

# Adding Healthy Living to Your 4-H Livestock Club

Healthy Living activities can easily be added to your 4-H Livestock club through demonstrations, guest speakers, roll call activities, reporting on a monthly health challenge, or playing a fun game.

This guide includes two demonstrations that can be led with your club and monthly activities to encourage your members to be healthy.

**PURDUE**<sup>™</sup>  
EXTENSION

4-H YOUTH  
DEVELOPMENT



## Each month in a 4-H club meeting, you can share ways to be healthy!

### November - Move More Month

Roll Call for Health - "Let's say we're here by acting out an active sport or game we like to play!"

Monthly Health Challenge - Play actively 60 minutes every day!

Let's Move Activity - Link up Tag

Equipment: Something to mark off boundaries (Cones, bandanas, tiles on the floor, etc.), Tagging Ball

Get Started: Ask each person to find a partner and link elbows with that person and stand together, scattered around your space. Ask someone to be "It" and give him or her the Tagging Ball. Ask "It's" partner to be the one "It" goes after – the "Target." Have these two people un-link their elbows.

Play Rules: "It" tries to tag the "Target". The "Target" can link elbows with any pair to form three. Then the person on the other side of the pair becomes the new "Target." If "It" tags the "Target", the "Target" becomes "It."

Healthy Snack Idea - Apple slices, sunflower and pumpkin seeds

### December - Stretch Yourself Month

Roll Call for Health - Each member shows one way to stretch muscles. Everyone else follows and holds the stretch for 15 seconds.

Monthly Health Challenge - Stretch 10 minutes every day, before and after active play!

Let's Move Activity - Animal stretches

Equipment: Mats or carpeted area

Get Started: Ask everyone to think of a different animal and a way they could stretch their bodies to look like that animal. Tell them that many yoga poses are named for animals such as cat, cow, lion, downward dog, cobra, and so forth. Even if we don't know yoga, we can use our imaginations to invent stretches that feel good.

Play Rules: Everyone takes turns showing a stretch they invented to look like their favorite animal. Then the group does the stretch with them. Stretch and hold each pose for at least 15 seconds without bouncing. Be sure to stretch both sides of your body too!

Healthy Snack Idea - Veggie slices with low-fat dip or salad dressing.

### January - Unplugged Fun Month

Roll Call for Health - Everyone hops in place and names one way to have unplugged fun.

Monthly Health Challenge -To have unplugged fun by limiting screen time!

Let's Move Activity - Follow the Dancer!

Equipment: Lively music and a radio/CD player

Get Started: Ask everyone – kids and grown-ups – to get in a circle. Tell them that you're all going to play follow the leader – only by dancing! Say "We'll take turns leading the dance. Let's see who can do the best moves to really get our hearts pumping!"

Play Rules: Pass a ball, a bandana, or some other small, soft object each time the leader changes. Be sure that everyone gets to be the leader at least once for at least two minutes.

Healthy Snack Idea - Baked tortilla chips with salsa.

## **February - Winter Fun Month**

Roll Call for Health - Everyone jumps up and names one winter fun activity.

Monthly Health Challenge - To enjoy outdoor winter fun, play outside at least once every week!

Let's Move Activity - Bobsleds

Get Started: Ask members to get in groups of four and line up, one in front of the other, facing the same way – as if they were riding a four-person bobsled down a track. Explain that the first person in line is the driver and the last person is the brake-person. The role they play is always related to their position in line at the time of a command from you.

Play Rules: When you say, "Change!" the driver moves to the back of the line and becomes the brake-person. And there's a new driver! When you say, "Switch!" the people in the second and fourth positions change places. And there's a new brake-person. When you say "Rotate!" each person turns around so the bobsled is going the other way – and everyone has a new role.

Ready? Go: Have your bobsled teams practice while you give slow commands. As they understand what to do with each command, speed up your commands. Say ... Change ... Rotate ... Switch ... Rotate, Switch, Change ... Change, Switch, Rotate, Change ... and so forth. If they get really good at moving around, ask them to try it with their eyes closed!

Healthy Snack Idea - Hot cocoa and popcorn. Sprinkle cinnamon or garlic powder on popcorn.

## **March - Walk with a Spring in Your Step Month**

Roll Call for Health - Everyone marches in place while naming a favorite place to take a walk.

Monthly Health Challenge - Take a walk with a buddy every week!

Let's Move Activity- Walk This Way

Get Ready: Write names of animals (gorilla, elephant, horse, kangaroo, duck, and so forth) on slips of paper and put the slips in a paper bag or a hat.

