



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**



South Dakota 4-H Social Skills Circular

Physical/Hands-on Activity

Bird's Nest Cookies (10 minutes)

Ingredients:

- Chow Mein Noodles
- Butterscotch Chips
- Peanut Butter
- Cadbury Mini Eggs

Directions:

1. Melt 1 cup of peanut butter and 1 bag of butterscotch chips together in the microwave or over low heat.
2. Stir in 1 bag of Chow Mein noodles.
3. Use an ice-cream scoop or spoon to place "nests" of the creamy Chow Mein noodle mixture onto a parchment-lined pan.
4. Place 2-3 eggs into every nest. Put the cookies in a cool location to harden.
5. Enjoy!



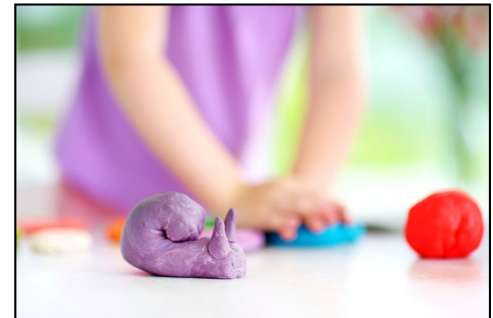
Kool-Aid® Playdough (10 minutes)

Ingredients:

- 1 cup All Purpose Flour
- 2 tsp Cream of Tartar
- ½ cup Salt
- 1 tsp Vegetable Oil
- 1 cup Water
- 2 Kool-Aid® Packets

Directions:

1. In a large bowl, combine all of your dry ingredients (flour, cream of tartar, salt, 2 Kool-Aid® packets) and mix well.
2. Add vegetable oil and water to a pot. Mix together.
3. Add the dry ingredients to your pot and mix well.
4. Cook on low to medium heat until dough starts to form and become dry.
5. Once a ball of dough starts to form and the playdough looks fully cooked, remove from the heat and let the dough cool before touching. If you added in extra Kool-Aid® packets, it may take longer to cook. Just keep mixing until the dough forms.
6. After the dough has cooled, knead it for 5 minutes to make the dough soft and smooth.



This quarterly newsletter is published by the Social Outcome Working Group comprised of SDSU Extension 4-H Youth Program Advisors across the state of South Dakota. Issues are distributed in January, April, July and October. For questions, please contact sdсу.4h@sdstate.edu.

Icebreaker

Human Knots

Have each team/group get into a circle, with students standing up and standing shoulder to shoulder facing the inside of the circle.

Have each person reach out his/her hand and grab the hand of someone else in the circle. They cannot, however, grab the hand of the person standing next to them on the right or left.

Then have each person reach out his/her left hand and grab the hand of another person in the circle. They cannot grab the hand of the person standing next to them, and they cannot grab the hand of the same person they are joined with using their right hand.

Once everyone is joined as described above, instruct students that they are not allowed to ever release hands, or their team loses.

OBJECT: For groups to get “untangled” from the “knot” so they are standing in a large circle hand in hand.

NOTE: Depending on their situation, when they get untangled, not everyone will be facing inside the circle, and that is okay. It is most important that they get untangled.

Marshmallow Challenge

To play, you simply divide your group into small teams of four and give each group 20 sticks of spaghetti, one yard of tape, one yard of string, and a marshmallow. Whichever team can build the tallest structure, wins – the trick is, the marshmallow must be on top.

There are a few reasons this game works as both a great ice breaker and a team-building exercise. First, the most successful teams are the groups of people who don't spend time competing for power.

The game forces your youth to work collaboratively when brainstorming potential solutions. Second, the Marshmallow Challenge encourages people to think quickly and offer alternative solutions when their initial idea fails.

Give it a try at your next club meeting! Adapted from <https://blog.hubspot.com/marketing/ice-breaker-games>

Service Project Idea and Connections

Volunteer Appreciation

As volunteers, we are often grateful to those adults and youth that volunteer to help with a project, plan an event, or even just fill in wherever needed. A simple, "Thank you for _____", can go along way to making those individuals feel appreciated. Other times we know they've done a lot or are not our typical volunteer and want to do more to ensure they understand how appreciated they are.

Here's a few no cost/low-cost ways to show your volunteers how appreciated they are.

- 1) Homemade Cards – Have the youth in your club write thank you cards. Ask them to write what they like or want to thank the individual for doing. At times adults see a volunteer differently than a youth may. Something may have made a big impact on a youth, that merely passed by an adult.
- 2) Thank-you Tree – Same concept as a card, only it's a display. Draw a tree trunk and branches on a large sheet of paper. Cut tree leaf shapes out of colored paper, green or fall colors depending on the season. Have youth write on a leaf why they are thankful for this volunteer. This works great if the youth have more than one reason, they are thankful for this person. As they write the leaves are secured on the tree branches filling out the tree. This can be placed where not only the volunteer, but others can see it, allowing others to see how much this volunteer is appreciated.
- 3) Electronic Thank-you – Have older youth that are tech savvy? Have the youth work together to make an electronic video thanking the appreciated volunteer. Allow them to be creative on how the thank-you could be created. This can be sent to the volunteer or placed on the club's social media. Be sure the youth involved allow for media release before publishing.
- 4) Surprise them – People love surprises big or small. Plan a surprise lunch, a small gift, or even a birthday celebration to show your volunteers you appreciate all their hard work.
- 5) Group Picture – Take a group picture of your volunteers and your club members. This can be used on social media or print a picture, frame it, and present it to your volunteer. This is a reminder of the day, event, or even of your group and all the fun times they had volunteering with your youth.

No matter how creative you get in thanking those that volunteer for you, be sure to recognize them as a person, not the work. It's best to phrase recognition to emphasize the contribution of the individual and not the end result. "You did a great job!"

Volunteers are the heart of so many youth organizations. Volunteers that feel appreciated are more likely to continue and return. They also make the organization stronger.