

MEET UP

BUDDY UP

Quick Connections for Everyday Practices

This resource from National 4-H Council and the Harmony Academy helps youth thrive through conversations that connect. Meet Up Buddy Up features two sets of cards, one for early childhood and one for upper grades. Each deck contains cards focused on collaboration, conversation, and community building. Activities are aligned with the 4-H Thriving Model of Positive Youth Development, so you can choose what cards to use based on what outcomes you are looking to work on!

Using the cards in 4-H Programs

The connect cards are useful for increasing positive youth development in a variety of 4-H settings. The cards can be used as icebreakers to start 4-H club and other meetings. Camp counselors and staff can use the cards to build community and increase thriving at camp. The cards can even be used in volunteer and staff training to help them learn about the 4-H Thriving Model and positive youth development, and give them a tool they can use right away in their 4-H programs.

These cards were developed by Harmony SEL specifically for use in 4-H. The deck contains two types of cards:

- **Meet-Up Cards** – designed to help youth and adults meet and get to know each other.
- **Buddy Up Cards** – designed to help youth learn to work together, collaborate, and develop strong communication and interpersonal skills.

The resource outlines different ways to put the cards to use in your 4-H program.

Interested in using this resource? Download it on Shop 4-H at <https://shop4-h.org/products/4-h-harmony-guide>.

