

4-H Training Topics - Health

Background:

This project is designed as a self-study manual or can be used in project groups and includes hands-on activities. There are three manuals that can be used independently or combined for a more complete health experience.

Resource:

Health – Keeping Fit;
Health – Staying Healthy;
Health – First Aid in Action;

Materials Needed:

Copies of **Top Ten Chart, Keeping Fit, page 10;**
 Copies of **Keeping It Clean: Hair, Skin, Nails and Teeth, Staying Healthy, page 10;**
 Copies of **Ouwees and Ouches! and First Aid Cards, First Aid in Action pages 8, 9 and 31 (both sides of each);**
 Hairbrush, hammer, nail clippers, washcloth, toothbrush, toothpaste, screwdriver, towel, stapler, soap, shampoo, nailbrush, floss, comb/brush, water.

Preparation Time:

Collect tools for activities and make copies.

NOTE: Because each of these manuals addresses a related but different topic there are two activities planned for this training. By using the activity when participants arrive and the two listed under **Do an Activity** the group will have experienced something from each manual.



1 Welcome and Introductions

What to Do	What to Say	Minutes
Post an enlarged Top Ten Chart, Keeping Fit, page 10 , on the wall. Welcome participants as they arrive and ask them to mark their number one reason for staying fit.	As you get settled for today's training please take a minute to go to the chart and mark your top reason for staying fit. Just put a check mark in the second column corresponding to your choice or write in something that is not listed.	3

2 Curriculum

What to Do	What to Say	Minutes
Introduce the 4-H Project Guides. Show the three guides.	<p>Thank you for coming. Today we are going to focus on the <i>4-H Health</i> project for children and youth. 4-H'ers can select one of the three topics or combine them for a more complete health experience. The three manuals cover separate topics but are all related to health.</p> <p><i>First Aid in Action</i> (Beginning Level) teaches basic first aid. Children and youth make a first aid kit, learn how to treat sore muscles and learn what to do if someone suffers a burn or broken bone. They also learn to identify common household products that are poisonous.</p> <p><i>Staying Healthy</i> (Beginning Level) explores ways to keep healthy including individual or group activities, selecting healthy foods, learning where germs hide and how to stay healthy.</p> <p><i>Keeping Fit</i> (Intermediate Level) is designed for those who are familiar with health and fitness basics and are ready to take the next step. Activities include learning about the Body Mass Index, proper diet, proper stretching, warm-up, exercise and much, much more.</p>	4

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3 Staff Introductions

What to Do	What to Say	Minutes
<p>Quickly tally the results of the Top Ten Chart. Introduce yourself and ask others to introduce themselves.</p> <p>When everyone is finished with introductions say:</p>	<p>My name is _____ and I'm here to help you learn more about the <i>4-H Health</i> project. Please introduce yourself, where you work and share one thing you do everyday to stay healthy.</p> <p>The results of the first activity show that the top five reasons for choosing to stay healthy are (list them). This activity is from the Keeping Fit manual and is something you can use with children and youth to discuss how they stay fit.</p>	5

4 Doing an Activity

What to Do	What to Say	Minutes
<p>If the group is larger, 8 or more, divide the group, have half of the group complete activity 1 while the other half completes activity 2 then ask the groups to switch.</p> <p>Activity 1 Distribute Keeping It Clean: Hair, Skin, Nails and Teeth, Staying Healthy, page 10. Display the tools listed in that activity that are also included in the Materials Needed list above.</p> <p>Activity 2 Distribute Ouwees and Ouches! and First Aid Cards, First Aid in Action pages 8, 9 and 31.</p>	<p>Using the Get Smart! Chart from the Hair, Skin, Nails and Teeth activity simply choose a word from the Word Box to answer each question. Then using the tools displayed here, identify the appropriate tool for each task listed.</p> <p>In First Aid in Action children and youth make a set of first aid cards. In this activity you will only be completing the card for Cuts and Scrapes. First, complete the First Aid Steps by numbering the action steps in the correct order. Then, using the information on pages 8-9 complete the first aid card for Cuts and Scrapes. Be sure there is enough information to be really helpful if someone is injured and you are the only one around to help.</p>	10

5 Sharing Ideas

What to Do	What to Say	Minutes
<p>Generate ideas from the group on how to expand these activities.</p>	<p>Keeping in mind that we have looked at only three activities included in the <i>4-H Health</i> project, what other experiences could be added that children and youth would enjoy?</p>	5

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6 Applying the Experience

What to Do	What to Say	Minutes
Apply this experience to other activities.	What was learned from these activities that can be applied to other things in the program this week? Was this a useful experience? How could it be changed to be more useful? What other resources are needed? This project was originally designed as an individual self-study. How can it be adapted for a group of young people?	5

7 Making a Plan

What to Do	What to Say	Minutes
Make a plan for starting the <i>Health</i> project.	Now it's time to work as a group to generate project ideas and set some dates for project meetings. When should the project meetings start with the youth? Should the project include all three manuals or just one? What ideas from this training will be used? Who will be the adult project leader? Will there be an adult project leader for each manual or one leader for all three? When should another planning meeting be held that includes youth?	5

8 Close

What to Do	What to Say	Minutes
Summarize and close.	Today we have looked at the <i>4-H Health</i> curriculum, completed an activity from each of the manuals and begun planning for project meetings. This is a great start for an exciting, fun and useful project. Thank you for your interest and enthusiasm.	1

