

National 4-H Week Kit

October 4-10, 2015

Each year, during National 4-H Week, local and parish 4-H clubs have the opportunity to showcase what they have gained from their 4-H membership through activities and events at the local and parish level.

The Louisiana 4-H and Youth Development Program is making this National 4-H Week Kit available to support Parish Extension Offices, 4-H members, and volunteers in designing a National 4-H Week plan that works for them. The kit includes seven days of activities and events which 4-H members can organize and carry out in their community or parish.

National 4-H Week is our week to shine and tell the world about the impact of the 4-H Youth Development Program.



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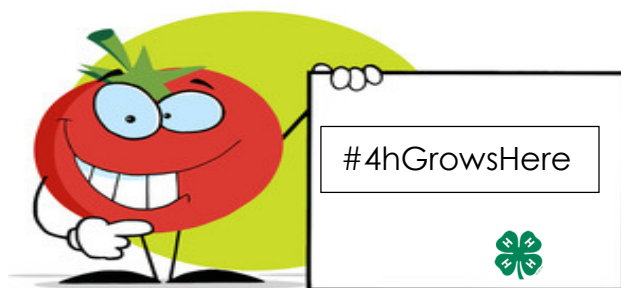
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Introduction

National 4-H Week is a time to celebrate the youth who are making a difference in communities across the United States and the world every day. This year's National 4-H Week will be held from October 4th to 10th, and the theme is “#4hGrowsHere.”

Spread the word by using social media outlets with the hashtags “4hGrowsHere” and “4Hweek” during 4-H week. 4-H can also be promoted using the printable bookmarks and signs found on the national 4-H website.

This kit contains ideas and resources that can be used by your club each day during 4-H week.



Facts about 4-H

4-H is the **largest** youth development organization in the nation.

4-H began in Clark County, Ohio, in **1902**; it was known as “The Tomato Club” or the “Corn Growing Club.”

The passage of the **Smith-Lever Act** in 1914 nationalized 4-H.

Sunday October 4, 2015

Sunday, October 5th starts the celebration of National 4-H Week and is a day for families and for each of us to reflect on life and how to serve and help others. This can be done countless ways depending on one's beliefs, traditions, and heritage.

Because each family may be different in their Sunday routine, this is a day designated for reflection as an individual towards your 4-H projects, leadership, and service to others. This reflection may be done as an individual or as a family.

For those involved in community or religious activities on Sunday, you could organize the following:

- Ask your pastor to offer a special prayer for 4-H members.
- Ask local churches to acknowledge 4-H Sunday and 4-H members who are present.
- Request and present a brief presentation to the congregation about 4-H and the success of its members in your religious organization.
- 4-H Clubs can host fellowship after a service, especially if the 4-H club may meet in the church.
- Host an afternoon social/dinner (cook-off, barbeque, potluck, etc.) for 4-H families to share their personal experiences about 4-H.
- Distribute a thought-for-the-day for each day of National 4-H Week. Send them to all the churches in your community, for enclosure in their bulletins.

Monday, October 5, 2015

Head to Clearer Thinking

Monday is linked to the 4-H Pledge statement of "I pledge my HEAD to clearer thinking." This day should be about demonstrating and telling the story about how 4-H develops thinking and managing skills. As 4-H members host various events and visit with others they should talk about how 4-H helps with following life skills: Learning Decision Making, Problem Solving, Critical Thinking, Service Learning, Goal Setting, Planning/ Organizing, Wise Use of Resources, Keeping Records, and Resiliency.

Quote of the day:

"If a man empties his purse into his head, no one can take it from him."

Benjamin Franklin

Suggestions for activities and events that could be held on Monday include:

- Kick off the week with a 4-H scavenger hunt. Encourage 4-H members, students, or community members to use their noggins to solve clues in order to find (and return) hidden 4-H clovers, enrollment cards, and other items for a donated prize.
- Attend your local City Council meeting to acknowledge the 2015 National 4-H Week by signing the National 4-H Week Proclamation (work with Parish Extension Office).
- Give a presentation to your school (elementary, middle, junior, high) or local civic organization (Rotary, Lion's Club, etc.) about opportunities 4-H has to offer.
- Have a 4-H flag raising at a local bank, business, etc. that is frequently visited and seen.
- Make promotional announcements at school encouraging membership.
- Host a project fair where members can show projects they have been involved in and invite the community to attend.
- Have members make posters that tell about a particular project or 4-H in general. Display in local business windows.
- Distribute bookmarks or other promotional information at public libraries or school libraries or doctors' offices.
- Share with School Board about upcoming 4-H activities.
- Be a 4-H mentor (be someone's 4-H role model for the day).
- Host a career day sponsored by 4-H clubs.
- Hold fundraisers by having a bake sale (bonus points for selling clover cookies or other green items), having a "green eggs" and ham omelet

round up (green food dye puts a nice 4-H twist on things), or holding a community movie night.

