



DISCOVER



4-H SERVICE LEARNING CLUBS



DISCOVER

Deborah Ivie | Jessica Ivie | Stacey MacArthur
Utah State University Extension

Description

The Discover 4-H Clubs series guides new 4-H volunteer leaders through the process of starting a 4-H club or provides a guideline for seasoned volunteer leaders to try a new project area. Each guide outlines everything needed to organize a club and hold the first six club meetings related to a specific project area.

Purpose

The purpose is to create an environment for youth and families to come together and participate in learning activities while spending time together as a multi-family club. Members will be able to experiment with new 4-H project areas.

What is 4-H?

4-H is one of the largest youth development organizations in the United States. 4-H is found in almost every county across the nation and enjoys a partnership between the U. S. Department of Agriculture (USDA), state land-grant universities (e.g., Utah State University), and local county governments.

4-H is about youth and adults working together as partners in designing and implementing club and individual plans for activities and events. Positive youth development is the primary goal of 4-H. The project area serves as the vehicle for members to learn and master project-specific skills while developing basic life skills. All projects support the ultimate goal for the 4-H member to develop positive personal assets needed to live successfully in a diverse and changing world.

Participation in 4-H has shown many positive outcomes for youth. Specifically, 4-H participants have higher participation in civic contribution, higher grades, increased healthy habits, and higher participation in science than other youth (Lerner et al., 2005).

Utah State University is committed to providing an environment free from harassment and other forms of illegal discrimination based on race, color, religion, sex, national origin, age (40 and older), disability, and veteran's status. USU's policy also prohibits discrimination on the basis of sexual orientation in employment and academic-related practices and decisions. Utah State University employees and students cannot, because of race, color, religion, sex, national origin, age, disability, or veteran's status, refuse to hire; discharge; promote; demote; terminate; discriminate in compensation; or discriminate regarding terms, privileges, or conditions of employment, against any person otherwise qualified. Employees and students also cannot discriminate in the classroom, residence halls, or in on/off campus, USU-sponsored events and activities. This publication is issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Kenneth L. White, Vice President for Extension and Agriculture, Utah State University.



Utah 4-H

4-H is the youth development program of Utah State University Extension and has more than 90,000 youth participants and 8,600 adult volunteers. Each county (Daggett is covered by Uintah County) has a Utah State University Extension office that administers the 4-H program.

The 4-H Motto

"To Make the Best Better!"

The 4-H Pledge

I pledge: My HEAD to clearer thinking, my HEART to greater loyalty, my HANDS to larger service and my HEALTH to better living, for my club, my community, my country, and my world.

4-H Clubs

What is a 4-H Club? The club is the basic unit and foundation of 4-H. An organized club meets regularly (once a month, twice a month, weekly, etc.) under the guidance of one or more volunteer leaders. The 4-H club elects its own officers, plans its own programs, and participates in a variety of activities. Clubs may choose to meet during the school year, only for the summer, or for both.

Club Enrollment

Enroll your club with your local Extension office. Each member will need to complete a Club Member Enrollment form, Medical History form, and a Code of Conduct/Photo Release form. (Print these from the www.utah4h.org website or get them from your county Extension office).

Club Officers

Elect club officers during one of your first club meetings. Depending on how many youth are in your club, you can decide how many officers you would like. This will typically include a president, vice president, pledge leader, and secretary. Other possible officers or committees are: song leader, activity facilitator, clean-up supervisor, recreation chair, scrapbook coordinator, contact committee (email, phone, etc.), field trip committee, club photographer, etc. Pairing older members with younger members as Sr. and Jr. officers may be an effective strategy to involve a greater number of youth in leadership roles and reinforce the leadership experience for all ages. Your club may decide the duration of officers (6 months, 1 year, etc.).



A Typical Club Meeting

Follow this outline for each club meeting:

- Call to order – President
- Pledge of Allegiance and 4-H Pledge – Pledge Leader (arranges for club members to give pledges)
- Song – Song Leader (leads or arranges for other club member to lead)
- Roll call – Secretary (may use an icebreaker or a “get acquainted” type of roll call to get the meeting started)
- Minutes of the last meeting – Secretary
- Business/Announcements – Vice President
- Club Activity – Activity Facilitator arranges this. It includes a project, lesson, service, etc. These are outlined by project area in the following pages.
- Refreshments – Refreshment Coordinator
- Clean Up – Clean-up Supervisor leads others in cleaning up



Essential Elements of 4-H Youth Development

The Essential Elements are about healthy environments. Regardless of the project area, youth need to be in environments where the following elements are present in order to foster youth development.

