



March Help Tips for Leaders ...

Health Report: Refer to your West Virginia 4-H Club Health Activity Guide: SAFETY

ATV AND ME MONTH

Don't forget the "March Take-home Sheet" in the back of the book --- I will email this to you, too

Safety Report:

Time to Change the Clocks

Daylight Saving Time begins every year on the second Sunday in March. Clocks are set forward by one hour except in Hawaii and most of Arizona.

When you change your clocks, check the batteries in your smoke alarms and carbon monoxide detectors. Batteries in smoke detectors should be replaced yearly.

Conservation Report: Spring Energy Saving Tips

Turn down your hot water heater. This actually saves you all year, but let's face it ... you could definitely afford to save a few bucks by turning down the water heat this Spring.

Dress appropriately. Just like you add layers in the winter, wear cool, breathable clothes to prevent yourself from overheating in the spring and summer. Doing so reduces your dependence on your A/C to keep you cool.

Do some spring cleaning. Get rid of excess clothing, old furniture, books you've already read, and unused appliances to save some space in your house and keep you cooler.

Healthy Snack Ideas for March:

From Health Book: (because it's ATV and Me Month)

Trail mix and water

(For a healthy trail mix, combine pretzels, nuts, low-sugar cereals, and seeds)

March Madness: <http://www.sheknows.com/food-and-recipes/articles/985699/basketball-themed-snack-trays>



St. Patrick's Day Ideas ...



Recreation Ideas:

“PEEK-A-WHO”

OBJECT: Learn names. This works well even when participants “think” they know everyone’s name

SUPPLIES: A bed sheet or blanket you can’t see through

LET’S GET STARTED: Split the group into two equal teams. Each team sits behind one side of the sheet so that it is out of the view of the other side. One person from each side will sit facing the sheet (have everyone else put their backs to the blanket and form a line that will scoot up with each round). When the sheet is lowered, the team member who says the name of the person on the opposite side first gets that player on its team. The game ends when everyone is on the same side of the sheet.

You can see a video demonstration of this game:

<http://www.ultimatecampresource.com/site/camp-activity/peek-a-who.html>

“GOTCHA”

OBJECT: Play a fun game while “secretly” practicing MATH!

SUPPLIES: 1 Hula Hoop or Raccoon Circle/Large Pair of Dice

LET’S GET STARTED:

Set 1 hula hoop up and put a pair of dice inside the hula hoop.

Team members form a line on either side of the hula hoop.

Have 1st team members “roll” their die on the count of 3 ... first one to add and shout out the correct answer “wins” the other person to their side. The team that “GOTCHAs” all the other team ... “WINS” – so actually EVERYONE WINS, because they are now ALL on the SAME TEAM!!!

VARIATIONS:

Multiply instead

If you have an age group that’s working on their “5’s” – leave one die as a constant 5 and have a “roller” roll the other “factor” – first to shout out the “product” GOTCHAs the other to their side!!!