



# Community Service 4 You



# 4-H Pledge

I pledge:

My **HEAD** to clearer thinking,  
My **HEART** to greater loyalty,  
My **HANDS** to larger service,  
My **HEALTH** to better living,  
For my club, my community,  
my country and my world.



## 4-H Motto

Learn To Do By Doing

## Leadership Development Pillars

Community Engagement & Communications

Science & Technology

Sustainable Agriculture & Food Security

Environment & Healthy Living

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**Emergency  
Community  
Support Fund**



COMMUNITY  
FOUNDATIONS  
OF CANADA

FONDATIONS  
COMMUNAUTAIRES  
DU CANADA

Canada 

# Welcome to 4-H Saskatchewan's Community Service 4 You Club Kit!

This kit is designed to teach 4-H members about communities and community service. Hopefully, through examples and creative brainstorming, you will learn more about the importance of communities in youth development and giving back.



## **What is a Community? How can you determine your community?**

A community is a social group, which shares common traits (i.e. norms, religion, values, customs, or identity). Communities may share a sense of “place,” which can either be a geographic location or even a virtual space. Many people are a part of multiple communities, with some overlapping beliefs.

What are some of your communities? In the boxes below, write down your interests, social and geographical communities. Next, see how your communities listed compare to your fellow 4-H members. You might be surprised about what you learn!

**Geographic (Where you live)**

**Social (what clubs, groups, etc. are you a part of?)**

**Interests (What are your hobbies? What do you like to do?)**

# Community Needs and Connection

## Community Needs

Many communities function in different ways and each community has a different set of needs. Over time, these needs may change. Think of your 4-H club— some years you may need to fundraise for something new, or recruit new leaders or members. These needs might change every year! Now, how can you be sure you have the current needs of your community in mind?

Take a look at your communities you identified in the previous activity. Ask yourself:

- Is anyone actively asking for help in any of my communities?
- Have you noticed anyone in your community struggling?
- Does everyone in your community have their basic needs met?
- Has anyone in the community spoken about supporting others?
- Are there any people/organizations you always support?

## What are ways to connect with your community?



### In person

Talk to people in your social circles (i.e. 4-H club, family, etc.) about what you can do to help others. They might already have an activity planned that you can help with!

Host a socially distanced event such as:

- Socially distanced coffee time
- Socially distanced parade
- 4-H Saskatchewan Scavenger Hunt
- Post road or window signs

Let's show some love for our pets this weekend! Post your pet and introduce them. This is Jodi's dog, Brandy! Brandy loves long walks, yak cheese bones and tearing apart stuffed toys.

Post your pets and introduce them, either in the comments or as your own post in the group!

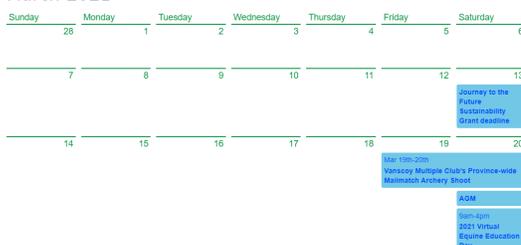


### Social Media

Engaging with others on social media has become routine these days. By using your social media in a safe and interesting way, you can connect people from your various communities. You can start a discussion on social media, host events, issue a challenge, or run a competition.

- Ask everyone to share photos of their pets
- Host a Facebook Live Bingo
- Host a virtual or Community Scavenger Hunt
- Use the polls option to get people sharing their opinions
- Share pictures of your 4-H project work to keep your friends involved and interested in your life
- Create or post in your 4-H club Facebook group and share what activities you have completed

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### Media

Reach out to the local media. Many newspapers and radio stations have Community Calendars or PSAs community members can use for advertising events. Make sure you are utilizing these free resources so you can raise awareness for your organization in a smart, economical way!

## Using what you have learned

While in 4-H, we pledge:

“My head to clearer thinking  
My heart to greater loyalty,  
My hands to larger service,  
My health to better living,  
For my club, my community, my country, and my world.”

Therefore, we should put the “H”s in action with a service learning project! Now, what is service learning? Service learning combines your interests, knowledge and learning objectives with giving back to your community. This is an endeavor you can take on by yourself or as a 4-H club. For example:

*You have been a beef project member for seven years and you greatly enjoy raising, marketing and selling your steer.*

*You have recently noticed the local food bank has been asking for more donations than usual.*

*“Aha!” you think, “What if I donated a portion of my proceeds to the local food bank?” To take it a step further, you decide to challenge yourself to learn about food banks in Saskatchewan by creating a food hamper challenge for you and your fellow club members. You will need to create two weeks of meals using the food provided in your food hampers and with what you have at home. To do this, you will have to research food hampers, nutrition and the different programs food banks have to help families in need. At the end of your service learning project, you will have donated money to the food bank and gained a larger understanding of what Food Banks do to support the community.*

By organizing a service learning project, you are also strengthening your community. Creating a stronger community is one of the biggest positive aspects of the 4-H program and it will help youth become better members of their family, club, community, country and world.