- Develop a puppet show or skit to present to schools or other organizations to detail 4-H project areas or contests.
- Hold 4-H kick-off (membership drive) by setting-up 4-H related activity booths.
- Put your heads together and remember that “you” put the “youth” into 4-H. Utilize a media source and impress them with the knowledge you have gained from 4-H.
- Share your 4-H story (or encourage others to share theirs) on a social media site. Don’t forget to use #iam4h.
- Host a “Heads Up” social! Use the knowledge you have gained through 4-H to create opportunities for other youth in your community.
- Heading to the Future: Feature the new projects that 4-H is adopting in order to keep up with the changing world in which we live.
- Day of Learning: Create a day of learning to promote 4-H. You can do this by organizing a workshop where you either speak about 4-H, show a project that you completed in 4-H, and/or allow new or non-members to adopt a 4-H leader that will educate them about a project.
- Have a gala premier of your newest video (or slide set) of 4-H highlights from the past year.
- Distribute 4-H pencils to the student body with a “Get the lead out –Join 4-H” tag, rulers with “4-H Rules” tags, or green mints with a “4-H is mint for you” tag (see page 16 for printable tags).

Tuesday, October 6, 2015

Heart to Greater Loyalty

Tuesday is "I pledge my HEART to greater loyalty" day. This part of the 4-H pledge demonstrates the ability of youth to relate to and care for others. Life skills that can be talked about on Tuesday include: Communication, Cooperation, Social Skills, Conflict Resolution, Accepting Differences, Concern for Others, and Nurturing Relationships.

Quote of the day:

"Teach this triple to all: A generous heart, kind speech, and a life of service and compassion are the things which renew humanity."

Buddha

Suggestions for activities and events for Tuesday include:

- Play with children at a local foster home.
- Take junior 4-H'ers to a nearby children's hospital to talk with patients.
- Give out bubbles to a daycare.
- Have a butterfly release in honor of 4-H leaders.
- Make and distribute snacks to local businesses that support 4-H throughout the year.
- School club 4-H'ers can make snacks and goodies for teacher's workroom at school.
- Write letters to Legislators about the impact that 4-H has on the youth of today.
- Host a talent show for the community, either for anyone or specifically for youth/children. Emphasize that everyone has a talent even if it is not a traditional talent.
- Host a "Fun Day" for community children with such activities as obstacle courses and races with prizes and activities with a green theme.
- Create a 4-H children's book to be distributed at local elementary schools.
- Make small corsages for members to wear on a designated day.
- Donate food items to meals for the elderly.
- Host a charity fun run and donate money. Encourage participants to wear green and have them form into a giant clover for a photo.
- Host a petting zoo at a nursing home.
- Go to local nursing homes or retirement centers and play cards or bingo with residents.
- Go to orphanages and play with children.

- Assemble care packages for children in hospitals.
- Host a 4-H Blood Drive.
- Host a "Help a fellow 4-H'er" day with chores, study for a test, or even better, helping any 4-H families in need. This would show our loyalty towards one another.
- Hold your parish awards banquet on this day. It makes sense to recognize the hard work and service of 4-H members on this day.
- Make supporter cards for local businesses.
- Raise money for Ronald McDonald Charities.
- Take goodie baskets to school buses and/or hospital employees to highlight the 4-H healthy living programs.
- Hold a local winter clothes drive for a local shelter
- 4-H'ers could help Salvation Army or other charitable organizations with a coat/jacket give-away in preparation for winter.
- I (heart symbol) 4-H! Promote your passion for 4-H with "I (heart symbol) 4-H" T-shirts, key chains, etc.
- The Heart of the Matter: Organize a community 4-H meeting for all past, present, and future members in order to discuss and get input about how to improve the 4-H program in your community. This is also a great way to teach and showcase parliamentary procedure.
- Advertise a wear-green day. Distribute green and white mints to everyone who wears green that day; or distribute tickets to a fun 4-H event.

Wednesday, October 7, 2015

4-H National Youth Science Day

4-H National Youth Science Day (NYSD) is an exciting, interactive learning experience that engages thousands of youth across the country in conducting the National Science Experiment.

The 2015 experiment is Motion Commotion, designed by Oregon 4-H. The experiment explores motion through the relationship of speed and stopping distance, physics, reaction time and safety. Oregon 4-H designed the experiment in partnership with Vernier Software and Technology.



Quote of the day:

*"There is a single light of science,
and to brighten it anywhere is to brighten it everywhere."*

Isaac Asimov

Why 4-H National Youth Science Day?

STEM is the wave of the future. Experts credit technological innovation with almost half of U.S. economic growth over the past 50 years, and nearly all of the 30 fastest-growing occupations in the next decade will require at least some background in STEM.

