



Growing On My Own



Step 3
Growing in
Communities

Step 2
Growing
With Others

Step **1**
Growing On
My Own

Child Development
Project Activity Guide



Note to the Project Helper

Congratulations for volunteering to serve as 4-H Child Development Project Helper. This activity guide is intended for youth who want to learn more about themselves, as well as how other children grow and develop. Many activities encourage participants to work with younger kids, team up with other youth in their group, or work with their elders. Your roles as helper are to guide, support and create an environment where youth can learn by doing, then be there to “Talk It Over” and ask questions to connect what they are doing to real life situations.

Kids on the Grow! Youth Activity Guides

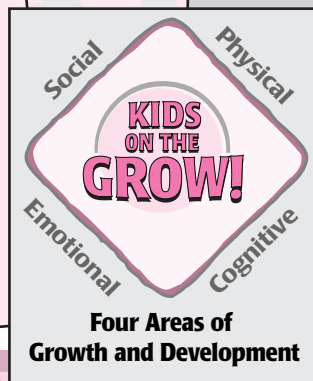
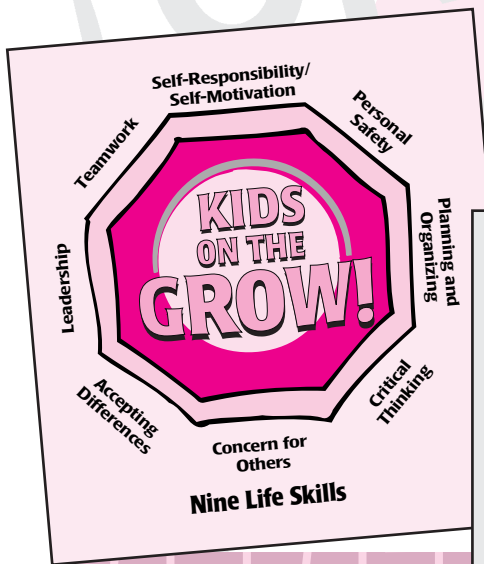
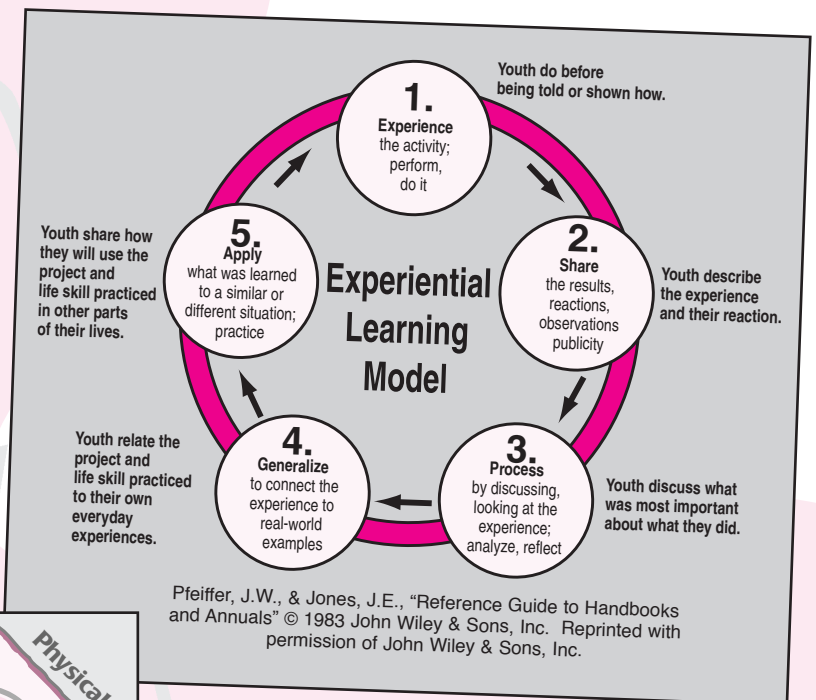
This child development project is aimed at youth in grades 3–10. It focuses on learning about the whole child, their total growth and development. This is the first of three levels or steps. Each activity guide features an achievement program for youth to complete. In addition, youth are encouraged to complete the American Red Cross Babysitter’s Training course. *Kids on the Grow!* has been designed to “wrap around” the new Red Cross *Babysitter’s Handbook*. Youth can plan to take babysitter’s training between steps two and three of *Kids on the Grow!*

Kids on the Grow! uses the life skill approach to learning. Child development subjects are taught through application of specific life skills.

