

## Oklahoma 4-H Youth Development Program

# Building Leaders for Tomorrow

Instilling and developing leadership capabilities in youth and adults.

**AGE LEVEL** - Advanced

**CONCEPT OR SKILL** – Teamwork and Concern for Others – Nurturing relationship (involving and preparing others for leadership roles - mentor) and sharing and delegating responsibilities

**LIFE SKILL(s)** – **Heart** – Cooperation, Accepting Differences, Social Skills; **Health** – Character; **Head** – Wise Use of Resources, Decision Making; **Hands** –Community Service Volunteering, Teamwork;

**BEHAVIORAL INDICATOR** – Want to improve decision-making skills, enjoy democratic group procedures and group discussions. Like their independence.

Each of us has a specific role to play. Sometimes it will be based on what needs to be done, and other times it will make good use our talents and experiences. In the human body some organs have vitally important yet messy jobs, while others have a less critical and more glamorous function. To know your function it is necessary to identify and know your strengths. Do you like to do things with your hands? Do you enjoy listening to people or would you rather be the one talking? Do you like challenges or a problem to solve? Do you like to work alongside others, providing helping hands, a warm heart and a light spirit? These and other questions indicator of your strengths and what you can contribute to a team. Look for a team that will challenge you to grow and you can help grow. Remember that some jobs are not glamorous, yet they are vital to the team.

A strong “team player” knows and accepts his/her weaknesses. Nobody is perfect. Our imperfections and mistakes are what have shaped us. Each scratch, bruise and scar on the body has a story to tell, as the rest of the system helps the damaged part heal and regain its strength. The parts function as a whole, not as individuals. A strong team is composed of individuals who can compensate for the weaknesses of others. There is no “I” in TEAM.

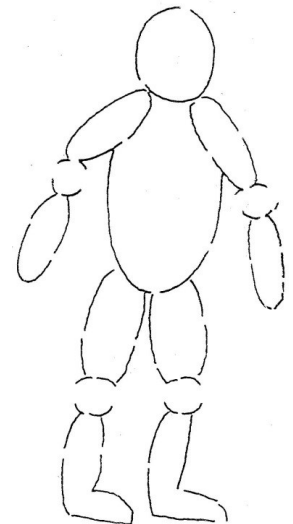
## ACTIVITY 25: “Body Parts”

### THINGS TO KNOW:

At some point in our lives we think about being on a beautiful secluded island, up on the quiet mountain top or at our favorite fishing hole where no one can bother or interrupt us. We can do just as we please when we please. Could there possibly be a flip side to this paradise? After a period of time, who would you talk to or share your ideas with? Who would be there if you got hurt and needed assistance? If you got lost who would be there to encourage you to focus on the positive, learn from the negative and continue forward?

Being on your own, calling all the shots, doing it all yourself gets old quickly and causes burnout, resentment and frustration when you can’t share the burden of responsibility. All of a sudden a paradise becomes burdensome. Being part of a family or team means we have people that care for and help us during those critical moments, share the load and provide encouragement.

What does it mean to be a “team player?” Let’s use the human body as an analogy to describe being a good team player. Think about the interdependence of the individual body parts. Each internal and external piece has a purpose in maintaining the whole. When an organ or appendage becomes diseased or damaged, it either shuts down or causes chaos for the entire system, or other parts begin to compensate and pick up the slack.



Can you recall occasions when a certain individual entered the room and tension rose, much like the immune system goes on alert when an “unhealthy or foreign substance” enters the human body? Have there been occasions when you felt left out when the team was together? On these occasions were you offering yourself to the team or imposing yourself on the team? Being part of a team means contributing through both word and deed, as well as serving and being served by team members. Develop your sense and skill of knowing when, where and how to share. Learn the difference between sharing a thought which will allow the group to move forward and imposing your will. Consistency, patience and acceptance are your best allies.

Allow team members an opportunity to learn and grow, just as the human body gains strength through exercise and nourishment. Some may seem slow and awkward in their progress, but remember they are learning with each step forward and even with each step backward. An effective team and leader will help and allow people to grow from their weaknesses. They will express encouragement, confidence and provide opportunity for overcoming obstacles. A safe and healthy environment strengthens one’s weakness by allow the individual to develop skills and expand their body and mind.

As a member of 4-H, your team is a small part of a much larger team. As the song says, "The neck bone's connected to the shoulder bone. The shoulder bone's connected to the arm bone." Each and every muscle, organ and/or bone in the physical body serves another. As members of a local team, we contribute to a much larger body in our society. We serve our communities, schools and families when we function as a team. Through team work we compensate, assist and grow from one another. If we maintain our focus on service to others, we grow as individuals. You must serve before you can lead.



**Materials Needed:** Flipchart/Newsprint, markers and masking tape.

**Do:** Fifteen to nineteen year olds will have had enough biology and science to use the analogies drawn from this activity. There is no need to be a “scientist” for members to begin to see the connection to “team work” and concern for others. Divide the group into smaller groups for brainstorming. Have each group draw the silhouette of a human body on the sheet of paper. Ask each group to answer and/or discuss the following: 1) List organs in the human body. Rank their importance with a star (3 stars – vital, 2 stars – important, 1 star necessary, but not vital). Circle the organs which are vital and have a “messy” or not so “glamorous” function. 2) Make a list of organs muscles and/or appendages that have a back-up plan or helper if there is damage or injury. How does the body start to compensates/adjust for a disability, weakness, injury or damage? 3) What does the body needs to stay healthy?

**Reflect:**

- 1) As a whole, what do you think about how a human body functions? Do the parts and pieces function independently or collectively? Do they rely on each other or can they function on their own when disconnected?
- 2) When and why does the system begin to dysfunction, breakdown or quit?
- 3) Does every piece or part have an equal function? Do some parts and pieces work harder, have less glamorous roles or just provide aesthetics? Which parts and pieces should receive the greatest attention and care?
- 4) In what ways does the body take care of itself when some portion is disabled, weak, injured or damaged? How does a body increase its physical and mental strength?
- 5) What things keep a body healthy and functioning, so a person can do the things they enjoy (read, exercise, dance, crafts, garden, play video games, watch a movie, etc.).

**Apply:**

- 1) Does an effective team/committee/club function best independently collectively? Do members rely on each other, or can they function on their own when disconnected?
- 2) When and why does team work begin to dysfunction, break down or quit?
- 3) Does every job or responsibility have an equal function? Are some responsibilities harder, less glamorous or just aesthetic? Which responsibilities should receive the greatest attention and care?
- 4) In what way can the team/committee/club remain healthy when a member is not contributing to the health of the whole?
- 5) How can team members help strengthen someone's ability to overcome a weakness?
- 6) How can a team increase its physical and mental strength?
- 7) What things can team members do to keep the group healthy and functioning for the common good of the whole?
- 8) Do you think "to serve" or "be served" is more important?

