



# ENHANCING THE CLUB EXPERIENCE.....

## PROGRAM IDEAS

### SET 3

<b>Month 1</b>	<p><b>Meetings and Promotion</b> Since this is the first club meeting of the year, it would be a good idea to have the Club Officers conduct a training on effective club meetings and using basic parliamentary procedure. This would allow club members to understand how the meetings will operate and help them become comfortable with using basic parliamentary procedure.</p> <p>While parliamentary procedure is not usually perceived as fun, the Officers will have to work at making this a fun and entertaining activity for the club members. Ideas for this include:</p> <ul style="list-style-type: none"><li>• Conduct a mock 4-H meeting where there is no parliamentary procedure used and then conduct another meeting with all procedures correctly performed. Discuss the differences as a group.</li><li>• Have a local FFA Chapter Conducting Team or agriscience teacher come and demonstrate and then train the group to use Parliamentary Procedure.</li><li>• Use a quiz bowl, trivia game, or Gavel Games to help 4-H members understand and use procedures or terminology.</li></ul> <p>Don't forget, National 4-H Week is coming up next month, so save some time at the end of the meeting to decide how to market and promote 4-H in your community! Contact your County Extension agent for plans and ideas.</p>
<b>Month 2</b>	<p><b>National Fire Prevention Month</b> October is National Fire Prevention Month. Club programs could focus on fire safety in the home, wildfire prevention/education, or forest fire prevention/education. Program ideas include:</p> <ul style="list-style-type: none"><li>• Have a firefighter (forest ranger) come speak to the club about fire safety. He could bring all of his equipment/gear and explain the purpose/uses.</li><li>• Make a fire safety map/escape plan for their home.</li><li>• Emphasize the importance of smoke alarms and changing batteries.<ul style="list-style-type: none"><li>• Go "trick or treating" for smoke alarms or collect them at the meeting.</li><li>• Utilize the "4-H Sound the Alarm" educational materials</li></ul></li><li>• Have 4-H members who have done educational presentations on fire safety in the past, or plan to this 4-H year, present their presentation for the club.</li><li>• Utilize the Texas Extension Disaster Education Network to provide information and resources to deal with wildfires and other disasters.</li></ul>
<b>Month 3</b>	<p><b>Elections</b> Many local, state, and national elections take place on Election Day, which is always the first Tuesday in November. This is the perfect opportunity to expose youth to government and citizenship and their role in this process. Program ideas include:</p> <ul style="list-style-type: none"><li>• Have local government leaders present a program on their role in the city and county government.</li><li>• Have each 4-H member "shadow" a local elected official and all report back to the group on the role of that office/leader and what "a day in their life" is like.</li><li>• Arrange to have the County Judge or other elected officials do a presentation for the group and then take them on a tour of the courthouse.</li><li>• Utilize the Texans Building Character curriculum to teach about citizenship, what makes a good citizen, and the role of community service in citizenship.</li></ul>



