

# Valentines for Community Service

## **You will need \*:**

Crayons, markers or colored pencils, small food-storage containers, 4-H stickers and/or heart-shaped or other Valentine stickers, candy (regular and sugar-free)

\*Be sure to plan this activity in advance. It is best to call the nursing home and ask when would be the best time to visit and deliver the Valentine gifts, so as not to interrupt meals or other activities. It will give you an opportunity to find out how many of the residents are diabetic and would need sugar-free candy. It will also allow the residents to enjoy both looking forward to the Cloverbuds' visit and the visit itself.

## **Instructions:**

Call a local nursing home and ask when/if Cloverbuds can visit the nursing home, and ask each Cloverbud to make personalized Valentines to give to residents. Have Cloverbuds color and decorate the picture and write a personalized Valentine greeting. Then, have the Cloverbuds decorate the outside of the food-storage containers with the stickers. Place candy (regular or sugar-free) in the containers. Take the Cloverbuds to the nursing home to give their Valentine gifts to the residents. Children should be encouraged to talk with the residents. This will create fond memories for Cloverbuds, volunteers and the seniors. Emphasize how the Cloverbuds' efforts helped these people have a better Valentine's Day and that their work is greatly appreciated. Seniors will enjoy their Valentines, candy and storage container long after the visit ends.

## **Teaching Activities:**

Cloverbuds will practice their coloring skills and learn about community service by giving the pictures and candy boxes to those in a nursing home. Taking Cloverbuds to visit nursing home residents encourages children to build relationships with senior citizens. Volunteers can use the visit to explain the aging process and that older people need others to love and appreciate them. Visiting these residents will make an impression on the Cloverbuds. They will be making a difference in others' lives.

Jeff King, Assistant Director of 4-H Youth Development at OSU Extension, recently cited research conducted by Richard Learner which showed that 4-H members score higher in contribution than youth participating in other extra-curricular activities. Contribution, as used in Learner's research, means giving back to one's community. It shows that your effort to conduct community service projects is not only making a positive difference in the lives of community members but it is also contributing to the positive development of your 4-H members.

## **Sources:**

King, Jeff. (2006, December). 4-H Youth Development Weekly Update [1 paragraph]. Ohio State University Extension [e-mail newsletter], December 4, 2006.

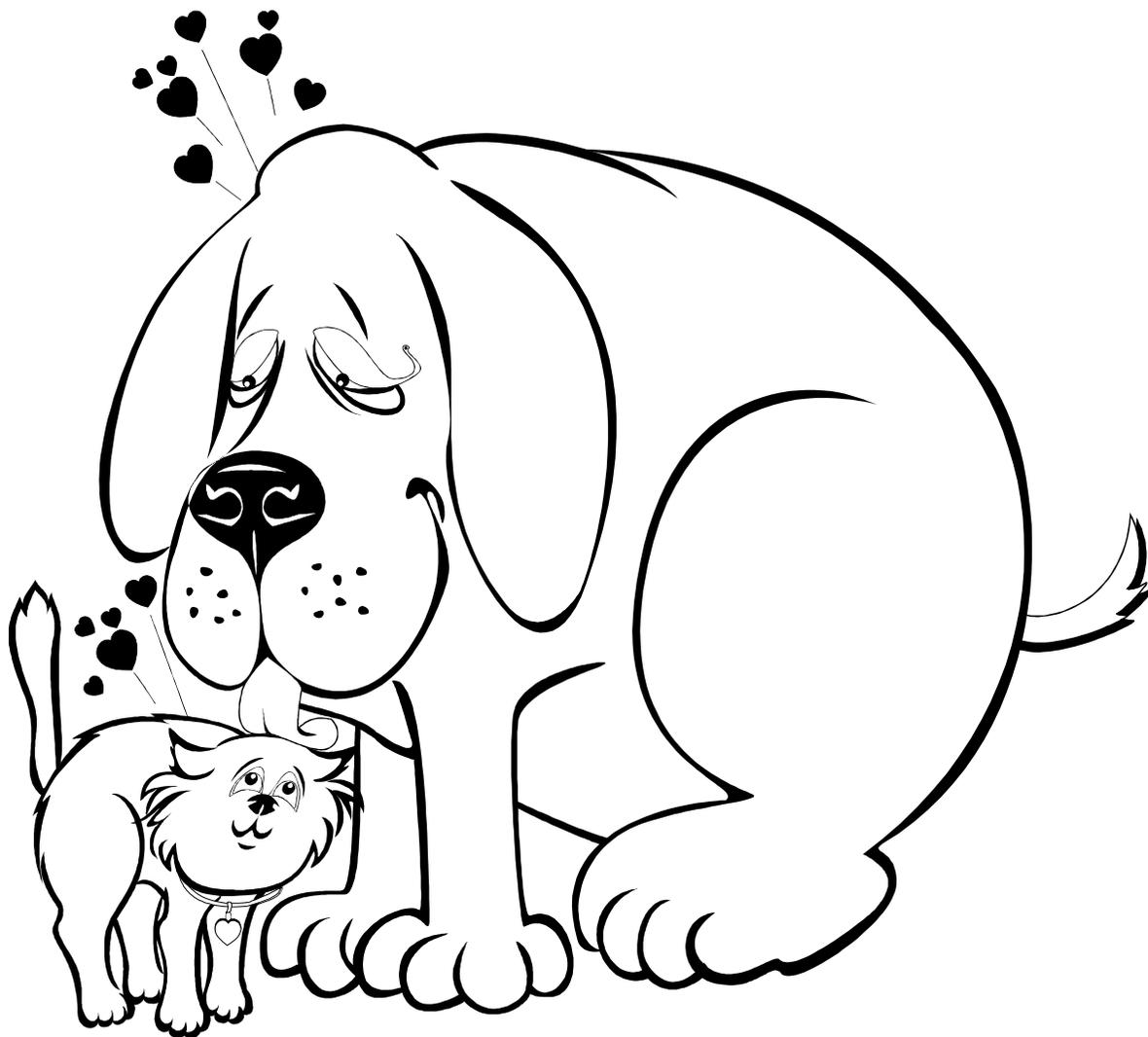
Price, Christina., Ph.D., OSU Extension State Specialist, Gerontology. "Tips When Visiting a Nursing Home." <http://ohioline.osu.edu/ss-fact/0188.html> Available: 11 Dec. 2006.

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**4-H Cloverbuds**  
OHIO STATE UNIVERSITY EXTENSION

"The only way to have a friend  
is to be one." ~Ralph Waldo Emerson



Happy Valentine's Day!

From: \_\_\_\_\_



4-H Cloverbuds

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