Get Started: Ask members to get into groups of three or four. Have each group pull an animal name from the hat. Tell them they have three minutes to show how that animal walks. Then the other groups guess what animal they chose.

Ready? Go: Ask a group to volunteer to go first. Then get every group to take their turns.

Wrap it Up: Ask each group to teach the other groups to do their walk so everybody gets more chances to walk this way!

Healthy Snack Idea - Dried fruit with low-fat cheese.

## **April - Take a Hike Month**

Roll Call for Health - Everyone balances on one foot while saying one fun thing you did outside last month.

Monthly Health Challenge - Take a hike-a walk for an hour or more-twice before our next meeting!

Let's Move Activity - Balance Tag

Get Ready: Tagging balls

Get Started: Ask a volunteer to be "It", give them a tagging ball.

Play Rules: If you get tagged, you have to stand on one foot until another player taps you on the shoulder to let you back in the game. If you lose your balance, you have to do 10 jumping jacks – and then, you get the tagging ball because you're "It!"

Ready? Go: Give a start signal and play Balance Tag

Healthy Snack Idea - Cereal Trail Mix with raisins

## **May - Safe on Wheels Month**

Roll Call for Health - Everyone sits in their chairs and moves their legs as if they are riding a bike. Each member names one item of protective gear to wear when having fun on wheels (helmet, wrist pads, knee pads, gloves, etc.)

Monthly Health Challenge - Go for a 30-minute bike ride three times a week! And remember to wear your helmet!

Let's Move Activity - Egg-Head Toss

Equipment: One raw egg per pair, markers, padding (4 paper towels and 12 inches of masking tape.)

Get Started: Ask groups to draw faces on their "egg-heads." Then ask them to wrap the padding around the egg enough to protect as well as a bicycle helmet protects their heads. Go outside, have pairs face each other and take two steps back.

Play Rules: Each pair tosses their egg to each other. Each time they toss the egg without breaking it, they take two steps backwards. Pairs keep tossing until their eggs break.

Ready? Go: Give a start signal and let the Egg-Head Toss begin!

Talk About It: Our heads are like eggs. They can break! So every time we ride our bikes, or rollerblade, or use a skateboard, we need to protect our heads with a safety helmet.

Healthy Snack Idea - Veggie slices with low-fat dip or salad dressing.

## **June - Life-Long Fun**

Roll Call for Health - Everyone does jumping jacks through roll call. Each person names one person they know who has a healthy lifestyle.

Monthly Health Challenge - Try two new lifetime activities like swimming, bicycling, golfing, dancing, bowling, and other things we can do no matter how old we are!

Let's Move Activity - Vegetable and Fruit Toss

Get Ready: Two or three soft, easy to catch balls or other toss-able items

Get Started: Ask everyone to get into a circle.

Play Rules: Toss the ball(s) from one person to another so that everyone gets a turn. Each time you get the ball, you must name a vegetable or fruit before you can toss the ball to someone else.

Try to come up with different vegetables or fruits, but if someone repeats a food that's already been said, just keep tossing!

Ready? Go: When the group is able to toss and catch one ball easily, toss in a second or third ball so everyone gets the ball more often and has to come up with more vegetables or fruits!

Healthy Snack Idea - Low-fat yogurt fruit parfaits.

*Adapted from: Choose Health Officer Guide, Cornell Cooperative Extension 4-H Youth Development*

# Lung Capacity

Understanding how lungs are affected by restricted breathing

Lesson Plan

Grades: 3-12

## Objectives:

1. Youth will gain an understanding of how restricted breathing affects lungs.
2. Youth will gain an understanding of asthma and lung diseases.
3. Youth will learn how to cope with restricted breathing.

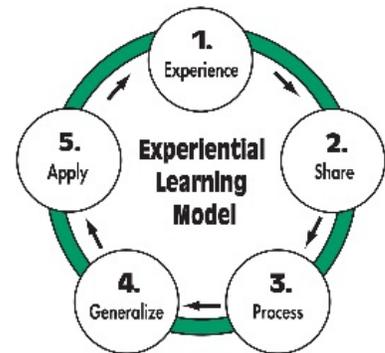
Preparation Time: 5 minutes

Teaching Time: 10–20 minutes

Clean-up Time: 0-5 minutes

## Materials:

- Small balloons (6"-9" work well)
- Coffee stirrers
- Drinking straws



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## Methods:

