

# 4-H Training Topics - Express Yourself

## Background:

*Express Yourself* project materials help children and youth in grades 3-12 strengthen their communication skills. There are three **Activity Guides** and a **Helper's Guide**.

## Resource:

**Helper's Guide, Communication and Me, page 6-7**

**Helper's Guide, Jumping In, page 5**

## Materials Needed:

Easel paper or white board and markers; a watch or clock with a second hand, or a stop watch

## Preparation Time:

Make copies of **Helper's Guide, Communication and Me, page 6**. Create a poster of different modes of communication, such as skits, drawings, and verbal monologues.

Allow 30 minutes for preparation and set-up. Arrange chairs in a circle

## 1 Opening Activity

What to Do	What to Say	Minutes
As staff enters the room, have each person partner with someone. Direct the first group of two to learn each other's names and what they have in common. Ask them to explain the procedure to others as they arrive.	Welcome. While we wait to begin find a partner and introduce yourselves and discover what you have in common.	4

## 2 Curriculum

What to Do	What to Say	Minutes
<p>Introduce the <i>Express Yourself</i> curriculum. Show the four curriculum guides.</p> <p>Provide some basic information about introductions. (<b>Helper's Guide, page 7</b>) Suggest that staff be thinking about adapting the basics to fit various informal youth environments.</p>	<p>Thank you for coming to today's training on the 4-H <i>Express Yourself</i> curriculum. This curriculum covers different modes of communication and strengthens communication skills for youth in grades 3 and up. The material can be used by itself or in conjunction with other programs such as 4-H club meetings, youth council, leadership opportunities, career exploration, or Youth of the Year.</p> <p>This session started by learning about another person. Everyone will have the chance to introduce their partner to the rest of the group. Introductions are an everyday occurrence. Knowing how to introduce people correctly is a very important life skill. In many instances, first impressions are made during introductions.</p> <p>A few basic tips help provide confidence and avoid awkward situations.</p> <ul style="list-style-type: none"> <li>•An introduction can be as simple as a name exchange.</li> <li>•Smile, make eye contact, and shake hands; the handshake should be firm but painless.</li> <li>•Include a brief piece of information about the person being introduced; it's a great conversation-starter.</li> <li>•If seated, rise from the chair.</li> <li>•If introductions aren't made, introduce yourself.</li> </ul> <p>In social situations – introduce women and the oldest people first.</p> <ul style="list-style-type: none"> <li>•“Mrs. Johnson, I'd like you to meet my friend Sally Smith”</li> <li>•“Sally Smith, I would like to introduce you to my teacher Mrs. Johnson.”</li> </ul> <p>In business situations – people of lesser authority are introduced to people of greater authority.</p> <ul style="list-style-type: none"> <li>•“Ms. Bank President, I would like to introduce you to Mr. Bank Teller.”</li> <li>•“Mr. Bank Teller, this is Ms. Bank President.”</li> </ul>	3

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## 3 Staff Introductions

What to Do	What to Say	Minutes
Introduce yourself and ask the participants to introduce their partner.	<p>Come sit in the circle next to your partner.</p> <p>Introduce your partner by name and tell two (appropriate) things you learned about them.</p>	3

## 4 Doing an Activity

What to Do	What to Say	Minutes
<p>Hand out pencils and <b>Communication and Me</b> worksheets.</p> <p>Conduct first of five exercises giving each person 90 seconds to share.</p> <p>Conduct second exercise.</p> <p>Repeat exercise three more times until five different groupings of two have shared and circled their modes of communication.</p>	<p>Let's consider how to express an idea to others.</p> <ul style="list-style-type: none"> <li>• Without talking, think of a recent incident, something fun (work related or not) that can be shared.</li> <li>• Now decide how to share that story with five people in the room, using a different mode of communication each time.</li> <li>• Finally, write each mode of communication in one of the small circles in the diagram.</li> </ul> <p>In the next 90 seconds share the experience. Now switch and have the partner share. Each time, circle the mode of communication being used. When both partners have shared find a new partner and share the fun experiences using a different mode of communication. Again, 90 seconds is the time limit.</p>	17

## 5 Sharing Ideas

What to Do	What to Say	Minutes
Take a few minutes to have everyone share thoughts about this activity.	<p>Let's talk about the activity.</p> <ul style="list-style-type: none"> <li>• What different communication modes were used? Was there a favorite mode of communication?</li> <li>• Why is it important to communicate in many different ways?</li> <li>• What is necessary for becoming a better communicator?</li> <li>• What are some situations that require communicating in a mode other than telling?</li> </ul>	4

## 6 Applying the Experience

What to Do	What to Say	Minutes
Discuss how the exercises might apply to youth interactions.	What was learned that can be used this week? How can this activity be changed to work with youth? Was this a useful experience? How could it be changed to be more useful? What other resources are needed to do this with youth?	4

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## 7 Making a Plan

What to Do	What to Say	Minutes
Make a plan for starting the <i>Express Yourself</i> Project.	Now it's time to work as a group and set some dates for the project. When should meetings start with the youth? What ideas have been given for this project? Who is the adult project leader? When should the next planning meeting be held?	2

## 8 Close

What to Do	What to Say	Minutes
Summarize and close.	<p>Remember this will take more time when youth are involved, especially if the group is larger.</p> <p>The <i>Express Yourself</i> curriculum can be used with most other 4-H curricula. All 4-H project materials have activities that can be turned into lesson plans and are fun for adults and children.</p> <p>Depending on the skill level, this activity fits into all of the Army Service Areas.</p> <p>Get ideas from the youth and plan 6 to 10 activities for the project.</p> <p>Thank you for your interest and enthusiasm.</p>	2

