

Texas 4-H **CLUB ED**

March: 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)
- Survey members on their 4-H Leadership interests (i.e. what offices would they be interested in serving for the coming year)
- Survey adults on their 4-H volunteer interests.
- Work with officers to appoint a Nominating Committee to develop a slate of officer candidates and leader positions
- 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
- Work with officers to make a plan and/or appoint a committee to honor graduating seniors at the last club meeting

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

The moment of victory is much too short to live for that and nothing else.

Martina Navratilova, tennis player

Looking for some motivational stories that can be used to spark discussion on character? Check out this website by Character Education Lessons.

http://www.character-education.info/resources/free_stories_illustrations.htm



Texas 4-H **CLUB ED**

March: Recreation

Bull's-Eye

Concept: Clear communication is the foundation of our society. This is true whether we are talking about a relationship between two people or when working on a group project. Vague comments such as, "Good job!" are not helpful feedback. To really be helpful, a comment should be specific such as, "That was a great idea to use the computer to send those letters out so quickly!" Both statements could make the person feel better, but the second statement gives them specific feedback that can help them evaluate what to do in future situations. Being specific is not always easy, but the benefits in improved future behavior certainly outweigh the effort.

One place I have found this activity to be extremely useful is when teaching "I statements" or "I messages". A number of curriculum use this technique to help kids express their feelings in a positive manner. This activity can be used to reinforce the point that when making an "I statement or message" you need to be specific.

Time Estimate: 15 minutes plus discussion time

Materials Needed:

- 4 pieces of 8½ by 11 inch paper per team of 4 or 5 people
- 1 large paper grocery bag or bucket per team
- Masking tape

Activity: Divide your group into teams of four to five people. Give each team a paper sack and four pieces of paper. Place a piece of masking tape down on the floor to make the starting line. Set the bag up about six feet away from the starting line. Have the teams line up single file behind the starting line. Give the first person in each line the four pieces of paper. Have them crumple the papers so they make four balls.

The last person in each line goes out to stand by the paper bag and be the helper. This person serves as the instruction giver, retriever and, if necessary, to hold the bag open. They may not physically assist the thrower. The first person turns backwards so they are facing away from the paper bag. They must now toss the four pieces of paper over their shoulder, one at a time, trying to get them to land in the bag. They may not turn around nor talk once they begin their set of four throws. The helper who is standing by the paper bag will be their eyes. After each throw the helper will describe where the paper ball landed and how to change the thrower's aim for the next throw. No one else on the team may give suggestions or help to the thrower. After the thrower takes their four tosses they take the place of the helper. The helper retrieves the paper balls, takes them back to the team and goes to the end of the line. The second person in line rotates up and now becomes the thrower. Go through the entire line one time. The team receives ten points for each paper ball that makes it into the bag.



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March: Recreation

Bull's-Eye (Continued)

Discussion Ideas:

"What" Questions

- How many pieces of paper did your team get into the bag?
- How hard was it for you to get them into the bag?
- What made giving instructions difficult?
- What technique for throwing did you find worked best?
- What technique for giving instructions did you find worked best?
- If you were to try this again, what would you do differently?

"So What" Questions

- What can this activity tell us about communication?
- How specific were the instructions that the helper gave to you?
- What would have happened if your helper just said "Nice job, but try a little harder."
- Were the instructions clear enough that they were helpful?
- How could the instructions have been more helpful?
- Did you learn from your helper how to give good (or bad) instructions?
- Why is communication important when working with a group?
- How does communication affect how much a group can achieve?

"Now What" Questions

- What do we have to do to communicate clearly?
- How does being specific help us to communicate better?
- How does specific feedback help us to work together?

From: "Still More Activities That Teach" by Tom Jackson



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March: Community Service

Secretary Appreciation

Volunteer to help out at your County Extension Office. Ideas might include filing, dusting, cleaning windows, organizing storage rooms, painting a room, stocking the kitchen with new utensils to name a few.

