

THOUGHTFUL THURSDAYS

Presented by the Indiana 4-H Civic Engagement Team
May 2020


Zoom link: purdue.ag/4hthoughtfulthurs
Participation link: purdue.ag/4hthoughtfulthurs1



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Zoom Tips


- Keep your microphone muted during the presentation
- Turn off your video if you are having connection issues
- Ask questions by typing in the chat box
- Be respectful and considerate of others
- This program is being monitored and recorded



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What is 4-H?


- National program designed for youth in grades 3-12, involving over 6 million students
- Offers opportunities through hands-on activities to help you learn skills you'll use throughout your life
- Coordinated by Purdue University in Indiana
- Led by a 4-H Educator in each Indiana county, with support from hundreds of 4-H Volunteers
- Can choose to learn about 60+ subject areas
- For more information, visit: <https://extension.purdue.edu/4h/Pages/default.aspx>



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Thoughtful Thursday Schedule

- May 7 – Can't we all just get along?
- May 14 – Is it ethical?
- May 21 – Define your legacy
- May 28 – Patriotism and you
- Join us each Thursday in May from 3-4 p.m. (EDT)
- Visit the 4-H Civic Engagement Webpage at: <https://extension.purdue.edu/4h/Pages/CivicEngagementResources.aspx>



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Today's presenters...

• Brian Howell, Tipton County 4-H Extension Educator



Kyle Weaver, Switzerland County 4-H Extension Educator



Cathy Boerste, Perry County 4-H Extension Educator





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What is your Legacy?- Warm Fuzzies

- What is a legacy?
 - Something you leave behind; passed on from someone in the past. Can be distant or recent.
 - Examples: inheritance; quality or reputation; family; occupation; a feeling or lesson







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What is your Legacy?- Warm Fuzzies, cont.

- Has an act of kindness ever had a lasting impact on you?
- Warm Fuzzies- kind words or compliments to others, gives others a feeling of 'warm and fuzzy.'
- Can you give 'Warm Fuzzies' to encourage other club members?

Giving Warm Fuzzies

Activity:

- At a club meeting, officer retreat, or workshop, have members write another member's name and a 'Warm Fuzzy' for them. Post them on a wall and have members collect them at the end of the meeting



Warm Fuzzies

- How does it feel giving others compliments?
- How does it feel to receive compliments from others?
- Did you discover something about yourself that others have noticed, but maybe you haven't?
- Where else could you use this type of activity?

Activity - A Letter to Yourself

- Instructions: Write a letter to yourself about your legacy. Write it as if you were going to read it several years from now. In this letter, you are the sender and you are the receiver. You may consider writing this as if it is going into a confidential journal, to be read only by you.

Activity - A Personal Reflection

- Instructions: What legacy do you want to leave? What do you want to pass on to those who follow you? This is a reflection for your eyes only.

Activity - A Wellness Perspective

Think about your legacy for any or all of the following categories. Select those that are most appropriate for you, and record what you want as your legacy.

- Intellectual
- Physical
- Emotional
- Social
- Occupational
- Spiritual

Adapted from document originally prepared by George Mason University's Center for the Advancement of Public Health

Reflections Based on Time

- Where do you see yourself in one year? What legacy of yourself will you leave behind in a year's time?
- What legacy will you leave 5 years from today?
- In 10 years, where do you expect your life path to lead? What choices will you make today that will impact you 10 years from now?
- Life choices show the direction your life will go, just as a compass can show you the direction in which you are heading. Where do you see yourself in 20 years? What choices will you make that will eventually lead to your legacy 20 years from now?

Questions



Upcoming 4-H Events!

- 4-H Civic Engagement Workshop, June 10-12
 - Talk with local and state government officials
 - Identify and address local community issues
 - Learn about international experiences available
- State 4-H Junior Leader Conference, June 16-18
 - Personal and group leadership activities
 - "Leadership and Laughter," Craig Tornquist, comedian
- Indiana 4-H Round-Up <https://extension.purdue.edu/4h/Pages/Roundup.aspx>
 - Michael Cuestas, @MCspeaker
 - This evening! Thursday, May 21, 5 p.m.
 - Job interview skills

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- purdue.university/faststart

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IN POTENTIAL SAVINGS

Thank you for joining us!

- Tune into **Thoughtful Thursday** again next week, same time, same connection link!
- Thank you for taking two minutes to answer a few simple questions for us!
 - Please visit: purdue.ag/4hthoughtfulthurs2
 - purdue.ag/4hthoughtfulthurs1 (if you didn't complete this at the beginning of today's session)