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<b>Month 4</b>	<p><b>Stress Management</b> Adolescence can be a challenging time with youth experiencing biological, psychological, and social changes. Both normative stressor's (such as moving from elementary to middle school and from middle school to high school), as well as non-normative stressor's (such as parental divorce) have been linked to an increased risk of behaviors such as depression and anxiety.</p> <p>The holidays can also be a stressful time for youth as well as adults. With numerous holiday programs and parties to attend at school, church, 4-H, and in the community, in addition to maintaining daily activities such as academics, sports, and tending to livestock show projects it is easy to see how 4-H members can become stressed-out at this time. Youth also sense their parents' stress that builds up at this time too when shopping for Christmas gifts, preparing for guests, and of course dealing with the financial strain that often accompanies the holiday season. A short program on stress management/time management would be great this month!</p> <p>Ideas for this program include:</p> <ul style="list-style-type: none"> <li>• Invite a school counselor or youth development specialist to talk to the group on ways to reduce or manage stress.</li> <li>• Have group brainstorm on ways they can reduce the stress in their lives as well as their parents'.</li> <li>• Do a prioritization activity where youth prioritize their commitments.</li> </ul>
<b>Month 5</b>	<p><b>Healthy Habits</b> With the new year comes New Year's Resolutions. What better 4-H resolution is there than to be a "healthier" 4-H'er this year!</p> <p>Program ideas include:</p> <ul style="list-style-type: none"> <li>• Have 4-H members make "Five Healthy Promises for the Year" <ul style="list-style-type: none"> <li>• Start one new physical activity</li> <li>• Adopt one dietary guideline and stick with it (ex: eat more fruits &amp; vegetables)</li> <li>• Kick one bad habit (ex: skipping breakfast, watching too much TV)</li> <li>• Make one new friend</li> <li>• Do something special for or help your parents everyday</li> </ul> </li> <li>• Have a local dietician, nurse or FCH agent come speak to the group about healthy habits (exercise, nutrition, etc.).</li> <li>• Invite FCH agent to bring ideas for nutritious snacks or "fun" fruits and vegetables that 4-H'ers can make and taste during the meeting.</li> <li>• If you have a Health Officer in your club, have them do a health-related presentation for the 4-H members.</li> </ul>
<b>Month 6</b>	<p><b>Photography Project</b> The 4-H Photography project usually takes place in the Spring with State photography entries due in April. Utilize this meeting to create awareness about the photography project as well as celebrate American History month by collecting historical photos and information on your 4-H Club. Program ideas include:</p> <ul style="list-style-type: none"> <li>• Have a local photographer do a program for the group.</li> <li>• Have 4-H members bring photos they have recently taken and have a "mock judging" after the photographer's presentation. The photographer can give each member tips and ideas for taking better photos.</li> <li>• Create a club time capsule or historical scrapbook with club memorabilia and photos.</li> <li>• Have a 4-H alumni in your county come talk about what 4-H was like when they were in 4-H. They might have photographs and memorabilia they would like to include in the time capsule or scrapbook.</li> </ul>
<b>Month 7</b>	<p><b>Weather Awareness and Safety</b> We've all heard the saying that "if March comes in like a lion, it goes out like a lamb and if March comes in like a lamb, it goes out like a lion." In Texas, we know how unpredictable and scary Spring weather can be. This is the perfect time for a program on severe weather and storm safety. Program ideas include:</p> <ul style="list-style-type: none"> <li>• Have a meteorologist or storm chaser come talk to the group and provide storm safety tips.</li> <li>• Utilize the Texas Extension Disaster Education Network to provide information and resources to deal with naturally occurring disasters related to weather.</li> <li>• Have 4-H members make a personalized plan for their family related to storm or tornado safety and prepare an Emergency Supply Kit. For lists and ideas related to making this kit, perform an internet search.</li> </ul>



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<p><b>Month 8</b></p>	<p>Gardening and Horticulture          April is both Keep America Beautiful Month and National Garden Month. Take advantage of the nice weather (hopefully) and take the 4-H members outside this month to study horticulture.</p> <p>Program ideas include:</p> <ul style="list-style-type: none"> <li>• Have Agriculture or Horticulture County Extension agent, local nursery owner, or Master Gardener do a program for the club.</li> <li>• Tour local greenhouses or nurseries.</li> <li>• Have a program on Herbs             <ul style="list-style-type: none"> <li>• Kinds and uses</li> <li>• Each member can take home a plant and grow their own</li> </ul> </li> <li>• Utilize Junior Master Gardener curriculum and study container gardening.</li> <li>• Utilize Plant Pals curriculum for simple and easy projects that can be done during a club meeting.</li> </ul>
<p><b>Month 9</b></p>	<p>Opportunities          Since the last 4-H Club meeting of the 4-H year usually takes place in May and clubs have “end of year” parties and/or elect new officers, there is not always a lot of time for a program. Use this meeting to highlight the summer 4-H opportunities and due dates that 4-H members might not know about:</p> <ul style="list-style-type: none"> <li>• Record books</li> <li>• County and/or District Horse Shows</li> <li>• County/District 4-H Camps</li> <li>• Summer camping programs at the Texas 4-H Conference Center</li> <li>• District Teen Leadership Lab</li> <li>• State 4-H Roundup Opportunities</li> <li>• Texas 4-H Congress (even numbered years – 2008, 2010, etc.)</li> <li>• State Youth Water Camp</li> <li>• Shooting Sports Opportunities</li> </ul> <p>If your club is having an “end of year” party, utilize club members who are advancing to State Roundup with educational presentations or Share-the-Fun entries next month as the entertainment during the party. This will also provide them with some valuable practice and experience!</p>