



DISCOVER



HAPPINESS & MEANING

A ROAD MAP TO PERSONAL JOY

Adapted from Dr. Dave Schramm's "Road to Happiness and Meaning" curriculum



Extension
UtahStateUniversity





DISCOVER

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Description

The Discover 4-H Clubs series guides new 4-H volunteer leaders through the process of starting a 4-H club or provides a guideline for seasoned volunteer leaders to try a new project area. Each guide outlines everything needed to organize a club and hold the first six club meetings related to a specific project area.

Purpose

The purpose is to create an environment for youth and families to come together and participate in learning activities while spending time together as a multi-family club. Members will be able to experiment with new 4-H project areas.

What is 4-H?

4-H is one of the largest youth development organizations in the United States. 4-H is found in almost every county across the nation and enjoys a partnership between the U. S. Department of Agriculture (USDA), state land-grant universities (e.g., Utah State University), and local county governments.

4-H is about youth and adults working together as partners in designing and implementing club and individual plans for activities and events. Positive youth development is the primary goal of 4-H. The project area serves as the vehicle for members to learn and master project-specific skills while developing basic life skills. All projects support the ultimate goal for the 4-H member to develop positive personal assets needed to live successfully in a diverse and changing world.

Participation in 4-H has shown many positive outcomes for youth. Specifically, 4-H participants have higher participation in civic contribution, higher grades, increased healthy habits, and higher participation in science than other youth (Lerner et al., 2005).

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Utah 4-H

4-H is the youth development program of Utah State University Extension and has more than 90,000 youth participants and 8,600 adult volunteers. Each county (Daggett is covered by Uintah County) has a Utah State University Extension office that administers the 4-H program.

The 4-H Motto

"To Make the Best Better!"

The 4-H Pledge

I pledge: My HEAD to clearer thinking, my HEART to greater loyalty, my HANDS to larger service and my HEALTH to better living, for my club, my community, my country, and my world.

4-H Clubs

What is a 4-H Club? The club is the basic unit and foundation of 4-H. An organized club meets regularly (once a month, twice a month, weekly, etc.) under the guidance of one or more volunteer leaders. The 4-H club elects its own officers, plans its own programs, and participates in a variety of activities. Clubs may choose to meet during the school year, only for the summer, or for both.

Club Enrollment

Enroll your club with your local Extension office. Each member will need to complete a Club Member Enrollment form, Medical History form, and a Code of Conduct/Photo Release form. (Print these from the www.utah4h.org website or get them from your county Extension office.)

Club Officers

Elect club officers during one of your first club meetings. Depending on how many youth are in your club, you can decide how many officers you would like. This will typically include a president, vice president, pledge leader, and secretary. Other possible officers or committees are: song leader, activity facilitator, clean-up supervisor, recreation chair, scrapbook coordinator, contact committee (email, phone, etc.), field trip committee, club photographer, etc. Pairing older members with younger members as Sr. and Jr. officers may be an effective strategy to involve a greater number of youth in leadership roles and reinforce the leadership experience for all ages. Your club may decide the duration of officers (6 months, 1 year, etc.).



A Typical Club Meeting

Follow this outline for each club meeting:

- Call to order – President
- Pledge of Allegiance and 4-H Pledge – Pledge Leader (arranges for club members to give pledges)
- Song – Song Leader (leads or arranges for other club member to lead)
- Roll call – Secretary (may use an icebreaker or a “get acquainted” type of roll call to get the meeting started)
- Minutes of the last meeting – Secretary
- Business/Announcements – Vice President
- Club Activity – Activity Facilitator arranges this. It includes a project, lesson, service, etc. These are outlined by project area in the following pages.
- Refreshments – Refreshment Coordinator
- Clean Up – Clean-up Supervisor leads others in cleaning up



Essential Elements of 4-H Youth Development

The Essential Elements are about healthy environments. Regardless of the project area, youth need to be in environments where the following elements are present in order to foster youth development.

