
MEET UP

BUDDY UP

Quick Connections for Everyday Practices



NATIONAL 4-H
COUNCIL

4-H is the youth development organization of our nation's
cooperative extension system and USDA



HARMONY
ACADEMY

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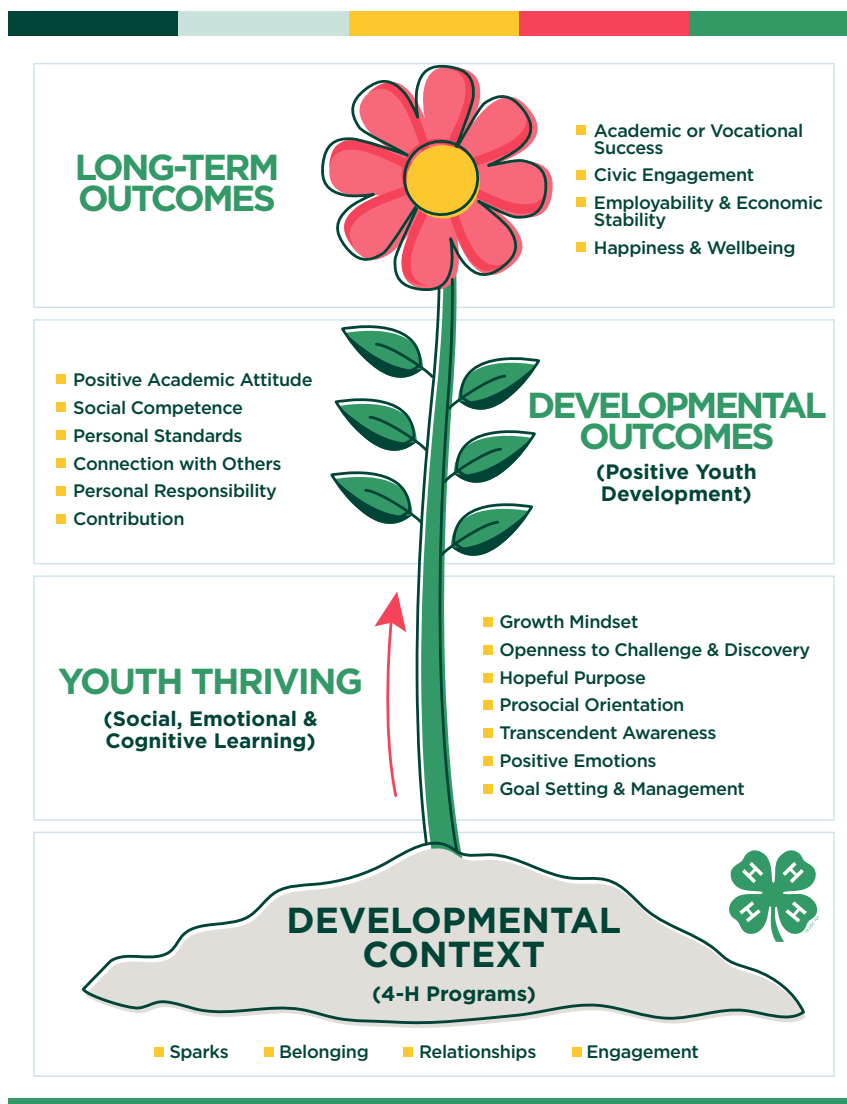
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HELPING YOUTH THRIVE

Helping Youth Thrive Through Conversations that Connect

The 4-H Thriving Model shows how 4-H helps young people grow and thrive, beginning with making sure we have the right ingredients in our programs.



These ingredients ensure that 4-H programs are a place where youth can:



Identify and explore their spark



Form developmental relationships



Experience a sense of belonging



Be engaged and active in learning

4-H also helps youth thrive through learning and engagement activities that help youth develop important social, emotional, cognitive and behavioral attitudes and skills that help prepare them for life-long success and wellbeing. These skills are summarized in the seven thriving indicators of the 4-H Thriving Model.



