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# Self-Reliance Instructor

## Job Description

Camp Fire Snohomish County is a non-profit organization that works with youth and is currently seeking instructors to teach Self Reliance Classes throughout Snohomish County. No teaching degree required. Training and supplies provided.

## What is Self-Reliance?

Self-Reliance is a series of classes teaching children Kindergarten through sixth grade social skills, good health, positive self-image, community service, friendship, refusal skills and much more. The curriculum is simple, engaging, and kids participate directly by taking an active part through role playing, discussion and games.

### Self-Reliance classes:

WISE KIDS part 1 & 2:

Grades 2, 3, 4, 5

The *Wise Kids* lessons are all about healthy living and making good choices for your body.

A big focus is on learning about Energy Balance:

Energy IN (or calories in through food and liquids) should be balanced with

Energy OUT (or calories out through daily living and physical activity) over time.

Children will work with Energy IN and Energy OUT challenges throughout the course.

Other topics of *Wise Kid* include: MyPlate, calories, food labels, the heart, the body, being active & sleep (part 1) bones, muscles, water, goal setting, vitamins and the brain.

DIFFERENT AND THE SAME:

Grades K, 1, 2, 3, 4

Using DVD's, group games, and discussions, children will learn to address the complex issues of human relationships and to identify bias so that it can be prevented. The children will learn how to identify bias and prejudice, to share their feelings, and deal with these issues in a positive and productive manner.

CONFLICT RESOLUTIONS:

Grades K,1,2,3,4,5

Youth learn techniques to demonstrate how one shows respect, how to communicate positively through words, how to identify their own feelings and others in order to avoid conflict. They learn the basics of what conflict means and how to resolve or avoid it.

### Essential Functions:

- Prep and plan from curriculum
- Good time management skills
- Ability to manage children in a classroom setting
- Ability to lift 30 lb
- Ability to play active games with children
- Good communication
- Flexibility
- Ability to stand for several hours at a time
- Ability to follow directions

### Minimum Qualifications:

- Experience working with groups of children
- At least 21 years old
- Pass National Criminal History Background Check
- Pass State License Background Check
- Valid Washington State Drivers' license
- Emotionally mature and in good health.
- Possess a willingness to learn, to teach, and to work with others.

