

# Junior Leaders

INDIANA 4-H



# Hamilton County Manual 2023

(Please PRINT)

Name \_\_\_\_\_ Years in 4-H Jr. Leaders \_\_\_\_\_

School \_\_\_\_\_

Years in 4-H \_\_\_\_\_ Grade \_\_\_\_\_

4-H Club Name \_\_\_\_\_

4-H Leader's Name \_\_\_\_\_

This manual is due into the Extension Office by the July Junior Leader Meeting  
**June 28, 2023**

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**(Must complete 3 of these activities for Junior Leaders)**

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# 4-H Junior Leader Project

Serving as a 4-H Junior Leader is an honor, an opportunity, and a responsibility. 4-H Clubs are most successful when your enthusiasm, energy, and ideas are combined with the experience of your Adult 4-H Leader or Jr. Leader Advisor, other club members, and your Extension Educator. Junior Leaders is a project which requires careful planning. Your adult leaders/advisors will supervise your work and be a source of help when you have questions or problems. However, these adults cannot make you a leader... you must put forth the effort yourself to be an effective leader.

Leadership is the ability of being able to influence the thinking and actions of people. It is the willingness to try a new job and see it through. Leadership does not depend upon the amount of talent you have, but upon what you do with your ability and how you get along with other people. You can be a leader if you have the desire, the willpower, and the urge to develop the qualities and characteristics that make a leader.

Cooperate with your Extension Educators, Adult Leaders/Advisors, other Junior Leaders, and 4-H members to develop the best program for your club, your county, and also for your greatest personal achievement.

## **There Are Several Reasons Why You Might Want To Be A 4-H Junior Leader... You Can...**

1. mentor younger 4-H members.
2. help develop the local and county 4-H Club program.
3. develop your ability to work with other youth and adults
4. make new friends
5. gain workforce development knowledge
6. experience diversity, and a sense of inclusion and belonging
7. participate in Youth-led, age-appropriate instruction
8. become eligible for 4-H awards, opportunities, trips at county, area, state and national levels
9. develop your abilities to plan, to organize, and to reason.
10. participate in community activities.
11. become acquainted with the entire 4-H Club program.
12. help other 4-H members to have some of the same opportunities that you have had in 4-H Club work.

### **What makes a Good Leader?**

*Be well prepared...know leadership takes work as well as practice.*

*Regard yourself as a part of the group...say "we" instead of "I."*

*Do not try to run the club. But be guided by the desires of the club.*

*Like people...be understanding and friendly.*

*Be poised...don't let irritations bother you.*

*Have humility...be confident, but not cocky. Do not be afraid to reveal you don't know everything.*

*Be creative...enjoy trying new ideas.*

*Be a hard worker...don't ask anyone to do something that you would not be willing to do yourself.*

*Be responsible...live up to your word and duties.*

*Be cooperative...learn how to work with others and enjoy being with them.*

*Be a fun-lover...enjoy life, the simple things as well as the big.*

*Have vision...help the persons in your group to learn and grow through the activities.*

The boss assigns the task; the leader sets the pace.

The boss fixes the blame for the breakdown; the leader fixes the breakdown.

The boss knows how it is done; the leader shows how.

The boss makes work a drudgery; the leader makes it a game.

The boss says, "Go"; the leader says "Let's go!"

By Albert Edward Wiggam

## 4-H Junior Leader Requirements

The following are the requirements you will need to meet in order to complete this project :

1. Be enrolled in 4-H for the current year.
2. Be enrolled in the Junior Leader project.
3. Be in 7th grade or above during the current school year.
4. Work in the Junior Leader Concession Stand 4 hours during the county fair.
5. Assist with a project check-in, **OR** check out **AND** judging during the county fair
6. Give a demonstration at their local club's meeting.
7. Help your 4-H Club leader organize the local club's programs for the year
8. Complete three (3) activities out of this manual
9. Complete one (1) optional activity for each year you've been in Junior Leaders
  - Assist in Hamilton County Day Camp
  - Assist with Project Workshops or Recruitment Night, Ag Day, or other County 4-H Event
  - Help your club members learn parliamentary procedure to run club meetings
  - Serve on committees for planning and conduction of Junior Leader activities
  - Speak to groups, other than your local 4-H club, about 4-H
  - Assist local club officers in understanding and completing their duties
  - Assist young 4-H members in completing their projects—this may include demonstrating techniques, answering questions, helping them get necessary supplies, etc.
  - Recruit new members or encourage current members to re-enroll
  - Help members prepare and give good demonstrations
  - Assist younger members in completing record sheets and white "My Record of Achievement" cards.
  - Assist young members in choosing projects and completing the online 4-H enrollment.
  - Encourage members to apply for trips and fill out their white "My Record of Achievement" cards
  - Encourage younger members to go to 4-H Camp
10. Turn in Junior Leader project manual with record sheet complete by July Junior Leader meeting **June 28, 2023**.



