. A teenager yells, "my curfew is not fair" to his parent.
Survival	12. An elderly person hits their caregiver with their cane.
Survival	13. A twelve year old stomps his feet all the way back to his room.
Thinking	14. A teenage girl tells her friend that her earlier words were hurtful in order to seek resolution.
Emotional	15. A ninety-one year old cusses at the driver in front of him for not using his blinker.

Session 2: Survival Mode

Prep:

- Printed copies of “The Benefits of Baby Massage” for your Infant/Toddler (0-2yrs) teachers. [HERE](#) is the link.
- 2 Prizes for the Cell Phone Scavenger Hunt

Opening Activity: Cell Phone Scavenger Hunt (5 minutes)

- We will have 2 winners -- the one with the most points and the one with the least points.

Video #2: Survival Mode (approx. 35 min.)

Activity #1: Calm Breathing (3 minutes)

In this activity, you'll turn down the lights and encourage staff to really participate whole-heartedly and calm themselves.

Activity #2: Infant/Toddler Teachers (0-2 years)(10 minutes)

These teachers will read “The Benefits of Baby Massage” and reflect on their own practices for calming babies and young toddlers.

Activity #2: Twos and Older Teachers (10 minutes)

These teachers will spend some time planning their ROCK area.

Again...please PAUSE the video and take all the time your team needs to fully complete this activity.

Session 3: Ocean of Emotion

Prep:

- After the teaching segment and related activities, we will do a team-building activity called Watch Your Words. You'll want to prepare the following for each table:
 - 1 paper plate, 1 tube of toothpaste, random “tools” to help put the toothpaste back into the tube!
- Monica will guide you through squeezing all the toothpaste out and then trying to put it back in!

Video #3: Ocean of Emotion (approx. 35 min.)

Activity #1: Twinkle, Twinkle (5 minutes)

Activity #2: Create a new fingerplay (5 minutes)

- We've allotted just 5 minutes. If your team needs more time, pause the video and take as much time as you need.

Activity #3: Share & Teach Your New Fingerplay (7 minutes)

- We've allotted just 7 minutes for this activity, but again, feel free to pause the video so they have plenty of time to share with and teach each other.

Extension Activity: Have each team member copy all of their fingerplays onto index cards so they now have a new tool to use in their classrooms for connection.

Team-Building Activity: Watch Your Words (7-10 minutes)

- Each table needs their toothpaste, paper plate, and "refill tools".
- Monica will lead the activity on the video.
- Each table will squeeze out all their toothpaste into the plate.
- Then Monica will give them a few minutes to put the toothpaste back into the tube using the tools provided.

The whole point of this activity is to give a very clear object lesson of the power of our words. Once they are out, they are hard to take back. Monica will give a short lesson at the end about using our words carefully.

Extension: Facilitate a discussion with your team on how you will handle communication this year. Have them share experiences with words that have hurt them or maybe moments where they wish they would have kept their mouths shut.

Session 4: Thinking Straight

Video #4: Thinking Straight (approx. 35 min.)

Activity #1: Practicing a Positive Response (10-15 minutes)

Activity #2: Notice the Fruit of the Spirit (10-15 minutes)

**With both of these activities, take the time to review responses and ensure your team really “gets it”. You have an answer key below.

ACTIVITY ONE – ANSWER KEY

1. **Stop fidgeting with your papers!** Keep your papers on your desk, like this (model behavior). Potentially give them a quiet fidget to use while working.
2. **Don't throw crayons!** You may not throw crayons. You can put them in the box or leave them on the table.
3. **We don't eat shoelaces in this class.** You can eat food at lunch and snack time. We can tie your shoelaces or tuck them inside your shoes.
4. **Quit pushing your friends. You do that every day.** You may not push. If you want your friend's attention, tap them like this. (Model behavior and then have them repeat the behavior after you.
5. **Stop talking while I am talking!** Keep your voice off while I am speaking. You may raise your hand if you have a question. (Train, train, train this behavior. Every time you come to the carpet, as they arrive in the mornings, etc)
6. **Quit calling me “Miss”. I have a name!** Call me “Miss Osborne,” That is my name. Say it now.
7. **Don't touch your friends! it's bothering them.** Keep your hands close to your body like this. (model behavior). Can you show me now? (Also give a quiet fidget or alternative textured item to touch.
8. **I will not tolerate you sticking your tongue out at me anymore!** Keep your tongue in your mouth. If you need to talk to me, you can say “May I talk to you?”
9. **Stop saying “no” to me.** You may not tell me no. You can say “Yes, ma'am” or “Yes, Miss Osborne”
10. **Quit leaning back in your chair.** Sit in your chair with all for legs on the floor. This will keep you safe.

ACTIVITY TWO – ANSWER KEY

1. Josh's crayon fell on the floor and Simon picked it up. You saw his crayon fell to the ground and you picked it up for him. Simon! That was kind. What a man of valor.

2. Abby says “hello” to Jessica when she comes into the classroom. Abby, you greeted your friend so she would know how special she is. That was kind! What a lady of strength and dignity.

3. Keaton waits his turn to wash hands. Keaton, you waited for your turn to wash hands. You showed great patience! You’re becoming more like Jesus!

4. Killian picks up blocks at the block center when it is time to clean up. Killian, you obeyed and picked up the blocks right when it was time to clean up! That was faithful to obey! What a man of valor.

5. Jackson holds the door open for the class as they come back in. You held the door open while everyone walked back in safely. That showed goodness to your classmates. What a man of valor.

6. Annie shared the paintbrush with her friend, Jessica. Annie, you shared the paintbrush when you saw Jessica needed one. That showed love to your friend. You’re becoming more like Jesus.

7. Hallie puts her backpack up when she walks in the door. You showed faithfulness when you came in and put your backpack exactly where it is supposed to go. What strength and dignity you have.

8. Henry put his markers away when the teacher said to do that. Henry you might have wanted to keep drawing, but you put the markers away right when I asked you to. That was showing self-control. You’re becoming more like Jesus!

9. Katie walks into the classroom without crying. Katie, sometimes it's hard to walk into our classroom but you were brave and came in without crying today. That showed self-control. You’re becoming more like Jesus!

10. Jesse tapped his friend on the shoulder when he didn't have any space on the carpet. Jesse, you saw you needed space on the carpet, so you tapped your friend softly on the shoulder. That showed gentleness. What a man of valor!

THANK YOU!

It is our honor that you would choose ECCN resources to equip your team! Our prayer is that you and your team would be encouraged, challenged, and better-equipped to show up as your best self every day for the glory of God and benefit of children and families.

Our team is praying for you and the families that you minister to each day. May the Lord be tangible present with each team member, each child and each family as you do the Lord's work.

Peggy and Lauren Osborne have create other great resources and they are available for training and consulting all year. Find their contact info below:



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