

## 4-H Wellness Plan

It is great that your club has chosen to create a wellness plan! By adopting a 4-H club wellness plan you are deciding to include healthy living practices into your club, educate your community on health, and commit to living healthy! Your club will design its own wellness plan by selecting at least 3 items below from **two different** categories:

### Physical Health

- Adopt the Healthy Beverage Guidelines
- Use the Clover Safety Note: Meeting Space Safety Checklists to conduct a safety review of the building your club meets in.
- Plan 2 fun social outings for your club. Make them physically active too. Rent out the local roller skating rink for a 4-H night, have a 4-H miniature golf tournament or host a dance party.
- Invite a guest speaker to discuss injury prevention topics, (e.g., fire safety, driving safety or bicycle safety).
- Host a CPR/First Aid Training for your club.

### Social-Emotional Health

- Create a skit or video describing conflict resolution strategies, anger management strategies or stress management.
- Conduct an interview with a local health organization and give a presentation on how that organization improves your community's health.
- Create an e-newsletter for your club about social media safety. Include topics such as: cyber bullying, safe online talk, digital footprint and reputation.
- Create an anti-bullying poster and have all club members sign it.
- Make name tags for use at club meetings. Use safety pins and fabric so they can be reused month after month. Greeting people by name when they attend meetings increases their sense of belonging and emotional safety.

### General

- Elect a Healthy Living Officer.
- Write a Healthy Living Revolution of Responsibility proposal and lead a Healthy Living Community Service Project.
- Create your own idea for how your club can promote physical, social and emotional health.

### Resources:

Clover Safe Notes, [http://safety.ucanr.org/4-H\\_Resources/Clover\\_Safe\\_Notes\\_by\\_Project\\_Area/](http://safety.ucanr.org/4-H_Resources/Clover_Safe_Notes_by_Project_Area/)

Healthy Beverage Guidelines, <http://www.ca4h.org/files/78516.pdf>

4-H Choose Health Officer Guide, <http://www.ca4h.org/files/158918.pdf>

Revolution of Responsibility, <http://www.ca4h.org/Support/RofR/>