4-H

P.O.W.E.R.

Plants  Obstacles  Weather  Exercise  Recycle

Pack

Connecting members to their bodies, minds, communities, and planet.

Learn To Do By Doing
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About This Resource

This packaged program has been developed to provide you with tools to teach Cloverbud & Junior 4-H members leadership skills in a fun learning environment. Each activity is designed to complete the learning cycle; Dream It, Do It, Dig It.

4-H is committed to offering programs and activities that promote the health and well-being of youth, their communities, and their planet. Knowing how to protect yourself and how to support others in taking care of themselves is important. Being aware of the environmental impact of our everyday behaviour, routines, and habits is a responsibility youth take very seriously.

Through experiential and outdoor educational programming, 4-H offers opportunities to youth to:

- Be stewards of the environment & develop sustainable solutions
- Take care of themselves & others
- Learn positive ways to stay healthy & active
- Make informed choices about their health and the health of the planet
- Dig in and get their hands dirty

The following pages include fact cards explaining station activities (requiring 10-15 minutes each) to build an event for young members.

Members will learn:

- Team work
- Public speaking
- To plan and follow directions
- To make decisions and problem solve
- To think creatively
- To meet members from other clubs

Leaders and Parents and Senior Members will:

- Be part of the planning by helping to run an event relating to the 4-H Environment & Healthy Living pillar
- Learn activities to teach leadership to members
- Learn how to engage members in speaking about what they have learned
- Be able to network with one another
- Take part in resource sharing so they can bring new ideas and activities back to their club
Sample Event Schedule

This example is based on an event starting at 6:00. To complete all of the stations, the event will run for 2-2.5 hours. Members will participate in a warm-up activity, 6 stations, a cool down activity and they will enjoy a healthy snack.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:45</td>
<td>Doors Open. Divide members into 6 groups for activities throughout the event.</td>
</tr>
<tr>
<td>6:00</td>
<td>Introductions &amp; one Warm-Up Activity (one or more as time allows)</td>
</tr>
<tr>
<td>6:15</td>
<td>Activity Stations: Each of the 6 stations require approximately 15 minutes. Members will rotate through the stations in predetermined groups.</td>
</tr>
<tr>
<td>7:45</td>
<td>Cool Down Activity (one or more as time allows)</td>
</tr>
<tr>
<td>8:00</td>
<td>Snack and Wrap-Up</td>
</tr>
</tbody>
</table>

Note: The snack can also be used as a break between stations. Leaders may choose to complete three activities and take a break for snacks before completing the remaining 3 activities.
Super Snack Suggestions

- Fruit & Veggies
- Applesauce
- Fruit Bars/Fruit Leather
- Raisins
- Smoothies
- Yogurt Tubes (these are excellent frozen)
- Air Popped Popcorn
- Crackers & Cheese (make sure your crackers are a healthy choice)

Environment & Healthy Living

When choosing drinks for your event:
- Milk is an excellent choice. It builds strong bones and is a good source of energy.
- Juices are healthy, but they are also packed with sugar. Make sure you are choosing 100% fruit juice, not cocktail.

Think about choosing products with environmentally friendly packaging!
Warm-Up Activities

Do one or more as time permits.

The ABC’s of Exercise

Recommended Age Group: All
Time: 15 minutes
Component of Physical Fitness: Strength, Flexibility
Setting: Indoor or Outdoor
Supplies: None
Prep: None

How do you create every letter in the alphabet using just the bodies of 4-Hers? While participants wiggle, squirm and problem solve, they are also getting good exercise – enhancing flexibility, agility, strength, and awareness of their body.

REFLECT:
- What type of stretches should you do before a workout?
- Why do we stretch our muscles before starting an activity?
- Why is it important to warm up our body before doing an intense physical activity?

Human Knot

Recommended Age Group: All
Time: 15 minutes
Component of Physical Fitness: Flexibility
Setting: Indoor or Outdoor
Supplies: 8-10 4-H’ers
Prep: None

Form a circle, standing shoulder to shoulder. On a signal of the leader, put all right hands in the air and on the next signal, reach across the circle and join hands with another person. Make sure this isn’t the person standing next to you. Repeat the same with the left hand with a different person than whom you joined hands with the right hand. Now see if the whole group can untangle itself without unlinking hands. Leadership should develop within the group to determine the best strategy to untangle.