Being open to challenge and discover



A transcendent awareness of oneself situated in a bigger reality



A growth mindset



Positive emotional regulation



A pro-social orientation



Self-regulation, especially through goal setting and management



A hopeful purpose

The 4-H Thriving Model shows us **what** to do in 4-H to ensure positive youth development happens, but sometimes we are unsure **how to get started**. The first step always begins with ensuring that a young person feels welcome, included and that they belong in 4-H. One of the best ways to do this is to spend some time getting to know other youth and leaders in the program through conversation!

Conversations, even short ones, if they are a regular part of 4-H, can help young people connect to others and build a sense of belonging. Conversations can also help young people learn and develop those important life skills that help them thrive! The Meet Up and Buddy Up quick connection cards developed by National University and Harmony Social & Emotional are a great tool to get you started.

Using the Cards to Help Youth Thrive

Each of the cards has been stamped with one or more of the elements of the 4-H Thriving Model. You can choose any card that matches an element of the model you want to enhance.

For example, the *Body Alphabet* collaboration card to the near right is stamped with three icons showing that using the card will increase collaboration skills, encourage youth to reach a goal, and contribute to a sense of belonging.

Likewise, the *Keep It Up* card to the far right is stamped with three icons that show using the card will increase collaboration, develop pro-social skills and ensure youth feel that they belong.



Using the Cards in 4-H Programs

The connect cards are useful for increasing positive youth development in a variety of 4-H settings. The cards can be used as icebreakers to start 4-H club and other meetings. Camp counselors and staff can use the cards to build community and increase thriving at camp. The cards can even be used in volunteer and staff training to help them learn about the 4-H Thriving Model and positive youth development, and give them a tool they can use right away in their 4-H programs.

These cards were developed by **Harmony SEL** specifically for use in 4-H. The deck contains two types of cards:

- Meet-Up Cards – designed to help youth and adults meet and get to know each other.
- Buddy Up cards – designed to help youth learn to work together, collaborate, and develop strong communication and interpersonal skills.

The following pages describe the cards and give detailed instructions for putting the cards to use in your 4-H program.

MEET UP and BUDDY UP

Quick Connections for Everyday Practices

Activity

STEP 1: Introduce Harmony SEL and Everyday Practices

SAY: *Today we are going to use Harmony quick connection cards to learn more about each other and how to work together with everyone. The word harmony means a group of people working together in an easy and peaceful way. We will be learning about and practicing how to be in harmony using BUDDY UP & MEET UP.*

STEP 2: Introduce MEET UP

 5-10 min

SAY: *A part of Harmony is called Meet Up. During this time we will gather to greet each other by saying hello and then learn each other's names. We will share ideas and solve problems together. During Meet Up we will practice courtesy. Courtesy means being helpful and kind and thinking about others. We will listen to everyone's ideas, including ideas we agree with and ideas we disagree with.*

Meet Up

Introduce the GREETING step

SAY: *When we gather for 4-H activities we will greet each other by name. "Greeting" is a word for saying hello. Let's MEET UP!*

STEPS:

1. Gather youth in a circle
2. Encourage participants to Greet one another by name. "Hello Debra, I'm Maddie."



✓ See "Ways to Welcome" & "25 Ways To Say Hello" for ideas for greetings. You may also add some variety to the greeting by having participants greet each other in a different language, use a special handshake (e.g., high fives, fist bumps), or think of different ways to say hello (e.g., hi, how's it going, what's up, good to see you, good morning/afternoon).

Meet Up *continued*

Introduce the SHARING AND RESPONDING step

SAY: *Each time we Meet Up we will have the opportunity to share our feelings, thoughts, and experiences with each other. By sharing and responding, we are getting to know each other, celebrating our commonalities and differences, and showing gratitude. "Gratitude" means being thankful for things we already have. We also get to share and celebrate our achievements, or things we've gotten done.*

Model sharing by telling something special about yourself that participants may find interesting. If you'd like, use a **CONVERSATIONS Quick Connection Card** to get started. Ask one or two participants to respond or ask a clarifying question.



