

## 4-H and Youth



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# Spa and Healthy Lifestyles: 4-H Afterschool

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This document contains an introduction and class outline only. For the full curriculum please contact Naomi Weeks at [naomi.weeks@usu.edu](mailto:naomi.weeks@usu.edu)

## Introduction

Making your own homemade lotions and other body products such as soaps, scrubs, lip gloss, and bath salts, has become quite popular. Most are easy to make, use ingredients relatively easy to find, and cost less than the commercial version. One more benefit is quality control. Plus, they are just plain fun to make! They also make great gifts and are a perfect addition to any 4-H club as part of learning about healthy lifestyles.

This manual was adapted, with permission of Dave Francis, the coordinator of the USU Aggie Adventure Camps, from the USU Aggie Spa and Healthy Lifestyles Kids Camp for afterschool group leaders to use in their afterschool 4-H clubs. The clubs meet in 8-week blocks; however, it is anticipated that the manual can be adapted for use by other groups that meet for longer or shorter times. It is also anticipated that leaders will adapt the curriculum to fit the ages of the youth in the group as well as any budgetary restrictions of the group. Supplemental activities are provided at the end of the curriculum to provide additional alternatives to the suggested weekly activities.

The curriculum is designed to learn experientially and then reflect and apply what is learned through stimulating questions and discussion. Example questions have been included for leaders with each session, but questions for discussion need not be

limited to those listed. It is suggested that the questions be discussed with youth during or after the session, as appropriate for the group and/or activity for the day.

In order to promote service, it is encouraged that some of the projects made will be given away as gifts. This could be to a family member, friends, or other afterschool youth not in the 4-H club.

You may also want to encourage youth to enter the projects they make as part of the fair. Check with your local 4-H office for the most current fair information for your county. Contact information may be found at <http://extension.usu.edu/htm/counties>.

I hope you enjoy learning home spa and healthy lifestyle skills!

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**\*\*Note\*\*** Special thanks to Teresa Hunsaker for use of her Lotions and Potions spa recipes. Additional information about spa recipes can be obtained by contacting Teresa Hunsaker, USU Extension Family and Consumer Science Agent, at [teresa.hunsaker@usu.edu](mailto:teresa.hunsaker@usu.edu).

Additional information about Junior Master Gardner resources can be found at [www.jmgkids.us](http://www.jmgkids.us).

## Spa and Healthy Lifestyles Outline

### Objective:

- Youth will participate in hands-on activities that promote nutrition and physical well being.
- Youth will experiment with measuring and mixing through the development of homemade beauty products.
- Each day's activities will include topics such as make and take lotion/potions, healthy snacks, relaxation techniques, and other health promoting activities.

### Session 1:

Recipe book, Hunsaker's Simple Lotion, Awesome Applesauce, Massage— tennis balls

### Session 2:

Melt and Pour Soap, Frozen Yogurt Pops, Healthy Teeth, Bubbles

### Session 3:

Aches and Itches Bath Salts, Sweet Potato Chips, Fruit Taste Test, Breathing Techniques

### Session 4:

Brown Sugar Body Scrub, Purple Cow, Zen Gardens

### Session 5:

Flavored Lip Balm, Ice Cream in a Bag, Laughter

### Session 6:

Cuticle Cream, Vegetable Taste Test, Manicures

### Session 7:

Bubble Bath, Life-Size Barbie, Happy Lists

### Session 8:

Potpourri, Smoothies, Noodle Fun

**\*\*Note\*\*** Most ingredients for homemade spa products can be purchased at local drug or health food stores. Some ingredients can be purchased

online as well. Web sites for local vendors of essential oils are listed on the [Spa Ingredients](#) page toward the back of the curriculum

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