



**SPIN Volunteer (Special Interest Club Leader)**

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UNIVERSITY of FLORIDA

*Six Meeting Lesson Plan*

Volunteer leaders can incorporate the below ideas at their six club meetings to ensure Positive Youth Development that compliments 4-H project experiences. 4-H volunteers should use approved curriculum for project activities based on an experiential learning model. The three big things a leader should focus on is; belonging, contribution, and communication. The below activities can be varied and modified to best reach these goals based on the needs of your 4-H club members.

	<b>Encourage Belonging</b>	<b>Opportunities to Contribute</b>	<b>Learn Communication Skills for Life</b>
<b>Meeting One</b>	Each youth will make a vanity <sup>1</sup> license plate. Have each member take a piece of cardstock and create a vanity plate to identify their favorite hobby and a personal attribute to share. The plate must have a combination of only 9 numbers and letters LUV2SK8. Youth should each have an opportunity to share their name plate with a new friend or the group depending on the size of your 4-H club.	Brainstorm ideas for ways to serve the community. A guide for brainstorming techniques can be found at the Iowa 4-H site. Be sure to take the ideas of youth seriously and create a list. As you list their ideas help youth relate their ideas to the project that your club is focusing on. <i>(Examples; sewing – make small no-sew blankets for local pet shelter or lap quilts for a nursing home; gardening – take extra produce grown to a food pantry or make small baskets and deliver to local senior citizens.)</i> Make sure to keep the list for future planning. Be intentional about listing all ideas and not debating them as they are shared.	Practice the 4-H Pledge. Post the pledge in a location where it is easy to read. Split the club into four groups ask each group to prepare a skit so that they can act out what each of the 4 “H’s” stand for: Head, Heart, Health, and Hands.  Consider the following teasers for helping youth recognize each “H”:  <ul style="list-style-type: none"> <li>• Head –Thinking</li> <li>• Heart –Caring</li> <li>• Hands – Giving</li> <li>• Health – Wellness</li> </ul>

			Instruct youth to create an outline, speak clearly, maintain eye contact with the audience, be enthusiastic, and be prepared to answer questions. Youth will need time to practice their skit and you can also provide them with fun props.
<b>Meeting Two</b>	As the 4-H club leader be sure to learn all the names of the new members and be prepared to greet each youth by their name with a smile as they enter. Prior to this meeting as the leader you will want to remember an interesting fact, like, or interest about each member. Try to remember at least one detail so that each child feels like they matter to you. Having a significant adult in the life of a young person helps them feel connected and important. (Making a list which each child's name and a few details about them will be helpful as you get to know your club members).	Use the list created at the last meeting to guide youth as they set a club goal for providing a community service project that relates to their 4-H project. Make sure all youth have an opportunity to contribute to the selection of the project. You may choose to use parliamentary procedure to allow youth to discuss and choose the activity. This will allow all voices to be heard. Set a date and time for which your 4-H club will meet and conduct the community service effort that your group has decided on.	Provide youth with a project journal or notebook and 5 to 10 minutes to write about two new things they learned and one thing that they will practice at home or school. Allowing youth to reflect on what they have learned will solidify their knowledge and encourage them to apply skills into the rest of their life.
<b>Meeting Three</b>	Make sure youth feel like their ideas matter to the club. Invite all youth to interview a partner and write a two paragraph story about their "new friend" to present to the club. Encourage youth to pair up with a person they do not know very well. The pair will take turns interviewing one another and will need to be provided index cards to take notes on. Questions can include; what is your favorite hobby, what character attribute do you feel you demonstrate the most	Help youth consider random ways to help another person; it can be as simple as mowing the lawn for a neighbor, writing a thank you note to a teacher, or cleaning up the kitchen after dinner without being asked. Allow youth to brainstorm these ideas on their own and create a list of ways to show kindness to another person. Have youth list their two favorite ideas on a piece of poster paper. After youth have shared their ideas encourage everyone to pick one	Explain the three parts of a presentation...introduction, body, and conclusion. Provide items that relate to your project area; for example if you are a gardening club provide props such as a shovel, packet of seed, watering can. Youth will randomly receive an item. If you have a large club you can allow youth to pair up for this activity. Youth will take turns "selling" their item at the next meeting and must use the above three parts of a speech. Each

