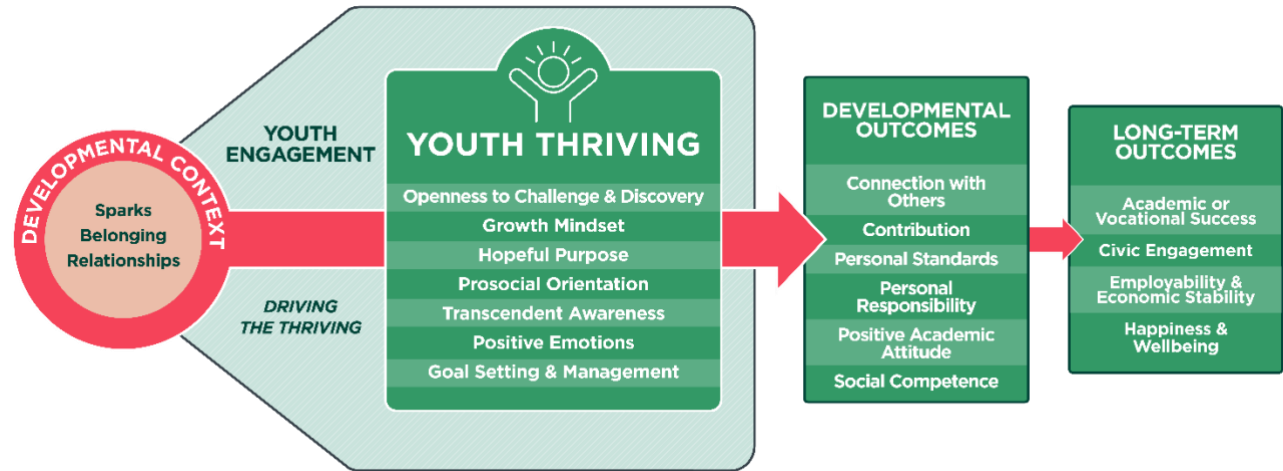




**Kentucky 4-H: Thriving in Healthy Living**

Positive youth development in 4-H doesn't just happen, the 4-H Thriving Model is used to predict the way that 4-H has its positive impact on youth development. This worksheet focuses on the developmental context and youth thriving portions of the 4-H Thriving Model. This resource is intended for agents and volunteers to use when intentionally designing programs to promote high quality positive youth development experiences in Healthy Living.



Developmental Context Foundation of 4-H Programming			
Context	Suggested Actions to Implement	Examples	County Program Opportunities
<p><b>How will you foster sparks?</b>  <i>A spark is a passion for a self-identified interest or skill, or a capacity that metaphorically lights a fire in a young person's life, providing energy, joy, purpose, and direction.</i></p>	<ul style="list-style-type: none"> <li>Introduce youth to someone in the health field and foster mentorship opportunities in that field.</li> <li>Show interest in their mental/physical well-being.</li> <li>Introduce them to progressive experiences.</li> </ul>	<ul style="list-style-type: none"> <li>Do an activity to foster health at the beginning of a club meeting.</li> <li>Health Rocks! Curriculum.</li> <li>Healthy Living Leadership Board.</li> </ul>	





**Developmental Context**

*Foundation of 4-H Programming*

Context	Suggested Actions to Implement	Examples	County Program Opportunities
<p><b>How will you promote belonging?</b> <i>Feeling of inclusion regardless of gender, ethnicity, sexual orientation, or ability. Youth should have opportunities to share their culture and heritage with others and to forge a positive identity.</i></p>	<ul style="list-style-type: none"> <li>• Gauge community interest in health focused activities.</li> <li>• Ensure all appropriate club management guidelines are used to ensure inclusivity including individual ability.</li> <li>• Encourage youth to design health focused swag item.</li> <li>• Offer team demonstrations for a club activity.</li> <li>• Connect health in all 4-H activities.</li> </ul>	<ul style="list-style-type: none"> <li>• 4-H Health club.</li> <li>• Mindful Moments in club meetings.</li> <li>• Have youth design and give out vinyl stickers.</li> <li>• Participate in the county demonstration/speech competition.</li> </ul>	
<p><b>How will you support developmental relationships?</b> <i>DRs begin by creating a secure attachment between the 4-H member and the adult, reflected in mutual warmth, respect and trust.</i></p>	<ul style="list-style-type: none"> <li>• Include youth in decisions that affect their experience.</li> <li>• Have health/physical goals and celebrate successes.</li> <li>• Use feedback at the end of the year to improve healthy living.</li> <li>• Ensure youth have a way to share emotions/concerns privately.</li> </ul>	<ul style="list-style-type: none"> <li>• Suggestion box format for youth to share concerns, etc.</li> <li>• Evaluations at the end of the year.</li> </ul>	





