

Texas 4-H **CLUB ED**

April: Club Manger's Checklist

- Have new members and leaders complete enrollment forms and collect (OR assist families in getting enrolled on 4-H Connect)
- Introduce new members
- Discuss County and District Contest Entry Deadlines (ie: 4-H Round-up, Share the Fun, Quiz Bowls, Consumer Decision Making, Fashion Show, Fabric & Fashion Design – these contests will vary by District)
- Nominate 4-H Club Officers and Leaders
- Promote District Leadership Lab, District Horse Show and any other Summer events and activities such as Texas 4-H Congress, Tech Camp, etc. (these events will vary from year to year)
- Recognize participants/winners in recent County and District events and stock shows
- County Council Delegate give report from meeting
- Plan and implement Community Service Projects

After Meeting

- Turn in all member/leader forms (if applicable)
- Turn in monthly attendance sheet & reports (OR report on 4-H Connect Club Manager Login Site)
- Work with officers to compile member and leader surveys with the Nominating Committee and develop a slate of officer and leader candidates. All candidates should be contacted before the next meeting to make sure they will agree to be nominated.

Cultivating Children of Character

I've missed more than 9,000 shots in my career, lost almost 300 games, missed the game-winning shot 26 times. I've failed over and over again in my life. That is why I succeed.

Michael Jordan, basketball player

Looking for activity sheets for character topics? Check out this website from the University of Illinois Extension.
<http://web.extension.uiuc.edu/character/kids.html>



Texas 4-H **CLUB ED**

April: Recreation

Awesome Lap Sit

Concept: As we talk with each other we need to remember that we must not only worry about what we are going to say, but also concentrate on what the other person is saying. If we just talk then we are not really communicating, we are just telling. This exercise shows the importance of concerning ourselves with what the other person is doing and finding out that by doing this, we are also taking care of ourselves.

Time Estimate: 15 minutes plus discussion time

Materials Needed: None

Activity: Have your group stand in a circle. Have them all turn to the right and take small steps in towards the center until they are real close to the person in front of them and the person behind them. If the circle has become an egg shape then you need to move people around until you have a perfect circle. Have them put their hands on the waist of the person in front of them. Stress safety before you do this activity. Be sure that everyone is working together and takes responsibility for their own actions.

Now on the count of three have each person slowly sit down. Each person should concentrate on helping the person in front of them down onto their lap. Notice I did not say to worry about the lap you are going to be sitting on. This responsibility belongs to the person behind you. You worry about the person who is going to sit on your lap. If everyone sits down together and everyone helps guide each other onto their lap, an amazing thing happens. No one falls down and the circle is complete. If someone is not properly positioned right in front of someone else, then you may have had a collapse in one section. If the activity did not work, then restructure it and try again.

The key to this activity is that everyone must take care of each other. It doesn't matter how heavy the person is that sits on you or how little the person is that you sit on. As long as everyone works together the weight is evenly distributed and no one will be squished or fall over. If you really want to challenge your group there are a couple of more activities for them to try. After they have successfully sat down, have them raise their hands in the air and give themselves a round of applause. This proves that the circle is really sturdy. Going even further, have them try to walk around the circle. Get everyone to move their outside foot at the same time, then the inside foot and for the really brave continue in this fashion in a circular pattern.



Texas 4-H **CLUB ED**

April: Recreation

Awesome Lap Sit (Continued)

Discussion Ideas:

- What were you thinking as I first explained the activity?
- Did you have any trouble concentrating on the person who was going to sit on your lap?
- Were you too worried about where you were going to sit?
- How did the activity go the first time we tried it?
- How did you feel when I asked you to raise your hands and clap?
- How did you feel when I asked you to try walking?
- What corrections did we have to make before it worked?
- What would have happened if everyone did not work together?
- How does this activity show working together?
- In what areas of our lives do we do better when we work together?
- Have you ever had a situation where one person was not helping the group?
- What happened in this situation? What was the outcome? Were feelings hurt?

