

State Council

Workshop Catalogue

State Council Member Leading the Workshop	Workshop Title & Description
<p>President: Jenessa Dugger</p>	<p>Personal Growth: This workshop will help youth better understand their worth so that they can be themselves and show the world who they truly are. Confidence and a good self-image help youth become better leaders. There will be an arts and crafts activity to go along with this workshop to reinforce the self-image and confidence lessons taught.</p> <p>Goals in my Grasp: This workshop lets youth set goals for themselves so that they become better goal-setters and have something to work towards in order to become the best versions of themselves. There will be a hands-on activity to work through while discussing the basic steps needed to complete short-term goals.</p>
<p>Vice President: Shelby Kelsey</p>	<p>Drunk Driving Safe Driving: This workshop will teach youth the importance of being safe behind the wheel. A set of drunk goggles will be provided and can be worn while riding a scooter to emphasize the dangers of driving under the influence. There will also be a quiz bowl type game that informs youth about all the safety precautions about driving.</p>
<p>Secretary: Bridger Arrington</p>	<p>Fun and Easy Public Speaking: This workshop works best with 10-20 kids. In this workshop youth will work on presentation skills, writing a speech, extemporaneous speeches, and how to work through your fear of public speaking.</p>
<p>Reporter: Sam Patterson</p>	<p>STEM Sphero Ball: This workshop teaches basic block coding and can be fit around most age groups but preferably those above third grade. It takes around 2-4 hours for 15 students. If more than 15, youth will work in groups.</p>
<p>Recreation Leader: Andrew Triplitt</p>	<p>Public Speaking: In this workshop youth will learn about the fun and importance of public speaking. After talking about public speaking skills, youth will play a game that shows them how fun public speaking can be and will also reinforce the skills learned about public speaking.</p>
<p>West District Rep.: Shelbi Prince</p>	<p>Poultry: In this workshop about poultry, youth will learn the different species of poultry, facts about eggs, and what characteristics make a good show bird. Youth will also do an arts and crafts activity about poultry.</p>

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West District Rep.: Megan Mitchell	True Color Personality Test: In this workshop youth will learn their own true color as well as the true color of their peers. This activity will help them have a better understanding of their personality, work ethic and attitude as well as that of their peers. Hopefully this will allow members to work better as a group.
West District Rep.: Lily Nease	Painting for Service: This workshop would include teaching an acrylic painting class that is holiday related, the art made during the workshop could be given to the nursing homes in their community. This is a 1-hour workshop with all supplies included. American Flag Retirement Program: This workshop is a hands on lesson teaching your local teen leaders how to properly collect and retire the United States Flag that are no longer fit for duty and ways to present this program to recognize veterans. This is an hour-long workshop with supplies included.
NE District Rep.: Riley Hill	Leader Character Traits: In this workshop members will be going over good and bad character traits of a leader. This workshop will include a hands-on activity as well as group work to enforce ideas about good and bad leadership character traits. This workshop allows members to think of different ways to be a leader. It also shows them what happens when we don't work together while also letting them be creative and fun.
NE District Rep.: Kate Wardlaw	Rockets for Success: Life is about setting goals and working to achieve them. In this workshop you will construct a rubber-band powered rocket and learn some key methods to setting and achieving your goals.
NE District Rep.: Dylan Neely	Reading with Rabbits: For this workshop, rabbits would be provided depending on how many kids will be attending. The youth read while holding or petting the rabbits. This will build confidence in reading since the rabbits provide a safe space for youth to feel comfortable and relaxed while reading. If books are needed those can be provided as well. Rabbit showmanship and rabbit breed bingo are other workshops that can be provided.

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SE District Rep.: Olivia Gayler	Spaghetti Tower: In this workshop teams of 4-5 members will have 15 minutes to build the tallest tower using a strategy determined by the team. Their supplies are 20 sticks of spaghetti, one yard of string, one yard of tape, one marshmallow, and a pair of scissors. This workshop will focus on team building skills and communication.
SE District Rep.: Hailey Haxton	Vials of Life: This workshop falls under the heathly living and safety project areas. This workshop educates youth and adults on why having a vial of life ready is important. It also explains what the vial of life is to spread awareness of the project. It describes how to create and use the vial of life. This workshop will walk through what circumstances a vial of life can be used in.
SE District Rep.: Solar Starr	Teamwork and Respecful Collaboration: This workshop focuses on teamwork and collaboration. In this workshop members will participate in small icebreakers to get out of their comfort zone. Then presented with tips and tricks about teamwork and collaboration. There will be interactive games to follow to reinforce what is talked about in the presentation.



Scan the QR code to fill out the workshop request form.