

## KIDS KNOW HOW® CAREER ADVENTURE WORKSHOP

### ***What do you want to be when you grow up?***

Children respond to this question with a healthy variety of answers ranging from astronaut to zookeeper and everything in between! But as years pass and the time comes to select high school courses, college majors, internships and eventually first jobs, the looming question may sound more like a threat than a pleasant dream.

Early career exposure and education can help by serving as a foundation from which kids can build, and eventually making the transition from school to work smoother and less stressful.

The Kids Know How® Career Adventure Workshop is designed to stimulate children's interest in discovering a variety of careers, consider the knowledge and life skills that lead to success in the workplace, and inspire them to follow their dreams.

This workshop has been created by Ellen Langas, youth career education advocate, founder of Kids Know How and author of the popular Girls Know How® book series. It was developed in collaboration with teachers, reading specialists, human resource executives and counselors and has been presented to and "kid-tested" by hundreds of children in classrooms, libraries and group meetings around the country.

We are pleased to share the guidelines free of charge so you can conduct your own workshop.

While no child should be expected to have his or her career plan mapped out, knowledge is a powerful tool, and when information is presented in a fun, interactive and caring way, the sky is the limit!

We hope you will enjoy utilizing the workshop in your classroom and encourage you and your students to put your imaginations to work as you add your own personal touches to the program. Should questions arise, please feel free to e-mail [info@girlsknowhow.com](mailto:info@girlsknowhow.com) or call 610-458-1580. And please, let me hear your thoughts about your workshop experiences!

Best regards,



Ellen Langas

# KIDS KNOW HOW® CAREER ADVENTURE WORKSHOP

Created by Ellen Langas

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## AGENDA

### The Icebreaker (5 minutes)

- A fun, interactive game where participants guess which careers they have been assigned

### Career Survey and Discussion (10 minutes)

- Participants identify a favorite career and explore the many decisions involved in selecting a career field

### Life Skills: Team Building Activity (20 minutes +)

Choice of 3:

1. Word Search Game
2. Puzzles
3. Team “Building”

### Career Activity Worksheet (can be done in class or at home)

- Participants consider their strengths, skills and interests, and learn how to explore careers
- Younger participants can do a drawing activity

### Vocabulary Words

- A list of career-related vocabulary is provided

### **Additional Career Exploration Activities:**

- Girls Know How® books are ideally suited to help readers 2<sup>nd</sup> – 6<sup>th</sup> grade to explore careers, learn about successful role models and life skills. Visit the Girls Know How Classroom Corner (<http://girlsknowhow.com/classroom-corner>) to access study guides to use in conjunction with each book.
- Interview a family member or friend about his or her career; set aside a time to present and discuss the findings.
- “Check out” career books at the library, or purchase at a book store. Select a book about careers, college majors or a biography about someone in a field of interest.
- Search online for descriptions and details of various jobs (with parental permission.)
- Create a career collage.
- Conduct an interview with someone to learn more about his or her job.
- Spend a portion of a day job shadowing.

## **Activity #1 – Kids Know How® Icebreaker**

(5 minutes)

**Purpose:** The icebreaker promotes interaction, sets the stage for fun and helps participants start thinking about a variety of careers through an interactive game.

### **Suggested Supplies:**

- Stickers with one different career name on each (address labels are an ideal size). A prepared list of suggested careers that can be printed on Avery 8160 labels (or any label sheet in that format) can be found on pages 11-12.
- A call/desk bell
- Index cards/pieces of paper
- A pencil/pen for each student

### **Directions to students: (brown text indicates what you might say)**

A sticker indicating the name of a career or job will be placed on your back. It is a secret, so nobody should reveal the name. Your job is to discover what career is on your back before anyone else figures out what career is on their back. You may ask questions of any person in the room, but you may only ask questions that can be answered with the words “Yes” or “No.”

For instance, you might ask:

*Do I wear a uniform to work?*

*Do I work with children?*

Those can be answered only with “Yes” or “No.”

You cannot ask questions such as:

*What do I wear to work?*

That cannot be answered with “Yes” or “No.”

Once you think you have identified your career, you may WALK to the front of the classroom and ring the bell. (a substitution may be utilized)

Set the timer and announce, **BEGIN!**

### **Notes:**

The teacher or moderator will confirm the correct answer. If incorrect, the student may continue to play the game.

The moderator may wish to reward the first three correct answers with a prize (a colorful sticker, new pencil or small treat.) The game can be continued until all children guess correctly, or simply limited to a total of 5 minutes, after which time the children can tell each other the careers.