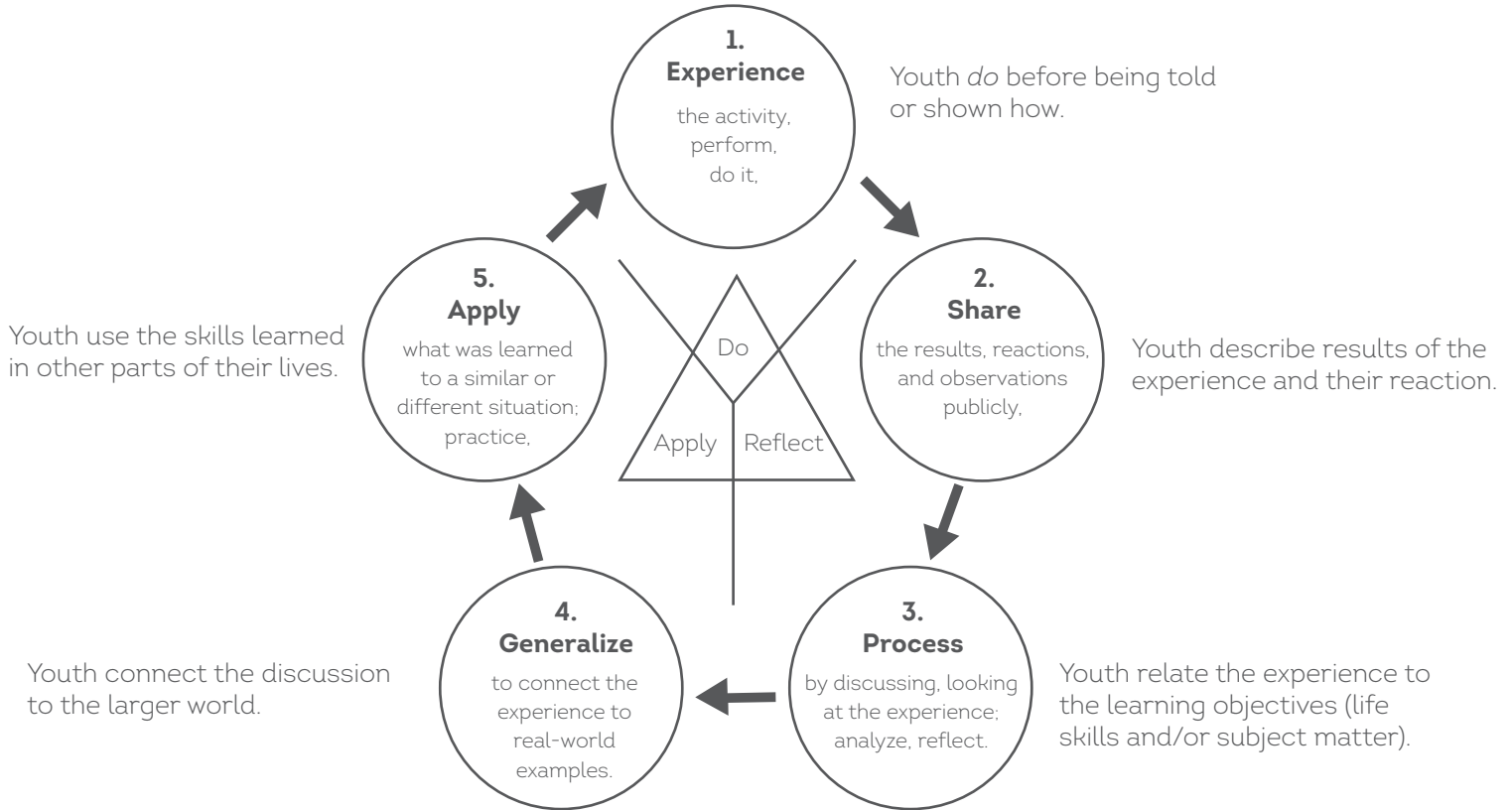
1. **Belonging:** a positive relationship with a caring adult; an inclusive and safe environment.
2. **Mastery:** engagement in learning, opportunity for mastery.
3. **Independence:** opportunity to see oneself as an active participant in the future, opportunity to make choices.
4. **Generosity:** opportunity to value and practice service to others.