Experiential Learning Model

Experiential learning distinguishes 4-H youth development education from many formal education methods. Activities are designed so youth learn by doing first, then reflecting on what they did and thinking about how they can apply it to other situations. Your aim as helper is to “guide” youth while they explore an activity.

In each activity you’ll find descriptions of a life skill and child development skill to emphasize, suggestions for more activities and other helpful information. The question-and-answer section is called “Stop and Talk It Over.” Here you can help the youth *share* and *process* what they did, *generalize* about the life skill they practiced, and then talk about how to *apply* the life skill to other situations.



Kids on the Grow! Helper’s Guide

The *Kids on the Grow!* Helper’s Guide gives several group activities that are adaptable to family settings, classrooms and other youth gatherings. In the guide you’ll also find important information about life skills and youth characteristics, and advice to help you with the youth guide activities.

Acknowledgments

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Having Fun with Kids on the Grow!

Are you ready for some learning fun? In this child development project you'll make lots of things, like bags, hats and masks. You'll see how you can make your home safe for you and your family. You'll explore how we're all different and the same, and lots of other things.

But that isn't *all* you'll be doing. You'll learn more about yourself, too. You'll learn things you can use all your life, like planning and organizing, accepting differences in people, managing time and being responsible.

You'll also find some words that are boldfaced (made darker) in the activities. You'll find their meanings in the "Word Journey" section at the end of this project guide.

Your Portfolio

You'll want to save all your good ideas as you complete this project. Start a *Kids on the Grow!* portfolio to save all your notes, drawings, pictures and other things that you create. You can use a big envelope, manila folder or a box for your portfolio. Portfolios help you measure what you are learning.

Your Project Helper

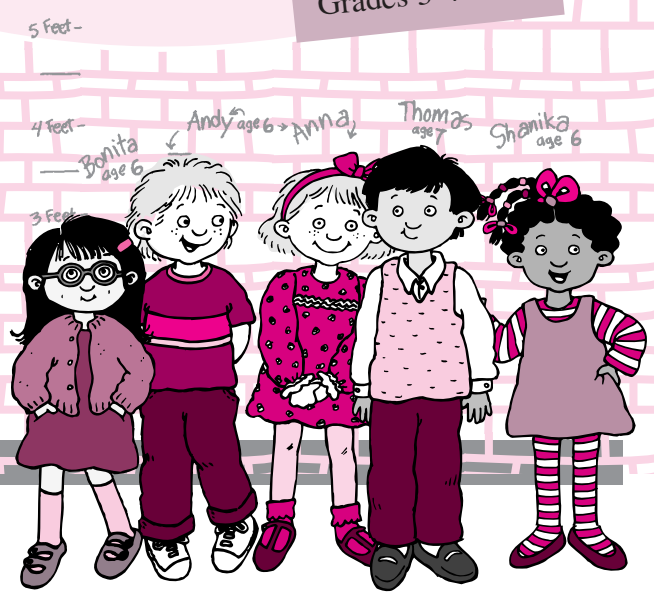
There are *lots* of things to do in *Kids on the Grow!* Try to do at least seven activities this year. There are eight major activities in this project guide. There are lots of other fun activities in the More to Grow On sections. You can also create your own activities.

You don't have to do all of this alone. Ask a parent, neighbor or older friend to guide you in this project. Your helper can help you find the things you'll need for an activity. Your helper can also assist you as you talk about what you learned. When you're done with an activity, your helper can date, initial the activity you completed and check it off the list on page three in this guide.

Write the name and phone number of your project helper here:

My Project Helper _____
 Phone _____
 E-Mail _____

Step 1, *Growing on My Own*, is suggested for Grades 3-4.



