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Help 4-H Members Thrive Through Positive Emotionality

4-H is based on a positive youth development approach that recognizes all youth have interests, abilities and strengths that can be enhanced by participation in a high quality 4-H program. Research consistently shows that participation in quality 4-H programs increases thriving in youth. Thriving youth achieve important developmental outcomes such as academic motivation and achievement. Thriving youth are positive and optimistic and are able to manage emotions in ways that lead to health and well-being.

A major factor in thriving youth is the embrace of positive emotionality. Positive emotionality is learning to manage emotions effectively and something all youth need to accomplish in order to thrive. Youth can be a volatile time in an individual's life. Emotions that arise from events that are disappointing, frustrating, or unfair can be quite strong. Youth engaged in 4-H programming need to learn positive ways to express their emotions rather than hiding their feelings or expressing them in negative ways.

Research shows that helping young people develop reappraisal skills can give our youth the tools they need to manage strong emotions effectively. These reappraisal skills will help youth explore their powerful emotions rather than suppress them. Youth will learn to redirect their negative emotions into positive responses. Emotional management is part of emotional intelligence. Emotional intelligence is a key social skill needed throughout life. Daniel Goleman, author of **Emotional Intelligence**, explains:

“The emotional brain responds more quickly than the thinking brain. If you are not able to manage your distressing emotions, if you can't have empathy and

effective relationships, then no matter how smart you are, you are not going to get very far.”

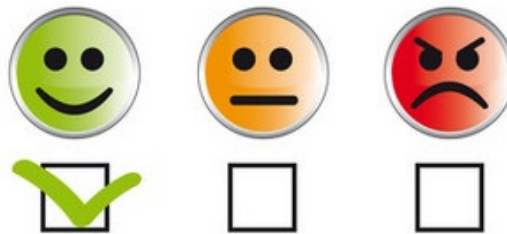
People who have a high level of emotional intelligence are able to relate positively with others through appropriate interactions. They gain the trust of others while making their peers feel valued. Children with well-developed emotional intelligence skills tend to have greater success in school and healthier relationships.

Youth who participate in 4-H have the opportunity to increase their emotional intelligence, as the 4-H youth development program is designed to build a child's emotional intelligence by developing life skills such as responsibility, listening, teamwork and modeling.

For parents, volunteer leaders and staff, below are some suggestions to help youth develop positive emotionality:

- Assure youth that their feelings matter. Support their feelings as valid.
- Teach youth that while all feelings are valid, everyone needs to learn to manage their emotions effectively.
- Encourage youth to express their feelings when they try to suppress them.
- Help youth to develop reappraisal skills by pointing out other sides to the situation and encourage perspective taking.
- Have clear expectations for expressing strong emotions appropriately in the 4-H setting.
- Notice youth who struggle with emotional management and guide them toward a more positive expression.

- Article derived from materials found at Oregon State University, College of Public Health and Human Sciences





Hand washing with soap is one of the best ways to prevent the spread of germs.

Nevada 4-H Response to COVID-19

Dealing with the constant change seems to be the new normal (or at least in the past two weeks). Tough decisions are being made on an hourly basis. For the [Nevada 4-H Youth Development Program](#), the decision was made to suspend all 4-H activities, including all 4-H club meetings, until further notice. The Extension administrative team continues to monitor the situation and will keep everyone updated as to the status of Nevada 4-H programming.



We understand this is a major disruption to the normal way traditional 4-H programs are delivered. However, we believe 4-H can still be an excellent way for Nevada youth to grow and learn during these unique and challenging times. The way we connect with each other may change but the mission of 4-H will not. We are strong and will continue to provide high quality positive youth development opportunities for the youth of Nevada.

The [4-H Club Guidance for COVID-19 Publication](#) was put together by University of California 4-H and adapted for Nevada 4-H. While it was designed to help clubs with social distancing within their club meetings, there are practices that should be adopted even after this pandemic is over to help stop the spread of germs.

Thank you to 4-H professionals, 4-H volunteer leaders and 4-H families for staying flexible, asking good questions, making recommendations, stating facts, being patient, and helping to keep our families and our communities safe and healthy.

You can also go to the webpage using the address: <https://extension.unr.edu/publication.aspx?PubID=3068>

Activities to Do at Home

Many agencies and companies are posting activities on their websites intended for those at home.

Need help while kids are at home with you? Check out the **National Weather Service** website for lessons, games, and videos to keep them engaged in science.



Learn to identify clouds, see satellite images of the earth, play games and more.

