



Making the Character Connection with...

Healthy Lifestyles

Bicycle
Bowling
Golf
Healthy Lifestyles
Sport Fishing

Being a person of good character means exhibiting the Six Pillars of CharacterSM in everyday activities. Learning how to live a healthy life is an important way to ensure you will be a healthy contributing member of your community for years to come.

As you learn more about Healthy Lifestyles think of all the ways you can relate what you learn to traits associated with good character. You will learn different skills that you can use to stay healthy and prevent injury. You will also learn about different lifestyle sports that you can participate in now while you are young and later in life. Can you imagine how much better your life will be if you find a sport you enjoy that can be done throughout your life? Just like healthy living, showing good character is another way to show people you want to be the best "you" possible. As you work through your project think of all the ways being a person of good character relates to being a person focused on living a healthy life.

Projects in this Connection have been grouped because they have related information. There may not be an activity for every project listed however at least one of the activities can be adapted for each project. Be creative; let this be a stepping stone for many ways of teaching character.

This Character Connection contains:

- **Explanation of the Six Pillars of Character**
- **Explanation of how the Six Pillars of Character relate to the Healthy Lifestyles projects.**
- **Activities suggesting how to demonstrate good character while enhancing your knowledge of the Healthy Lifestyles.**
- **Questions to help you think of other ways to demonstrate good character in everyday life.**

Character Connection: Healthy Lifestyles

Trustworthiness	Responsibility	Caring
<ul style="list-style-type: none"> ✓ Only take what you are entitled to ✓ Return any equipment you borrow, rent or use ✓ Be on time to activities so everyone can start on time ✓ Only take your share of your catch or use your allotted time with the fields, trails or facilities 	<ul style="list-style-type: none"> ✓ Learn how you can be the healthiest "you" possible ✓ Try out different activities to see what works best for you ✓ Set goals for your project and work hard to meet those goals ✓ Spread your work out over the entire project year so you get the best possible results 	<ul style="list-style-type: none"> ✓ Take responsibility for your own body; making sure you do everything you can to take care of yourself ✓ Help friends and family understand how to live a healthy lifestyle ✓ Give friends and family support when they are making changes in their lives
Respect	Fairness	Citizenship
<ul style="list-style-type: none"> ✓ Thank people for allowing you to borrow equipment, and make sure you take care of the equipment you borrowed ✓ Always treat others the way you want to be treated, especially during disagreements ✓ Always tell competitors good job after an event 	<ul style="list-style-type: none"> ✓ Treat all people of all ability levels with respect ✓ Only judge people on their character, not on their physical ability ✓ Take turns when playing games and sports 	<ul style="list-style-type: none"> ✓ Volunteer to help out with community wellness events ✓ Always play by the rules ✓ Listen to the rules and obey what project leaders and coaches tell you ✓ Think of ways to promote healthy living in your community

Character Connection: Healthy Lifestyles

Activity: Healthy Living Fair

DO:

Sharing what you know is one of the best ways to help others make changes in their lives. Now that you have learned all about healthy living, including first aid skills, nutrition, and fitness, you can share what you know with others. Set up a health fair for your club or other group in your community. Have individual booths for each of the major skills or areas of information you have learned about. Each member of your project area can be in charge of planning and setting up a table for a specific area of interest. Some of you may want to demonstrate first aid skills, someone else can show examples of healthy foods and another member can demonstrate or explain how to stay fit. Be sure to prepare handouts for each area so everyone who visits your health fair will have information to take home.

REFLECT:

1. Was it easy to share the information that you have learned in your project? What made it easy or hard?
2. How do you think you can help the people who visited your health fair implement your ideas into their lives?
3. How does it make you feel to know that you are helping other people change their lives for the better? How do you think it makes them feel?
4. With your project group brainstorm other ways you can share something you know with others.

APPLY:

Sharing what we know with others helps to show we care and want everyone to be the best possible them they can be. When we set up things like a health fair we show that we are responsible, can be trusted to do what we say and can fairly divide work to be done. Every time we work with a group to accomplish a goal we show these qualities. Next time you are asked to be a part of a team, think about how you can show others that you are caring, responsible and trustworthy.

Expand on this Activity: Focus on Step 3, Leadership and Citizenship Activities, in your Health project book. Look at the ideas your book gives for bringing healthy living to your community. As the book suggests, try to choose 2 of the ideas or create your own activity to help members of your club and community live a healthy life.



