



Oklahoma 4-H Youth Development Program

Building Leaders for Tomorrow

Instilling and developing leadership capabilities in youth and adults.

AGE LEVEL – ALL Levels

CONCEPT OR SKILL – (Beg.)

Cooperation – compromise. (Int.) Celebrate yourself – confidence, self-respect, identifying strengths and weaknesses and how to use to your advantage. (Adv.) Healthy Lifestyle Choices – serve as a role model in word, deed, thought and action.

LIFE SKILL(S) – (Beg.) **Heart** –

Concern for others, Nurturing Relationships; **Health** – Managing feelings

(Int.) **Health** - Self-esteem, Character; **Heart** – Accepting Differences

(Adv.) **Health** – Self-responsibility, Self-discipline; **Heart** – Concern for Others; **Hands** – Self-Motivation

BEHAVIORAL INDICATOR – (Beg.)

Don't accept failure well, sensitive to criticism. (Int.) Concerned about physical development, preoccupation with the body and belonging. (Adv.) Have the ability to recognize their position as a role model to younger youth. Developing a sense of purpose and future.

ACTIVITY 3: “Winners”

THINGS TO KNOW:

The processing period is an extremely important part of experiential learning. This period is a time to debrief as a group and consider the experience that has just been shared. Debriefing gives a team an opportunity to analyze their experience as a group; many groups find it rewarding to review the challenge that they were given and the problem solving that occurred. Allowing a group to process their experience gives individuals a chance to contribute feelings and opinions about their personal experience, ensuring that everyone has a voice and their opinions are valued. The processing period is often a time when a group realizes that they have become a team.

“Winners” is a great way to end a meeting on a positive note. Many groups have made winners part of their ending ritual and look forward to being able to recognize individuals for the good deeds they have done.

Materials Needed: None.

Do: Have the group connect in a circle. Begin the process yourself by “winning” someone you feel has done something extraordinary during the time you have spent together. An individual can be *winnered* for both major and minor accomplishments; this is a great time to recognize someone for small efforts that often go unnoticed in larger groups. Example: “I *winner* Erin for mopping the floor before our meeting, it really needed it and I can tell the difference it made.” Or “I *winner* Jack for taking the time to ask me if I was doing okay and let me know he’s here if I need help.” You can modify this activity by handing out beads to individuals who are *winnered*. This is especially useful with younger age groups who learn better through visual aids than abstract thought. Positive reinforcement for positive deeds, actions and behavior can change negative behavior to positive for some young people.

Reflect: *Winning* is a processing technique in itself. It’s a great way to end an experience or meeting on a positive note. Youth will process the “winner” experience on their own as the activity is performed. They will be thinking about how it feels to be recognized for something they did when maybe they thought it didn’t matter at all, and they will also think about how they feel after they have *winnered* someone else.

Apply: Encourage the practice of *winning* to spread from the meeting to everyday real life. Let youth know that they don’t have to wait until the end of meeting to let someone know how much they appreciate someone. 1) Can you think of a time when you received encouragement or a positive/negative word at a critical/important/special point in your life? How did it make you feel? 2) Did it make you want to try harder or to encourage someone else in return?

Source: Lester, Chuck. Camp Director, New London County 4-H Camp, Connecticut.

