



Lesson Objectives:

There are things in most all groups of people that individuals have in common, as well as things that make each person unique.

Time:

15 minutes

Equipment and supplies:

- Print page in lesson
- Pencil

Preparations:

- Review Lesson
- Gather equipment and supplies

4-H Club GO TO Resources



November 2021

Unique with a Sense of Belonging

To make individuals feel welcome in the 4-H program it is always good to do recreation and hands-on activities where participants have the opportunity to interact with one another. With this experience, participants will get a chance to develop a sense of belonging which important in the 4-H program.

We all may come from different backgrounds, communities, households and experiences, but chances are we may still have some things in common with each other. Discovering our commonalities can be a great way to bring a group together and make 4-H members feel they belong. While it is nice to know you have things in common with others, it is also great to celebrate what makes each of us different or unique.

Activity: Unique and Four of a Kind

- With this activity participants will be asked to gather in groups of four, and preferably not with individuals from the same household or age. If possible have your adults get involved in this activity as well.
- Give each person a copy of the handout (last page).
- Tell the individuals to write the names of each participant along the edges of their sheet.
- In the center of the sheet they must come up with four things that all four of individuals have in common. (It should not be anything like "we all have brown eyes" or "we all like pizza.") Have the group dig a bit deeper to see what all they have in common.

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Directions continued

- For each thing the four individuals have in common have them record it the center of their paper.
- For the next portion of this activity, the goal will be to find one trait that each individual has that makes them unique.
- Remind the individuals this has to be something that no other person in their group of four has, does or relates too. (For example...I am a twin; I am a graduate for The Ohio State University; I like to do fused and stained glass projects.)

Reflect on Your Experience:

Ask the group the following reflective questions after they have completed this activity.

- Was it easy to come up with four things you all had in common?
- Would this activity be harder if we added more people to the group?
- How did it make you feel when you found four things you had in common?
- Was it difficult to find something that made you unique?
- How does it feel to have something special or different than the others in your group?
- Do you suppose there are others in the room that have the same uniqueness as you?
- How can having something that makes you unique be a good thing for everyone involved in the 4-H club?
- Was it fun to learn about what you have in common and what makes you special or unique?

When we come together in a 4-H club setting it is important to remember that we all want to feel like we fit in and belong to the group. This activity can help individuals realize we all can connect with one another if we just take a some time to get to know each other. In the same aspect, it is also important to celebrate our differences and how those things make us special. A person with a different life experiences can allow the club to look at things with a new perspective and as result try new opportunities.

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Sources & Additional Lesson info:

4-H Club GO TO Resources is being offered to 4-H clubs in Boone, DeKalb and Ogle Counties as a way to enrich and enhance 4-H experiences and programming at the club level. It is the goal of the Extension staff to assist 4-H leaders and officers in providing simple hands-on activities on a monthly basis that can broaden the 4-H club experience and as a result heighten positive youth development.

Resources:

Essential Elements of 4-H Youth Development Programs—National 4-H Council

Prepared by: Johnna B. Jennings, 4-H Youth Development Educator

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Name _____ Unique Trait _____

Name _____

Unique with a Sense of Belonging



List four things you all have in common.



1. _____

2. _____

3. _____

4. _____

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Name _____ Unique Trait _____

_____ Unique Trait _____ Name _____

Unique Trait _____