(Information retrieved from: <http://www.4-h.org/resource-library/professional-development-learning/4-h-youth-development/youth-development/essential-elements/>)



4-H “Learning by Doing” Learning Approach

The Do, Reflect, Apply learning approach allows youth to experience the learning process with minimal guidance from adults. This allows for discovery by youth that may not take place with exact instructions.



4-H Mission Mandates

The mission of 4-H is to provide meaningful opportunities for youth and adults to work together to create sustainable community change. This is accomplished within three primary content areas, or Mission Mandates - citizenship, healthy living, and science. These mandates reiterate the founding purposes of Extension (e.g., community leadership, quality of life, and technology transfer) in the context of 21st century challenges and opportunities. (Information retrieved from: http://www.csrees.usda.gov/nea/family/res/pdfs/Mission_Mandates.pdf)

- Citizenship:** connecting youth to their community, community leaders, and their role in civic affairs. This may include: civic engagement, service, civic education, and leadership.
- Healthy Living:** promoting healthy living to youth and their families. This includes: nutrition, fitness, social-emotional health, injury prevention, and prevention of tobacco, alcohol, and other drug use.
- Science:** preparing youth for science, engineering, and technology education. The core areas include: animal science and agriculture, applied mathematics, consumer science, engineering, environmental science and natural resources, life science, and technology.

Getting Started

1. Recruit one to three other families to form a club with you.
 - a. Send the 4-H registration form and the medical/photo release form to each family (available at utah4h.org).
 - b. Distribute the Discover 4-H Clubs curriculum to each family.
 - c. Decide on a club name.
 - d. Choose how often your club will meet (e.g., monthly, bi-monthly, etc.).
2. Enroll as a 4-H volunteer at the local county Extension office (invite other parents to do the same).
3. Enroll your club at the local county Extension office.
 - a. Sign up to receive the county 4-H newsletter from your county Extension office to stay informed about 4-H related opportunities.
4. Identify which family/adult leader will be in charge of the first club meeting.
 - a. Set a date for your first club meeting and invite the other participants.
5. Hold the first club meeting (if this is a newly formed club).
 - a. See the previous section, *A Typical Club Meeting*, for a general outline.
 - i. Your activity for this first club meeting will be to elect club officers and to schedule the six project area club meetings outlined in the remainder of this guide. You may also complete a-d under #1 above.
 - b. At the end of the first club meeting, make a calendar outlining the adult leader in charge (in partnership with the club president) of each club meeting along with the dates, locations, and times of the remaining club meetings.
6. Hold the six project-specific club meetings outlined in this guide.
7. Continue with the same project area with the 4-H curriculum of your choice (can be obtained from the county Extension office) OR try another Discover 4-H Club project area.



Other Resources

Utah 4-H website: www.utah4-h.org

National 4-H website: www.4-h.org

4-H volunteer training:

To set up login to:

<http://utah4h.org/volunteers/training/>

To start the modules: (password = volunteer)

References

Information was taken from the Utah 4-H website (utah4h.org), the National 4-H website (4h.org), the Utah Volunteer Handbook, or as otherwise noted.

Lerner, R., M. et al. (2005). Positive youth development, participation in community youth development programs, and community contributions of fifth grade adolescents: Findings from the first wave of the 4-H Study of Positive Youth Development. *Journal of Early Adolescence*, 25(1), 17-71.

We would love feedback or suggestions on this guide; please go to the following link to take a short survey:

Go to <https://goo.gl/iTfiJV> or [Click here to give your feedback](#)

4-H CLUB *Introduction*



*This curriculum is adapted from Dr. Dave Schramm's "Road to Happiness and Meaning" Curriculum.

INTRODUCTION

In this club, members will embark on a unique "road trip" adventure, where they'll navigate through various activities. During each lesson, youth will discuss the road to a happy and meaningful life. They will also be building a car out of popsicle sticks.

The club will focus on the 4 keys to a better journey:

- Search Inward
- Press Forward
- Look Upward
- Turn Outward



**SEARCH
INWARD**



TURN OUTWARD



LOOK UPWARD



**PRESS
FORWARD**

Happiness is more than taking care of ourselves, which is important. It is also about helping others along the road, paying attention to the surrounding beauty, noticing the nudges, following the feelings, and being open to others.