Send thank you notes or goodie baskets to your Extension support staff for all of the hard work they do behind the scenes in support of the 4-H program.



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March: Flag Ceremony

The Flag Goes By

Hats off! Along the street there comes
A blare of bugles, a ruffle of drums,
A flash of color beneath the sky:
Hats off! The flag is passing by!

Blue and crimson and white it shines,
Over the steel-tipped, ordered lines.
Hats off! The colors before us fly;
But more than the flag is passing by.

Sea-fights and land-fights, grim and great,
Fought to make and to save the State;
Weary marches and sinking ships;
Cheers of victory on dying lips;

Days of plenty and years of peace,
March of a strong land's swift increase:
Equal justice, right and law,
Stately honor and reverent awe;

Sign of a nation, great and strong,
To ward her people from foreign wrong;
Pride and glory and honor, all
Live in the colors to stand or fall.

Hats off! Along the street there comes
A blare of bugles, a ruffle of drums,
And loyal hearts are beating high:
Hats off! The flag is passing by!



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March: Ice Breaker

Bob

Materials: One chair for each person in the group; Arrange the chairs in a circle

Instructions:

1. Pick one person to be the leader-that person becomes "Bob." Everyone else keeps their own name. Before you begin the game, have everyone tell the group their name.
2. Start a rhythm by slowly slapping your hands on your knees twice and then clapping twice. Keep repeating until everyone is in rhythm. Begin slowly. Later as the game is familiar you can speed up the rhythm.
3. "Bob" then begins by saying "Bob" during the knee slaps, and anyone else's name in the group during the handclaps.
4. The person "Bob" names must respond immediately by saying their name during the next knee slaps, and anyone else's during the hand claps (exception: you can never call the name of the person who just called you).
5. The person called must do the same thing, calling out their own name and then someone else's name. (Example: Bob, Sally. Sally, Fred. Fred, Sarah. Sarah, Steve. . .)
6. This keeps going until somebody makes a mistake or fails to shout a name in time.
7. At that point, the person who made a mistake moves to the spot to the right of Bob. Everybody moves one spot to the right to fill the hole left by the person who lost.
8. Here's the catch: Each person's name remains with their chair! They become the name of the person who was ahead of them. Throughout the game, the name will always stay with the spot, and the person becomes that name as they move into that spot.
9. The ultimate goal is to unseat "Bob" and take his place.

It's hysterical to see kids' brains freeze up as they forget who they are. Eventually each person will have been almost everybody else, so names are learned very quickly.

Debrief:

- Have you ever wished you were someone else? Why or Why not?
- Have you ever been confused about your own identity?
- Have you ever tried to fit in by being like others in a group?
- Have you ever felt pressured to be a certain way that is really nothing like the way you really are?



Texas 4-H **CLUB ED**

March: Inspiration and More

Perfect Gift

No moving parts, no batteries.
No monthly payments and no fees;
Inflation proof, nontaxable,
In fact, it's quite relaxable;
It can't be stolen, won't pollute,
One size fits all, do not dilute.
It uses little energy,
But yields results enormously.
Relieves your tension and your stress,
Invigorates your happiness;
Combats depression, makes you beam,
And elevates your self esteem!
Your circulation it corrects -
Without unpleasant side effects.

It is, I think, the perfect drug:
May I prescribe, my friend,... the hug!
(and, of course, it's fully returnable!)

Source: http://www.skywriting.net/inspirational/messages/perfect_gift.html



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March: Program Idea

Go Green

March 17th is St. Patrick's Day. Instead of celebrating St. Patrick's Day, go "green" instead and have a program on ways that we can conserve energy and resources. Invite a speaker who is knowledgeable on this concept to be the guest speaker. Below are some websites with some great ideas that youth can also explore.

<http://www.thegreenguide.com/>

<http://www.treehugger.com/gogreen.php>

Host a "Go Green" poster contest for the club and have members create posters that promote conservation. Display posters in a local bank or other business.