From: "Activities That Teach" by Tom Jackson



Texas 4-H **CLUB ED**

April: Community Service

A Bicycle Built for...Safety

Coordinate a community drive to collect and repair used bicycles. Donate the refurbished bikes to a community agency that will give the bikes to kids. Partner with local police, public safety departments and businesses to make sure that each bike comes with a new bike helmet. (It isn't safe to recycle bike helmets!)



Texas 4-H **CLUB ED**

April: Flag Ceremony

Cowboy Up America!

Excerpts from poem written by Jeff Hildebrandt

When a Cowboy's in a pinch
he just tightens up the cinch,
spurs his horse and rides right through it
cause that's the way the Duke'd do it.
He'd Cowboy Up.

And with our country now in danger
a cowboy's like the old Lone Ranger.
Ridin' hard and shootin' straight
fightin' those who spread the hate.
He'd Cowboy'd Up.

A Cowboy's ready and he's willin'
to face the foe, like Marshal Dillon.
And when the gunsmoke clears away
Cowboy Spirit wins the day.

So, Cowboy Up. Pull your hat down tight
and don't back down from what is right.
We'll bring back "Happy Trails" for you
like Hoppy, Gene and Roy would do.

Think back about Flight 93
and how those heroes came to be.
They knew that thousands more could die
if they just let that airplane fly.
They Cowboy'd Up.

One widow had this tale to share.
A husband's love and one last prayer.
And when their sacrifice was done
terror lost and Freedom won
"Let's Roll", he said and Cowboy'd up.



Texas 4-H **CLUB ED**

April: Ice Breaker

Build a Burger

Materials: Paper slips with various parts of a hamburger written on them.

Preparation: Cut up several slips of paper so that there is enough for everyone. On each slip of paper write a part of a hamburger: MAIN: Bun, Meat ADDITIONAL: Tomato, Cheese, Onion, Ketchup, Pickle, Mustard, Mayonnaise, BBQ Sauce, Bacon, Lettuce, Salt, Pepper, Mushrooms. The higher the number of expected participants, the more ingredients you can include. There should be more buns and meat than other ingredients.

Instructions:

1. As people arrive, hand a slip of paper to everyone with some part of a burger on it.
2. Have everyone mingle and then yell out "BUILD A BURGER!"
3. Everyone should get together with enough people to build a burger from everything on it to plain meat and buns. Each burger must consist of a minimum of 2 buns and a meat patty.
4. In their burger groups get youth to introduce themselves to each other, tell their favorite fast food place etc.
5. After few minutes, call out "Build a Burger" again.
6. Everyone must form new groups and then share again.

Debrief:

We sometimes hear that "we are what we eat." What are some of your favorite foods? Do they reveal anything about your personality?

Instead of "Build a Burger" take a few moments to "Build Others Up." Tell the people in your group something that you admire about them, a word of encouragement, or a mention a gift / talent they have.



Texas 4-H **CLUB ED**

April: Inspiration and More

Secret of a Leader

“The secret of a leader lies in the tests he has faced over the whole course of his life and the habit of action he develops in meeting those tests.”

Gail Sheehy (b. 1937) U.S. writer and lecturer

Source: <http://quotes-motivational-inspirational.blogspot.com/>



Texas 4-H **CLUB ED**

April: Program Idea

Earth Day

April 22 is Earth Day. Continue to expand on the "Green" theme and focus this month's program on recycling.

There are great ideas and projects on the websites below that youth could use for a program or a hands on activity.

CanCan Carnival and more ideas on using aluminum cans can be found at:

http://www.kidsforsavingearth.org/CanCanCarnivalfinal_Layout%201.pdf

Kids For Saving The Earth Newsletter:

http://www.kidsforsavingearth.org/epal_newsletter/GlobalWarmingFinal2-14_Global%20Warming.pdf

