



Growing in Communities

Step 3
Growing in
Communities



Step 2
Growing
With Others

Step 1
Growing
On My Own

**Child Development
Project Activity Guide**



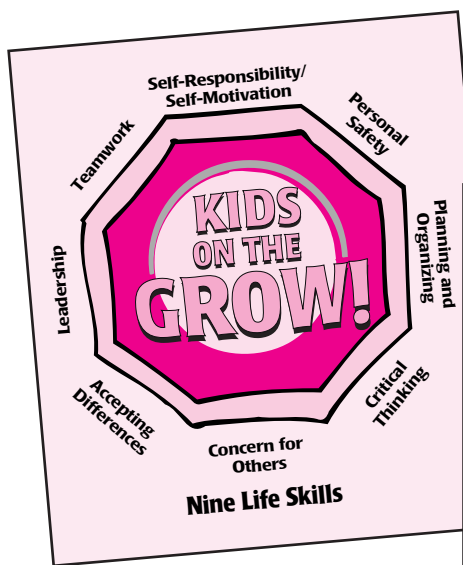
Note to the Project Helper

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. Step 3 is suggested for youth in grades 7–10. It focuses on learning about the whole child, the child’s total growth and development. This is the third of three levels or steps in the project. 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 are encouraged to complete the babysitting curriculum before taking level three of *Kids on the Grow!*

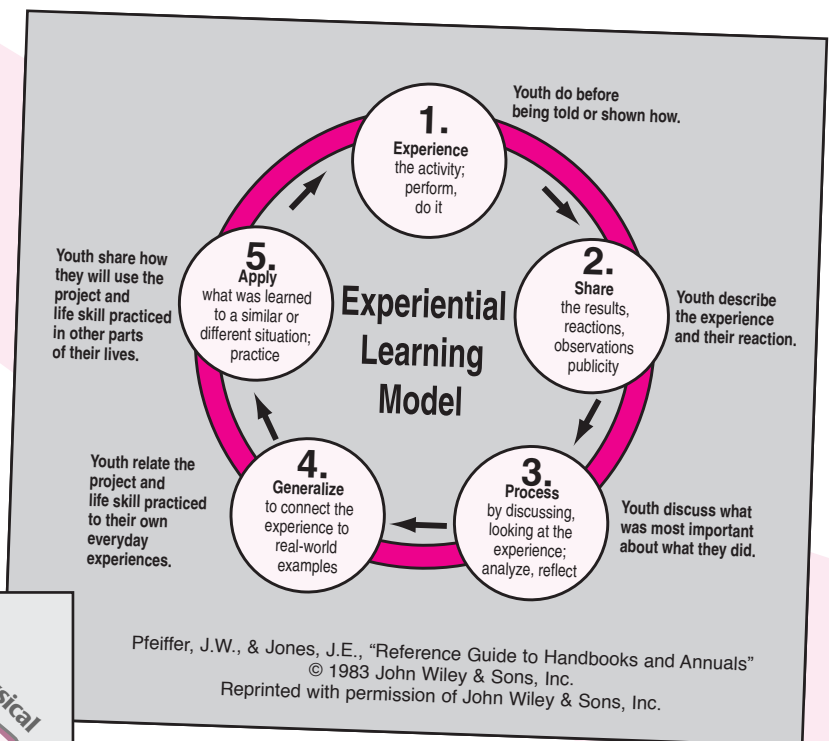
Kids on the Grow! uses the life skill approach to learning. Child development subject matter is taught through application of specific life skills.



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

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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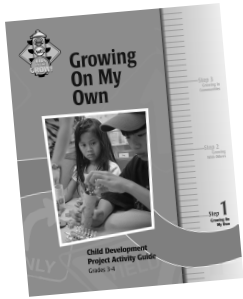
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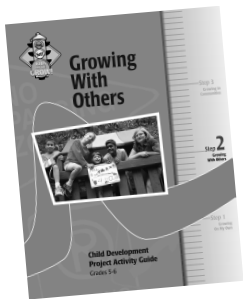
What's Inside?

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



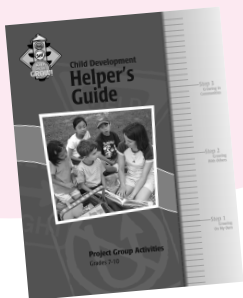
Growing On My Own

- 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 With Others

- Chapter 1: Head**
 9. Home Alone Game
 10. My Plan for Me
 11. Picture This
Chapter 2: Heart
 12. Toys as Tools
 13. Circle of Friends
 14. Friendly Flyer
 15. How I See It
Chapter 3: Hands
 16. Putting the Pieces Together
 17. Family Connections
 18. Family Rules
Chapter 4: Health
 19. Family, Food and Fotos
 20. Safety Inspector
 21. Kids Club 4 Mother's Helpers
 22. Street Smart



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**
 Using the Child Development Content and Life Skill Grid
 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
 Project Session Ideas
 Developmental Stages of Youth Ages 0-5
- Group Activities**
 37. Reading Picnic
 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
- How to Get More Help**
 Answer Key
 Handouts for Duplicating
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Step 3, *Growing in Communities*, is suggested for Grades 7-10.

Having Fun with *Kids on the Grow!*

Are you ready for some more challenges in child development? In this unit you will look at potential child development careers, do a profile of families in your community, participate in an intergenerational community service project, gain experience as a teacher or coach, make playgrounds safe in your neighborhood and much more.

You'll continue to learn more about yourself, too. You'll learn things you can use all your life, like thinking critically, accepting differences, leadership and personal safety.

