Abby Ingledue

4H Day Camp

In the spring of 2017, class members of the FCS 380 class, Connecting Education to Employment, hosted and planned a 4H Day Camp for the kids in the local area. The camp took place at the Veterans Affairs building in Rexburg, Idaho. There were 18 total participants that were split up into 5 different groups. Having children in these groups helped support our rotation based schedule throughout the day of the event.

In preparation of the event, we chose our camp theme “4H Survival” and chose to focus on the 4 H’s within 4H, which represent head, heart, health, and hands. Over each of these categories we had two class members to focus on one H. Head covered mental health with Alex and Kim in charge they decided to help the kids create bottle rockets as an intellectual activity. Heart was covered by Dara and Elizabeth who chose to help the kids create hero books where they could include some of their heroes and those they look up to and why. During this specific activity, the kids had the opportunity to learn how to sew book binding on as well. Hands covered service with Jessica and Lindsey in charge they decided to help the kids create thank you cards to the veterans or to someone they looked up to, while also creating cute campfire cupcakes. Matasia and Katrina covered health, which focused on nutrition. For their activity they chose to talk about wheat. The kids had the opportunity to see wheat ground up in front of them and they were able to make pancakes together.

Before these plans were made though, a lot of time was spend going over curriculum and various ideas, before finally creating a lesson plan. After the lesson plan had been created all of the students made prototypes to show the class and our 4H coordinator that we worked with leading up to the camp. These prototypes were presented to the Madison County 4-H Extension Education, Kandee Boice, who was able to give us all good feedback and new ideas to create an even better camp than was already planned. She also assisted us with the resources needed to create the camp.

Along with all of the 4H workshops, we also included an opening game session so the children could get to know one another better, as well as, games throughout the day for the small groups to rotate in to. For the opening games we utilized the idea of a “get-to-know-you beach ball” where the children tossed the beach ball back and forth answering questions that were wrote on the beach ball. For the other game sessions taking place throughout the day an obstacle course taking on the 4H theme as well was included for the kids to have a break to get out some energy and have some fun.

When the day of the 4H Camp came, all class members came early to get set up and prepared for the busy day ahead. Within the building the heart and hands activities were set up, while the health activity took over the kitchen area, and the head activity with the bottle rockets and games took place outside in a grassy area near the building. The children were all given different colored bandanas that signified their group and rotated between activities about every 20 minutes. Altogether the camp lasted about 4 hours and at the very end we gathered all of the children together to close by having them each share their favorite activity from the camp and who they would give their thank you card to.

Overall, each of us were able to learn a lot about how to teach effectively to a wide age group, as the children were aged 4-13. This 4H Day Camp also helped me learn how to implement and utilize 4H curriculum and gain a deeper understanding of what the 4H curriculum standards are. I am excited to continue learning and gaining more experience with teaching as I look to my own future as a Family and Consumer Science Professional.