

Texas 4-H **CLUB ED**

February: Club Manager's Checklist

- Discuss upcoming County events (Fashion Show, Judging etc. contest's will vary by district)
- 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 attendance sheets



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February: Recreation

BALLOON BOUNCE

Equipment:

Round balloons, music

Challenge:

Divide the larger group into smaller groups of 4 or 5. Give each person in the smaller group a different color balloon and ask them to blow it up full but where it won't burst. Object is to bounce the balloons in the air as long as the music plays without letting any of them touch the ground. Participants may only tap their balloon once before another member taps it. (They cannot touch their balloon twice in a row.) Can play as a larger group without the balloon touch rule.

Refreshment:

Popcorn



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February: Community Service

- Share hugs by collecting stuffed animals, bears, dolls or other related toys to donate to local police, emergency personnel, 4-H military program or child abuse workers. Learn about programs, such as Bear the Burden at <http://www.beartheburden.org/> . The stuffed animals are distributed when military personnel are deployed or when children are in high stress or injured situations.
- Wear red on Valentine's Day in recognition of family, friends, and neighbors who have suffered from heart disease.
- Make posters to remind everyone to exercise, stop smoking and watch their diet for heart health.
<http://www.americanheart.org>



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February: Flag Ceremony

HONOR THE RED, WHITE AND BLUE

The American Flag...the symbol of our Nation is one of the most recognized flags in the world. The flag represents freedom, honor and duty to our Country and is flown as a symbol of pride in our beliefs and privileges as Americans.

There is great symbolism in the colors that were selected for the American flag. The Red Stripes symbolize hardiness and courage: the hardiness of the early pioneers; the courage of the common working man. Through the blood, sweat and tears of the early settlers, our nation came to be a strong presence during a time when there was much turmoil in the world. Honor the color red through your personal commitment to fighting for the rights of all Americans.

The White Stripes signify purity and innocence - the purity of the idealists who believe that each person is a Child of God, and the innocence that strives for his right to be here. Every person comes into this world with pure ideals. Honor the color white by working to stand behind the pure ideals on which our Country was founded.

The Blue Field represents vigilance, perseverance, and justice - the vigilance to protect mans' freedoms, the perseverance that rejects all defeat, and justice, the goal of free men everywhere. Honor the color blue by committing yourself to being vigilant in defending our freedom, and persevere as you fight for justice on a daily basis.

The Stars Unified on the field of blue embrace the fifty stars as one...unified for the good of mankind and country . The fifty stars represent our fifty states and the unity under which our country is founded. Honor the blue field and fifty stars by standing united as a proud American under our flag.

Red, white and blue...honor her, defend her and celebrate her and the freedom she represents.



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February: Ice Breaker

FINISH THIS SENTENCE.....

Ice Breaker

Objectives:

To share information, disclose on a medium risk level

Group size:

Easy to do in pairs, the larger the group the more time it will take.

Materials:

List of sentences

Directions:

Ask group members to complete the following sentences.

1. My favorite childhood book was....
2. If I could change one thing in this environment I would...
3. The most important thing in my life....
4. If I could give up one bad habit...
5. The best measure of wellness is...
6. I like to spend my free time...
7. If I changed jobs...
8. Love is...
9. When I feel sad...
10. I "collect" tension in (body part)...
11. Five years from now...
12. I'm critical of myself...
13. I believe...
14. The thing I like most about myself ...
15. The best thing in life is...
16. The worst thing in life is...
17. I wish...
18. I like hugs...
19. When I'm excited...
20. My experience with ...



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February: Inspiration and More

TRUTHS FOR LIVING

By William Arthur Ward

The more generous we are,
the more joyous we become.

The more cooperative we are,
the more valuable we become.

The more enthusiastic we are,
the more productive we become.

The more serving we are,
the more prosperous we become.

The more outgoing we are,
the more helpful we become.

The more curious we are,
the more creative we become.

The more patient we are,
the more understanding we become.

Another inspirational quote by Mr. Ward is this:

We must be silent before we can listen.

We must listen before we can learn.

We must learn before we can prepare.

We must prepare before we can serve.

We must serve before we can lead.



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February: Program Idea

It is time to gear up for 4-H public speaking! At this time in the 4-H year, youth should be preparing their illustrated talks and/or method demonstrations. Allow your 4-H club members to practice their presentation by presenting them at your 4-H club meeting. This is also a great way to get more 4-H members involved in the 4-H public speaking opportunities. Be prepared to distribute information on your County 4-H Roundup contest, including the contest date, entry deadline, and contest categories. The 4-H Public Speaking Guide is also a great tool to provide to your 4-H club members. Note: If you have a large number of 4-H'ers participating in this and wanting to present, you may want to schedule half to present in February and half to present in March.