REFLECT:
- What did you learn about leadership in this activity?
- How would you apply this to fitness (sports, activities, dance, etc.)?
- What kinds of activities or events in your community could your 4-H club help that require teamwork?
- How important is communication in an activity like this? Where else is communication important?
Hula Hoop Pass

Recommended Age Group: All
Time: 15 minutes
Component of Physical Fitness: Flexibility
Setting: Indoor or Outdoor
Supplies: 3-5 Hula Hoops, prompt questions, chart paper, markers
Prep: Have prompt questions ready

Have the group form a circle, joining hands. A hula hoop is placed around someone’s arm. The object is to work cooperatively moving the hula hoop around the circle without breaking hands. As each member of the group passes through the hula hoop, he/she shares something about himself/herself. (You can decide what this will be: favorite ice cream, what they want to get out of the training, name and agency, etc.)

Prompt Questions:
  What is your name?
  What 4-H Club are you from?
  How many years have you been in 4-H?
  What 4-H project are you currently working on?
  What do you like to do outdoors?
  What is your favourite food?
  What is your favourite season? (Spring, Summer, Fall, Winter)

REFLECT:
  What kind of exercises can you do as a group for warm up?
  What kind of individual exercises can you do to warm up your body?
Head and Shoulders, Knees and Toes

Recommended Age Group: Cloverbud & Junior
Time: 5 – 10 minutes
Component of Physical Fitness: Flexibility
Setting: Indoor or Outdoor
Supplies: None
Prep: None

Stand up and sing the song along with touching the body parts mentioned. Use the repeat after me method of teaching the song the first time singing.

Head and shoulders, knees and toes,
Knees and toes, knees and toes;
Head and shoulders, knees and toes;
Eyes, ears, mouth and nose:

Variation:
  - Change the pace: go fast and slow
  - Try walking while performing the song

REFLECT:
- Why is it important to warm up all of your muscles rather than just some of them?
- What would happen if you didn’t let your body warm up before an activity?
- Demonstrate the type of warm up you do before your activity.
- Which warm up activity helped your body warm up the most? Why do you think that?
Get Active

Supplies:
- Open floor space
- Timer
- Hula hoop (optional)
- Spoons and Plastic Eggs with some weights (optional)
- Coins (approx. 50) and 2 Egg Cartons (optional)

Dream It!
- Why is physical activity important? (*stay healthy, live longer*)
- How much physical activity do you need? (*60+ min daily*)
- In what ways are you active? (*sports, gym class, walking, biking*)

According to the Canadian Physical Activity Guidelines, children ages 5-11 should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily. Choose activities that strengthen muscles and bones.

Do It!

This station includes three options. Choose the activities you would like to use.
1. Act Out a Story (~5 minutes)
2. Team Fitness Challenge (~10 minutes)
3. Relay Races (~5-15 minutes)

1. Act Out a Story

Read the story on the back of this page. As you read the action words, watch for members doing the actions.

2. Team Fitness Challenge

Members will complete as many of the fitness strategies as possible in the allotted time. Use a timer to count 30 seconds. Ask members to honestly count how many repetitions of the skill they can do in the time frame. Repeat the exercise four times counting each of push ups, sit ups, mountain climbers, and jumping jacks. Each group that visits the station will be a team. Record the points total for each team at the end of their challenge. Compare the scores of all of the teams at the end of the event.
3. Relay Races

Try one of the following relay races:

**Hula Hoop Pass:**
Members line up in two teams. All members of each team join hands.
Loop a hula hoop over the first player’s arm. He/She must step through the hoop. The hoop will rest on their other arm. The next person steps through the hula hoop.
The team that passes the hoop along its entire line without letting go of each others’ hands is the winner.

**Egg & Spoon Relay:**
Members line up in two teams. Give each member a spoon. Each team will need one egg.
The first person on each team must carry the egg on their spoon to a point some distance away and back to their team line. Upon returning, the member will pass the egg to the next person in line.
The first team to have all of its members complete the egg walk wins.

**Coin Drop:**
Members line up in two teams. Place a plate of coins at the start of the line. Place an egg carton for each team some distance away.
The first member on each team carries one coin to the team egg carton.
This member will drop the coin from waist height into the egg carton.
The first member returns and the next members runs with a coin and drops it in the egg carton.
The first team to drop coins into all holes in the egg carton wins.