✓ If participants struggle with responses, introduce one or two response options from the "Response Prompts". Tell participants that during Meet Up, one or two participants will share, and a few others will be able to respond with questions or statements.

Use a COMMUNITY BUILDER card





COMMUNITY BUILDER CARDS: (Great for groups, Meet Up, or as the card describes)

Community Builders Quick Connection Cards offer discussions and activities that are designed to bring peers together as a community to work and play as a team.

STEPS:

1. Choose or have a volunteer choose a Quick Connection Card from the "Conversations" card deck.
2. Ask a volunteer to share by responding to the question on the card OR have participants respond to the card 1-1 with a buddy.
3. Allow the participant who has shared to call on the next volunteer to share.

Buddy Up

<p style="text-align: center;">ASSIGN BUDDY UP PAIRS</p>	<ul style="list-style-type: none"> • Assign buddy pairs or participants can pair up as long as over time they work with different participants. • Share your excitement with participants as you start your first Buddy Up. • Sometimes pairs may need to be a buddy triad in order to include all participants, and that's okay. • Leaders might also serve as a buddy. • Choose ONE of the following card types; Collaborations or Conversations.
<p style="text-align: center;">Use a COLLABORATIONS card</p> 	<p>COLLABORATIONS CARDS: (Great for hands on activities, 1-1, Buddy Up) : Collaborations Quick Connection Cards offer buddy activities that promote joint problem-solving, collaboration, and cooperation</p> <p>STEPS:</p> <ol style="list-style-type: none"> 1. Choose or have a volunteer choose a Quick Connection Card from the “Collaborations” card deck. 2. Read the card and provide an example if necessary. 3. Allow the buddy pairs to follow the directions on the card.
<p style="text-align: center;">Use a CONVERSATIONS Card</p> 	<p>CONVERSATIONS CARDS: (Great for whole groups - Meet up OR 1-1 - Buddy Up) Conversations Quick Connection Cards offer discussion questions that allow buddies to get to know one another and explore commonalities and differences.</p> <p>STEPS:</p> <ol style="list-style-type: none"> 4. Choose or have a volunteer choose a Quick Connection Card from the “Conversations” card deck. 5. Ask a volunteer to share by responding to the question on the card OR have participants respond to the card 1-1 with a buddy. 6. Allow the participant who has shared to call on the next volunteer to share.



EARLY CHILDHOOD

Quick Connection

Collaboration Cards





Early Childhood

COLLABORATIONS



FEELINGS FACES

Using only your face, match the feelings face your buddy is showing, swap turns.



Early Childhood

COLLABORATIONS



SMART ART

Close your eyes and no peeking!
Draw what your buddy tells you to draw.

Materials: Paper and crayons, markers, etc.



Early Childhood

COLLABORATIONS



FEELINGS CREATURE

Pick any emotion word and work with your buddy to create a creature to match it.



Early Childhood

COLLABORATIONS



TRUST WALK

Cover your buddy's eyes with a handkerchief or scarf. Lead them to a place in the room. Have them guess exactly where they are.



Early Childhood

COLLABORATIONS



DAYDREAM TEAM

Sit with a buddy and close your eyes. Picture your favorite place in your mind. Describe this place to your buddy without telling exactly where it is. Swap turns.



Early Childhood

COLLABORATIONS



RAINBOW ORDER

Work together to place crayons in some kind of order, like most favorite to least favorite.

Materials: Crayons



LEARN MORE

An affiliate of National University, **Harmony SEL** is a social and emotional learning program for Pre-K–Grade 6 students. Harmony fosters communication, connection, and community both inside and outside the classroom and guides students toward becoming compassionate and caring adults.

National University, a veteran-founded nonprofit, has been dedicated to meeting the needs of hard-working adults by providing accessible, affordable, achievable higher education opportunities since 1971.

Learn more at [HarmonySEL.org](https://www.harmonySEL.org) and at [NU.edu](https://www.nu.edu)

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