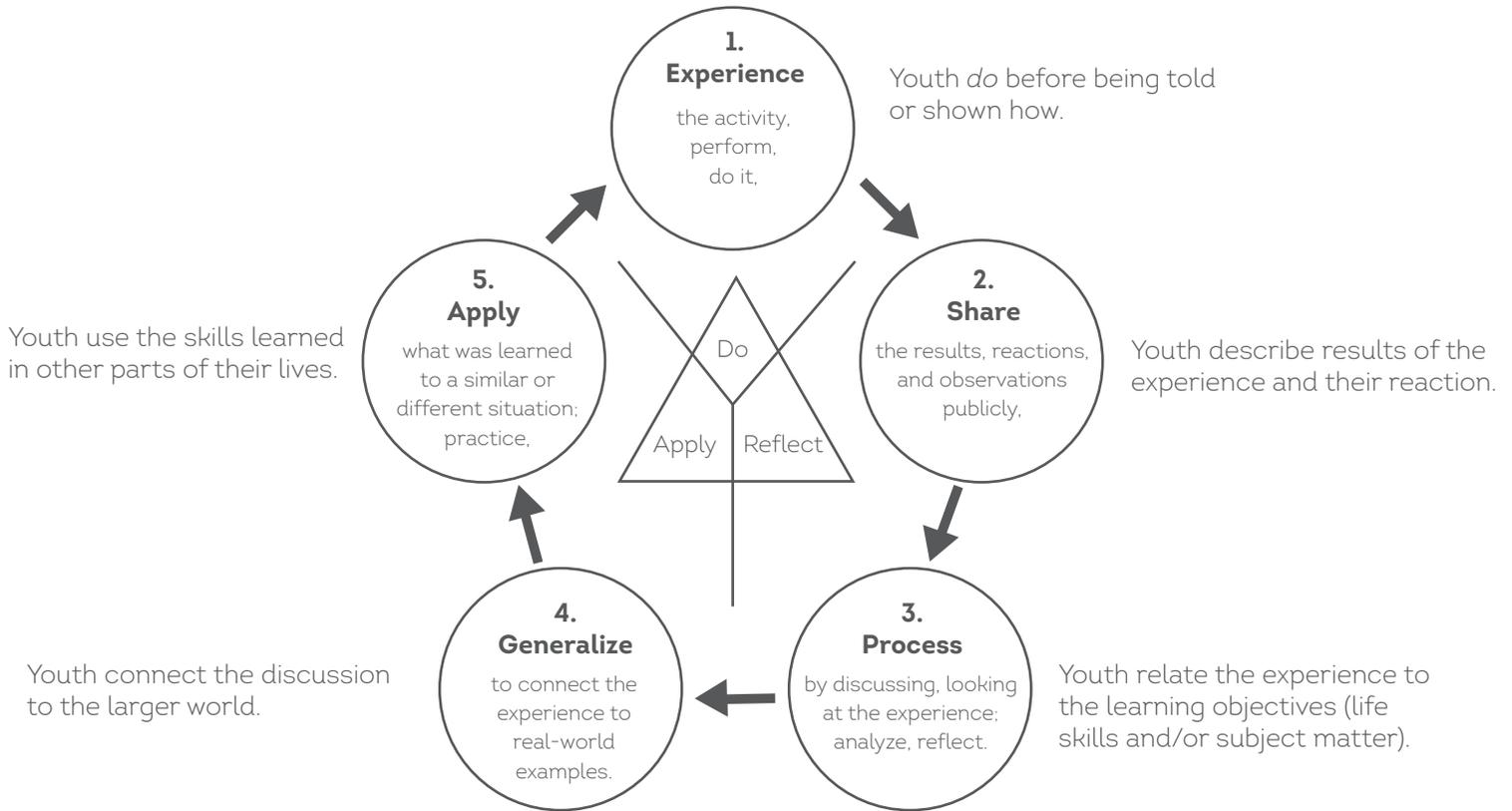
1. **Belonging:** a positive relationship with a caring adult; an inclusive and safe environment.
2. **Mastery:** engagement in learning, opportunity for mastery.
3. **Independence:** opportunity to see oneself as an active participant in the future, opportunity to make choices.
4. **Generosity:** opportunity to value and practice service to others.

(Information retrieved from: <http://www.4-h.org/resource-library/professional-development-learning/4-h-youth-development/youth-development/essential-elements/>)



4-H “Learning by Doing” Learning Approach

The Do, Reflect, Apply learning approach allows youth to experience the learning process with minimal guidance from adults. This allows for discovery by youth that may not take place with exact instructions.



4-H Mission Mandates

The mission of 4-H is to provide meaningful opportunities for youth and adults to work together to create sustainable community change. This is accomplished within three primary content areas, or Mission Mandates - citizenship, healthy living, and science. These mandates reiterate the founding purposes of Extension (e.g., community leadership, quality of life, and technology transfer) in the context of 21st century challenges and opportunities. (Information retrieved from: http://www.csrees.usda.gov/nea/family/res/pdfs/Mission_Mandates.pdf)

1. **Citizenship:** connecting youth to their community, community leaders, and their role in civic affairs. This may include: civic engagement, service, civic education, and leadership.
2. **Healthy Living:** promoting healthy living to youth and their families. This includes: nutrition, fitness, social-emotional health, injury prevention, and prevention of tobacco, alcohol, and other drug use.
3. **Science:** preparing youth for science, engineering, and technology education. The core areas include: animal science and agriculture, applied mathematics, consumer science, engineering, environmental science and natural resources, life science, and technology.

