

# 4-H Training Topics - Step Up To Leadership

## Background:

*Step Up To Leadership* is an interactive experiential curriculum that teaches youth life skills important to effective leaders. Each age appropriate activity includes indicators to help youth reflect on what they have learned and apply that knowledge to what they may do at home, school, or when relating to friends.

## Resource:

*Step Up To Leadership* curriculum including:

**Mentors Guide K-5**

**Mentors Guide 6-12**

**My Workbook**

**My Journal**

**My Portfolio**

The activity used here is from *Step Up To Leadership, My Leadership Workbook, pages 28-29.*

## Materials Needed:

Balloons (one per participant plus 5 extra), yarn, string, spools, paper plates, craft sticks, small boxes (tissue, cereal, shoe, etc.), buttons, pompoms, colored paper, clothes pins, brass clasps, safety pins, tape (duct or masking), glue, colored markers, stickers, glitter.

## Preparation Time:

30 minutes



## 1 Opening Activity

What to Do	What to Say	Minutes
Give each person a balloon as they arrive. Ask them to blow up and tie off the balloon. Have five additional balloons inflated and knotted to add to the activity as more people arrive.	<p>Welcome! Please blow up the balloon and tie it off. Then bounce the balloon in the air. As more participants join continue working to keep all the balloons in the air. We will start the training in a few minutes.</p> <p>It is time to begin the training. The balloon activity just completed is one of many in this curriculum. This particular activity emphasizes relationship building.</p>	5

## 2 Curriculum

What to Do	What to Say	Minutes
Have copies of the curriculum available for participants to review.	The <i>Step Up To Leadership</i> curriculum includes 2 <b>Mentor's Guides</b> and 3 <b>Youth Guides</b> which are designed with age appropriate activities to help youth: identify their own leadership skills, build on their strengths and the strengths of others; develop competencies in communication, group process, relationship building, planning and organizing, diversity, assessment, service-learning and much more.	2

## 3 Staff Introductions

What to Do	What to Say	Minutes
Introduce yourself and ask participants to do the same.	Welcome to 4-H! Please tell us your name, place of work and length of service with CYS Services. Also, using only one word, describe the balloon activity.	5

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## 4 Doing an Activity

What to Do	What to Say	Minutes
Divide the group into teams of 2-3. This activity will be most successful if there are at least 3 teams. Lay supplies from <b>Materials Needed</b> list on a table for use by the teams.	This is an activity to emphasize cooperation and teamwork. Your team task is to make an invention with moving parts using the supplies provided on the table. The invention must perform a team's function. Use the supplies provided.	10

## 5 Applying the Experience

What to Do	What to Say	Minutes
Discuss the activity using the Reflect and Apply portion of the Experiential Learning Model. Also ask the group to reflect how the skills gained could be used in the program this week.	<p>What made this activity hard?</p> <p>What did it feel like to be a part of the team?</p> <p>Did all members of the team cooperate?</p> <p>In the last week, have you been in a group that worked together to accomplish a task?</p> <p>Why would it be important to cooperate with others?</p> <p>How might this activity be used in the program?</p> <p>Will it need to be changed for children/youth? How?</p>	6

## 6 Making a Plan

What to Do	What to Say	Minutes
Make a plan to begin the <i>Step Up To Leadership</i> Project.	Now it's time to work as a group and set some dates for project meetings. When should the project meetings start with the youth? What ideas from this training will be used? Who will be the adult project leader? When should another planning meeting be held that includes youth?	5

## 7 Close

What to Do	What to Say	Minutes
Summarize and close.	<i>Step Up To Leadership</i> is a project that is both challenging and fun. Children/youth will certainly learn new skills and adults just might find it educational as well. Thank you for coming. Don't forget the planning meeting!	2

