

Ohio 4-H Cloverbud Connections

For 4-H Cloverbud Volunteers Working with Grades K—2

October - December 2016 Issue

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Giving Gratitude and the Importance of Showing Gratitude

By Michelle Fehr, 4-H Youth Development, Muskingum County (OSU Extension).



According to Merriam-Webster.com, gratitude is “a feeling of appreciation or thanks; the state of being grateful; thankfulness.” Understanding how to give and why they need to show gratitude can sometimes be a difficult task for young children. Young children are often used to having someone, typically an adult, do many things for them and even often come to expect it. Learning to show gratitude or appreciation is something that should be taught to children at a young age and should start at home

with parents/guardians. For example, teaching a child to be grateful for the cards or gifts they receive on their birthday. Gratitude could be shown with a verbal “Thank you” or heartfelt hug to those in attendance or by sending a thank you note or picture drawn by the child to givers who are not in attendance.

Showing gratitude should happen on a daily basis, but there are also holidays set aside to remind us to show appreciation to others for what they have done for us. This is the perfect opportunity for Cloverbud Volunteers to design a lesson around gratitude. Some of those holidays include: Mother's Day, Father's Day, Memorial Day, Veteran's Day, and Valentine's Day. Around Father's Day, for example, volunteers could have the members list all of the things their dads do for them. Then, encourage members to think of ways to show their dad how much they appreciate it. Invite them to talk about what they have done in the past for Father's day. Help youth to make a craft showing three things that they appreciate most about what their dad does for them. Encourage them to give it to their dad on Father's Day.



Cloverbuds are at the right age to teach habits that will last a lifetime. Volunteers can encourage & acknowledge behaviors showing gratitude to help make them habits.



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Sights, Sounds and Smells of Autumn

Looking for easy to teach resources for your next meeting? Check out the most recent Click it, Print it, Do it activity for your Cloverbuds!

Helping Cloverbuds Say Thank You!

By Jamie McConnell, 4-H Youth Development Program Assistant,
Muskingum County (OSU Extension).

It's never too early to teach our 4-H members to say thank you when someone does something nice for them. So, let's start with our Cloverbuds! They will receive support from 4-H volunteers, extension staff, project helpers, local businesses, educational speakers, camp counselors, and many others throughout their 4-H careers. You can teach them at an early age how to express their thanks to a wide variety of people who assist them in all areas of their lives.



The art of the handwritten thank you card has gone by the wayside – but people still appreciate receiving them! With the understanding that Cloverbuds may struggle with penmanship or sentence writing, leaders can provide prompts to help them along. You can design a template where they fill in the blanks (*see example below*). You could make notes in a certain shape, use colored paper, add photos/clip art, or leave space for the Cloverbuds to draw a picture for the recipient! Make saying thank you a fun activity, so they will be more likely to continue as they grow older.

If you aren't sure who to have them thank, consider local heroes who are protecting our communities: police, fire, military, etc. This could be part of a series of activities on community safety and public service careers.

After they complete their notes, help them think of other ways they could say thank you to someone special – including a personal visit, meal, goody bag, personalized gift and more!

Dear _____,

Thank you for _____.

I appreciate it!

Your Friend,
Jamie



Campus Connections

By Scott Scheer, Ph.D., State Extension Specialist,
4-H Youth Development (The Ohio State University).

Hello again! Great to make this 4-H Cloverbud Connection with you!

Learning how to be gracious and giving gratitude are life-long skills, and, the earlier children can process what this means the better it will be for them. Gratitude simply means being thankful or grateful. There are research studies that have found that people who are grateful are not only appreciated by others, but are happy, less stressed, and satisfied with their social relationships.

We can help our 4-H Cloverbud members learn this important skill a number of ways. First we can model “gratitude” by using words such as “thank you,” or “I appreciate everyone’s attention/participation.” Secondly, encourage Cloverbud children to use the same language or expressions when they feel thankful or in particular situations when they have been helped. Thirdly, ask them what they feel like when they receive or give messages of gratitude to others.



Thanks for your commitment to the 4-H Cloverbud program as we enhance the healthy development of children throughout the state!



Cloverbud Connections is published four times annually by OSU Extension in Monroe and Hocking Counties, providing volunteers and teachers working with kindergarten through second grade access to unbiased, research-based information.

Editors: Bruce P. Zimmer, Extension Educator, 4-H Youth Development, Washington County, 202 Davis Avenue, Marietta, OH 45750, Phone - (740) 376-7431, E-mail – zimmer.2@osu.edu; Joyce A. Shriner, Extension Educator, 4-H Youth Development, Hocking County, 150 North Homer Avenue, Logan, Ohio, 43138-1730, Phone – (740)385-3222, E-mail – shriner.3@osu.edu.

Design & Production: Jennie Shaw, Extension Support Staff, OSU Extension, Monroe County.

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