Getting Started

1. Recruit one to three other families to form a club with you.
 - a. Send the 4-H registration form and the medical/photo release form to each family (available at utah4h.org).
 - b. Distribute the Discover 4-H Clubs curriculum to each family.
 - c. Decide on a club name.
 - d. Choose how often your club will meet (e.g., monthly, bi-monthly, etc.).
2. Enroll as a 4-H volunteer at the local county Extension office (invite other parents to do the same).
3. Enroll your club at the local county Extension office.
 - a. Sign up to receive the county 4-H newsletter from your county Extension office to stay informed about 4-H related opportunities.
4. Identify which family/adult leader will be in charge of the first club meeting.
 - a. Set a date for your first club meeting and invite the other participants.
5. Hold the first club meeting (if this is a newly formed club).
 - a. See the previous section, *A Typical Club Meeting*, for a general outline.
 - i. Your activity for this first club meeting will be to elect club officers and to schedule the six project area club meetings outlined in the remainder of this guide. You may also complete a-d under #1 above.
 - b. At the end of the first club meeting, make a calendar outlining the adult leader in charge (in partnership with the club president) of each club meeting along with the dates, locations, and times of the remaining club meetings.
6. Hold the six project-specific club meetings outlined in this guide.
7. Continue with the same project area with the 4-H curriculum of your choice (can be obtained from the county Extension office) OR try another Discover 4-H Club project area.



Other Resources

Utah 4-H website: www.utah4-h.org

National 4-H website: www.4-h.org

4-H volunteer training:

To set up login to:

<http://utah4h.org/volunteers/training/>

To start the modules: (password = volunteer)

References

Information was taken from the Utah 4-H website (utah4h.org), the National 4-H website (4h.org), the Utah Volunteer Handbook, or as otherwise noted.

Lerner, R., M. et al. (2005). Positive youth development, participation in community youth development programs, and community contributions of fifth grade adolescents: Findings from the first wave of the 4-H Study of Positive Youth Development. *Journal of Early Adolescence*, 25(1), 17-71.

We would love feedback or suggestions on this guide; please go to the following link to take a short survey:

Go to <https://goo.gl/iTfiJV> or [Click here to give your feedback](#)

4-H SERVICE LEARNING CLUB *Meetings*



Club Meeting 1

Pre-Service 2



Club Meeting 2

Preparing for Your Project 6



Club Meeting 3

Skill Development and Starting Your Project 9



Club Meeting 4

Completing the Service Project 12



Club Meeting 5

Evaluating Your Project (Post-Service) 14



Club Meeting 6

Celebration of Service 17



Supplies

- Supplies for 10 minutes of service:
- Large poster paper or whiteboard
- Markers

INTRODUCTION

Welcome to the Service Learning Club! In this club, youth will learn valuable skills while doing service for others. In this first club meeting, club members will learn what service learning is and will choose the community that they want to serve.

PRIOR TO MEETING

- Choose and collect supplies for your 10 minutes of service, print off or draw out the Service Learning-Cycle Diagram.
- Make sure you have something like a notebook or poster to keep track of the community and learning objectives your club chooses.

Activity #1



10 MINUTES OF SERVICE

TIME: 15 MINUTES

1. Either pick a simple, 10 minute-service activity from the end of the guide (found on pages 20-21), or come up with your own to do with your club. Club members may even come up with their own 10 minutes of service.
2. Complete the service activity, and then clean up if necessary.
3. Reflect for a couple minutes on how it went.
 - a. What impact did the youth have?
 - b. Who were they serving?
 - c. What needs were met?
 - d. What skills did they learn?