Just like regular maintenance on our cars helps them to run more smoothly, when we pay attention to the little things in our life, we'll realize they are the things that really matter on our road to happiness and meaning.


DISCOVER

4-H CLUB *Meetings*



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Curriculum Template & Design: Stacey MacArthur
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The Toolbox – Search Inward

Written by: Emilee Wardle



Supplies

- A variety of “matchbox” type small cars (several, so participants have plenty to choose from)
- Basket or box with all the small cars in it
- Paper or table cloth to cover the tables
- Permanent markers
- Craft popsicle sticks
- Mini craft sticks
- Straws
- Hot glue guns with glue sticks
- Scissors
- One copy of the Rubber Band Car Handout for each person

INTRODUCTION

In this club meeting, participants will learn about searching inward and identifying what is inside us to help us through our journey through life. They will start building their car, which will be finished in the following club meetings.

PRIOR TO MEETING

- Purchase or collect supplies on the supply list.
- Cover the tables with tablecloths or paper to protect them from any marks or stains while we work on the crafts during each club meeting.
- Make copies of the Rubber Band Car Handout (see end of this section).
- Become familiar with or take the VIA Survey of Character Strengths yourself before the meeting.



SEARCH INWARD

Activity #1



MATCHBOX ICE-“brake”-R

1. At the beginning of the meeting, invite each participant to come up and choose a car/vehicle from your basket of “matchbox” type cars. Encourage them to take their time and choose one that best resembles their life, personality, joys, challenges, experiences, or has special meaning.
2. Facilitator introduction – share a bit about yourself, your background, what brings you joy, and tell why you chose the car you did.
3. Invite participants to introduce themselves, share a bit about where they are from, why they chose to attend this club, what they enjoy most about life, and whatever else they feel comfortable sharing. Invite each participant to share a current challenge/stressor and how they are managing it, as well as something that is going well in their life.



- Read aloud to the group: This workshop is all about searching inward and identifying what is under the hood of the car (or inside us) to help us navigate life's journey. These inward values and strengths can be the tools in our toolbox we can go to when repairs are needed in the future. A car is very complex and has many essential parts, some of which we can't easily see. What we see on the outside doesn't necessarily show the strength that is found inside and underneath the car. It is the same for us, we are also very complex, and we have inner strength and values that many people can't see. Sometimes we even struggle to see our own inner strength. We need to discover that inner awesome that defines us! We need to discover the power we have within us.

Activity #2

CORE VALUES TOOLBOX

- Read aloud to the group: a fundamental aspect of a happy, purposeful, and meaningful life stems from living true to your values. Whether we are aware of them or not, our actions are informed by our core values. Core values are different from things that you value, such as your home, friends, toys, technology or education. One way to identify your core values is to think about what you want your friends and/or close loved ones to say about you. Or ask yourself, 'What is the most important thing about me as a person?'
- Refer to the list of core values to get you thinking about your core values. Select 4 or come up with 4 core values that are most important to you.

| POSSIBLE CORE VALUES | | | |
|----------------------|--------------|------------|-----------------|
| Loyalty | Forgiving | Compassion | Integrity |
| Selflessness | Humility | Honesty | Determination |
| Generosity | Courage | Tolerance | Trustworthiness |
| Kindness | Appreciation | Altruism | Positivity |
| Empathy | Hard Worker | Frugal | Attentiveness |
| Peacemaker | Friendly | Loving | Brave |

It is important to live true to your 4 core values. One of our strongest emotional needs is to act consistently on our deeper values. When we violate our core values by saying or doing something unkind or being rude to another person, we feel guilt, shame, anxiety, and regret. That is a signal to get back on track, to be better, rise higher and make things right—to restart and live true to our core values.