Step 1 Planning Guide

My Project Goals

Name _____

Make a list or draw pictures of some of the exciting things you *plan* to do in this project. Put this information into your portfolio. A portfolio is a collection of notes, pictures, journal entries, drawings, photographs and projects. It helps you measure what you are learning.

Things I Plan to Do:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

My Project Highlights

When you're done with Step 1, make a list or draw pictures of the most exciting things that you actually *did* in the project. How does this list compare with your plan list?

Things I Did:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



To download a copy of these worksheets, go to the National 4-H Curriculum web site and click on the Child Development Project Online page.



Step 1 Achievement Program

Try to do at least seven activities each year. You can also make up your own. Check the ones you will choose to do and then ask your project helper to date and initial after you complete them.



Chapter 1: Head

I Choose (Year)	Main Activities
Yes <input type="checkbox"/>	1. Bloomin' Bags! Page 4 I can list the four different ways kids grow. Date _____ Initial _____
Yes <input type="checkbox"/>	2. My Learning Box Page 6 I can create a special place to keep my learning things. Date _____ Initial _____
	Additional Activities
	a. More to Grow On Page _____ # _____ Date _____ Initial _____
	b. More to Grow On Page _____ # _____ Date _____ Initial _____
	c. Write your own activity.
	Date _____ Initial _____

Chapter 3: Hands

I Choose (Year)	Main Activities
Yes <input type="checkbox"/>	5. My Morning Routine Page 12 I can get myself ready in the morning. Date _____ Initial _____
Yes <input type="checkbox"/>	6. I Fit In My Family Page 14 I know how to help my family. Date _____ Initial _____
	Additional Activities
	a. More to Grow On Page _____ # _____ Date _____ Initial _____
	b. More to Grow On Page _____ # _____ Date _____ Initial _____
	c. Write your own activity.
	Date _____ Initial _____

Chapter 2: Heart

I Choose (Year)	Main Activities
Yes <input type="checkbox"/>	3. Story Masks Page 8 I can observe how people express different emotions. Date _____ Initial _____
Yes <input type="checkbox"/>	4. Potato Pals! Page 10 I understand that it is OK to be different. Date _____ Initial _____
	Additional Activities
	a. More to Grow On Page _____ # _____ Date _____ Initial _____
	b. More to Grow On Page _____ # _____ Date _____ Initial _____
	c. Write your own activity.
	Date _____ Initial _____

Chapter 4: Health

I Choose (Year)	Main Activities
Yes <input type="checkbox"/>	7. Home Hazard Hunt Page 16 I can identify child safety hazards in my home. Date _____ Initial _____
Yes <input type="checkbox"/>	8. Be a Toy Inspector Page 18 I can identify safe toys for small children. Date _____ Initial _____
	Additional Activities
	a. More to Grow On Page _____ # _____ Date _____ Initial _____
	b. More to Grow On Page _____ # _____ Date _____ Initial _____
	c. Write your own activity.
	Date _____ Initial _____

Head In this chapter you'll use your head to *plan and organize*, and develop *critical thinking* skills. In the “Bloomin’ Bags!” activity you will better understand how you grow when you set goals for your head, heart, hands and health. In “My Learning Box” you'll use critical thinking skills to discover what makes learning fun by picking out stickers and other educational tools.

Bloomin’ Bags!


Activity


1

Life Skill: Planning and organizing

Child Development Project Skill: Understanding four ways youth grow

National Academic Standard: NPH-H.K-4.2, Physical Education and Health, Health Information, Products and Services

 **Ready!** Design a “bloomin’ bag” to show the many ways that you grow as well as have a place to store your project materials!

 **Set!** Do your clothes from last year still fit you? Do you like the same foods that you did two years ago?


As you get older, you grow in many ways. It's easy to remember this if you think of the four H's:

Head — You learn how to think, solve problems and make decisions as you grow.

Heart — You develop and understand your feelings about yourself and others. You learn how to make friends and get along with others.