But, America is falling behind. Today, the United States ranks 27th among developed nations with college students receiving science or engineering degrees. Only one percent of fourth-graders, two percent of eighth-graders and one percent of high school seniors are deemed "advanced" in science. Only 45 percent of U.S. high school graduates in 2011 were ready for college work in math and 30 percent were ready in science.

How Does 4-H National Youth Science Day Work?

Since 2008, more than 5 million youth have completed 4-H NYSD experiments in robotics, agricultural science, rocketry, wind power, environmental science and alternative energy.

Participating is easy:

Purchase a 4-H NYSD Experiment Kit. The kit includes a facilitator guide, youth guide books and all the materials needed to conduct the experiment. Experiment kits are available now for pre-order from the 4-H Mall.

Register! Create an NYSD membership account and get access to download experiment resources and exclusive, additional activities to continue the fun! Starting in July, you can register the date you plan to conduct the 2015 National Science Experiment with your students, Club members, family or young people in your community and check out how many other kids are participating in this national event!

To find out more about 4-H National Youth Science Day, visit: <http://www.4-h.org/4-h-national-youth-science-day/>

Thursday, October 8, 2015

Citizenship: Hands to Larger Service

Thursday is “My HANDS to larger service” day. In 4-H, youth learn by doing, and the most learning is done by getting involved and using your hands. Thursday celebrates how 4-H members are using their hands to better themselves and their communities. This day should focus on the efforts of 4-H in the community. Thursday allows the opportunity for interpreting how the 4-H Program and its members make the world a better place. Life skills related to hands include: Community Service, Volunteering, Leadership, Responsibility, Citizenship, Contributions to Group Efforts, Teamwork, and Self-motivation.

Quote for the day:

“I hate the giving of the hand unless the whole man accompanies it.”

Ralph Waldo Emerson

Suggestions for activities and events for Thursday include:

- Wash windshields and leave 4-H promotion card.
- Plant flowers at the courthouse or somewhere in the community.
- Hand down the legacy: Choose a 4-H member to mentor for the day or the year and make it a goal to get them more involved in 4-H in order to ensure that the spirit of 4-H lives on for the next generations.
- Four of a Kind: 4-H is known for head, heart, hands, and health. Tell about how and why 4-H combines all of these features and speak about the history of 4-H.
- Promote how 4-H utilizes its resources to help those in the community. Lend a hand to a person in need and 4-H will benefit indeed! Highlight community service projects that are scheduled as part of your one day 4-H projects on Saturday.
- Plant a tree in a local park or school in honor of 4-H with a marker denoting it.
- 4-H'ers in rural areas that do not have street cleaners could sweep sidewalks in front of stores and make sure curbs are not full of trash or dirt.
- Pick up trash around football field, track, school, or park.
- School club 4-H'ers could check with teachers and see if there is any help they could provide for them such as cleaning boards, changing out room decorations, grading or sorting papers, etc.
- Make tray decorations for a local nursing home for the fall season.

- Organize a city wide cleanup, encouraging and helping those that need help.
- Set up a table at a local business to promote 4-H or fundraise for a charitable cause.
- Develop a 4-H “app” for phones or other devices, highlighting upcoming 4-H events.
- Volunteer at a local animal Shelter.
- Volunteer in a local garden.
- Help out at a library.
- Go to elementary schools and help students trace or paint hands to make 4-H clovers – “our hands shape the 4-H future.”
- Do something to help with the Louisiana 4-H community service project, whether raising awareness or actually raising money.
- Have a workshop showcasing the many service-oriented activities that 4-H offers, as well as community service ideas for the various projects in which 4-H members are involved.
- Focus on the civic service activities offered in 4-H.
- Do a presentation at school about how 4-H affects the community.
- Have a 4-H cookie-baking marathon and deliver cookies to police departments, teachers, school board members, fire departments, and other community services.

Friday, October 9, 2015

My Health to Better Living

Friday completes the work week of National 4-H Week with “My Health to a Better Living.” The strength of a community is only as strong as the citizens that live in it. For 4-H members, they pledge their health to a better living. This includes the ability to live a healthy life for themselves, as well as helping others in the community benefit from good health. This day can include the interpretation of the following life skills: Self-esteem, Self-responsibility, Character, Managing Feelings, healthy Lifestyle Choices, Stress Management, Disease Prevention, and Personal Safety.

Quote for the day:

“It is health that is real wealth and not pieces of gold or silver.”

