



## 4-H Family Back Pack Instructions



### Dear Family:

These Family back packs have been developed to enhance educational and literacy skills and to develop family traditions and family unity. Each back pack is designed to take approximately one week to use. We hope you use at least one of the activities with your entire family. Spending quality time as a family can become a special family tradition.

### Books

Each back pack includes books which focus on a main idea or theme. The objective is to help children further develop their literacy skills. Children become readers when their parents read to them. Reading is worthwhile and can spark the imagination of anyone young and old. When reading with your child/children make it fun. Have your child help pick out a book to read, ask questions about the story, join in the reading or just look at the pictures as you read. Books in the back packs may spark an interest in reading other books on the subject which can be checked out in your local library. Please note that books provided in the back pack are to be returned with the back pack.

### The Activity Folder

In the left pocket of your folder, you will find a contents sheet which will give you information about the Back Pack and some suggestions about the activities. We have also included an evaluation form which we would appreciate each family fill out and return with the back pack. This information will give us feedback for future back pack development. These materials in the left pocket should be return after use.

The center of the folder includes several activities relating to the main theme. You may choose one activity or several depending on how much time you have to spend doing them. Some folders contain additional fact sheets which contains interesting facts relating to the topic or character in the book.

The right pocket of the folder contains copies for your use. These include patterns needed, coloring , puzzles, etc.



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### Sharing Journal

The object of the sharing journal is for families to share their experiences with other families. Before you begin the activities you may wish to read the journal to gain ideas and hints from prior families on how they have already used this back pack. When you have completed the activities in the back pack, we ask that you also share your thoughts, idea and experiences in the journal provided. For example you could include a new idea or activity that your family developed, a new recipe, a less expensive way of doing an activity or just share how your family felt about doing the activities will help the next family using the back packs

### Teaching using the Backpacks.

4-H uses the "experiential method" or "hands on and learn by doing" method. There are many ways to teach children age 5-12:

1. Standing and telling them what you want them to know
2. Showing them what you want them to know
3. Having them do an activity that teaches them what you want them to know.

Simply telling youth what you want them to learn is the fastest approach, but they will forget more easily. Getting people involved in a game or activity helps your child remember more, but takes a long time to get ready and even more time to teach (Peterson, 1991).

4-H promotes experiential Learning (activity based). The traditional 4-H motto of "learning by doing" is as appropriate today as it was when the program began in the early 1900's.

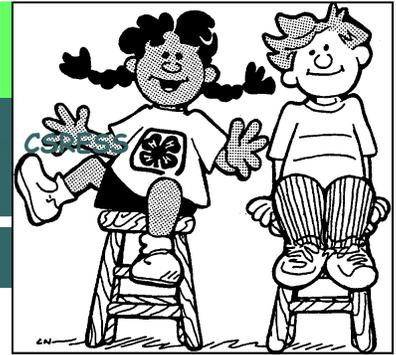
### What is Experiential Learning?

Experiential learning happens when a person gets involved in an activity, and looks back at it critically, determines what was useful or important to remember, and uses the information to do something else.

Experiential learning can be a highly effective educational method. It engages the learner at a more personal level by addressing the needs and wants of the individual. Experiential learning requires qualities such as self-initiative and self-evaluation. For experiential learning to be truly effective, it should employ the whole learning wheel, from goal setting,



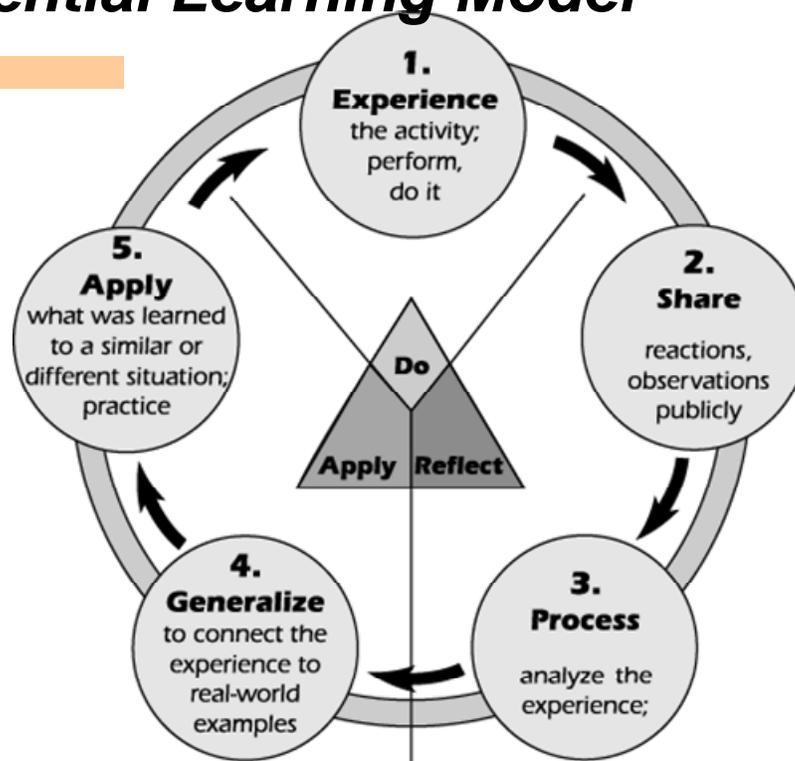
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experimenting and observing, to reviewing, and finally action planning. This complete process allows one to learn new skills, new attitudes or even entirely new ways of thinking. (Below is the model that describes Experiential Learning.)

Diagram provided by National 4-H council and CSRESS

### *Experiential Learning Model*





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Books in the Back Pack are:

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Additional Items included in the back packs.

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Site Instructions:

Please return all books to the back pack along with the Activity folder, journal and additional educational items in the back. Let your teacher know if anything is missing. Thanks for you assistance in keeping these back packs in good condition for others to use.



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### Acknowledgements

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