## The Meaning Behind the Pledge:



My head to clearer thinking

4-H :

Helps you learn to plan before you take action.

Lets you learn things you can use as an adult.

Lets you make decisions.



My heart to greater loyalty

Through 4-H you:

Make many friends.

Learn about trusting and respecting others.

Learn about people who are different from you.

Learn about values.



My hands to larger service

4-H is:

Learning by doing.

Learning to complete tasks.

Serving your community.

Helping others.



My health to better living

4-H:

Encourages activities that are fun and healthy.

Teaches about protecting the environment.

Promotes wise use of leisure time.

For my club, my community, my country, and my world

Through 4-H you learn:

To be a good citizen.

Learn about community relationships.

Learn that you are part of a larger group and that you belong.

Learn about 4-H across the nation and around the world.

# Leadership Characteristics

Leadership is the art of influencing and direction people in such a way as to obtain their willing confidence, respect, and loyal cooperation to accomplish a task. A leader is not selfish or boastful; rather, a leader is cooperative and poised. By setting a positive example, a leader is someone whom others follow. A leader uses creativity and determination to make a dream become a reality. The leader does not always seek to control others, but knows that with the help of others, the group will reach its goals.

## **Leadership requires a person to have the following characteristics:**

**Have self-confidence.** If you believe in yourself and your goals, you will be more successful.

**Demonstrate responsibility.** If you say that you will do something, follow through and do it to the best of your ability. After all, if you do not have the time to do it right the first time, where will you find the time to do it all over again?

**Build up others.** By building up others' self-esteem through public and private compliments and praises, you will build you own self-concept.

**Use imagination.** Without creativity, the other characteristics make a boring leader who simply repeats the ideas of others.

**Listen to others.** Listen to adults, peers, and other 4-H members to hear their perspectives on an issue.

**Solve problems.** Work diligently on the problem until it no longer exists.

**Take risks.** A leader is not afraid to try something different, such as talking in from of large groups, or leading a new activity.

You do not need to hold an office to be a leader. You do not have to be a snob, an athlete, a totally organized person, a nerd, or an "unknown" to be a leader. You can be whoever you want to be and still be a leader as long as you understand what a leader does.

As a leader, you use your skills and techniques to:

- Provide an opportunity for every member to participate.
- Set clear expectations for the members.
- Involve others in activities that are of interest to them.
- Guide members through their work
- Recognize individuals for their contributions to the group.
- Provide helpful, constructive criticism as needed to help the members improve themselves.
- Hold meetings that maintain the interest of the members.
- Provide new experiences for the members.
- Set an example for others through your words and actions.

# Leadership Initiatives

## MIXERS

**Who Am I** - Write the name of a famous person on a small slip of paper and pin it to the back of each member. Have members ask each other questions about their name. These questions must be answered yes or no. The object is to try to identify the name on your back. (Names used can be of any theme, e.g., movie stars, sports figures, famous people, places or things.)

**Guessing Games** - As members come into a meeting, have items which they must guess something about. Have them write out answers and give a small prize to winners. Examples of guessing games are: A large book—how much does it weigh? Baby picture of someone in the club—who is it? Jar of corn—how many kernels in it? Antenna—what is it?

**“Sign My Paper” Scavenger Hunt** - This game can be used many different ways for different information. An example of the game follows: on a paper list all the projects that your club members are taking. Draw a line to the right side of the project. Make enough copies of this for each member in the club. At the meeting give everyone a pencil and the list. Have them get a signature from someone who is taking each project. (This is really fun when only one person is taking one of the projects listed. That person then has to sign everyone’s paper.)