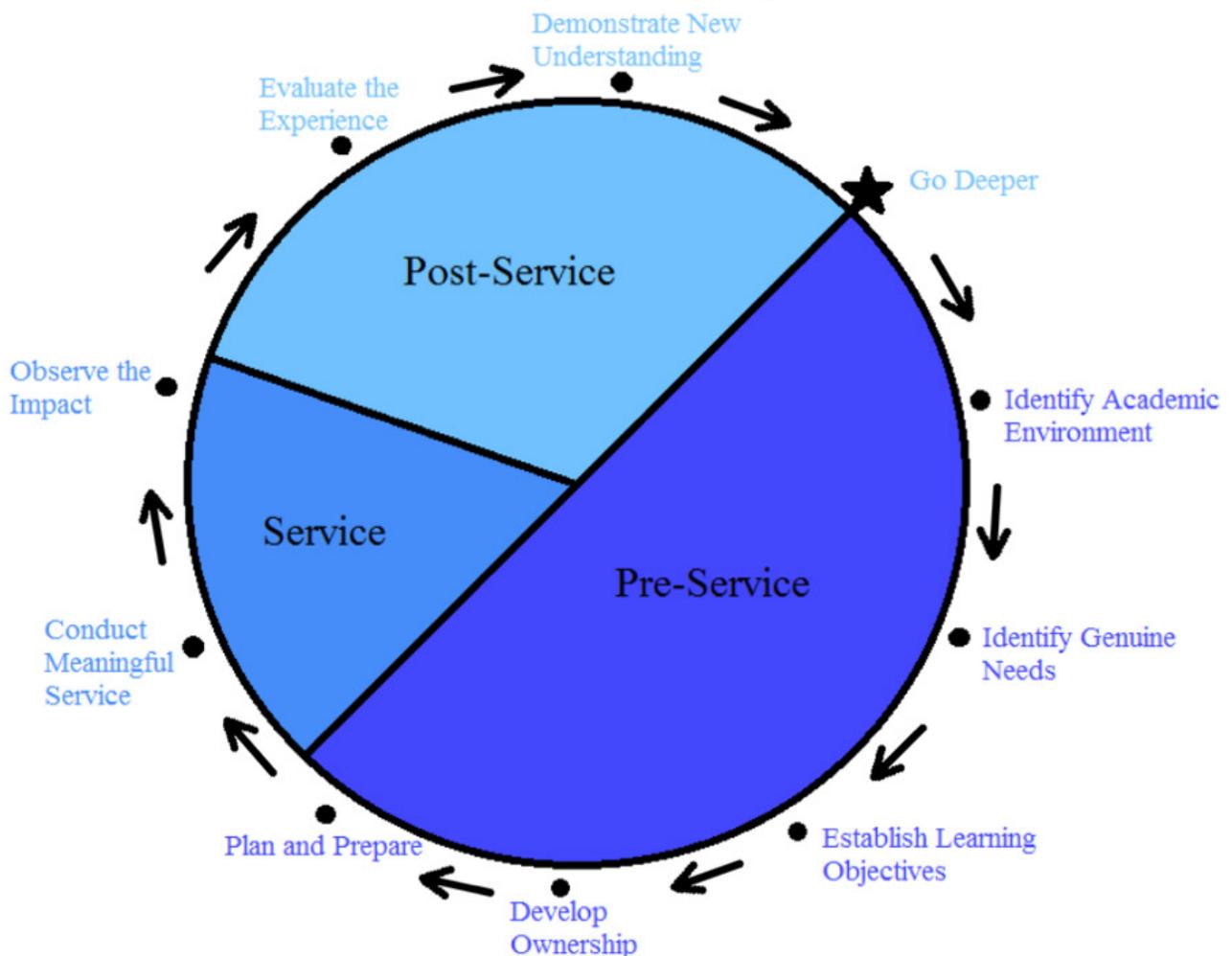


INTRODUCTION TO SERVICE LEARNING

TIME: 5 MINUTES

1. Ask and write down what service learning means to the club members.
2. Explain what service learning is. According to Edutopia.org, service learning is, "An educational approach that combines learning objectives with community service in order to provide a progressive learning experience [for youth]."
3. Ask if anyone in the club can think of an example of service learning. If they cannot, add your own. (For example, working in a community garden to learn how to grow plants, or making lunches for the homeless to learn how to prepare food.)
4. Show the youth the Service Learning Cycle. Tell them that today they will be working on the pre-service section.
5. Pre-service is what you do before you start your service project. You decide what you want to learn, where you want to learn, how you want to learn (e.g., research project versus hands-on), and what needs you will fulfill.

Service Learning Cycle





CHOOSING A COMMUNITY TO SERVE

TIME: 30 MINUTES

1. Spend five minutes identifying your academic environment. As a club, do you want to do your service project in your community, or in your home or school? Are you planning to do a research project, or a specific project for a community near you?
2. For 15 minutes, brainstorm people or organizations your club could serve in your community.
3. After, decide which one your club would like to help out with. Think about the needs of the people you interact with everyday. Is there something that your club members are already interested in? If club members need some help with this, help them think about potential communities that could use help (people in the hospital, the elderly, refugees, the homeless, etc.) There is a list of communities at the end of the guide on pages (22-24). However, make sure that club members choose for themselves who they want to help so they will have ownership of the project. Your club shouldn't come up with its whole project in this stage; you are simply picking a community to serve.
4. After your club has chosen a community to help, come up with learning objectives as a club. What skills do you want to learn in this project? Are you looking specifically for one type of project (such as a sewing project for a sewing club?), or are you open to other opportunities? What do you want to learn about the people you are serving?





Reflect

- What are the steps in the Service Learning Cycle?
- What is your academic environment?
- What are some learning objectives that your club came up with?

Apply

- Why is it important to serve others?
- Are there communities that you could serve individually?
- What is something small you could do everyday to serve others?

4-H MISSION MANDATES

Citizenship

Participating in community service encourages social responsibility in youth and strengthens communities.

Science

If you want to add a science component to your club, choose a project that can have science incorporated into it.

Healthy Living

Choose to do a project that has healthy living aspects, like making a healthy meal for someone in need, or doing a walk-a-thon for a charity of your choice.

ESSENTIAL ELEMENTS

Belonging

Make sure the ideas of all club members are included in choosing what community you will serve.

Independence

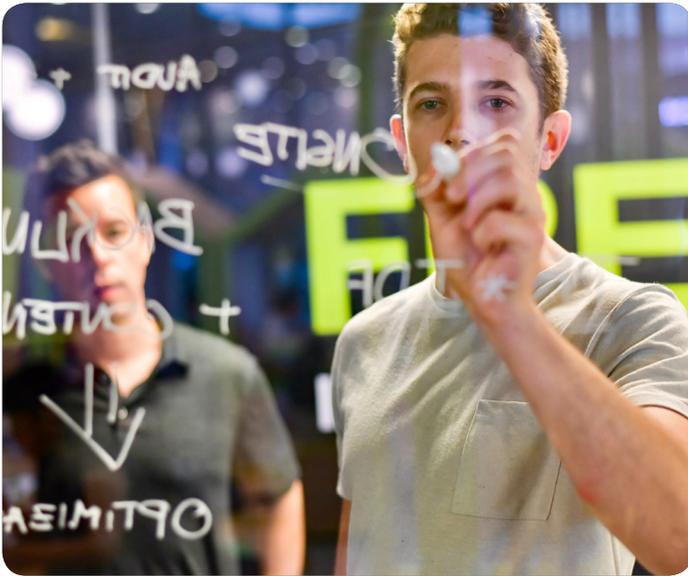
Focus on the develop-ownership stage to encourage club member independence. This is a club member-led project, not a club leader project.

