



# Growing With Others

Step 3  
Growing in  
Communities

Step 2  
Growing  
With Others

Step 1  
Growing  
On My Own



## Child Development Project Activity Guide



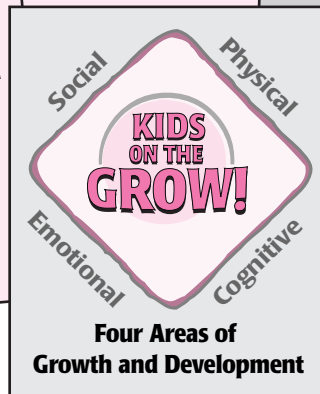
# Note to the Project Helper

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

The child development project is aimed at youth in grades 3–10. This guide is suggested for youth in grades 5–6. It focuses on learning about the whole child, their total growth and development. This is the second 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 training between steps 2 and 3 of *Kids on the Grow!*

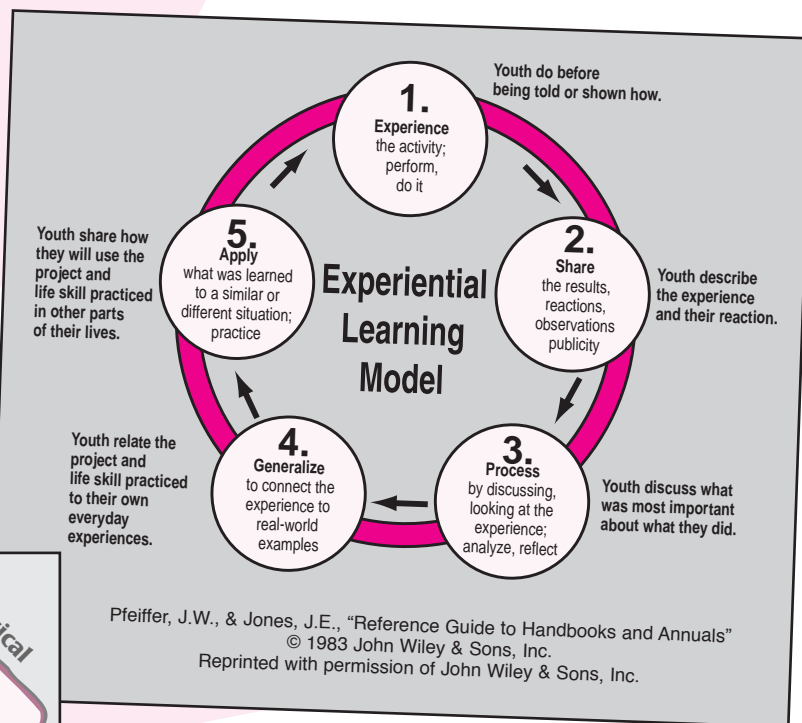
*Kids on the Grow!* uses the life skill approach to learning. Child development subject matter is taught through application of specific life skills.



## 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 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 you can adapt 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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**Financial Support**  
Financial support for revision of this curriculum was provided by the National 4-H Curriculum. Special thanks to Eagle’s Wing Child Care and Education Programs, Madison, WI, for providing a supportive environment for taking photos.

# What's Inside?

For more on Child Development, check these other guides in this series.



## **Growing On My Own**

- Chapter 1 - Head**  
 1. Bloomin' Bags!  
 2. My Learning Box  
**Chapter 2 - Heart**  
 3. Story Masks  
 4. Potato Pals!  
**Chapter 3 - Hands**  
 5. My Morning Routine  
 6. I Fit In My Family  
**Chapter 4 - Health**  
 7. Home Hazard Hunt  
 8. Be a Toy Inspector



## **Growing in Communities**

- Chapter 1: Head**  
 23. A-B-C Career Watch  
 24. See How They Grow  
 25. What's the Message?  
**Chapter 2: Heart**  
 26. Obstacles and Assessments  
 27. Building Friends  
 28. Community Profile  
 29. Block Buster  
**Chapter 3: Hands**  
 30. Your Intergenerational Community  
 31. A-Parent-Ly  
 32. Put Me In, Coach!  
 33. Guiding Growth  
**Chapter 4: Health**  
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 35. Let's Play It Safe  
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## **Helper's Guide**

- What to Teach**  
 Child Development Project Skills  
 Learning Skills for Life  
 Child Development Content and Life Skill Grid  
**How to Teach It**  
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 Using the Experiential Learning Model  
 Documenting Learning with Kids on the Grow!  
 Optional Formats for Kids on the Grow!  
 Building Youth Assets  
 Working with Kids  
 More Helpful Hints when Working with Kids  
 How to Plan Successful Project Sessions  
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 38. Cloverbud Day Camp  
 39. Swing to the Music  
 40. Designing Shirts for Identity  
 41. Bubble-rrific  
 42. Dinosaur Soup  
 43. Here Comes the Judge  
 44. Toys with Imagination  
 45. Creating a Child Development Skillathon  
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Step 2, *Growing With Others* is suggested for Grades 5-6.