Mohandas Gandhi

Suggestions for activities and events for Friday include:

- Make a school announcement about texting and driving, wearing seat belts, etc.
- Partner with an exercise facility and serve Gatorade in 4-H decorated cups.
- Volunteer to take a walk with nursing home residents and share with them about 4-H.
- Healthy and Happy! Show how 4-H promotes healthy living by wearing a smile. Have a day of positivity, by having each member sign a positive pledge in which they must think positively for a day. Positive 4-H members will promote 4-H as a positive place for youth.
- Picture of Health. Take pictures of how 4-H promotes healthy lifestyles and display them in a publication, newspaper, etc.
- Fit and Focused: Find your fit in 4-H by trying out a healthy lifestyles activity. Promote the variety of projects available from Nutrition Quiz Bowl to Public Speaking.
- Visit senior citizens center during lunch and promote the importance of good nutrition.
- Volunteer to help serve meals at school and talk to students promoting 4-H and what they have learned in 4-H.
- Host cooking classes teaching nutritional information for youth in the community.
- Host a health fair with exhibits that show varied items such as food guide pyramid, how to read food labels, etc.

- Organize a walk-a-thon asking teams to raise funds for a charity of their choice.
- Have a 4-H dinner with menu items emphasizing healthful choices.
- Give talks to local clubs or schools highlighting a specific health area such as bone health or how whole grains are a healthy choice.
- Promote teen driver safety.
- Give blood at a blood drive.
- Sponsor an Elementary Safety Day.
- Host a 5k Walk/Run for 4-H.
- Host a Nutrition Adventure Event (health sessions and activities).
- Coordinate a healthy living clinic for the public.
- Assemble and distribute a 4-H cookbook.
- Host a workshop based on the Health Rocks! Curriculum.
- Hold a 4-H Food Feast. Several different courses of a healthy meal would be prepared ahead of time and then eaten while a presentation on each course was given.
- Promote healthy living/benefits at a local grocery store.
- Go to a hospital and promote healthy living for good health.

Saturday, October 10, 2015

Hands to Larger Service

Every 4-H member, club and group is challenged to identify an issue affecting their community that they can assist with and then implement a community service project. It can be something as simple as mowing the lawn for the elderly to hosting a 5k walk/run. Whatever it is, it is your day to make a difference for life.

Quote of the Day:

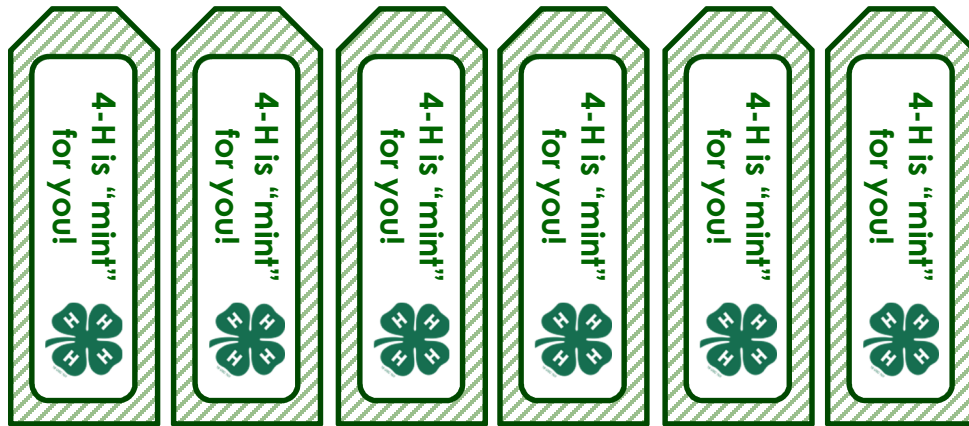
"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

Margaret Mead

Some other fun ideas to promote 4-H in the community:

- Carve four pumpkins, one with the word "Head", one with "Heart", one with "Hands" and one with "Health". Display at a local library or courthouse or extension office.
- Have a traveling "Clover" sign that is placed in a person's yard. They must make a donation to either a designated charity or one of their choosing to have the sign removed and placed in the next "victim's" yard.
- Decorate parents' or members' vehicle windows with car chalk to advertise 4-H or a specific event or enrollment.
- If a parish fair is in progress at that time, a 4-H booth or display could be set up.
- Focus on the heart of 4-H. Tell about how 4-H is using its agricultural roots in new projects and activities. Speak to an organization that may not know about 4-H or would like to learn more about 4-H.
- Give out "Peace, Love, 4-H" or "I Love 4-H" stickers.
- Hold a balloon release with 4-H website inside the balloons.
- Distribute pumpkins to area businesses (with 4-H clover attached).
- Host an outdoor movie night showing a family movie and possibly creating a commercial to air at the beginning highlighting what 4-H is about.
- Sponsor a pancake supper before a local football game.
- Have a call for 4-H bumper sticker designs. Let a local printer or artist select an entry. Unveil and distribute the bumper stickers during next year's 4-H week.

Printable Tags





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