Generosity

Generosity is the basis of this club. Club members see the value of generosity when they serve someone in need.

References and Other Resources

<https://www.edutopia.org/blog/what-heck-service-learning-heather-wolpert-gawron>



Supplies

- Computer or books for research
- Supplies for 10 minutes of service

INTRODUCTION

In the last club meeting, your club chose a community that they wanted to serve. In this upcoming meeting, you will define which of their needs you will be filling and how. You will also plan and prepare to carry out your project in the next two club meetings.

PRIOR TO THE MEETING

- Get computers or tablets together for youth to do research on.
- If computers are not available, collect books for research.
- If desired, arrange for a professional that works with your needs community to come help with the research.

Activity #1



10 MINUTES OF SERVICE

TIME: 10 MINUTES

1. Either pick a 10 minute-service activity from the end of the guide, or choose your own to do with your club. Club members may even come up with their own 10 minutes of service.
2. Complete the service activity, and then clean up if necessary.
3. Reflect for a couple minutes on how it went. What impact did they have? Who were they serving? What needs were met? What skills did they learn? How did it make them feel?





NEEDS ASSESSMENT

TIME: 20 MINUTES

1. Point out that you are in the planning and preparation stage of the Service Learning Cycle.
2. Research and brainstorm the needs that the community has that your club chose. For example, if you chose the elderly, you can help them they face loneliness, dementia, depression, lack of physical activity, etc.
3. Choose which of these needs your club is best suited to help out with, and which will best fit your learning objectives. For example, if your club members want to learn about mental illness, they could work to help the elderly with dementia and depression. If they want to learn a certain skill, they could help with loneliness by learning that skill talking with an elderly friend. If they want to improve their writing skills, you could develop a penpal system with an old folks home. If they are working with a community that lives nearby, call or visit them and ask them what needs they have.
4. After choosing a need, research more about that need. Why is it a need in this community? What are other people doing to help? What can your club do to help? What is the science behind this need?
5. Decide as a club if you want to partner with another organization. If you decide to partner with another organization, have the club members research organizations that work with people that have the need they chose. Call the chosen organization to see what they need help with. There is a list at the end of the guide with potential organizations to work with, but it is best to find a local organization for a hands-on experience.
6. Have each of the club members present their findings on their need and partner organization for three minutes.



PLAN AND PREPARE

TIME: 25 MINUTES

1. Plan out the details of your project. What actions are you going to do? Are there supplies that you need? When and where are you going to do your project? Contact the organization you are working with or the people you will be serving and make sure that what you are doing works with them.
2. Prepare for your service project.
 - a. Collect supplies.
 - b. Market your project if needed (like hanging up posters at your school).
 - c. Make bins if you are doing a collection project, etc.
3. Plan how you will fulfill your learning objectives in your project.





Reflect

- What are some needs in the community you chose?
- What skills are you going to learn as part of your project?

Apply

- Why is it important that we plan carefully before doing service?
- Take what you learned about needs from this club meeting and do a needs assessment in your home to see if your family needs anything you can help with.

4-H MISSION MANDATES

Citizenship

Participating in community service encourages social responsibility and strengthens communities.

ESSENTIAL ELEMENTS

Belonging

Make sure that all club members are included in the planning process and that all have a job to do to prepare for the project.

Generosity

Learning how to do a needs assessment will help youth be more generous in their homes and in their community.

Mastery

Learning how to carefully plan is an essential skill for mastering how to carry out a service project.





Skill Development and Starting Your Project



Supplies

- Supplies for skill development
- Supplies for your service activity
- Paper and writing utensils for observations and evaluation

INTRODUCTION

In this meeting, your club will develop the skills and background knowledge needed to do your project, and will start the service phase of the Service Learning Cycle.

PRIOR TO MEETING

- Organize a visit with your partner organization or make arrangements for a presenter to come, depending on what you are doing for skill development.
- Read ahead to Club Meeting 6.
- Start making preparations for the celebration of learning (finding a place and time, inviting community members).

Activity #1



SKILL DEVELOPMENT

TIME: 1 HOUR

1. If your club members need to learn a new skill in order to carry out their service project, organize someone to come and teach it to them.
2. For example, if they are making hats for newborns, they might need someone to come in and teach them how to loom. If it is not a physical skill, it might be an interpersonal skill (e.g., knowing how to interact with the elderly).
3. If there are no skills that need to be taught prior to your service project, visit a facility that can teach you about the need you are filling (e.g., visiting a neurologist to learn more about dementia). Or you can learn about what happens after you do your part in the project (e.g., visiting an organization to see what happens after you turn in your donations).