Hands — You develop a bigger body, better coordination and physical abilities.

Health — You learn how to take care of yourself and others.

 **Grow!** You need a paper or cloth bag with handles along with fabric crayons or paint for drawing.

Use the four H's to think about how you've grown this past year. Pick either the flower or clover design for your bag and sketch it on paper. On each petal draw ways that you've grown in the past year. When you're satisfied with your sketch, have your helper show you how to use fabric crayons or paints to transfer it onto your bag. When you're done, ask your helper to take a photo of you with your Bloomin' Bag. Save the sketch of your bag design and photo for your portfolio or project record book. Be sure to use your Bloomin' Bag to keep all your *Kids on the Grow!* project materials.



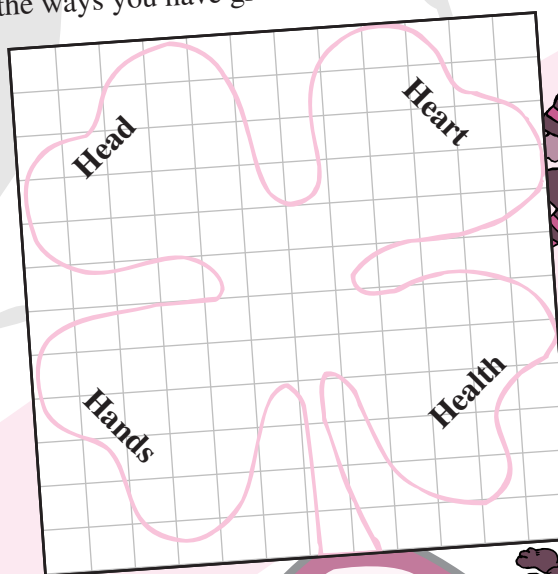
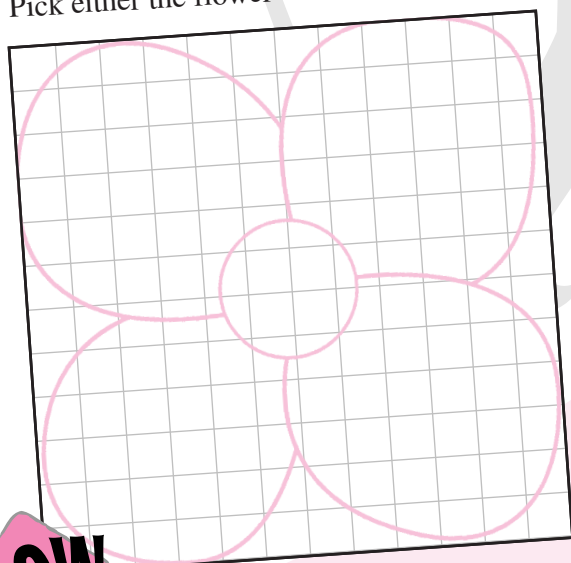
STOP and Talk it Over

1. Share what you put on each petal. Tell why you selected the words or drawing.

2. What would happen if one of the areas of growth was slow or missing?

3. List ways you want to grow in the next year in each area. This is your plan for positive growth.

Pick either the flower or clover design to draw the ways you have grown in the past year.



SLOW

Information Ahead

- ◆ Another part of you that is growing as you get older is your spiritual side. That's the part of you that helps you understand the world around you and your part in it. Your spiritual side grows as you think about how experiences affect your life.
- ◆ Having an adult as a special friend can help you grow. Maybe that adult is one of your parents, teachers or family friends. Good friends really listen. They help you to feel great about yourself.



More to Grow On

1. Instead of a backpack or bag, draw your flower or clover on painter caps or garden gloves.
2. A dog, cat or gerbil has basic needs, just like people. If you have a pet, make a chart of what your pet needs each day to live and grow. As you meet those daily needs, mark a check on your chart.
3. Collect pictures of yourself at different ages. Make a display or poster of your collection. Describe how you have changed on the outside and the inside.

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.



Explore more curriculum
projects online at:
www.4-hcurriculum.org