Your Portfolio

Remember, continue to save all your notes, drawings and pictures in a *Kids on the Grow!* portfolio. A portfolio is a collection of notes, pictures, journal entries, drawings, photographs and projects. It helps you measure what you are learning.

Your Project Helper

Try to do at least seven *Kids on the Grow!* activities this 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 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 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.

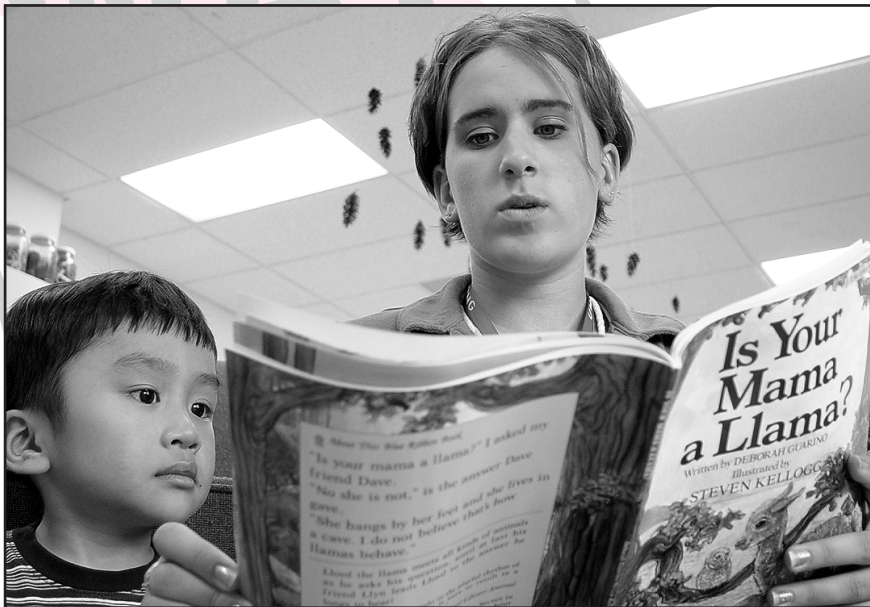
Write the name and phone number of your project helper here:

My Project Helper _____

Phone _____

E-Mail _____

**Good luck with Step 3 of
*Kids on the Grow!***



Is your mama a llama? Probably not, but you'll learn a lot about yourself in this project as you continue to work with younger kids.

Step 3 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	23. A-B-C Career Watch Page 6 <input type="checkbox"/> I am more aware of careers related to child development. Date _____ Initial _____
Yes	24. See How They Grow Page 8 <input type="checkbox"/> I know how to observe children while they play. Date _____ Initial _____
Yes	25. What's the Message? Page 10 <input type="checkbox"/> I know about the effects of TV on 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 _____

Chapter 2: Heart

I Choose (Year)	Main Activities
Yes	26. Obstacles and Assessments Page 12 <input type="checkbox"/> I can identify a child's special need and make some adjustments. Date _____ Initial _____
Yes	27. Building Friends Page 14 <input type="checkbox"/> I have experienced the synergy of friends working together. Date _____ Initial _____
Yes	28. Community Profile Page 16 <input type="checkbox"/> I know how to interview families in my community. Date _____ Initial _____
Yes	29. Block Buster Page 18 <input type="checkbox"/> I understand the perspectives of others. 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

Chapter 4: Health

I Choose (Year)	Main Activities
	<p>Yes 30. Your Intergenerational Community Page 20</p> <p><input type="checkbox"/> I can work on multi-generational community service projects.</p> <p style="text-align: right;">Date _____ Initial _____</p>
	<p>Yes 31. A-Parent-Ly Page 22</p> <p><input type="checkbox"/> I know more about parenting roles.</p> <p style="text-align: right;">Date _____ Initial _____</p>
	<p>Yes 32. Put Me In, Coach! Page 24</p> <p><input type="checkbox"/> I can teach or coach younger children.</p> <p style="text-align: right;">Date _____ Initial _____</p>
	<p>Yes 33. Guiding Growth Page 26</p> <p><input type="checkbox"/> I can create a puppet show about child discipline.</p> <p style="text-align: right;">Date _____ Initial _____</p>
Additional Activities	
	<p>a. More to Grow On Page _____ # _____</p> <p style="text-align: right;">Date _____ Initial _____</p>
	<p>b. More to Grow On Page _____ # _____</p> <p style="text-align: right;">Date _____ Initial _____</p>
	<p>c. Write your own activity.</p> <p style="text-align: right;">Date _____ Initial _____</p>

I Choose (Year)	Main Activities
	<p>Yes 34. Babysitting Kit Page 28</p> <p><input type="checkbox"/> I can make a babysitting kit.</p> <p style="text-align: right;">Date _____ Initial _____</p>
	<p>Yes 35. Let's Play It Safe Page 30</p> <p><input type="checkbox"/> I know how to make playgrounds safe.</p> <p style="text-align: right;">Date _____ Initial _____</p>
	<p>Yes 36. First Aid Kids Page 32</p> <p><input type="checkbox"/> I can make a first aid kit.</p> <p style="text-align: right;">Date _____ Initial _____</p>
Additional Activities	
	<p>a. More to Grow On Page _____ # _____</p> <p style="text-align: right;">Date _____ Initial _____</p>
	<p>b. More to Grow On Page _____ # _____</p> <p style="text-align: right;">Date _____ Initial _____</p>
	<p>c. Write your own activity.</p>



Unit 3 Completion: Kids on the Grow! Achievement Program

I certify that

_____ has completed
Step 3 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.



Explore more curriculum
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www.4-hcurriculum.org