**Secrets** - As members come into the meeting, have them write the name of an animal on a piece of paper, fold it up, and place it in a hat. (Before the meeting have some slips of paper already made up and in the hat.) As they put theirs in the hat, they must take one out. The member finds the person who placed the animal’s name in the hat. This becomes fun as several may name the same animal. See how many animals were named and which animal was named the most times. This will work with other names also (e.g. cars, cities, trees, etc.)

## MAKE THEM THINK

**Marshmallow River** - The object is to move the entire group from one side of the river to the other without falling into the hot cocoa before the time runs out and using only the few marshmallows (props) you have. You will need about 1/3 the number of props as people. You can use paper plates, boards, or other stepping objects. Make the river about 40 feet across. Only one person at a time can be on each prop, but they may be picked up and moved at any time. You can make up any scenario to add to the overall experience such as crossing toxic yogurt or man-eating eels. The key to the game is that only part of the team can go at once and some must come back to help the rest. You can also make it more challenging by adding handicaps such as blindfolds, no talking, etc.

**All Aboard** - For this activity you will need one large blanket, sheet or tarp. Spread your sheet out on the ground and ask the group to climb aboard. The entire group must be on the sheet without anybody touching the ground. The first time should be easy. Then have the group step off and fold the sheet in half. Continue this process reducing the size of the sheet however you like. You'll notice that it gets harder to fit your group into the space the smaller it gets. This is where you have to get creative!

**Welded Ankles** - Use a length of rope or masking tape to mark start and finish lines for the area to be crossed. Have people link arms and line up on one side of the marked area standing ankle to ankle. Feet and ankles are NOT tied together. They must cross the space without their feet becoming separated. If contact is broken the whole group must start over.

Instead of crossing an open area, challenge the line of people to rotate 180 degrees to face in the opposite direction without breaking ankle contact, or form a circle and rotate 360 degrees.

**References** - We would like to acknowledge the following authors and their respective books.

Priest, S., Sikes, S., and Evans, F. (2000). 99 of the Best Experiential Corporate Games We Know . USA : eXperientia.

Bower, Nancy. (1998). Adventure Play . Needham Heights : Simon & Schuster Publishing.

## Leadership Website Resources

*For more information on how to get involved in the youth leadership movement*

### [www.yli.org](http://www.yli.org)

Youth Leadership Institute builds communities where young people and their adult allies come together to create positive social change.

### [www.generationon.org](http://www.generationon.org) **Generation On Make Your Mark on the World!**

GenerationOn is the global youth service movement igniting the power of all kids and teens to make their mark on the world.

### **4-H Websites**

#### [www.4-h.org](http://www.4-h.org)

National 4-H Website

#### [www.extension.purdue.edu/4h](http://www.extension.purdue.edu/4h)

Purdue 4-H Website

#### [www.extension.purdue.edu/hamilton](http://www.extension.purdue.edu/hamilton)

Hamilton County 4-H website





# Junior Leader Record Sheet



**Turn in completed project manual by  
June 28, 2023  
into the Extension Office or at the  
July Junior Leader Meeting.**

**“A LOT OF GROUPS GO OUT THERE  
AND TALK ABOUT IT—WE GO OUT  
THERE AND **ACTUALLY DO IT.**”** 

**JOIN** | THE REVOLUTION   
OF RESPONSIBILITY

## 2023 Hamilton County Junior Leader Project Manual Activities Resource Page

**Defining Yourself as a Leader** - *Teen Leadership 20, Ohio State University Extension*

**Human Knot** - *Teamwork & Teampay by Jim Cain & Barry Jolliff*

**Mindfulness: Breathe Deeply** - *Teen Leadership 20, Ohio State University Extension*

**Magic Carpet** - *Teamwork & Teampay by Jim Cain & Barry Jolliff*

**Self-Evaluation Questionnaire** - *Leadership Building Skills For Life 4-H 867*

**What We Have In Common** - *Youth As Philanthropists, Community Partnerships with Youth, Inc.*

**Gridlock** - *Teamwork & Teampay by Jim Cain & Barry Jolliff*

**What Motivates Me** - *4-H Junior Leader Advisor Resource Guide 4-H –916*