By involving your fellow 4-H members, you will be able to have a support system to help plan and execute your goals. You can also ask the 4-H Saskatchewan Provincial Office for help or advice in completing your goals! Another idea could be to work in conjunction with another local service group (i.e. Kinsmen or Kinette’s Group, Lions Club, etc.)



### What is Service Learning ?

Service learning is type of community service which combines your interests with learning objectives with giving back to the community. Service learning helps to increase your awareness about any particular topic with hands-on, in-depth activities YOU determine.

# Start a Service Learning Project

While there are a vast number of activities you can complete as a service learning project, there are some common steps that must take place before you can begin. These steps are:

## First, set some SMART goals for yourself.

What would you like to accomplish? What are your strengths? What are the strengths of your 4-H club? Complete some SMART goals using the information below to help you get started with a realistic plan.

*I would like to create a project which helps the community and engages all 4-H members and leaders. I would also like to utilize some of the 4-H Saskatchewan funding opportunities for this project.*



## Second, think of your community.

Are there any issues your community faces? Are there any service groups you could partner with?

*Our community food bank is in need of fresh produce for the people it serves, and it could use a volunteer organization to help with this project.*

## Third, is there a way to combine your skills and interests with the needs of your community?

*Through 4-H we took the gardening project and we learned the best and most efficient way of planting potatoes. We could start a potato garden using the 4-H project books, find funding using 4-H Saskatchewan fundraisers or grants, and using our members and leaders to tend the garden.*

## Fourth, don't forget to reach out to others for help!

Your fellow 4-H members and leaders are excellent sources of inspiration and knowledge. Don't forget to reach out to them for help! They might have some ideas that can get you started on your own service learning project.

## Fifth, put your idea into action!

## Unsure where to start? Here are some examples to inspire you:

### Creating a Community Garden to give back:

I would like to help create a more food safe community and help create knowledge surrounding locally sourced food products.

#### *Step One - Setting SMART Goals*

I would like to create a community garden to help ensure that our local food bank has access to fresh vegetables. This community garden will be started in 10 raised beds beside the school. By starting seeds in March, we will be able to plant and harvest the vegetables all summer long.

#### *Step Two – Community Needs*

Our community doesn't receive high quantities of food donations, so fresh vegetables would ensure families in need of these items will be able to receive nutritious options.

#### *Step Three – Skills and Interests*

I am interested in gardening, but I am also interested in food preservation. Maybe I can also include some recipes and food preservation tips for our community members. I can also include information on who grew the food, the types of vegetables and more.

#### *Step Four – Include others*

With a large garden, it would be best to have others help me take care of it. Therefore, I will set up a "work bee" schedule so everyone will have the chance to help out when needed.

#### *Step Five – Start that Community Garden and reach out to the local food bank!*

### Charity Steer

Various regional shows and clubs have charity steers, in which the proceeds from the steer goes towards a local charity. Fun fact – this is a fantastic service learning project! Don't forget to engage with the charity that you are raising proceeds for.

### River Walk and Clean Up

If you are interested in the environment, then an activity like this is the one for you! Make a day that combines a nature hike and environmental clean up. Additionally, you can research watersheds and the impact of littering on the environment.

### Community Bingo Night

Games always bring the fun! By combining bingo, your community, and a charitable organization you can create a fun evening with proceeds helping a local charity. You can even run an online bingo event! Bingo is fun, easy to run and exciting.

### Survival Skills 101

Do you have adequate wilderness survival skills? Do you love the Outdoor Adventure project? By working with your local Search and Rescue organization, you can learn how their organization impacts the community while learning survival techniques.



# SMART Goals Worksheets

Community Service 4U

Now it's time to create your own service learning project! By combining your interests and learning objectives with community service, you will create one amazing project that is perfect for YOU! As always, please don not hesitate to contact your 4-H leaders, community leaders, or 4-H office for more information. Your community is willing to help and wants to see you succeed!

Specific

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What do you want to accomplish?

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Measurable

M  
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How will you know when you've accomplished your goal?

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Achievable

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Can you truly accomplish your goal?

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Realistic

R

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Is your goal realistic?

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Timely

T

S

When do you want to accomplish your goal?

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