Visit the Manitoba in Motion link for more physical activity ideas. [http://www.manitobainmotion.ca/](http://www.manitobainmotion.ca/)

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**Act Out a Story:**
There once was a squirrel who loved to jump. This squirrel’s name was Chattery. Chattery did not scamper most of the time like a regular squirrel, but instead hopped and jumped and leaped everywhere she went. She woke up early every morning, stretched her arms, waved hello to the sun then scampered down her tree to begin her day. She rarely went straight down the tree. She liked to jump from branch to branch first. She loved it when the branch would bounce and she would have to try to keep her balance before leaping to the next branch.
The first stop in Chattery’s day was always the park. She would find the benches and climb up onto the seats. She would walk carefully along the benches then jump off, making a safe landing. She would look under the benches to see if she could find any food or treats to eat. Another one of Chattery’s favourite things to do was to run along the path and jump high over every crack in the sidewalk. She liked to pretend that she was a super flying squirrel, jumping as high as she could over every line. She hopped over small things like leaves, she jumped over big things like rocks, she especially loved to jump over things that were in a row - like jumping from rock to rock in the river.
Chattery’s day usually ended with a visit to the garden. She would jump from flower bed to flower bed, sniffing the beautiful flowers, reaching up to touch the tall sunflowers and crouching down to look at the tiny pieces of grass. Chattery was usually pretty tired at the end of the day. She liked to do a little stretching in the garden before going home to her nest. She reached high to the sky, stretched her paws out to both sides, stretched down and touched her toes. She shook out her legs after all of her jumping, then headed home for one leisurely climb into her tree. In her nest, she curled up and closed her eyes.

**Dig It!**
- Why is exercise an important part of healthy living? *(stay fit, good movement & balance)*
- How can you encourage other people to be active? *(plays sports/games together, teach a new exercise, etc.)*
Seed Bombs

Supplies:
- Red clay (helpful, but not essential; can be purchased at a craft/hobby/pottery store.)
- Dry, organic compost or soil
- Seeds (any seeds - cilantro, parsley, lettuce, peas, poppies, etc.)
- Water

Dream It!
- Where do plants come from? (Seeds)
- How do plants help the environment? (animal habitats, food, release fresh air (oxygen))

Do It!
1. Mix 5 parts clay, 2-3 parts compost or soil (or all parts soil).
2. Gradually add 1-2 parts water.
3. Knead mixture to the consistency of cookie dough.
4. Roll into small to medium sized balls about the size of cookie balls. They should fit in the palm of your hand. Add 4-5 seeds to the mixture for each ball.
5. Set seed bombs out to dry for a day or two. They will dry more quickly if they are set in the sun.

Seed bombs can be stored for later use. They can be frozen for a few months or placed in a cool, dark, dry place for a few weeks. Seed bombs can also be made in ice cube trays or egg cartons.


Environment & Healthy Living

When the weather is right, throw the seed bombs into your garden or an area lacking vegetation and wait for the seeds to grow!

Dig It!
- What area in your yard or your community would benefit from new vegetation? (stream bank, field)
- Why are home gardens good for the environment? (local food, less transportation, fresh, attract bees)

https://hdyggrow.wordpress.com/2015/07/26/make-your-own-seed-bombs/
http://www.thinkgeek.com/images/products/other/edb1_seed_bombs_grid_embed.jpg
Map It Out

Supplies:
- 3 Chairs
- 1 Hoop
- 1 Box
- Small items for collection (bean bags, balls, coins, etc.)
- Copies obstacle routes (make multiple versions)
- Blindfold (optional)

Dream It!
- What is a map? *(a picture showing the location of places or things)*
- What are maps used for? *(giving directions, seeing where things are in relation to other things)*

Maps have been used for more than 8000 years.

Do It!
1. Set up the obstacle course in advance. The layout of the course is included on the following pages. Place collectable items at each obstacle. Draw a path on the map. Make multiple copies showing different routes.
2. Members will take turns completing the obstacle course by following the route displayed on the map.
3. Members should make sure they are following the map exactly by traveling in the right direction.

Variations: Depending on members’ abilities, you can choose to ask members to study the map and then complete the course blindfolded. Ensure members remain safe as they are traveling through the course.

Members can also be timed as they complete the course.