**CAUTION:** In their enthusiasm, children may run to ring the bell. Caution them to walk only.

As each child announces a correct answer, hand him or her a piece of paper or index card in preparation for the Kids Know How® Career Survey (see Activity #2). While they wait, ask them to write down one career they would like to have when they grow up. If they have many ideas, ask them to choose only one for this exercise.

## Activity #2 – Kids Know How® Career Survey

(10 minutes)

### **Suggested Supplies:**

- Index card or piece of paper for each child

If this activity follows the icebreaker, each child should have received an index card or piece of paper after completing the icebreaker. If they have not already written down the career of their dreams, ask them to write down one job or career they would like to have when they grow up.

Ask for a show of hands to make sure everyone has completed the task and proceed with these questions. Direct children to raise their hands in answer to each question you ask.

Which one of you has a career in which you will...

- Earn the most money?
- Have the most fun?
- Have to travel the most?
- Become most famous?
- Help others the most?
- Work closest to home?
- Be required to have the most education?
- Have the easiest job?
- Have the most free time?

*Note:* Many children will raise their hands for each question. Choose a sampling of children after the first question and ask them to share their chosen career and why they think they will earn the most money. Continue in this manner for the other questions and encourage lively conversation. The emphasis is on fun. Add other questions if desired.

**Discussion:** This is the time to tie the activity into a relevant learning opportunity. Discuss that while these aspects are fun to think about, these are also the real things people must consider when pursuing a career. Ask the students to identify what aspects must be considered when choosing a job. (Have students write on a board, or in notes if desired.)

- Salary (how much money is required to raise a family?)
- Enjoyment
- Travel
- Becoming well known
- Wanting to help others
- Need or desire to be near home (family commitments)
- Education (what kinds of careers might need specialized education?)
- Have students think of other aspects

### Activity #3 – Kids Know How® Life Skills -Team Building

(20 minutes +)

This activity will help students develop beneficial team building skills. Three options are available; you can choose one or more of the activities depending on time constraints.

Each of you already has some skills that will be important on the job. What do you think are some characteristics that might be helpful at work?

Encourage students to suggest skills and attributes. You may want to list on the black/white board. After the students have created a list of skills, say, **These are all important life skills.** Whether or not they have mentioned “teamwork,” ask if anyone has been on a team. Encourage students to describe their team experience, what kind of team they were on, and how they enjoyed it.

To learn a little more about this important skill, we are going to play a fun team building game.

Split the class into groups of 4-5 students each. Allow the groups to have 2-4 minutes to create a team name. After they have picked names, invite each team to share it with the class. Explain the directions of the chosen activity, then start by ringing a bell or other signal. When any team is finished, one representative only must WALK to the front of the room to ring the bell. Whichever team finishes first wins! You may wish to award a small prize to the team. (e.g. stickers, pencils, leis, beads, treat)

#### Activities:

##### Word Search Game

- Give each team one copy of the Word Search Game (see next page). Have each team complete the word search, working together.
- Supplies needed: Copies of the Word Search Game for each team, pencils, bell.

##### Puzzle

- Give each team an identical or similar puzzle with the same amount of pieces. The boxes must remain closed until you give the signal to begin. Each team completes the puzzle, working together.
- Supplies needed: Puzzles (15-30 pcs.) for each team of the same piece count, bell

##### Spaghetti Tower

- Give each team about 24 marshmallows and 24 toothpicks or uncooked spaghetti noodles. Let them know they will have five minutes to complete this exercise. Using the marshmallows and toothpicks/spaghetti, they must work together to build the tallest tower. Stop the activity after five minutes. Determine which tower is the tallest. Whichever team creates the tallest tower in five minutes is the winner!
- Supplies needed: Marshmallows, toothpicks/spaghetti, timer, bell

Once the teams have completed the activities, conduct a fun but thoughtful discussion about teamwork:

- How did your group work together as a team?
- Did your team name someone as the leader?
- Did your team run into any problems during the activities?
- What could your team have done better?
- How is teamwork useful in everyday life?
- How do you think teamwork is important on the job?

Discuss with the class the importance of team building and how it can have a positive outcome.