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# Having Fun with *Kids on the Grow!*

**A**re you ready for some more fun in child development? In this unit you will prepare yourself for self-care, select toys appropriate for different age groups, create a circle of friends, make a family tree, develop family rules, prepare healthy meals, check out your home for safety hazards, and much more.

You'll continue to learn more about yourself, too. You'll learn things you can use all your life, like planning and organizing, accepting responsibility, accepting others, forming friendships, becoming a leader, and dealing with personal safety. Remember, continue to save all your notes, drawings and pictures in a *Kids on the Grow!* portfolio.

When you complete Step 2 of *Kids on the Grow!*, you will be ready to enroll in the American Red Cross Babysitter's Training course at your local Red Cross chapter. Check it out!

## 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

Try to do at least seven *Kids on the Grow!* activities each year. There are 14 main activities in this project guide and several other fun activities in the More to Grow On sections. You can also create your own fun activities.

You should not 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 guide you as you talk about what you learn. When you're done with an activity, your helper can check it off the list of activities on pages 4-5 in this guide.

A Picture of me and ..

Tape picture of you and your Project Helper here.

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

My Project Helper \_\_\_\_\_

Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

**Good luck with Step 2 of  
*Kids on the Grow!***

# Step 2 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:

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## My Project Highlights

When you're done with Step 2, 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:

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# Step 2 Achievement Program

Try to do at least seven activities each year. There are 14 main activities in this guide and many extra activities in the More to Grow On sections. You can also make up your own activities. Ask your project helper to date and initial each activity after you're done.

## Chapter 1: Head

I Choose (Year)	Main Activities
Yes <input type="checkbox"/>	<b>9. Home Alone Game</b> Page 6 I can take care of myself when I am home alone. Date _____ Initial _____
Yes <input type="checkbox"/>	<b>10. My Plan for Me</b> Page 8 I can make a home alone plan. Date _____ Initial _____
Yes <input type="checkbox"/>	<b>11. Picture This</b> Page 10 I take responsibility for making places safe. Date _____ Initial _____
<b>Additional Activities</b>	
	<b>a. More to Grow On</b> Page _____ # _____ Date _____ Initial _____
	<b>b. More to Grow On</b> Page _____ # _____ Date _____ Initial _____
	<b>c. Write your own activity.</b>
	Date _____ Initial _____

## Chapter 2: Heart

I Choose (Year)	Main Activities
Yes <input type="checkbox"/>	<b>12. Toys as Tools</b> Page 12 I can identify safe and appropriate toys for kids. Date _____ Initial _____
Yes <input type="checkbox"/>	<b>13. Circle of Friends</b> Page 14 I can define the traits I want in a friend. Date _____ Initial _____
Yes <input type="checkbox"/>	<b>14. Friendly Flyer</b> Page 16 I understand how people see things differently. Date _____ Initial _____
Yes <input type="checkbox"/>	<b>15. How I See It</b> Page 18 I know how to contribute to the team effort. Date _____ Initial _____
<b>Additional Activities</b>	
	<b>a. More to Grow On</b> Page _____ # _____ Date _____ Initial _____
	<b>b. More to Grow On</b> Page _____ # _____ Date _____ Initial _____
	<b>c. Write your own activity.</b>
	Date _____ Initial _____

## Chapter 3: Hands

## Chapter 4: Health

I Choose (Year)	Main Activities
	<b>16. Putting the Pieces Together</b> Page 20 Yes <input type="checkbox"/> I know what makes my group special. Date _____ Initial _____
	<b>17. Family Connections</b> Page 22 Yes <input type="checkbox"/> I know my special contributions to my family. Date _____ Initial _____
	<b>18. Family Rules</b> Page 24 Yes <input type="checkbox"/> I know how to follow my family rules. Date _____ Initial _____
	<b>Additional Activities</b>
	<b>a. More to Grow On</b> Page _____ # _____ Date _____ Initial _____
	<b>b. More to Grow On</b> Page _____ # _____ Date _____ Initial _____
	<b>c. Write your own activity.</b>   Date _____ Initial _____

I Choose (Year)	Main Activities
	<b>19. Family, Food and Fotos</b> Page 26 Yes <input type="checkbox"/> I can help make a healthy meal. Date _____ Initial _____
	<b>20. Safety Inspector</b> Page 28 Yes <input type="checkbox"/> I can identify child safety hazards in my home. Date _____ Initial _____
	<b>21. Kids Club 4 Mother's Helpers</b> Page 31 Yes <input type="checkbox"/> I can help younger kids set up their own club. Date _____ Initial _____
	<b>22. Street Smart</b> Page 32 Yes <input type="checkbox"/> I know how to identify neighborhood hazards. Date _____ Initial _____
	<b>Additional Activities</b>
	<b>a. More to Grow On</b> Page _____ # _____ Date _____ Initial _____
	<b>b. More to Grow On</b> Page _____ # _____ Date _____ Initial _____
	<b>c. Write your own activity.</b>   Date _____ Initial _____



### Step 2 Completion: Kids on the Grow! Achievement Program

I certify that

\_\_\_\_\_ has completed  
 Step 2 of the *Kids on the Grow!* Achievement Program.

\_\_\_\_\_ Project Helper's Signature

\_\_\_\_\_ Date

## **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.



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