Character Connection: Healthy Lifestyles

Activity: Prepare Your Club

DO:

First Aid is a very important set of skills that can be used to help others when they are injured. The best way to make sure you and your friends will be taken care of if they get hurt is to help prepare everyone around you. Help your club be prepared by researching, buying and putting together a club first aid kit. From what you have learned, decide what materials should be included in a first aid kit. Then go to your local drug store and put together a first aid kit to be kept with your 4-H club leader. Present this kit to your club leader and ask them to allow you to show a few simple first aid techniques at your next meeting. If they agree, share your first aid kit with your club and give them some tips on what to do if there is an emergency. Make sure to share anything you learned that you thought was very interesting or useful.

REFLECT:

1. Have you ever been able to share something you know with others before? How does it make you feel to know that you are helping your club to be prepared?
2. Has there ever been a time when you wanted or needed help from someone else? What could you have done to find someone to help you?
3. Do you think people are more willing to take risks if they know they are safe? How does your first aid kit help your 4-H club feel safe?
4. What other ways do you think you can help out your club?

APPLY:

Helping to prepare for an emergency or accident shows others that we think ahead. When we show that we are ready in case something does happen, others will see how responsible we are. By sharing our knowledge and advice with others people will see us as responsible members of the community. Anytime we can make our community better we show others they can depend on us. Next time someone asks for your advice remember that they trust you to help them the best way you know how. When this happens, think of the advice you gave your club members and how you helped prepare your club by creating a first aid kit.

Expand on this Activity: As a project group prepare first aid kits for each of the project area leaders to keep with them during project meetings. This is a great way to make sure your 4-H club is always prepared with the materials they need in case of an emergency or injury.



Character Connection: Healthy Lifestyles

Activity: Charity Tournament

DO:

Living a healthy life includes becoming active in many different lifetime sports and activities including: sport fishing, bowling and bicycling. Helping others to see that these activities are both fun and good for you helps others to live more a more healthy life. As a project group, coordinate a charity event that will introduce your project area to your club and help raise money for a charity you care about. This event can be a bike-a-thon, a bowling or fishing tournament or a golf tournament. Each of these can be set up to allow people the chance to try out the sport. As a group, determine who will be in charge of each of the following areas:

- Marketing- Making signs and letting people know about your charity and your event
- Logistics- Coordinating times and locations with your locations and volunteers
- Finances- Be in charge of taking registration and money
- Charity- Someone to coordinate donations to your charity

REFLECT:

1. Is this the first time you have done something for charity? Share your other experiences with giving to charity with your club and other members of your project.
2. Do you think more people focused on the charity during your event or just having a good time? What does this tell you about how easy it is to have fun and give back to your community?
3. Why did you choose your charity? What set them apart from other organizations you could have donated to?
4. How does it make you feel to know that you can have fun while doing something good for a charity and for members of your community?

APPLY:

Donating to charity is a great way to share what we have with others who may be less fortunate. Coordinating an event that incorporates fun and charity is a great way to get your entire community involved. A lot of times people want to donate to charity but don't know how to. You've helped people not only give what they can, but also given them an opportunity to participate in something that promotes healthy living. We can help people learn to respect their bodies and be responsible members of the community by doing something like a bike-a-thon or sporting tournament. Next time someone suggests volunteering or donating to a charity think of ways to make it fun and creative so it will appeal to more people.



Character Connection: Healthy Lifestyles

Activity: Patrolling for Safety

DO:

Many community police forces sponsor bike and child seat safety days. Now that you have learned about the importance of riding bikes safely, you can help your local police department with their bike safety day. Contact a member of your local police department (try starting with your school's resource or D.A.R.E officer) to find out if your community sponsors a bike safety day. If they do, volunteer to help educate your peers on the importance of riding a bike that is safe and the right size for you, wearing a helmet and always riding with a friend or parent. You can also help your police officers by helping them get donations of bike helmets and safety equipment and helping them set up before and clean up after the event.

If your community does not have a bike safety day, work with your local police department to set one up in your area. You might want to travel to a nearby town's event to get some ideas of what information people most need about bike safety.

REFLECT:

1. How did you support your local police department with bike safety day? Can you think of other times they might need or want you to volunteer to help them?
2. What benefits do you think come from educating your community on safety?
3. What other kinds of events do you think your community would benefit from? Are there other events you could help to plan that would also educate people while they are having fun?

APPLY:

A bike safety day provides information about safe riding to parents and their children. By helping parents know their children are safe you are showing how much you care about your peers. This event also demonstrates how important you think safety is and your desire to make your community a safe place to live. Next time you have the opportunity to share information about safety, think of the benefits of having everyone in your community educated and using safe practices. You will show that you can be responsible enough to carry out an event and caring enough to make sure your community is a safe place to grow up.

Expand on this activity: End your event with a group bike ride on local trails. Promote living a healthy lifestyle by ensuring everyone understands how bike riding is good for their bodies.