SERVICE PROJECT

TIME: 1 HOUR

1. Meet up with the club members for the service project.
2. Participate in your service project.
3. Have club members write down their experiences after they are done serving.
4. Integrate learning objectives throughout the project.
5. Evaluate what went well and what didn't after the service project.
6. Plan what you will change the next week when you do your service project.





Reflect

- What new skills did you learn? How do they fit into your learning objectives?
- What are some experiences you wrote down from the service project?

Apply

- What made this service meaningful?
- What impacts did you observe?
- Why did we evaluate and make plans to improve our project?

4-H MISSION MANDATES

Citizenship

Participating in community service encourages social responsibility and strengthens communities.

Healthy Living

You have the option of adding healthy living objectives to the service project you do.

Science

You also have the option of adding science objectives to the service project that you do.

ESSENTIAL ELEMENTS

Belonging

Ensure that club members work together as they complete their service project.

Independence

Have club members ask questions and correct their own mistakes so they can feel independent while they're doing service.

Generosity

Generosity is the basis of this club. Carrying out service projects helps the youth become more generous citizens.

Mastery

Refining their skills through the visit of an expert will help club members attain mastery in the learning objectives.





Supplies

- Supplies for your service activity
- Paper and writing utensils for observations and evaluation

INTRODUCTION

Your club will continue to carry out their service project in this week's meeting.

PRIOR TO MEETING

- Send out a reminder to the club members with the meeting time and place.
- Give the club members any assignments they have for the upcoming meeting.
- Gather any supplies needed for the service project.
- Send out invitations for Club Meeting 6's celebration of service.

Activity #1



SERVICE PROJECT

TIME: 1 HOUR

1. Meet up with the club members.
2. Participate in a service project.
3. Make sure to include the changes that you made when evaluating in the last club meeting.
4. Have club members write down their experiences after they are done serving.
5. Integrate learning objectives throughout the project.
6. Discuss what went well and what could have gone better, along with club members' experiences.





Reflect

- What skills did you refine while doing service?
- What was your favorite part of doing the service activity?

Apply

- What made this service meaningful?
- What impacts did you observe from your service?

4-H MISSION MANDATES

Citizenship

Participating in community service encourages social responsibility and strengthens communities.

Healthy Living

Include healthy living in your service project. Encourage exercise throughout the project (doing walking exercises, running while passing out flyers, jumping jacks while you are waiting, racing to clean up).

Science

During the service project, encourage club members to ask scientific questions to the experts you are working with and people that you are serving. For example, if you are helping veterans with PTSD, ask their caretakers what causes PTSD.

ESSENTIAL ELEMENTS

Belonging

Ensure that club members are never working alone; they can work in teams or as a whole club to participate in the project.

Independence

Encourage the club members to interact with the people they are serving. Help them reach out and make decisions on their own so they can feel more independent during their service project.

Generosity

Carrying out their service project will help the youth put others before themselves.

Mastery

Evaluating what went wrong and correcting their mistakes will help club members attain mastery while serving others.





Evaluating Your Project (Post-Service)



Supplies

- Poster board
- Markers
- Supplies for presentation preparation
- Computer for Powerpoint, props for skit, etc.

INTRODUCTION

In this club meeting, you will be moving to the final stage of the service learning cycle, post-service. Your club will evaluate their experience and prepare to demonstrate new understanding in meeting 6's celebration of service.

PRIOR TO MEETING

- Give the club members any assignments they have for the upcoming meeting.
- Gather the supplies you'll need for this club meeting.
- Remind the club members about Club Meeting 6's celebration of service and how they will need to prepare for it.

Activity #1



10 MINUTES OF SERVICE

TIME: 10 MINUTES

1. Either pick a 10-minute service activity from the end of the guide, or choose your own to do with your club. Club members may even come up with their own 10 minutes of service.
2. Complete the service activity, and clean up if necessary.
3. Reflect for a couple minutes on how it went. What impact did the club members have? Who were they serving? What needs were met? What skills did they learn? How did it make them feel?





EVALUATE YOUR SERVICE PROJECT

TIME: 15 MINUTES

1. Evaluate your project. Did you meet your learning objectives? Did you successfully fill the need that you chose? Why or why not?
2. Re-read through your recorded observations.
3. Have members share what stuck out to them about the project.



PREPARE FOR THE CELEBRATION OF SERVICE

TIME: 35 MINUTES

1. Create a short presentation of your service project to share with your community members. This could be a skit, Powerpoint presentation, or short talk explaining what you did. Every club member should have a part in the presentation.
2. Make sure to include what skills you learned and the impact you had on your needs community. Come up with a way that your community can participate in your project.
3. Also plan how your club can demonstrate their new skills at the celebration of service. For example, if they collected hygiene items for your project, they could put hygiene kits together for others to see. Likewise, if they tied blankets, they could tie some blankets in front of others. They could also teach these skills to the community members who attend.
4. As the facilitator, you can plan to bring refreshments. Tell the club members they can also bring refreshments.





Reflect

- What skills did you learn while preparing for your presentation?
- How can you use the skills you learned to involve the community in your service project?

Apply

- Why is it important to evaluate projects after you have completed them?
- Why do you think we are sharing our service project with our community?

