

4-H Training Topics - Outdoor Adventures

Background:

This project covers the skills necessary for safe and enjoyable hiking, camping and back packing experiences for youth from grades 3-12. There are three **Activity Guides** and a **Helper's Guide**.

Resource:

Level 2, "What's Cooking", pages 20-21
Level 3, "Food for Thought", pages 18-19
Helper's Guide, "Playing T-R-A-I-L Bingo", page 12.

Materials Needed:

Easel paper or white board and markers; **T-R-A-I-L Bingo** cards for each person; pens and pencils; food (real or pictures) for preparing lunch. Cost: \$20, depending on number of people.

Preparation Time:

Variable – Shop for food, cut out pictures of food or gather plastic food; review the curriculum guides.

Allow 30 minutes for preparation and set-up.



1 Opening Activity

What to Do	What to Say	Minutes
Have T-R-A-I-L Bingo sheets, pencils and clipboards available for all staff when they arrive. Explain the game to the first person and ask them to help explain it to others. Start play, as soon as the first person arrives. End the game 4 minutes after the training is scheduled to start.	Mingle and ask people if they have done any of the things on the Bingo card, have them sign their name on one of the squares. Meet as many people as possible in 5 minutes.	5

2 Curriculum

What to Do	What to Say	Minutes
Introduce the <i>4-H Outdoor Adventures</i> curriculum. Show the 4 curriculum guides.	Thank you for coming to today's training on the <i>Outdoor Adventures</i> curriculum that covers hiking, camping and backpacking for children and youth grades 3 and above. The materials can support one 4-H project with several sessions or it can support hiking, camping and backpacking as three separate projects. It can also be used to support <i>Up For the Challenge</i> and other recommended programs.	2

3 Staff Introductions

What to Do	What to Say	Minutes
Adjust introductions according to the number of people in the group. If it is a group of 3 or less each person can talk about 1 minute. If it is a large group each person can mention one experience or ask one or two people to talk. Be sure to stay on schedule.	If the trainer does not know the group there should be introductions. Ask each person to give their name, where they work and how long they have worked for the Army. Ask each person to talk briefly about their experience hiking, camping and backpacking as a child and as an adult leader.	3

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4 Doing an Activity

What to Do	What to Say	Minutes
<p>Divide into four groups to prepare a lunch for a hike or other outdoor trip. Each team will prepare one item. Food items should include ingredients for sandwiches, drink, trail mix and fruit. Assign each team a task. If the training group is small (less than 4) prepare some of the items in advance. As an alternative, prepare enough so that everyone gets a taste but not a full lunch. Or, instead of real food use pictures from magazines, ads, plastic food, etc.</p>	<p>4-H projects help children and youth learn life skills through non-formal education. One way to learn and practice skills is through group activities where people work together to accomplish a goal. Because we all like and need to eat, the goal of this activity is to prepare a simple lunch that can be enjoyed outdoors. Each team will prepare one course making enough food for the whole group. When deciding what to fix, consider the food pyramid; how to carry the items on the trip; trash accumulated after the meal; cost of the food; necessary preparation time; food allergies, and people's likes and dislikes. Be prepared to discuss how group decisions were made and work was shared.</p>	10

5 Sharing Ideas

What to Do	What to Say	Minutes
<p>Share and taste the food, or have the groups talk about what they would make.</p>	<p>Let's talk about the activity. How did the group decide who was going to do each job? Were there any disagreements? Was a leader chosen? How would children/youth handle this activity? Was it fun? Will the children like the food? Are there any other comments or suggestions?</p>	5

6 Applying the Experience

What to Do	What to Say	Minutes
<p>Apply this experience to other activities conducted at CYS Services.</p>	<p>What was learned from this training that can be applied to other programming throughout this week? How will it need to be changed to make it work with the children/youth? Was this a useful training experience? How could it be changed to be more useful? What other resources are needed to do this with children/youth?</p>	3

7 Making a Plan

What to Do	What to Say	Minutes
<p>Make a plan for starting an <i>Outdoor Adventures</i> Project.</p>	<p>Now it's time to work as a group and set some dates for the project. When should the meetings begin with the children/youth? Who is the adult project leader? When will the group meet again for more planning, especially with the children/youth?</p>	2

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Close

What to Do	What to Say	Minutes
Summarize and close.	<p>This one short <i>4-H Outdoor Adventures</i> project activity is something that can be used in program planning. It will take more time when working with children, especially if the group is larger. The <i>4-H Outdoor Adventures</i> curriculum can be used with other 4-H curricula on exploring the environment, health, nutritious foods, babysitting, and home alone skills. Get ideas from the youth and plan about ten activities for the project. All 4-H project materials have ideas that can be used as lesson plans and are fun for adults and children. This activity also fits into the service areas of Sports, Fitness and Health; Arts, Recreation and Leisure; and Life Skills, Citizenship and Leadership.</p> <p>Do you have any questions? We'll explore another 4-H topic at a future staff meeting or training session. Thank you for your interest and enthusiasm.</p>	3