	(positive attitude, teamwork, kindness, etc.), why do you enjoy participating in 4-H? Make sure all youth respect the team presenting and encourage shy youth.	idea and to follow through on it. Tell youth at the next club meeting everyone will have a chance to share how it went.	individual/group can have 5 minutes to prepare their speech at this meeting and make a plan for practicing in between the meetings. Do not impose time limits on youth at this point but rather focus on them incorporating the above components of a speech and sharing with others. <sup>3</sup>
<b>Meeting Four</b>	<p>Appreciate differences: chain of diversity.<sup>1</sup> Pass around strips of multi-colored construction paper. Each youth should take two strips. On one strip they will write a way that they are similar to others in their 4-H club and on the second strip they will write down one way they are different from the other members. Youth will share the ways that they are similar and different, as they share they will join their links into the chain by overlapping and gluing together the ends of their strips. When you are finished you will have a chain representing the diverse attributes of the youth in your club and you can reflect on why our similarities and differences are important and together we can create a stronger chain. Remind youth to consider how they apply the concept of appreciating the differences of others at school or at other times.</p>	<p>Provide an opportunity for youth to share how their “random acts of service” were carried out and the reaction of the person whom they “served”. Reflect with youth on how they felt while helping another and if they would want to do other acts of service. Ask them about your club project and how they can take what they learned from their individual acts of service and apply to the project the club will be carrying out.</p> <p>Work with members to set a date and time for your club to perform their community service project if there is not sufficient time during a club meeting.</p>	<p>Active listening; part of effective communication is being able to listen. Randomly assign youth to groups of two. Have youth sit knee to knee and provide them with index cards and pencils. Have each person take turns interviewing the other. The interviewer only has to ask one question; What is one thing you would like to accomplish by the end of the year? As the interviewee questions their partner they will ask them “why” up to five times. You want to remind the person interviewing to ask “why” in an encouraging way and to really listen to the answer and take notes. Youth may have to expand on their “why” by relating it to the previous answer and drawing out your partner. (The activity may need to be modified to be age appropriate.)</p>

<p><b>Meeting Five</b></p>	<p>Help youth identify how their actions build others up or knock them down. Each youth will receive one balloon that they will blow into and “inflate” when you say something that makes them feel good, they will let out air “deflate” anytime you mention something that makes them doubt or feel bad about themselves. You can use the following statements to get you started<sup>2</sup></p> <p>Someone...</p> <ul style="list-style-type: none"> <li>- takes your needs seriously</li> <li>- gives you a hug</li> <li>- laughs at your jokes</li> <li>- takes advantage of you</li> <li>- discriminates against you</li> <li>- trusts you with a secret</li> <li>- believes you can do something and tells you so</li> <li>- rejects you</li> <li>- thanks you for doing something for her or him</li> <li>- expects too much of you and you can't meet their expectations</li> <li>- calls you bad names</li> <li>- ignores you</li> <li>- forgives you</li> </ul> <p>... add in your own ideas to keep going if you wish. Remember to wrap up the activity by reflecting on how youth felt as they “inflated” or “deflated” their balloon. Finally, help youth apply this feeling to their lives and consider ways they can make a plan to “inflate” another person.</p>	<p>Use your list of ideas generated for community service and divide your group into smaller groups of 4 to 5 youth. Divide the community service ideas equally and ask youth to answer the following questions: How will this project...</p> <ul style="list-style-type: none"> <li>- Effect the community</li> <li>- Support an individual</li> <li>- Give me a better understanding of needs</li> <li>- Lead a group of my friends to take action</li> <li>- Learn about the source of the problem</li> <li>- Address other issues that are related to the root problem?</li> </ul> <p>Provide youth with an opportunity to share the answers to their questions with at least one other group.</p>	<p>Ask youth to create a visual that represents something they have learned about the club project. For example if your project is about exploring the world of animals they can explain the parts of a pet. Youth can draw a picture, graphic or written poster to share.</p>
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<b>Meeting Six</b>	<p>Have a public viewing of projects created and recognize youth for their progress towards the goals the set and provide awards to youth for participating in the club and for completing their project. Project pins are available from the National 4-H Mall. Encourage all youth to invite a friend or family member to attend. Remember to make sure members are aware of other 4-H opportunities that are available and provide them with resources to stay connected to 4-H.</p>	<p>Reflect on the 4-H club service activity and discuss the success of your project, barriers, and ways you could improve this project in the future. Allow youth to take pride in accomplishing the service project.</p> <p>Remember to help youth understand why it is important to use our “hands to larger service” and help others who are in need. This is not an activity to accumulate volunteer hours but rather a way for 4-H members to recognize that their efforts make a difference in the lives of others who are in need.</p>	<p>Invite family members to your final 4-H club meeting and allow youth to “show and tell” what they have learned. They can use the visual they created for the last meeting or simply show off the project that they created.</p> <p>Be sure to remind youth about the opportunities in your county for public speaking, demonstrations and illustrated talks, fair entries, and other ways to share what they have learned.</p>
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1. These activities have been adopted and slightly modified from Essential Elements of 4-H Youth Development Programs Curriculum, 2009
2. Building Bridges Reaching People through Communications.
3. Discovering the Treasure of Public Speaking, 4H PUM 10, Eubanks, E. and Jordan, J. 2004.  
<http://edis.ifas.ufl.edu/pdf/files/4H/4H19700.pdf>

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