



# "I'm Making a Change!"

## *...the 4-H Healthy Living Movement*

Indiana 4-H Youth and Adult Congress  
Saturday, October 3, 2015  
Indiana State Fairgrounds

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### Objectives

- Youth will recognize positive and negative health influences that exist in today's society.
- Youth will recognize that the definition of health goes beyond food and exercise.
- Youth will work in teams to plan and implement a positive change in regards to 4-H Healthy Living in their local communities.

### Supplies/Resource Materials Provided:

- "I'm Making a Change!" activity kit
  - Picture of exercise dice
  - Physical Activity Bank
  - County 4-H 60 Challenge
  - Minnesota 4-H Stepping Out lesson plan
  - Relaxation Acclimation
  - Exercise Dice picture
  - Stress ball
  - Bubbles
  - Crayons
  - Paper (30 sheets)
  - Paper straws (30)
  - MyPlate Image
  - "I'm Making a Change!" logo and promotional materials
  - Commitment Card Template
- Plan of Action Template and examples
- Press release for local newspapers
- \$100 to support Healthy Living in your community, following successful completion of an "I'm Making a Change" Plan of Action

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## Session Agenda

1. In what way is health influenced positively or negatively in a given place?
2. How can we influence the health of our club, our community, and individual lives? Think about policies, systems, and environmental changes. "Make the Healthy Choice the Easy Choice."
  - a. Food
  - b. Activity
  - c. Emotion and Stress
  - d. Social Interactions
3. Food
  - a. What do we typically buy for refreshments? Packaged cookies, chips, fruit snacks, cupcakes, etc.
  - b. Think about MyPlate...are any of those items also packaged and require the same "quick trip" to the store? Which ones?
  - c. In what ways can we present healthy food in more appealing way or create a healthy food "experience"?
4. Activity
  - a. How many minutes should youth play/exercise/be physically active each day?
  - b. What percentage of youth do you estimate actually reach 60 minutes of physical activity a day?
  - c. How can you influence the amount of physical activity your fellow club members or community gets?
  - d. How might you "disguise" exercise so that it doesn't feel so burdensome?
5. Emotions and Stress
  - a. On a scale of 1 to 10, how stressed are you or your peers?
  - b. What are the sources of teen stress or perhaps younger members? Homework, divorce, family finances, bullying, athletics, etc.
  - c. How you can help your peers manage their emotions and stress?
6. Social Interactions
  - a. Do you know everyone in your club? Who do you normally mingle with or sit with at club meetings? Club meetings are sometimes like church...we sit in the same seats and talk to the same general group of people. Try mixing things up. If simply encouraging others doesn't increase mingling amongst genders and ages, try a forced activity like "everyone who has 4 letters in their name should work as a group on ABC, and everyone who has 5 letters in their name should work as a group on XYZ." You can also use things like birth month, first letter of grandma's first name, etc.
  - b. Educational meetings are awesome, but there is also value in conducting a social event that is outside of the norm. Have a bonfire, pool party, or meeting at the park on blankets.
7. What specific area of healthy living are you the most interested in influencing? Which does your club or community need the most influence in? What are you committed to try, not just once, but for the long haul? How will you make it happen? How will you let your know club or community know?
  - a. If I'm in charge of refreshments, I will...
  - b. If I'm in charge of recreation, I will...
  - c. Share your ideas!
8. Which phrase are you most comfortable with? Pick one, hold it to heart, and wear it proud! You can positively influence the lives of others!
  - a. Reframing how we Function
  - b. Starting a Movement
  - c. I'm Making a Change

