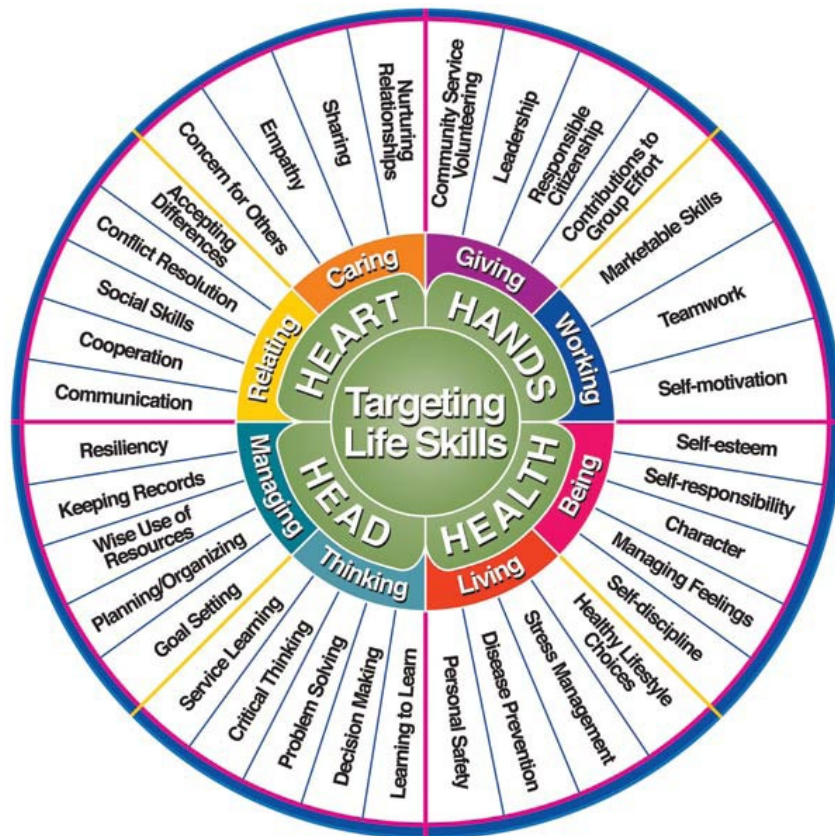


# Life Skills in South Dakota 4-H



Life skills are tools people use to deal with daily situations, make important decisions and enhance their quality of life. Youth gain life skills by doing activities that help them practice these skills. South Dakota 4-H offers a wide variety of events, projects and educational experiences that help members strengthen their life skills.



## Why are life skills important?

4-H members will lead a healthier and more successful life as they apply the skills they learned in 4-H throughout their lifetime. Although concrete skills are important to build, life skills are able to be adapted and used in many parts of a 4-H member's life.



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**



## HEAD

Participation in Robotics and Engineering programs provide South Dakota youth with valuable **problem solving** and **critical thinking** skills. Youth learn about setting goals and **keeping records** as they **collaborate** with their peers. South Dakota 4-H provides nearly 3,000 hours of robotics and engineering programming and engages over 1,600 youth annually. These programs are led by over 50 4-H staff and volunteers, who note that one of the most rewarding things about facilitating robotics is witnessing youths' enthusiasm and **desire to learn**.



## HEART

4-H Camps in South Dakota serve a crucial role in assisting youth with **building relationships** with others from outside their communities, fostering **communication** and **cooperation**, and **broadening their horizons**. In 2019, South Dakota 4-H Camps served 440 youth from across the state. Overwhelmingly, youth noted that they made new friends (average rating of 3.25 out of 4) and were able to see the world outside of their hometown (2.92/4) while at camps.



## HANDS

South Dakota 4-H recognizes the importance of cultivating responsible **citizenship** skills in young people. 4-H members join together to put their **leadership** and **volunteering** skills to action as they complete our yearly Statewide Community Service Project. An example of a past project was the 2019 Soles4Souls project where 8,413 pairs of shoes were collected and donated by 4-H members across the state. To learn more about our statewide community service project "20/20 Vision" go [here](#).



## HEALTH

4-H staff realize the importance of helping youth learn how to **manage feelings** and gain skills in **stress management** while fostering **character** and **self-esteem**. As of January 2021, 96.8% of 4-H staff who completed the survey have completed Youth Mental Health First Aid Training. Of staff who have taken the class, 38.7% have used the skills provided to help a young person experiencing a mental health challenge.

