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**APPRECIATION
AND THE
4-H EXPERIENCE**

December 7, 2021


Oklahoma 4-H Youth Development
Tuesday Tool Time

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Virtual Gratitude Wall

Virtual Gratitude Wall on a Padlet Wall

You can create a free account on Padlet or you can pay for a larger amount of usage if needed.



In Person Gratitude Wall Ideas

These can be done with pictures/collages, words, or even hand-drawn pictures.

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Recognition vs. Awards

Recognition

Recognition in 4-H is the acknowledgment and affirmation of the personal growth of an individual or group.



Rewards

Rewards are things we give persons or groups to symbolize their recognition. Examples are a trophy, a scholarship, stickers, a special dinner, etc. Awards can also be a pat on the back or a smile.

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4-H Recognition Model



1. **Participation** in educational experiences.
2. Making **progress toward self-set goals**.
3. Achieving **standards of excellence**.
4. Excelling in **peer competition**.
5. Demonstrating excellence in **cooperation**.

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ACHIEVERS

Achievers like tangible rewards that specifically mark accomplishments. One example of recognition is a plaque that notes a great number of hours served, funds raised, etc.

AFFILIATORS

Affiliators like recognition that highlights relationships they have established. They like to be rewarded in the presence of family and friends. They often love personal letters from leaders, supervisors, etc.

POWER

Power-motivated people like recognition that allows others to be influenced to the benefit of the cause or vision. They respond to articles about themselves in periodicals that tell the story of 4-H and invite others to become involved.



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ACHIEVEMENT

- *Certificates of accomplishment at stages (e.g., 5, 10, 15... hours, years, steps reached, projects completed, people served)
- *Concrete perhaps physical - projects with a recognizable and reachable end
- *A place to put or mark completed projects
- *Public recognition
- *Letters of appreciation to his or her family

AFFILIATION


- *Thank you's or small gifts
- *A social get-together
- *Name badges
- *Special T-shirts made for events
- *Sentences that use "we" or "us" rather than "you"

POWER









- *Public praise and recognition for his or her work
- *Leadership roles
- *Titles or rank insignia
- *Opportunities to talk to others about the cause
- *Photos of him or her with the officers (county/district/state)
- *A VIP " _____ of the Year" award
- *A request for his or her advice

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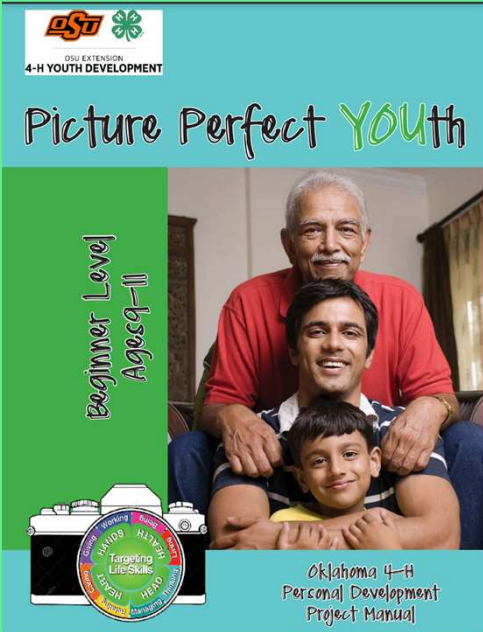
WHAT ARE THE BENEFITS OF GRATITUDE?



The Benefits of Gratitude

			
IMPROVES PHYSICAL HEALTH	IMPROVES SLEEP	IMPROVES PSYCHOLOGICAL HEALTH	INCREASES EMPATHY
			
REDUCES AGGRESSION	MORE SOCIAL CONNECTION	ENHANCES SELF-ESTEEM	IMPROVES MENTAL STRENGTH

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Personal Development Curriculum (Beginning - pg 41)

To Write or Not To Write
(Played As a Game During Club Meeting)

How To Write A Thank You Note
(4-Her's Were Able to Talk About What A Thank You Note Consists Of)

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Gratitude Games/Activities

"This Just In" - Reporting Your Blessings

"Gratitude Pictionary" - Pictures are Worth A Thousand....Blessings

"Gratitude Guess Who"



"Gratitude Gab"

"Gratitude Tree/Flower"

"Recognition 'Kits'"
(Michigan Handbook)



60 Ways to Show Someone You Care

Recognition is sometimes as simple as letting someone know you care about him or her. The following is a list of simple things you can do to let the people you work with – youth or adult – know they're important (adapted from Roehlkauptain, 1998)

