



4-H GROWS HERE

Four at the Door

Adapted from Joe Ehrmann's Book, Insideout Coaching: How Sports can Transform Lives

Eye to Eye - Our eyes are a way of building a connection with another person. They reflect our sincerity, integrity and comfort. Be intentional and role model what it looks like to make good eye contact with those around you.

Name to Name - Names are IMPORTANT! One of the number one relationship building strategies is to ask someone their name, work hard at remembering their name and be willing to ask them how to pronounce it correctly and what it is again, if you forget. Use people's names when you see them or ask them a question.

Hand to Hand - Human beings were built to be relational. BELONGING is all about the relationships we build. Find some form of appropriate human contact and intentionally connect with others. This could be a handshake, fist bump, hi-five or some other form of creative hand to hand greeting.

Heart to Heart - People feel as though they belong when others engage with them in something that they care about. Our youth programs provide many opportunities for us to do this well. You could ask about their latest project



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BELONGING Starts with YOU!

Personal Action Plan

Personal Actions: What will you personally do this weekend to create a sense of belonging? What will you do when you return back to your 4-H Club and/or County 4-H Program? What steps can you take to ensure that others feel like they BELONG whenever you are a part of a group?

Action Steps:	Resources:	Barriers:	Will do by When:

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