

News Column for Use the Week of December 16, 2024
Marissa Hurst, 4-H Youth Development
K-State Research & Extension
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Winter Break is a Great Time for 4-H

While Winter Break is a time when youth can relax and take some time off, it is also a great time to volunteer for your community, get a head start on 4-H Projects and events, and seek out project learning opportunities.

One of the Hs in 4-H stands for Hands and represents using our hands for larger service to make our communities even better. Winter break is a great time for 4-H members to volunteer in their communities or do generous things for others. Maybe this means you make extra Holiday treats and take them to neighbors or friends, or you create Holiday cards and deliver them to Nursing Homes. This is also an opportunity to shovel sidewalks for neighbors, volunteer at soup kitchens, and donate canned goods or hygienic items to a food bank. There are endless possibilities to give back and spread a little Holiday cheer!

This is also a great time for youth to get a head start on their project work for the upcoming 4-H year. 4-H members can set the goals they want to achieve in their projects during the 4-H year and fill them out in their Project Records. This is a great time to practice those public presentations that youth will perform at District Club Days in February! Take the time to present to people who you might not usually get the chance to such as aunts, uncles, grandparents, and cousins to practice speaking in front of an audience and receiving feedback on things to work on! Youth can also seek out project learning opportunities over Winter Break. Maybe you know that your grandma is great at sewing, and you are in the Sewing and Textile Design project. Ask for a few lessons on things that would help you improve your skills related to your project and put them into practice! Take the time to tour a business that is related to your project area. Project learning experiences are everywhere, and your community members are willing to educate!

The River Valley Extension District (Clay, Cloud, Republic, and Washington Counties) has 22 different clubs that would love to have you join as a youth member or as a volunteer! Call any of our Extension Offices for more information today, Belleville at 785-527-5084, Clay Center at 785-632-5335, Concordia at 785-243-8185, and Washington at 785-325-2121.

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