1. Notice them.
2. Learn their names.
3. Look in their eyes when you talk to them.
4. Ask them about themselves.
5. Remember their birthdays.
6. Set boundaries that keep them safe.
7. Be honest.
8. Be yourself.
9. Notice when they're absent.
10. If possible, present options when they ask for advice, not just single solutions.
11. Send them a letter or postcard.
12. Answer their questions.
13. Tell them how terrific they are.
14. Create a tradition with them and keep it.
15. Learn what they have to teach.
16. Use your ears more than your mouth.
17. Make yourself available.
18. Show up at their concerts, games and events.
19. Apologize when you've done something wrong.
20. Allow them to make mistakes and help them learn from those mistakes.
21. Give them lots of compliments.
22. Catch them doing something right.
23. Say thank you.
24. Ask for their opinion.
25. Encourage win-win situations.
26. Let them solve most of their own problems.
27. Help them become experts in something.
28. Be excited when you see them.
29. Praise more; criticize less.
30. Be consistent.
31. Admit when you make a mistake.
32. Tell them how proud you are of them.
33. Let them know you appreciate their efforts.
34. Help them learn something new.
35. Be understanding when they have a difficult day.
36. Appreciate their personalities, with all their strengths and weaknesses.
37. Trust them.
38. Ask them to help you.
39. Give them your undivided attention.
40. Believe in them.
41. Give them immediate feedback.
42. Include them in conversations.
43. Respect the choices they make.
44. Delight in their uniqueness.
45. Inspire their creativity.
46. Accept them as they are.
47. Create a safe and open environment for them to learn.
48. Make decisions together.
49. Help them take a stand and stand with them.
50. Encourage them to help others.
51. Cheer their accomplishments.
52. Allow them to be themselves and celebrate the uniqueness of each person.
53. Tell them what you expect of them.
54. Welcome their suggestions.
55. Encourage them to think big.
56. Introduce them to new experiences.
57. Talk directly together.
58. Expect their best; don't expect perfection.
59. Empower them to help others.
60. Love them, no matter what.

60 WAYS TO SHOW SOMEONE YOU CARE

Showing Someone You Care Does Not Have To Cost a Dime!

Appreciation Can Be Free!

The Important Things Are Not Ribbons

There once was a boy, won ribbons, mostly blue
 Came home from the fair, with a big trophy too.
 With a voice glad and proud, he said to his dad,
 "'Tis the very best year that I've ever had."
 Said his very wise Dad, "Son, I'd like to hear,
 Why you think this was such a fine year."

"Why, Dad you know, all the prizes I've won;
 How I've come out on top, in most things I've done.
 Just look at the ribbons that hang on my wall
 And think of the money, I've made since last fall.
 From premium checks, and a big auction price
 You can't help but think cash and ribbons are nice."

But the man said, "My son, you're not thinking right,
 Blue ribbons, 'tis true are better than white;
 But ribbons will fade and trophies grow old,
 Money's soon spent, and fame soon grows cold.
 The important things, son, are not ribbons or pins,
 And sometimes it's really the loser who wins;
 Now here are the things, most important, it's true
 Your 4-H experience has accomplished for you."

"You've seen how a business meeting is run
 This knowledge will help you in years to come.
 You've conquered the fear of addressing a crowd,
 You've learned how to stand up and talk nice and loud."

"Patience you've learned, in your projects, too,
 As well as your skills, that will always help you.
 You've learned to cooperate with majority rule,
 To give in with grace and not be a fool,
 Who must always have his very own way.
 Be it in club work, in school or at play.
 You've learned how to lose, without making a "beef"
 You know the judge judges to her best belief.
 You've learned how to win, without boasting too loud,
 A kid can lose friends, if he's overly proud."

"These are the things, most important to you.
 You'll remember and use them all your life through.
 They'll help you become a mighty fine man,
 They'll do more for you, than any prize can."

—Anonymous

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WHAT HAVE WE LEARNED?

- ✓ Recognition vs. Rewards
- ✓ 4-H Recognition Model Motivators & Rewards
- ✓ Benefits of Gratitude
- ✓ That's "Write" - Thank You Notes
- ✓ Gratitude Activities & Recognition Ideas



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SOURCES

Michigan State University Extension
Recognition Handbook

OSU Extension & 4-H Youth Development Beginning Personal
Development Project Manual

PositivePsychology.Com

Padlet.Com

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“
Volunteers do not necessarily have the time; they just have the heart.
”

ELIZABETH ANDREW

Any Questions?

Thank you 4-H Volunteers!

Evaluation

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OSU EXTENSION
4-H YOUTH DEVELOPMENT

