

SCHOOL VISIT PACKAGE by Herb D Trainer

I use humor, music and contests based on my story to draw young people into the pleasures of reading and writing.

In my chapter book, *It's All About Choice; Getting Back in the Game!*, I have created a story about a child facing several life challenges that requires him to tap into his self-empowerment well in order to overcome the sadness of losing his dad, which led to unhealthy eating and excessive weight gain.

My collective experiences as a collegiate athlete, Master Personal Trainer, US Navy Public Affairs Officer, and book publisher for, allows me to bring to each presentation a thorough and lively knowledge of health and fitness, and self-motivation. My visits appeal to both boys and girls and to reluctant as well as enthusiastic readers. The wide-ranging discussion that takes place also focuses on how the creative writing process can infuse students with a life-long love of reading and a respect for books and the power of the imagination.

Introduction: How I got started as a writer of children's fiction, read key part of my book, and then discuss the following key points:

- Tapping You're your Self-Empowerment Well
- The Benefits of Regular Exercise
- Exercise Demonstrations
- Healthy Choices Sing-along
- Embracing Diversity
- Bully Prevention Techniques
- Review IAAC Media's "Kid's Activity Challenges"

Following this discussion, we finish with a question and answer period. Interviews and book signings may take place as time permits during the visit.

Above all, my goal in visiting with students is to inspire and motivate them to develop healthy lifestyle habits. From my own experience as an overweight child, who over-indulged in sugary foods, I fully understand the challenges children face, especially in this present fast food culture. One key focus of all my talks is how to nourish one's imagination to overcome obstacles, and turn defeat into success.

Suggested Audience: Grades 1 to 6

Honorarium: \$500 per day, plus expenses; if there is an overnight stay, please add \$200

For information about Keynote Speaking, please contact me at info@herbdtrainer.com

ENSURING A SUCCESSFUL AUTHOR VISIT

There are many things a school or library can do in advance to ensure the best author visit possible. Here are some suggestions.

- Tell the students that an author is coming to their school. You can do this by putting up posters, pictures of the author, and copies of book covers. This will alert students that a special day is coming. (Illustrations are available for every author visit.)
- Ask teachers and librarians to consider using the author's books in read-aloud sessions, for book reports, and other reading and writing activities. This will get the students familiar with the author's work. Share details of these activities with the author when he comes.
- Encourage classes to make up questions to ask the author. Good questions make for a more lively presentation. Encourage students to think up difficult, challenging, or provocative questions — authors love those the most!
- Encourage art classes to create posters celebrating the author's work.
- Announce the visit on the public address system daily, starting a few days before the event. The more excited the students and faculty are, the better the day will be for everyone.
- Make books available for purchase and signing by the author. This ensures that students get the most out of a visit. After all, bringing an author to your school or library promotes literacy and can spark a lifelong interest in reading and writing. And that's what it's all about.