Environment & Healthy Living

Dig It!
- What was the most difficult part of this activity?
- How would you make a map of your school or your community?

http://www.timvandevall.com/printable-treasure-maps-for-kids/
Use this template to draw your own pathway through the obstacle course.
Trash to Treasure Tote

Supplies:
- T-shirt (ask members to bring an old t-shirt for repurposing OR visit a thrift store)
- Scissors
- Chalk or Washable Marker

Dream It!
- What can you do with old clothes? (garbage, hand-me-down, recycle)
- Why are reusing and recycling important for the environment? (reduce garbage)

Do It! - T-shirt Tote
1. Turn t-shirt inside out. Fold in half lengthwise, matching sleeve seams.
2. Cut off sleeves. (cut both sleeves at the same time)
3. Remove neckline. You can trace a round shape onto the fabric using chalk or washable marker. Then, cut along the line (cut both layers at once).
4. Determine how long you want your bag to be. Depending on the fabric and the bag contents, it may stretch. Mark the chosen depth with a straight line across.
5. Cut vertical strips from the bottom of the shirt to the depth of the line as marked. Strips should be 3/4” (2 cm) wide. Cut both layers at once so the strips line up.
   *if you want your strands to show at the bottom of the bag, turn the shirt ‘right side out’ before tying.
6. Tie strands together. Tie front and back strips together. There will be holes in the bottom between each knot. Take one strip from one knot and knot it with a neighbouring strip. Repeat the process across the bag.
7. Inspect for missed holes and add required knots
8. If necessary, turn bag ‘right side out’.

Environment & Healthy Living

Dig It!
- What will you use this bag for?
- How does making this bag help the environment? (reducing garbage, reusing)
- What other things in your home could you reuse or recycle into something new? (plastic containers—>planters, various decorations)

Note: This bag can also be used as a Halloween candy bag.

http://dosouthmagazine.com/trash-to-treasure-t-shirt-tote/
Mental Health

Supplies:
- Shallow containers (approximately 8”x8” (20 cm X 20 cm)) - for each member
- Soft sand (enough for each container)
- Yoga position cards (printed on the back of this card)

Dream It!
- How do you calm yourself? (*deep breaths, take a break, listen to music*)
- Where can you go if you need help? (*friend, neighbour, teacher, Kids Help Phone*)

The Kids Help Phone (1-800-668-6868) can help youth whenever they are in a difficult situation or need someone to talk to.

Do It!

This is a three part activity.

Deep Breathing
Ask members to sit on the floor and close their eyes. Take 10 deep, slow breaths.

Sand Tracing:
1. Give each member a tray of sand.
2. Members should begin repeatedly tracing figure eights in their tray.
3. Members can advance to tracing various designs such as spirals or checkerboards.

Environment & Healthy Living

Yoga:
As a group, perform the following 6 yoga poses.

Dig It!
- Why is mental health (the health of your brain) important? (*keep the body healthy, think positively*)
- What other ways can you improve your mental health? (*eat healthy, stay active, etc.*)

Mandalas:
You can print mandala colouring pages as a take-home piece so members can practice relaxation through colouring at home.

http://www.namastekid.com/learn/kids-yoga-poses/

http://www.namastekid.com/learn/kids-yoga-poses/

https://printmandala.com/
What’s with the Weather?

Supplies:
- 2 Jars or Clear Cups Filled with Water
- Shaving Cream
- Food Colouring
- Droppers
- Bowl
- Water
- Hair Dryers
- Ping Pong Balls

Dream It!
- How does the weather affect the Earth? *(seasons, plants and animals)*
- Why is rain water important? *(plant growth, moisture, drink for animals)*
- Why does it rain? *(moisture collects in the atmosphere as clouds, when it get heavy, it rains)*
- What makes summer storms? *(hot air meeting cooler air)*

Do It!

This stations includes three activities.

1. Thunderstorm

Stand in a circle. Work together to build the sounds of an approaching and passing thunderstorm. Create sounds in the following order:
- Rub hands together, snap fingers, clap hands together, slap hands on legs, stomp feet, slap hands and stomp feet. Then reverse as the storm passes.
- Depending on your venue, you may choose to flash the lights as lightning.

2. Make It Rain

Fill jars 3/4 full with water. Place shaving cream on top of water in jar and allow shaving cream to settle.
- In a bowl, mix food colouring with a little bit of water.
- Ask members to fill their droppers with the food colouring mixture.
- Add drop by drop into the shaving cream cloud.
- When the cloud becomes heavy with ‘rain’, the rain will fall from the cloud into the jar.
- Use a variety of colours to make a very cool looking cloud.

