



January Help Tips for Leaders ...

Safety Report ... (SAMPLE)

(Search for Kids Safety Tips Associated with Season or Holiday that is during the club month)

SLEDDING ... Children should ...

Always wear either a ski or hockey helmet – not a bicycle helmet – while sledding.

Never use a sled with sharp or jagged edges.

Make sure the handholds on the sled are secure.

Always sit up or kneel on a sled. Lying down increases the risk of head, spine and abdominal injuries.

Never sled on or near roadways.

Look for shallow slopes that are free of trees, fences or any other obstacles.

Avoid sledding on crowded slopes.

Conservation Report ... (SAMPLE)

(Search for Kids Conservation Tips Associated with Season or Holiday that is during the club month)

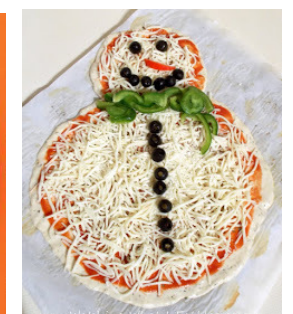
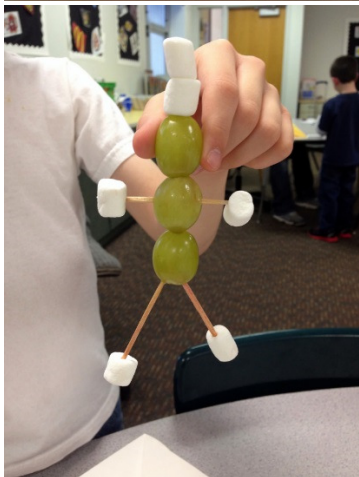
- Set your home's thermostat a few degrees lower. For each one-degree change, your family can save up to 5 percent on your home's heating and cooling costs!
- Turn off lights and all electronics (like computers, televisions, stereos, and video-games) when you leave a room.
- Open your blinds or curtains on sunny winter days to let the sun shine into your home.
- Save hot water by taking short showers instead of baths.
- Turn off the water while you brush your teeth.
- Occasionally hold a ribbon up to the edges of your home's windows. If air is leaking into, or out of, the house, the ribbon will move. If you find a leak, let someone in your family know so they can fix it.

Use your WV 4-H Club Health Activity Guide: SAFETY each month for ...

- Answer Roll Call Ideas
- Healthy Snack Ideas
- Health Activities ... some can be used as recreation time, too!

HEALTHY SNACK IDEAS:

<http://kidschoiceprogram.wordpress.com/recipes/healthy-winter-snacks/>



<http://www.sheknows.com/food-and-recipes/articles/1023031/olaf-the-snowman-snacks>

RECREATION IDEA:

“HUMAN KNOT”

This activity will enhance group work.

SUPPLIES: Eight to 10 4-H'ers

LET'S GET STARTED!

Form a circle and stand shoulder to shoulder. On the signal of the leader, put all right hands in the air and on the next signal, reach across the circle and join hands with another person. Make sure this isn't the person next to you. Repeat the same with your left hand with a different person than with whom you joined right hands. Now see if the whole group can untangle itself without unlinking hands. Leadership should develop within the group to try to figure out the best strategy to untangle each other. (Human Knot Icebreaker, 2008)

Ask: What did you learn about teamwork from this activity? About leadership? How would you apply this to our work together in 4-H? In school?

SONG LEADER IDEA:

ALIVE ALERT AWAKE ENTHUSIASTIC

Alive alert awake enthusiastic

Alive alert awake enthusiastic

Alive alert awake

Awake alert live

Alive alert awake enthusiastic

(Have each group stand - repeat getting faster each time)