Go online to :<https://www.weather.gov/learning> to see twenty different weather-related activities. Click on the link or thumbnail to get things started.

On Wednesday, March 18, the **University of Georgia Extension 4-H Program** Started making delivering daily 4-H activities. These lessons on a host of topics, including agriculture, health and wellness, snack ideas and community service projects, are being emailed daily, Wednesdays will be dedicated to healthy living topics prepared by Burke County UGA Extension Family and Consumer Science Agent Terri Black.



The daily activities can be completed at home with common household items. The free lessons are geared for youth ages five to 18 and 4-H membership is not required.

The UGA Extension agents plan to send out the lessons at least through April 30.

The lessons are hosted by Georgia 4-H professionals. Families are encouraged to share photos of their work using the hashtag #GAPluggedinto4H.

To register to receive the lessons, go to: <http://bit.ly/PluggedIn4H> or <https://georgia4h.org/about-us/resources/activity-resources/>

There are also some commercial websites that are offering free activities. (Please note that 4-H does not endorse, nor is affiliated with, any company.)

The website livestockjudging.com/ bills itself as “The Resource for Competitive Teams.” It offers 400+ classes of livestock, horse dairy, and more.

You can sign up for an account to access 20+ free classes.

There are practice classes include standard judging classes, feeder grading, slaughter grading, and keep/cull classes that are the same types of classes one will actually see in real contests.

Ranch House Designs, Inc. Offers 15 printable information pages and puzzles with a livestock/farming theme. You must submit an email to access the pages. You can find them at:

<https://co21tqqo.pages.infusion-soft.net/?fbclid=IwAR0Lj79xQbuyAhyLXSOwQntD8HvBdtRwmSA4YrrVFi9ZB6-WYy8ipyRZgM>

YQCA Certification Deadline

For those still needing YQCA certification for NJLS, the deadline is April 15, 2020. At this time, State Trainers cannot teach any face-to-face or web platform classes (Zoom, etc.) The only option at this point is online.

To assist with this, the YQCA board is having a flash sale for online coupons for the web-based training starting April 1, 2020.



A family memo explaining the process can be found online at: <https://www.4honline.com/FileServices/Fetch/f0d66b25-6c70-ea11-b6eb-000c299596f1/View>

In order to pay for the training you will need a coupon. The coupon order form is online at: <https://www.4honline.com/FileServices/Fetch/d8b7684b-6c70-ea11-b6eb-000c299596f1/View>

Instructions for setting up an account, signing up for a class, and how to obtain your completion certificate can be downloaded at: <https://www.4honline.com/FileServices/Fetch/a2900a6a-6c70-ea11-b6eb-000c299596f1/View>

The YQCA Board recognizes the challenges and stress families are under right now and will also continue to monitor the situation and make changes as needed.

If you have any questions about the items above or requests for YQCA, please do not hesitate to reach out to info@yqca.org.

Washoe County Leaders' Council

There will be a Washoe County 4-H Leaders' Council meeting on April 27, 2020. Whether the leaders will meet in person or via Zoom meeting depends on whether the quarantine period is extended.

The agenda is still being set. An email will be sent out with details once they are confirmed.

Notice of "Zoombombing"

Because of the constraints of Social Distancing, many groups and clubs have been meeting online using Zoom software. Unfortunately, some people using fake user names interrupted the meetings with pornographic and racist images and speech.

To stop this, Zoom has published a blog post (<https://blog.zoom.us/wordpress/2020/03/20/keep-the-party-crashers-from-crashing-your-zoom-event/>) on steps to take to keep would-be crashers out of Zoom meetings.

If anyone is planning a Zoom meeting, they may wish to read the blog beforehand.

Washoe County 4-H Horse Program and BLM Collaborate on Wild Horse Training

The Bureau of Land Management (BLM), Nevada State Office and the University of Nevada, Reno, Extension Washoe 4-H Youth Development Program are working together to offer an educational opportunity and fundraiser for Nevada 4-H Horse Clubs. The purpose of this partnership program is twofold; to increase awareness and promote successful adoptions of mustangs and to build horsemanship and life skills for 4-H members.

Four wild horses and one wild burro, all yearlings, were picked up from the Palomino Valley Center by 4-H Horse club members during the week of March 16, 2020.

(Note that all safe practices and social distancing for the Coronavirus were followed during the process.)

They will spend the spring and early summer raising and training the animals. On Sunday, July 26, 2020, the 4-H clubs/members will show the mustangs in a "Trail Challenge" during the Carson City Fair. The process will finish with the auction of three of the horses. One horse and the burro will be adopted by their trainers.

