

Safety Report ... (SAMPLE)

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

Many people will travel to visit loved ones for the Thanksgiving holiday and the American Red Cross has travel tips holiday travelers can follow to arrive safely at their destination.

Since most holiday travelers get to where they are going by car.

- Make sure the vehicle is in good working order.
- Start out with a full tank of gas, check the tire air pressure and make sure the windshield fluid is full.
- Be well rested and alert.
- Use caution in work zones.
- Give one's full attention to the road. Avoid distractions such as cell phones.
- Observe speed limits – driving too fast or too slow can increase the chance of being in a collision.
- Make frequent stops. During long trips, rotate drivers. If the driver is tired, stop and get some rest.
- Be respectful of other motorists and follow the rules of the road.
- Don't follow another vehicle too closely.
- Clean the vehicle's headlights, taillights, signal lights and windows.

Conservation Report ... (SAMPLE)

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

How to prevent food waste on Thanksgiving Day ... Use smaller plates!

Because of the size of some dinner plates, people often take more than they can—or should—eat. By using smaller dinner plates, guests will finish all of their food, and can easily go back for seconds. It's a good way to cut down on food waste, and an especially good idea for kids, who may take two bites of stuffing before abandoning the dinner table to go play with their cousins.

Health Report ... (SAMPLE)

(Use your WV 4-H Club Health Activity Guide ... It starts in January ... it will provide you with what to answer roll by, suggestions for a healthy snack and an activity. NOTE: activities may take up more time than you want, so modify as necessary.)

Until then ...

1 Tip for a Thinner Thanksgiving ... Eat Breakfast

While you might think it makes sense to save up calories for the big meal, experts say eating a small meal in the morning can give you more control over your appetite. Start your day with a small but satisfying breakfast -- such as an egg with a slice of whole-wheat toast, or a bowl of whole-grain cereal with low-fat milk -- so you won't be starving when you arrive at the gathering.

"Eating a nutritious meal with protein and fiber before you arrive takes the edge off your appetite and allows you to be more discriminating in your food and beverage choices." – HAPPY THANKSGIVING!

AND/OR ... Until then ...

Tell your family it would be fun to have some healthy competition on Thanksgiving Day (get up and move). See if the local craft store or even the grocery store has burlap bags. Plan on doing some sack races where both legs are in the sack and you have to jump the fastest to the finish line. Or make it a race of pure balancing talent. Have a one legged hopping contest. Which team is the fastest? Come up with your own ideas for indoor or outdoor activities. The important thing is to be active and have fun! OR BEST OF ALL ... COME THANKSGIVING MORNING TO THE TURKEY TROT and Run or Walk the 5K!!!

Make Your Own 30-60 sec. Commercial ...

Time Allocation: 3 minutes to prep / 1 minute for each group to perform

Materials: give each group 6 random items in a bag

Instructions:

Divide your club into "Marketing Teams" of 3-6.

Have them check out their 6 items

Make up a commercial to sell a product or advertise an event, etc.

Some information you might include in your commercial:

- Name of product or event
- What it's for, or what it does, who it helps
- Why the viewing audience "needs" one or "needs" to participate
- Cost

WHY ... Why are activities like this important ... what do we gain?

- Brings out creativity
- Let's those that are shy be a part of a larger group to get up in front of everyone
- Helps you to think quickly to put ideas together
- Work as a team

- _____
- _____
- _____
- _____
- _____

Teambuilding exercise ...

Paper-Tearing Exercise

Time Allocation: 5-10 minutes

Materials: Blank 8 ½-by-11-inch sheets of paper for each participant

Instructions:

1. Tell the participants the following: “We are going to play a game that will show us some important things about communication. Pick up your sheet of paper and hold it in front of you. Now, close your eyes and follow the directions I will give you—and **NO peeking! Participants CAN NOT ask questions!**”

2. *Give the following directions, carrying them out yourself with your own sheet of paper and pausing after each instruction to give the group time to comply*

- The first thing I want you to do is to fold your sheet of paper in half.
- Now, tear off the upper right-hand corner.
- Fold it in half again and tear off the upper left hand corner of the sheet.
- Fold it in half again. Now tear off the lower right-hand corner of the sheet.”

3. *After the tearing is complete, say something like “**Now open your eyes, and let’s see what you have. If I did a good job of communicating and you did a good job of listening, all of our sheets should look the same!**” Hold your sheet up for them to see. It is highly unlikely any sheet will match yours exactly.*

4. Observe the differences. There will probably be much laughter.

5. Ask the group why no one’s paper matched yours.

(You will probably get responses like “You didn’t let us ask questions!” or “Your directions could be interpreted in different ways.”)

Ask for & talk about other feedback/conversation/points of observation:

1. **There are many ways to accomplish a task.**
2. **Be open to everyone’s ideas – you may be surprised at the results.**
3. **Be proud of YOUR accomplishments – they won’t be the same as your friend’s and that’s more than okay!**
4. **Everyone needs to listen – others have ideas, not just you, and they are worth listening to.**

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

**GREAT ACTIVITY FOR THE MEETING YOU ELECT OFFICERS OR HAVE OFFICER
INSTALLATION AND/OR FOR NEW MEMBERS TO FEEL IMPORTANT – THEY ARE AS MUCH A
PART OF THE DECISION MAKING AS THE 10 YEAR+ MEMBER**

Healthy Snack . . . Use your Health Activity Guide (starts in January) or ...

<http://onemorehand.blogspot.com/2011/11/thanksgiving-snacks-that-your-child.html>

<http://balancedvending.com/blog/2013/11/healthy-and-tasty-thanksgiving-snack-ideas/>



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