Note: Clouds form as moisture evaporates from Earth into the sky and condenses on particles in the sky. Droplets begin forming in the cloud. When the drops are heavy enough, they will fall to the Earth as rain (completing the water cycle).

Rain is important to plants and animals on Earth. Water helps shape our environment.

3. Updrafts

Point the nozzle of the hair dryer up and turn the power on Low. Place a ping pong ball in the stream of air. The ball will be suspended by the air. Slowly tilt the hair dryer until the ball falls. Repeat, adding a second ping pong ball. Depending upon the power of the hair dryer, both ping pong balls will be suspended. As you become more comfortable with the procedure, you can turn the hair dryer up to High power.

Note: In this activity, the ping pong balls represent hailstones. Hail will circulate in a cloud. More ice is added to the hailstone while it stays in the cloud. Updrafts help hold the heavy hailstone in the cloud. When the weight of the hailstone is greater than the force of the updraft, the hail falls to the ground. Hail can be very damaging to our environment. Plants and crops suffer when large hail rips the leaves off the plants.

Dig It!

- How does the weather affect plants? *(drought, hail, wind)*
- How does it affect animals? *(water source)*
- Why is the water cycle important to everything on Earth? *(all living things need freshwater, it carries energy)*

http://www.srh.noaa.gov/srh/jetstream/atmos/hydro.htm
Cool Down Activities

Do one or more as time permits.

Cool Down Stretch

Recommended Age Group: All
Time: 10 minutes
Component of Physical Fitness: Strength, Flexibility
Setting: Indoor or outdoor
Supplies: List of stretches to do, relaxing music
Prep: Relaxed music

Members will stretch and relax to music.

Have members gather in a large circle. Explain that they will be cooling down their muscles. Tell them that after strenuous activities, they need to give their bodies time to recover. Have them first stretch one arm to the ceiling, pushing their arm higher and higher. Repeat with the other arm.

Have the members reach toward their legs while keeping their back straight and their head aligned with their spine. Have them hold this stretch for at least 15 seconds.

REFLECT:
- Who exercises regularly? Have members share some of their activities they participate in.
- How much time do you spend each day watching television, playing video/computer games?
- What other activities might you do instead of watching television, playing electronic games, or using the computer?
- How can you motivate yourself to gradually increase your physical activity level?

Stretch after you are done being active!
Slow Poke Copy Cats

Recommended Age Group: All
Time: 10 minutes
Component of Physical Fitness: Strength, Flexibility
Setting: Indoors or Outdoors
Supplies: Nothing
Prep: None

Members can take turns leading a movement or stretch in slow motion. Remaining members are to copy the movement or stretch being done by the leader in slow motion. Depending on the size of the group, the activity can be completed after each member has gone 1-2 times.

Suggestions:
- Swimming motion
- Stretching motion
- Reaching motion
- Climbing motion

REFLECT:
Why is important to cool down the body after vigorous activity?
Why is it important to do a cool down with your animal after showing it? (i.e. walk around after loping or cantering)
Additional Resources:

“REC” Your 4-H Club: includes various warm-up, get active, and cool down activities.

Suggested Activities:
- Tornado in a Bottle: http://www.weatherwizkids.com/experiments-tornado-bottle.htm
- Cereal Box Art: http://www.redtedart.com/2013/04/04/10-cereal-box-crafts/
- Cup Stacking: http://www.hccanet.org/patricks/Activities/cupstack.htm

Online Resources:
- Manitoba in Motion: http://www.manitobainmotion.ca/
- Kids Help Phone: http://kidshelpphone.ca/teens/home/splash.aspx
- EcoKids Earth Day Canada: https://ecokids.ca/
Volunteer Evaluation of the 4-H P.O.W.E.R. Pack program:

Please answer the following in response to your experiences working with these materials. Please forward responses to M4HC.

What worked well?

Were the instructions clear?

Were the activities effective in engaging the members?

What did not work well and how could it be improved?

Additional Comments:
**Member/Participant Evaluation:**

Did you learn something new? 🙁 😐 😊

Was the event fun? 😞 😐 😊

Would you do these activities again? 😞 😐 😊