4-H MISSION MANDATES

Citizenship

Sharing what they did during their service activity will help the youth develop into responsible and conscientious citizens.

Science

If scientific elements were involved in their service project, have the youth include those scientific facts in the presentation when presenting to the community.

ESSENTIAL ELEMENTS

Belonging

Give each club member a role in developing the presentation; it is better if they work in teams than on their own.

Independence

Have club members decide their own assignments, what they want their celebration of service to look like, how they are going to involve the community, and who they should invite.

Generosity

Having the youth share their service project with the community will inspire other community members to give more generously of themselves as well.

Mastery

Evaluation is essential to gaining mastery. Evaluating and sharing the learning objectives they met while doing their service project will help the youth achieve mastery in that area.





Supplies

- Supplies for presentation (computer and projector for Powerpoint, props for skit, etc.)
- Supplies for service project
- Refreshments (optional)

INTRODUCTION

In this final meeting, club members will demonstrate their skills, involve community members in their service project, and celebrate all the hard work that they have done.

PRIOR TO MEETING

- Send out final reminders to the community and club members. Have them invite who they want to the celebration.
- Give the club members the schedule for the night so they know what to expect.
- Arrange for someone from the partner organization to attend the celebration. Invite them to either accept donating and/or give a short presentation on impact.
- If they are not available to speak, as the facilitator, make a short impact statement and thank you for the club members to present.

Activity #1



GIVING THEIR PRESENTATION

TIME: 15-20 MINUTES

1. Have one of the club members welcome the community members, introduce your club, and give a schedule of the night.
2. Have the club members give their presentation. They can do this all together or in groups.
3. The partner organization (or club leader if they are unable to attend) then will give an impact statement/receive a donation.





COMMUNITY SERVICE

TIME: 45 MINUTES

1. Next, have the club members teach the skill or background research they learned for the project.
2. At the end, thank the community members who have attended the celebration.
3. If refreshments were provided, enjoy them with the club members and community members.





Reflect

- What did you learn from sharing your skills with the community?
- What were some of the impacts that your project had?
- How did sharing your project with the community feel?

Apply

- What went well during the presentation? What could have gone better?
- What could you do for your next service project?

4-H MISSION MANDATES

Citizenship

Sharing your project with your community will also encourage other community members to participate in service.

Healthy Living

If applicable, share the healthy living skills you learned with your community in your presentation.

ESSENTIAL ELEMENTS

Belonging

Give each club member a role in the celebration. They should have a speaking role and a teaching role. You can also add in greeters, supply handlers, someone to escort the partner organization's representative, etc.

Independence

Have club members decide their own assignments, what they want their celebration of service to look like, and how they are going to involve the community.

Generosity

Generosity is the basis of this club. In this last meeting, members will get to share their experience involving generosity with community members and will see the direct impact of their service.

Mastery

In this club meeting, members will master giving a presentation and public speaking.





INDEX

10-MINUTE SERVICE PROJECT IDEAS

- Letters to veterans and first responders via Operation Gratitude:
<https://www.operationgratitude.com/express-your-thanks/write-letters/>
- Clean up the facility that you are using for club meetings. If at a school, ask teachers if they have any special projects that they need help with.
- Set up a pen pal system with your local senior center or assisted living facility and write to them each week.
- Make thank-you cards for a parent, sibling, or teacher.
- Work with meals on wheels to decorate placemats, lunch bags, oven mitts, etc.:
<https://meals-on-wheels.com/volunteer/families/other-family-volunteer-opportunities/>
- Tie blankets for Project Linus:
<http://www.projectlinus.org/>
- Collect litter, rake leaves, or shovel sidewalks near where you are holding your club meetings.
- “Heart Attack” or “Moon” someone. Cut out either hearts or moons and write positive messages or drawings on them, and tape them over a friend’s or mentor’s front door.
- Make a treat (like trail mix or decorate cookies) for the club members’ loved ones.
- Make sock care kits for the homeless. Get clean new adult socks, fill them with snacks (granola bars, fruit, nuts, etc.), water bottles, and add a handwritten note. Distribute them to your local homeless population.
- Create “busy bags” and donate them to your local children’s hospital:
<https://www.coffeecupsandcrayons.com/category/kids-activities-2/busy-bag-of-the-month-2/>
- If you’re in a school, leave a letter in your favorite library books.
- Have older club members read to younger ones.
- Have club members help each other with homework for 10 minutes.
- For older club members, de-ice or wash car windows in the parking lot of your meeting space.
- Make a treat and write letters to your local police station/first responders.