Kids Know How® Word Search Game

t	r	i	r	t	o	r	d	g	c	c	c	d	v
n	t	f	r	e	r	n	c	o	r	h	r	h	w
a	n	e	c	a	t	i	c	h	c	h	i	u	h
i	r	n	s	c	i	o	h	r	t	t	a	t	l
r	e	c	i	f	f	o	e	c	i	l	o	p	a
a	t	h	l	e	t	e	m	t	r	a	t	r	a
n	h	u	n	m	n	d	i	r	e	w	h	a	r
i	g	n	a	i	c	i	s	u	m	y	g	r	a
r	i	r	g	n	s	l	t	e	i	e	c	n	r
e	f	n	o	a	o	r	s	t	e	r	m	e	e
t	e	a	c	h	e	r	i	f	o	t	i	n	r
e	r	i	f	k	t	p	t	r	i	c	a	n	f
v	i	r	a	e	r	u	r	s	h	u	a	a	n
i	f	b	r	e	c	n	a	d	a	i	v	r	r

**Artist**

**Astronaut**

**Athlete**

**Author**

**Baker**

**Chemist**

**Dancer**

**Doctor**

**Engineer**

**Firefighter**

**Lawyer**

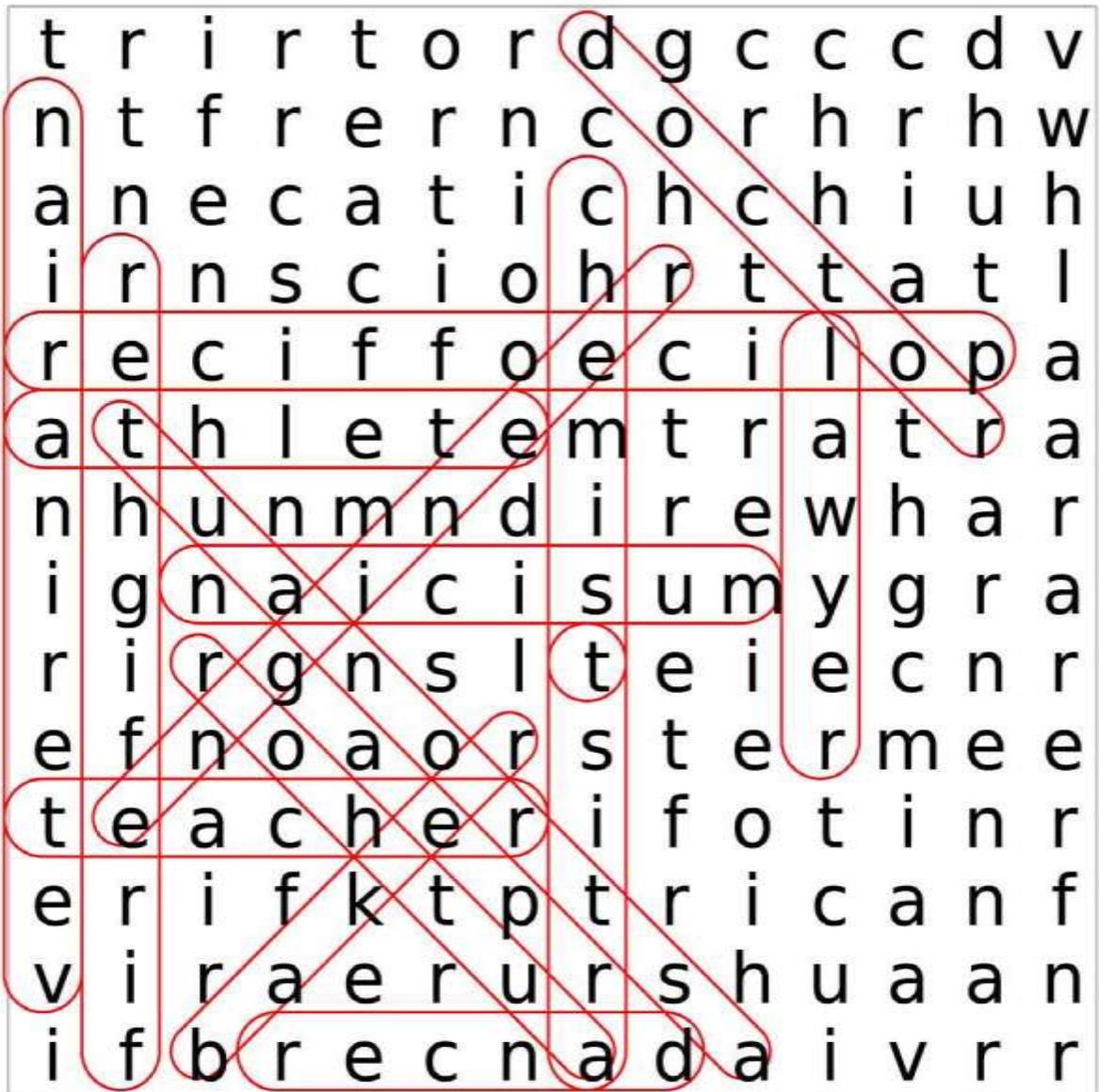
**Musician**

**Police officer**

**Teacher**

**Veterinarian**

Kids Know How® Word Search Game  
\*Answer Key\*



**Artist**  
**Astronaut**  
**Athlete**  
**Author**  
**Baker**

**Chemist**  
**Dancer**  
**Doctor**  
**Engineer**  
**Firefighter**

**Lawyer**  
**Musician**  
**Police officer**  
**Teacher**  
**Veterinarian**

## **Activity #4 – Kids Know How® Career Adventure Worksheet**

(Can be done in class or at home)

