

February

Communication, Courage & Creativity

4-H Focus

All of these are areas in which we tend to focus on in our 4-H Positive Youth Development Program. This month, however, we will take a specific look at more focused efforts and areas pertaining to these areas and how they can be applicable for one's 4-H Project accomplishment, career or experience.

Quote

"The only way to get started is to stop talking and start doing."



Walt Disney

Building Leaders

Our 4-H program prides itself as a community of adults and young people learning leadership, citizenship, character, and life skills. Encompassed in those lifelong skills one can find the project area of Career Exploration. Our 4-H program has endless possibilities and potential and likewise, so does the Career Field.

As a 4-H leader, we encourage you to give some thought to inviting a local professional as a guest speaker to highlight the career field of their choice and readily be available to answer any questions that the youth and community might have. A leader might consider during a January meeting asking the group through a suggested or open poll what interests they might have in career choices. Perhaps consider bringing in a panel of 3-4 guests and allowing them each 10 minutes to share their career field, while also allowing ample time for Q & A from the audience.

Another idea might be, surrounding the 4-H Focus topics of Communications, Courage & Creativity, to bring in local individuals that exemplify these areas in their own unique way. For example, a journalist or radio personality to enhance the Communications arena, a doctor or local rodeo participant to cover Courage, and a local artist and/or entrepreneur to cover how they used their Creativity to create a business or finished product.



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**





Learning Life Skills

We encourage 4-H youth, family members and local clubs to consider practicing kindness and treating others with respect. There are a variety of ways to do so, but an easy, effective, and inexpensive way is through the following idea and established project: www.thekindnessrocksproject.com

This small gesture can certainly spark a wave of community kindness and spreading respect in a way that says, “One message at just the right moment can change your whole day.”

The concept is simple – Paint a rock & Place it somewhere. It could be a designated local and central spot or scattered over the town and/or neighborhoods.

4-H Spotlight

Did you know that the fear of speaking in public is the most common phobia ahead of death, heights or spiders? According to the National Institute of Mental Health 73% of the population reports that public speaking creates, glossophobia, or speaking anxiety.

While many may have a fear of speaking in public, others are fascinated with talking to friends and others, telling stories and participating in a variety of ways to share a message with influence.

The 4-H Communications project can assist and encourage one to gain the confidence and skills necessary for a successful and enjoyable public speaking experience. Please check out our Communications project page for suggestions and guidelines on how you can participate, get involved and have your voice heard: <https://extension.sdstate.edu/4-h-communications-project>