



Consult 4 Kids publishes “Best Practices” each month to share what we’ve learned about high-quality, youth-centered programs.

Healthy living isn’t just for youth; it’s for all of us. Being a role model, showing youth how to enjoy physical activity, making healthy food choices, resolving conflict and living life demonstrating strong character traits, is part of your job as a youth leader.

Holistic instruction focuses on the experience of the learner. The lesson is designed to engage the learner from the very beginning. Involve the learner by asking questions and getting them to share what they already know.

If you make a poor decision remember that you are only one decision away from a decision that will demonstrate your professionalism.