- I. Provide one balloon, one coffee stirrer, and one drinking straw to each youth.
- II. Ask youth to breathe normally using only their mouths. Is it comfortable?
- III. Tell the youth to pick up their drinking straw and begin breathing with only their mouth through the drinking straw. How does that compare to normal breathing?
- IV. Tell the youth to pick up their coffee stirrer and begin breathing with only their mouth through the coffee stirrer. How does that compare to breathing with the straw and normal breathing?
- V. Tell the youth to blow up their balloon. How easy/hard was that?
  - a. Some will be able to do this, and others will not. That is okay.
- VI. Ask the youth to blow up their balloon using the straw. How easy/hard was that?
- VII. Ask the youth to blow up their balloon using the coffee stirrer. How easy/hard was that?
- VIII. Encourage the youth to talk about it.
  - a. How many were able to blow the balloon up every time?
  - b. How many could not blow it up at all?
  - c. Why were there differences? Answers may include lung capacity, amount of exercise, degree of asthma, etc.
  - d. When airways become smaller and smaller, just like the straw and coffee stirrer, it is harder for one to breathe. How do you feel when you breathing becomes difficult? Do you panic?
  - e. What do you do to make you feel better? Answers may include sit down, lie down, get a drink of water, cool down, etc.
- IX. Ask the youth what conditions typically exist at the 4-H Fair in the summer. Answers should include hot, dusty, sweaty, etc.
  - a. How might these conditions affect the health of the livestock at the fair? Answers should relate to breathing and cooling their animals. It is important to offer fresh, clean water. Utilize the wash racks, and take your animal on a walk to allow them some fresh air or at least a little more room to loosen up and relax. It's for their well-being!

# Spreading the Word About Germs

Understanding the importance of good handwashing and biosecurity on farms

Lesson Plan

Grades: 3-12

## Objectives:

1. Youth will gain an understanding of the importance of handwashing.
2. Youth will be able to explain how germs may be present, even if they are not seen.
3. Youth will also understand how diseases may exist within their farm operation and could spread to others.
4. Youth will understand the importance of biosecurity and how it affects food quality.

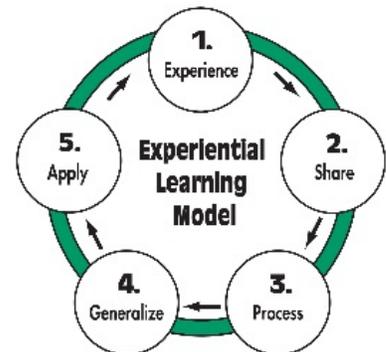
Preparation Time: 5 minutes

Teaching Time: 10–20 minutes

Clean-up Time: 0-5 minutes

## Materials:

- Glo Germ Powder
- Black light
- Stuffed animal with Glo Germ on it
- Feed samples in bags with Glo Germ powder mixed in (ie. corn, oats, pellets, etc.)
- Mixing bucket or container for feed ration mix
- A few items of livestock equipment (brush, taggers, whip, etc.)



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## Methods:

- I. Put Glo Germ on the floor, chairs, and tables in various locations prior to participants arriving.
- II. Ask the participants to share their thoughts about germ spread and how it occurs. Highlight the possibility of animal-to-person or person-to-animal contact and contamination. Ask if they can share an example (such as the swine flu).
- III. Discuss with participants ways that we prevent germs from spreading and explain how humans sometimes have to think about factors that may not be visible.
- IV. Ask 3 volunteers to come forward as your "new employees."
  - a. Provide one with a stuffed animal that has "germs" on it. Ask the participant to inspect the animal and then send it around the group for everyone to "inspect."
  - b. Give the second participant a bucket and have them mix a ration of feed from the sample feed bags and have them mix the ration in the bucket with their hand.
  - c. Have the third person walk to a corner of the room and pick up some livestock equipment that has Glo Germ on it.
- V. Use a black light to demonstrate how disease can be transferred on clothing, shoes, feed bags, buckets, show equipment, etc. Allow everyone the opportunity to check their hands, clothing, or anything they may have touched such as their face or their pen.
- VI. Have everyone in the group wash their hands and then reuse the black light again. Discuss the importance of proper handwashing by asking questions such as:
  - a. When the stuffed animal was passed to you, did you even consider that it might have been covered in germs?

- b. What did you think when you saw the germs on your hands?
  - c. Where else did you detect germs?
  - d. Once you washed your hands and checked your hands under the black light again, did the black light indicate that all of the germs were gone? How did that make you feel?
- VII. Discuss biosecurity practices to prevent spreading diseases among farms and health practices, such as not eating in barns, etc. to prevent spreading diseases to individuals.
- a. What could you do to reduce the amount of germs you carry with you or that you spread?
  - b. Can an animal that doesn't look ill cause you to become ill? Think of the stuffed animal...it didn't appear sick, but it passed germs to you. Just because someone or an animal doesn't appear sick doesn't mean you won't become ill from the spread of its germs.