**Developmental Context**  
*Foundation of 4-H Programming*

Context	Suggested Actions to Implement	Examples	County Program Opportunities
<p><b>How will you encourage engagement or youth voice within programming?</b> <i>Ability to contribute in a meaningful way on subjects of importance to them.</i></p>	<ul style="list-style-type: none"> <li>• Include an officer position or committee in all clubs to focus on healthy living.</li> <li>• Use a variety of methods to reinforce the healthy living curriculum for the youth.</li> <li>• Include a youth led healthy living challenge for club.</li> <li>• Ensure the activities are age appropriate for your group.</li> </ul>	<ul style="list-style-type: none"> <li>• Elect a Healthy Living Chair for the club as part of the officer team.</li> <li>• The Healthy Living Chair organizes a challenge for the club members to accomplish for the year.</li> </ul>	

**Youth Thriving**  
*Facilitating the Process of Growth Through the Seven Indicators*

Indicator	Suggested Actions to Implement	Examples	County Program Opportunities
<p><b>Growth Mindset</b> <i>A growth mindset supports effort in learning over innate ability.</i></p>	<ul style="list-style-type: none"> <li>• Use encouraging language when youth try new things.</li> <li>• Make sure youth know that any progress is good progress when working on goals.</li> </ul>	<ul style="list-style-type: none"> <li>• For example, say “I believe in you. I think you’ll learn a lot from this experience.”</li> <li>• “I know you have it in you! Keep trying!”</li> <li>• Provide experiences for youth to gain knowledge and test their skills in an environment where their skills can progress from one level to the next.</li> </ul>	





Youth Thriving			
Facilitating the Process of Growth Through the Seven Indicators			
Indicator	Suggested Actions to Implement	Examples	County Program Opportunities
<p><b>Openness to Challenge &amp; Discovery</b> <i>Thriving youth have the desire and ability to try new things and challenges.</i></p>	<ul style="list-style-type: none"> <li>Encourage youth to be supportive of each other.</li> <li>Have accountability partners for the length of the program.</li> <li>Ensure that their goals are realistic and reachable.</li> </ul>	<ul style="list-style-type: none"> <li>Accountability partners work on projects together on a consistent basis.</li> </ul>	
<p><b>Hopeful Purpose</b> <i>Thriving youth have a sense of hope and purpose and see themselves on the way to a happy and successful future.</i></p>	<ul style="list-style-type: none"> <li>Connect youth to other ways to foster their spark of healthy living.</li> <li>Help youth to identify specific activities related to leadership and how those activities can benefit their spark.</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Living Leadership Board.</li> <li>Encourage youth to attend a National 4-H event where they can connect with other like minded youth focused on healthy living.</li> </ul>	
<p><b>Prosocial Orientation</b> <i>Thriving youth see helping others as a personal responsibility, and live up to the values of respect, responsibility, honesty, kindness, and generosity. Thriving youth care about and give back to their communities.</i></p>	<ul style="list-style-type: none"> <li>Identify healthy living service learning in healthy living activities they do.</li> <li>Ensure that the group establish their rules &amp; expectations for the year.</li> <li>Challenge the club to identify a healthy living community issue and create a plan of action to address it.</li> </ul>	<ul style="list-style-type: none"> <li>Make a set of physical activity dice for each 4-H club in the county.</li> <li>Make stress balls for each club member.</li> </ul>	





**Youth Thriving**

*Facilitating the Process of Growth Through the Seven Indicators*

Indicator	Suggested Actions to Implement	Examples	County Program Opportunities
<p><b>Transcendent Awareness</b> <i>Thriving youth are aware of a reality bigger than themselves from which meaning and purpose are derived. This transcendent awareness shapes everyday thoughts and actions.</i></p>	<ul style="list-style-type: none"> <li>• Start each activity with the 4-H pledge.</li> <li>• Provide opportunities for the members to function in a team.</li> <li>• Set a healthy living goal (personal and club).</li> </ul>	<ul style="list-style-type: none"> <li>• Ask youth to teach an exercise class at camp to see how they can contribute.</li> <li>• Encourage group work in presenting healthy living educational opportunities.</li> </ul>	
<p><b>Positive Emotions</b> <i>Thriving youth are positive and optimistic and can manage emotions in a way that leads to health and well-being.</i></p>	<ul style="list-style-type: none"> <li>• Encourage “I Statements” to express their feelings about their goals.</li> <li>• Hold each other accountable based on their Group Rules established early in the year.</li> </ul>	<ul style="list-style-type: none"> <li>• Do Mindful Me activities throughout the year as a club.</li> </ul>	
<p><b>Goal Setting &amp; Management</b> <i>Thriving youth set goals and persevere in achieving their goals. They also make self-regulatory decisions that lead to better short-term and long-term success.</i></p>	<ul style="list-style-type: none"> <li>• Encourage youth to set goals for their own physical health and for their 4-H career.</li> <li>• Focus on all aspects of 4-H leadership they can participate in.</li> </ul>	<ul style="list-style-type: none"> <li>• Achievement records emphasis for club members.</li> <li>• Leadership such as camp counselors, club officers, joining 4-H council.</li> </ul>	





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