- Have club members teach a talent to the rest of the club.
- Weed your school's, club facility's, or your friend's garden.
- Leave kind notes under the windshield wiper of the cars of people of you know.
- Do a random act of kindness:
<https://www.bradaaronson.com/acts-of-kindness/>



COMMUNITY AND ORGNIZATION IDEAS

- The elderly
 - Visiting an old folks' home
 - Visiting hospice centers
 - <https://www.secondwind.org/>
 - <https://www.oasisnet.org/>
- Cancer patients
 - Local Hospital/treatment center
 - <https://www.alexlemonade.org/campaign/stands-and-events/plan-lemonade-stand>
 - <https://www.cancer.org/>
 - <https://huntsmancancer.org/giving/foundation/index.php>
 - <https://www.wigsforkids.org/>
- Alzheimer patients
 - Local Hospital/treatment center
 - https://www.alz.org/help-support/resources/kids-teens/for_kids
 - <https://www.americanbrainfoundation.org/>
- Disabled people
 - Local Hospital/treatment center
 - <https://www.specialolympics.org/>
 - <http://usvariety.org/about-us/>
- Homeless/hungry people
 - Local food bank or homeless shelter





- <https://www.habitat.org/volunteer/near-you/youth-programs/resources>
- <https://www.shareourstrength.org/>
- <https://www.mealsonwheelsamerica.org/>
- Refugees
 - Local refugee resources center
 - <https://www.rescue.org/volunteer>
- Immigrants
 - <https://www.lirs.org/connect-with-a-pen-pal-in-detention/>
 - <https://firmp.org/>
- Incarcerated people
 - Nearby rehabilitation or confinement center
 - <https://adoptaninmate.org/>
 - <https://www.humankindness.org/>
- Kids in the hospital
 - Ronald Mcdonald House Charities
 - <http://childsplaycharity.org/>
 - Call your local hospital and see what they need
- Kids in foster care
 - <https://www.projectlinus.org/>
 - <https://bacaworld.org/>
- Military members



- Local reserve
- amillionthanks.org
- At risk kids
- Nearby elementary schools
- <https://www.bbbs.org/>
- <https://www.toysfortots.org/>
- People learning to read
- Nearby elementary schools
- betterworldbooks.org/go/donate
- Young moms
- Local women's shelter
- <https://goodplusfoundation.org/>
- <https://winnyc.org/>
- <http://www.generationher.org/>
- Animals
- <https://www.humanesociety.org/>
- <https://www.paws.org/get-involved/volunteer/opportunities/>



More to *Discover*

Congratulations on completing your Discover 4-H club meetings! Continue with additional curriculum in your current project area, or discover other 4-H project areas. Check out the following links for additional 4-H curriculum:

1. www.discover4h.org
2. <http://www.4-h.org/resource-library/curriculum/>
3. <http://utah4h.org/curriculum/>

Become a 4-H Member or Volunteer

To **register** your Utah club or individuals in your club, visit and contact your county Extension office:

<http://utah4h.org/about/>

<http://utah4h.org/join/index>

For help registering in 4-H online, visit:

<http://utah4h.org/staffresources/4honlinehelp>

Non-Utah residents, please contact your local 4-H office:

<http://www.4-h.org/get-involved/find-4-h-clubs-camps-programs/>



Stay *Connected*

Visit Your County Extension Office

Stay connected with 4-H activities and news through your county Extension office. Ask about volunteer opportunities, and don't forget to register for your county newsletter. You can find contact information for counties in Utah here:

<https://extension.usu.edu/locations>

Enjoy the Fair!

Enter your project or create a new project for the county fair. Learn about your county fair and fair judging here:

<http://utah4h.org/events/index>



Participate in Local or State 4-H Activities, Programs, Contests, or Camps

For Utah state events and programs, visit:

<http://utah4h.org/events/index>

<http://utah4h.org/projects/>

For local Utah 4-H events and programs, visit your county Extension office:

<https://extension.usu.edu/locations>

Non-Utah residents, please contact your local 4-H office:

<http://www.4-h.org/get-involved/find-4-h-clubs-camps-programs/>



Discover *Service*

Become a 4-H Volunteer!

 <http://www.youtube.com/watch?v=UBemO5VSyK0>

 <http://www.youtube.com/watch?v=U8n4o9gHvAA>

To become a 4-H volunteer in Utah, visit us at:

<http://utah4h.org/join/becomevolunteer>

Serve Together as a 4-H Club or as an Individual 4-H Member

Use your skills, passions, and 4-H to better your community and world. You are needed! Look for opportunities to help in your area or participate in service programs that reach places throughout the world (religious groups, Red Cross, etc.).

Hold a Club Service Project

USU Collegiate 4-H Club hosted "The Gift of Giving" as a club activity. Club members assembled Christmas stockings filled with needed items for CAPSA (Community Abuse Prevention Services Agency).

<http://tinyurl.com/lu5n2nc>



Donate 4-H Projects

Look for hospitals, nursing homes, or other nonprofit organizations that will benefit from 4-H projects. Such projects include making quilts for CAPSA or Primary Children's Hospital, or making beanies for newborns. During Utah 4-H State Contests, 40 "smile bags" were sewn and donated to Operation Smile.

Partner with Local Businesses

92,000 pounds of processed lamb, beef, and pork were donated to the Utah Food Bank in 2013 by multiple companies.

<http://tinyurl.com/pu7lxyw>

Donate Money

Clubs or individuals can donate money gained from a 4-H project to a worthy cause. A nine-year-old 4-H member from Davis County donated her project money to help a three-year-old battle cancer.

<http://tinyurl.com/mqtfwxo>



Give Us Your *Feedback*

Help us improve Discover 4-H curriculum. We would love feedback or suggestions on this guide.

Please go to the following link to take a short survey: [Click here to give your feedback](#)

or go to: <https://goo.gl/iTfiJV>