

4-H ROLL CALL IDEAS

Based on Life Skills

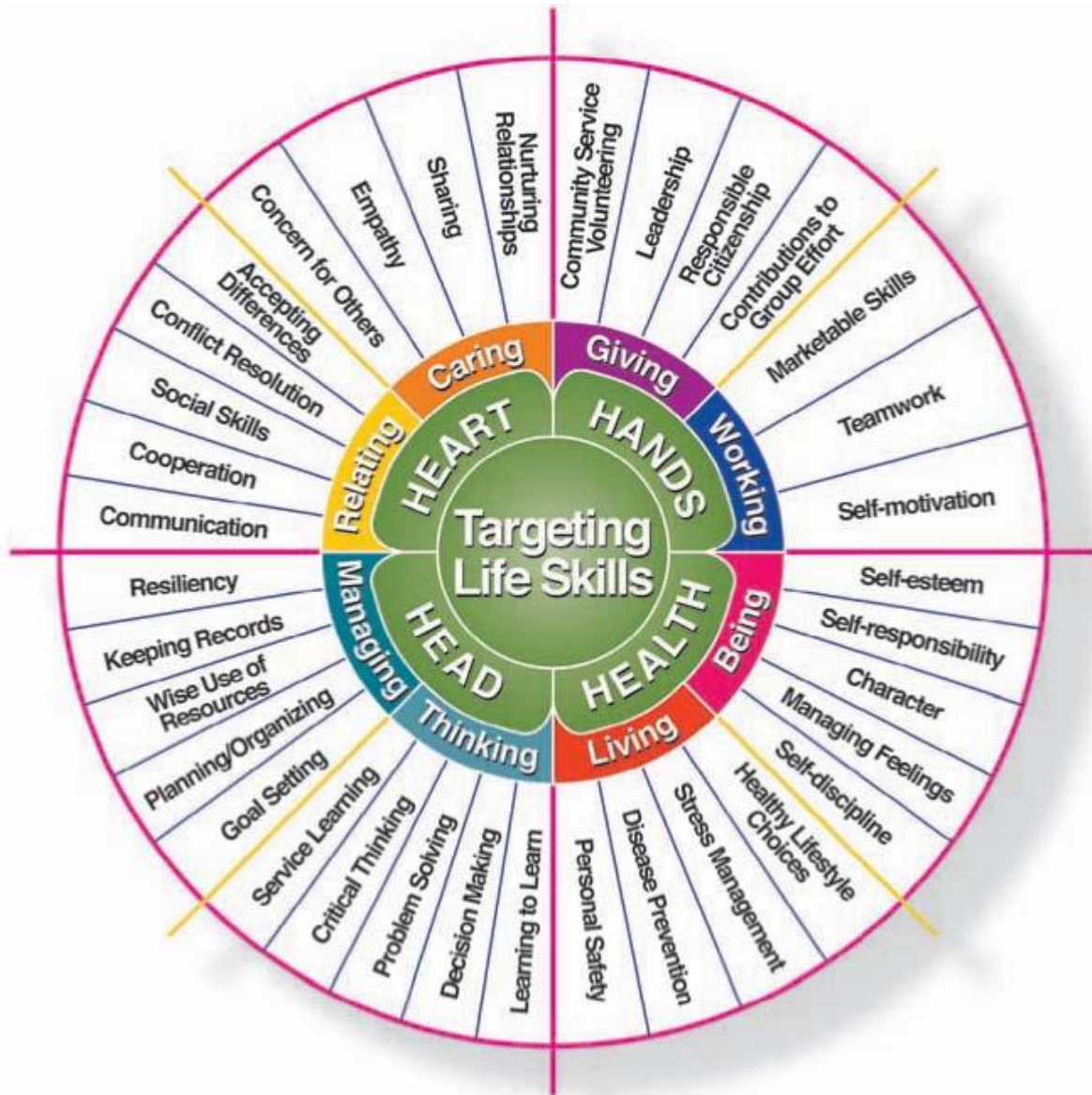


Fig. 1. Targeting Life Skills model. Source: Hendricks 1996.

HEART

Relating and Caring

- ✿ Tell something about your family's heritage
- ✿ If I could spend a day with anyone in the world ... who and why
- ✿ A word of advice
- ✿ A time I got into some trouble and what I learned from it
- ✿ An interest you have in common with someone in your family
- ✿ A gift I received that I didn't expect
- ✿ A bad habit I'm trying to break
- ✿ A quote I like and why
- ✿ An experience you've had that might be different from most of the 4-H club members
- ✿ A way you think most humans are similar
- ✿ Something you do that makes others happy
- ✿ What brings you joy
- ✿ A characteristic I look for in a friend
- ✿ One of the 4-H activities/events I really like and want others to consider doing
- ✿ Describe yourself using a weather term
- ✿ What is a gift you'd like to give someone
- ✿ If you could have any super power, what would it be and how would you use it to help others
- ✿ One manner/etiquette habit you have and how you use it
- ✿ A chore you don't mind doing
- ✿ A famous or local former 4-H member you admire and why

HANDS

Giving and Working

- ✿ An unusual gift I received
- ✿ Something I am skilled enough to teach others is
- ✿ A native Montana plant
- ✿ A fact about our 4-H club
- ✿ A place I visited and what I learned there
- ✿ A place I'd like to visit and why
- ✿ A fact about our county
- ✿ A fact about the United States
- ✿ A fact about another country
- ✿ A product made in our county
- ✿ Something I did for others last month
- ✿ An idea for a service project for our club
- ✿ A way I can do my own service activity based on one of my 4-H projects
- ✿ Something I learned from being on a team
- ✿ A service project that I think is important (from your family, church, 4-H, etc.)

HEALTH

Living and Being

- ✿ A way to relieve stress or relax
- ✿ A household item that needs special treatment for safety
- ✿ A safety slogan
- ✿ An exercise you could lead
- ✿ A healthy food you like and how you prepare it
- ✿ Something recreational you plan to do in this season
- ✿ A safety habit I have
- ✿ A healthy habit I have
- ✿ A healthy habit I would like to start
- ✿ A new exercise or activity I've learned this year
- ✿ A food you haven't tried or haven't liked in the past that you'd be willing to try or try again
- ✿ A food I've grown or would like to
- ✿ One thing I do to take care of the environment
- ✿ Name something in a first aid kit
- ✿ Tell what you ate for breakfast that was healthy
- ✿ Name a heart-healthy food
- ✿ Tell a rule you follow for your health or safety

HEAD

Managing and Thinking

- ✿ Why I joined 4-H
- ✿ Where do you keep your 4-H records and a tip for doing them
- ✿ What I learned from one of my 4-H projects/experiences last year
- ✿ If I could invent something it would be ...
- ✿ A career I'm interested in ...
- ✿ One of the things I'm really glad I learned how to do through 4-H
- ✿ An idea I have that would improve our county fair
- ✿ If I could invent a word it would be ... and it would mean ...
- ✿ A favorite app
- ✿ A goal you have for this year
- ✿ A suggestion to improve 4-H club meetings
- ✿ What you look forward to about the 4-H Year
- ✿ If you could take a class to learn something, what would it be
- ✿ One thing I do to be careful with money
- ✿ A good book I've read
- ✿ Tell about an exhibit you are working on for fair or to complete by the end of the 4-H year
- ✿ What is the question to this answer? Answer: 4-H