



WE CU VOLUNTEER

4-H Presentations Contest

Calling all Senior 4-H'ers...



4-H Presentations Contests allow members the opportunity to develop communication and leadership skills. Participating youth have the opportunity to teach others by developing and delivering a "show and tell" presentation related to skills learned in 4-H. The Senior Contest is being held in conjunction with 4-H Senior Teen Weekend at Camp Bob Cooper: 9AM on March 7, 2020. Seniors are 14 - 18 years old as of January 1, 2020. Youth are encouraged to register for and attend the entire Senior Teen Weekend, but can register for and attend the contest only. Registration deadline for Senior

Presentation Contest is: February 24, 2020.

Presentation categories include:

- From Drab to Fab
- Flea Market Flip \$15 Challenge
- A Week in the Life of a 4-H Ag Project
- Ready. Aim. Fire.
- Life Hacks
- Extreme Birdhouse
- Game-changing Sports Snacks
- The World I See and Imagine: Photography & Photo Editing
- Freestyle Demonstration or Illustration
- Horse, of course

Register online through 4HOnline.

Upcoming Statewide Programs:



Horse Bowl & Hippology

Sat-Sun, March 14-15, 2020

Horse knowledge contests on Clemson campus (ages 5-18)

Register by February 22



Senior Teen Weekend

Fri-Sun, March 6-8, 2020

Explore opportunities in 4-H through a weekend at camp (ages 14-18)

Register by February 24



Legislative Day

Tues, March 10, 2020

Explore opportunities in 4-H through a weekend at camp (ages 9-13)

Contact your local 4-H agent



State WHEP Contest

Sat., March 14, 2020

Compete in the state 4-H/FFA Wildlife Habitat Education Challenge (ages 9-18)

Register by February 28



4-H Pinckney Leadership Program

Summer of 2020

Middle and high-school youth invited to apply for camp and conference.

Register by March 13



Honey Bee Essay Contest

Fri, March 13, 2020

Overwintering bees is the topic for national contest (ages 9-18)

Submit by March 13

"4-H is about building better citizens, teaching values and developing skills...It doesn't matter if you're from a farm environment or from a big city. 4-H worked for me and I've continued to work for it."

Orville Redenbacher, *Indiana 4-H Alumnus*



Monthly 4-H Club Activity Idea

By Ashley Burns, Assistant 4-H Director

Inspiration: Appreciation workshop by Jamie Morris, Maryland 4-H Volunteer Specialist



Warm Fuzzies

Objective: To learn about social interactions and the power of appreciation.

Age Range: All ages.

Hands-on Activity: Create warm fuzzies for self and to share

Life Skills: HEAD – learning to learn;
HEART – communication, sharing;
HANDS – responsible citizenship, self-motivation;
HEALTH – character, self-discipline.

Introduction

In 1970, *A Warm Fuzzy Tale* by Claude M. Steiner was published. It is a book with a fairytale feel to teach children about social interaction and emotions. In a very abbreviated version, the story goes something like this:

Once upon a time, in a village far, far away, the people were happy. They went about their day, visiting with friends and neighbors, and exchanging pleasantries and warm fuzzies. Warm fuzzies were fluffy little creatures with big, googly eyes and heart-shaped feet. Whenever someone was given a warm fuzzy, it made them feel very special and happy. One day, a wicked sorcerer came to town and asked the townspeople, “Why are you giving away all your warm fuzzies?! I thought they made you happy. Why would you just give them away? What if no one gave you one in return? You will run out of warm fuzzies. You should stop sharing them with others.” And, the saddest thing happened. People listened to the evil sorcerer and stopped giving their warm fuzzies away freely until they stopped sharing them at all. One by one, all the warm fuzzies started getting sick and dying because they were not getting shared until there was only one warm fuzzy left in the town. A young child had it and desperately wanted it to live. So, the child



decided to give it away. The sorcerer said, “You shouldn’t do that because there are no warm fuzzies left in the town. No one will be able to give you one back. You will never have a warm fuzzy again.”

“I don’t care.” Said the child. “The warm fuzzy needs to be shared so others can feel happiness and love.” Then, the most amazing thing happened. When the child gave the warm fuzzy away to someone else, it became two! The person kept one and gave the other back to the child. The child kept repeated the process of giving away the only warm fuzzy they had until the whole town had warm fuzzies to share once again. From then on, the townspeople dismissed the lies of the sorcerer and shared their warm fuzzies. They all lived happily ever after.

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Discuss what the moral of the story could be and have youth make their own warm fuzzies to show appreciation and kindness towards others.

Materials

- Pom Poms (1" size works well; 1 per warm fuzzy)
- Wiggle eyes (sticky back make it easier; 2 per warm fuzzy)
- Decorative paper (cut into squares about 4"x4")
- Glue (glue dots or tape can also work)
- Scissors
- Markers

Activity Instructions

1. Have youth cut a heart out of the paper (fold in half and draw one side of heart on the folded edge and trace, Figure 2)
2. They can write a message on the bottom of the heart to show appreciation for someone else (Figure 3).
3. Adhere the pom pom to the heart-shaped feet and attach wiggly (or paper) eyes (Figure 4).
4. Make more warm fuzzies and share them with others!

Reflective Questions

1. What does appreciation mean to you?
2. How do you show people you appreciate them?
3. How do you think others feel when you show them appreciation?

Conclusion

Showing others you care about and appreciate them is a great way to represent the fourth H in 4-H: HEART. Little gestures can make the difference in whether or not a person feels like they belong.

Additional Resource:

Fehr, Michelle. 2016. Giving Gratitude and the Importance of Showing Gratitude. Ohio State 4-H Cloverbud Connections. Ohio State University Extension.
https://ohio4h.org/sites/ohio4h/files/imce/volunteers/connections_newsletter/cloverbud%20-%20Fall%202016.pdf

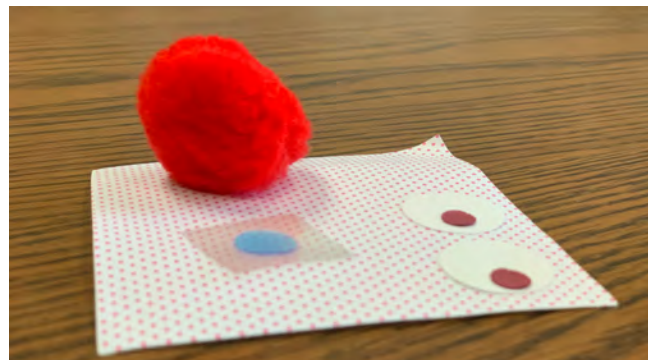


Figure 1. Example of materials for making a warm fuzzy.

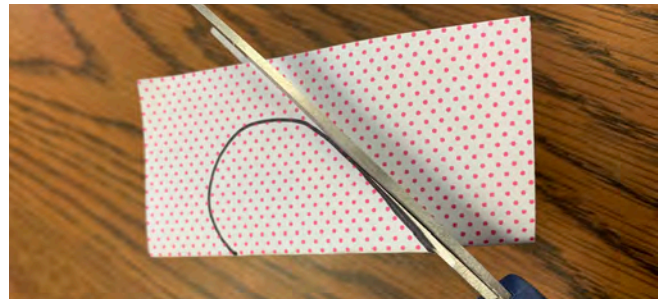


Figure 2. Fold paper in half and trace the edge of heart in order make cutting a heart shape easier!



Figure 3. Youth can include a note on the bottom of the heart to show appreciation.



Figure 4. An example of a completed warm fuzzy with paper eyes.

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