Proceeds from the auction will be used to expand the wild horse and burro program to other 4-H members in Nevada Counties.

The public is encouraged to follow the process on the BLM Nevada Facebook Event Page at: [URL]. For more information, please contact Sarah Chvilicek at 775-336-0236 or email sarahc@unr.edu.



NJLS Update: Where it Stands

One of the questions being asked lately is whether or not there will be a Nevada Junior Livestock Show. The simple answer is no one knows yet. With Extension offices and 4-H clubs closed until April 20 during the Coronavirus shutdown, and debates about whether that date will be moved, making a definite plan can be difficult.

Although the May 6-10 show dates are well after the current restart date of April 20, there have been concerns about travel to the show, social distancing while there and the exposure of higher risk individuals (older family members) in a crowd setting.

The NJLS Board has been having special meetings to address these issues. At the next Zoom meeting on April 1, the agenda includes a COVID-19 update and its effect on the 2020 Show and Sale; and possible changes or alternatives to it.

Any changes to the scheduled event will be communicated to all involved parties. In the meantime, participants should operate under the assumption that the show will continue as planned until told otherwise.



STEM Lab Has Things to Do

Looking for things to do while staying home? STEM Lab provides fun, hands-on STEM activities for kids of all ages to do anywhere!

With the support of [HUGHESNET](#), 4-H is bringing some of the best STEM activities from its land grant university network and other education partners to STEM Lab. 4-H has clubs in every county across the nation and STEM Lab can help you bring 4-H experiential learning to your family.



These hands-on activities are designed to instill curiosity and critical thinking, helping kids develop skills to be successful in life. They are also fun, easy to do, and feature a messy factor just for you! There are free activities for different age groups, interests and “messiness” levels. Subjects include digital literacy (computer science), chemical reactions, agri-science, engineering and more.

There are no kits or books to buy. Most activities can be done with common household materials. Some may require “specialty” items like hydrogen peroxide or bean seeds which can be bought locally.

To see what is available, or to subscribe for future updates, go to: <https://4-h.org/parents/stem-agriculture/youth-stem-activities/#!activities>

Northern Area/ Western April Dates to Remember

April 21– YQCA certificate deadline for NJLS

April 21– Holocaust Remembrance Day

April 22– Earth Day

April 26– Washoe County Livestock Show
Format TBD, notice will be sent out
with any status changes



4-H GROWS HERE

WESTERN AREA OFFICES

**Carson City/
Storey County**
(775) 887-2252
2621 Northgate Lane
Suite 15
Carson City, NV 89701

Douglas County
(775) 782-9960
1325 Waterloo
Gardnerville, NV 89410
PO Box 338
Minden, NV 89423-0338

Washoe County
(775) 784-4848
4955 Energy Way
Reno, NV 89502

JoAnn Customers Making Masks

As hospitals and health care facilities across the country are running dangerously low on essential supplies, including masks and scrubs, JoAnn Fabrics has launched the Make to Give effort to help create these items from their donated materials. The Center for Disease Control has declared that in a time of crisis as we are in now, handmade masks are acceptable and can provide healthcare workers with an additional layer of protection, saving their low supply surgical grade mask inventory. Crafters across the nation have jumped in to help and are sewing hundreds of thousands of protective masks, gowns and other essential items each day.

JOANN

Since launching the Make to Give effort, JoAnn has donated fabric for more than 1.5 million masks in stores. The national chain estimates customers have purchased enough cotton and elastic to make nearly 9 million masks to-date.

JoAnn President and CEO Wade Miquelon stated in an open letter, “I am incredibly proud to be part of this giving craft community, where our Team Members and customers can make such a meaningful impact during this pandemic.”

JoAnn will continue to partner with state and local governments to provide the level of service appropriate for that area. Go to Joann.com to get current store hours and instructions on how to make the masks.

4-H in Action

In 4-H, we believe in the power of young people. Now more than ever, kids and teens are taking the lead and sharing their stories to inspire generations of today and tomorrow.

4-H Youth Voices places the spotlight on the diverse perspectives of youth from all beliefs and backgrounds who are creating positive change in the world around us. From battling the opioid crisis to fighting mental health stigmas to reducing food waste through local advocacy and volunteering, 4-H'ers are helping solve some of the nation's greatest challenges.

To discover how 4-H'ers are changing the world go to: <https://4-h.org/parents/youth-voices/>

4-H is a program of University of Nevada, Reno Extension

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