On the next page is our Career Adventure Worksheet, which helps children identify possible areas of interest for future careers. On the page after that is a drawing activity suitable for younger children if the worksheet is too advanced.

The worksheet may be filled in during class, or given to the students as homework.

You may also wish to give the students the following vocabulary words to look up at home, and then discuss them during class:

### **VOCABULARY WORDS**

**Characteristics**

**Entrepreneur**

**Internship**

**Mentor**

**Persistence**

**Professional**

**Role model**



# Career Adventure Worksheet

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1. List ten words that describe a person who is successful (called "characteristics"). You can use a single word such as "honest," or a phrase such as "hard-working."

\_\_\_\_\_

\_\_\_\_\_

2. Circle the characteristics above that describe you. Feel free to add additional characteristics that describe you:

\_\_\_\_\_

3. From the list below, circle the things you like to do. Add more on the back of this sheet if you wish.

- |  |                            |                            |
|--|----------------------------|----------------------------|
| Work in groups                         | Help others solve problems | Start your own business    |
| Use math and numbers to solve problems | Fix or build things        | Lead a group, club or team |
| Read and do research                   | Speak in front of groups   | Perform for an audience    |
| Be around animals or take care of them | Draw or create things      | Read about planets         |
| Learn about the human body             | Do arts and crafts         | Travel                     |
| Work outside                           | Work on a computer         |                            |

4. Think about the characteristics you chose to describe you (from #2) and the things you like to do (#3). What kinds of jobs could you choose that would combine your characteristics and the things you like to do? For example, if you like to help others and like math, perhaps you could be a math teacher or an accountant.

\_\_\_\_\_

\_\_\_\_\_

5. Place a check mark next to the steps you might need to take to get the job you want:

- Get good grades                       High school education                       College education
- Attend a special training school to learn a skill (examples: chef, singer, carpenter, pilot)
- Graduate school (business, legal, medical fields)                       Other \_\_\_\_\_

6. How can you learn more about the jobs you like? Place a check mark next to the things you can do.

- Get a book from the library
- Interview someone who has the job
- Talk about your job interests with family members (a great dinner discussion!)
- Research the profession on the Internet (with parents' permission)
- Spend part of a day at work with someone who has a job that interests you
- Keep a job folder or create a journal to write about different jobs that interest you
- Cut out pictures from magazines and make a collage that shows jobs that interest you
- Other \_\_\_\_\_

Will you pledge to learn more about career opportunities? Write what you will do.

1. This week, I will \_\_\_\_\_
2. This month, I will \_\_\_\_\_
3. Next month, I will \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Explore the Career of Your Dreams! Visit [www.girlsknowhow.com](http://www.girlsknowhow.com)

WHEN I GROW UP,  
I WANT TO BE...

Name \_\_\_\_\_ Age \_\_\_\_\_



**Accountant**

**Secretary**

**Astronaut**

**Librarian**

**Rock star**

**Auto mechanic**

**Lawyer**

**Doctor**

**Science teacher**

**Chemist**

**Salesperson**

**Violin player  
in an Orchestra**

**TV news anchor**

**Architect**

**Veterinarian**

**Police officer**

**Firefighter**

**Website designer**

**Photographer**

**Model**

**Actor**

**Football player**

**Dentist**

**Ski instructor**

**Optometrist  
(eye doctor)**

**Artist**

**Waiter/Waitress**

**Hair stylist**

**Author**

**Video game  
designer**

**Chef**

**Governor**

**President of the  
United States**

**Race car driver**

**Plumber**

**Electrician**

**Orchestra  
conductor**

**Computer  
programmer**

**Ship captain**

**Housecleaner**

**Air traffic  
controller**

**Train conductor**

**Travel agent**

**Landscaper**

**Jockey**

**Opera singer**

**Fashion designer**

**Make-up artist**

**Truck driver**

**Dog groomer**

**College professor**

**Nurse**

**Principal**

**TV shopping host**

**Stand-up  
comedian**

**Decorator/  
interior designer**

**Store clerk**