BE AWARE OF YOUR PERSONALITY & STRENGTHS TOOLBOX

1. Read aloud to the group:
 - Another important aspect of Searching Inward includes being aware of our unique personality and discovering our strengths. We are born with a unique personality and we each come with personal strengths, or positive characteristics, that come naturally to us.
 - What are some of the strengths of your vehicles you use in your household? Some people even feel like the vehicle they drive has a personality and even a name! How many of you feel like your vehicle has a personality? Some of us may even argue that our vehicles have their own personalities and strengths, right? Some are created to go fast; some are built to haul heavy loads, and some are meant to go off-roading.
 - In our own lives, we are more likely to thrive if we search inward and identify our personality and our unique strengths and design our lives to use them regularly. Research continues to show that people who are self-aware and who have discovered their strengths feel more encouraged, energized, and resilient.

2. Discover and use your strengths by taking the free online assessment.

Read aloud to the group:

- Dr. Martin Seligman, one of the fathers of positive psychology, created a free online assessment to measure strengths (if you want the full report, there is a cost). It is called the VIA Survey of Character Strengths. It consists of 24 Character Strengths. These are not things like singing, dancing, or painting, but strengths that deal with our character, such as curiosity, humility, and creativity. There is a youth survey version that has been developed specifically for ages 8-18.
- Have participants scan the QR code or visit www.VIAcharacter.org and complete the survey for youth. It will take approximately 15 minutes to complete. If time doesn't allow, invite participants to complete the survey at home and come to the next club meeting with a list of their Top 5 Character Strengths to add to their car at the next club meeting.
- Knowing your core values and strengths are valuable tools in your toolbox that you can use to live your authentic life and find happiness and meaning.



BUILD YOUR CAR FRAME

Just as the popsicle sticks are the foundation of your car, your core values are the foundation for who you are and why you act and think the way you do. The popsicle sticks are different shapes and sizes. Think about your car's frame: its shape, its size, and its design. Take the number of popsicle sticks you need to build the frame that fits you. As you do so, think about each popsicle stick you will use and define it to be part of you. Really search inward and assign each stick a characteristic that you have.

1. Have club members write on the popsicle sticks their 4 Core Values and Top 5 Character Strengths. That will be the foundation or frame of their car. Be sure to build a frame that reflects your inner awesome! There are many



parts to building a car, and it's important to start by building the frame, so let's get started.

2. Refer to the Rubber Band Car Instruction Handout or visit the following website for a possible example and instructions to build your car: <https://littlebinsforlittlehands.com/rubber-band-car/>
You do not need to follow these instructions completely. This resource is only an example. You can be as creative as you wish. We will only be building the frame of our rubber band car in club meeting #1. We will be adding to the car in future club meetings. Build the base frame by completing only steps 1 & 2 in those instructions.

Tools, Tips, and Turbo Takeaways

- **Tools:** VIA Survey of Character Strengths - www.VIAcharacter.org
- **Tips:** When youth are explaining their cars and introducing themselves in the ice breaker, listen closely with compassion, ask appropriate follow-up questions, be sensitive to their experiences and struggles, and make time to connect with your eyes and body language. Introductions and connecting may take 15-20 minutes or more – allow for this time and don't rush it. Connecting and joining with participants and their experiences is essential.
- **Turbo Takeaways:** Search Inward vs Compare Outward
It is important to point out a couple obstacles or road hazards you may encounter on your road to happiness and meaning. When we compare our lives and our journeys to others, it often robs us of happiness and joy. What often happens is we compare the worst parts of our life journeys with the best parts of others' life journeys. There are many who look for happiness by searching outward and comparing outward. They long for things "out there" to bring happiness and meaning. By doing so, it turns our journey into a road to unhappiness and selfishness.

The better we know our cars, the better we will be at taking care of them. In life, the better we know ourselves, the better we will be at improving ourselves along the journey and taking care of the important things. When we are aware of our strengths and our inner awesome, we can use them to strengthen us in other ways, and we can share those strengths with others and help to strengthen them. When we are aware of our weaknesses, we can work towards strengthening them. If part of our frame is broken or not working properly, we don't keep driving the car or other things might go wrong. We fix the problem. We can also do that with our own weaknesses. We can work to improve ourselves in those areas that we feel are weaker and replace them by maximizing our strength.



Reflect

- Why did you choose the frame shape you did?
- How does your vehicle represent your life, values, joys, and challenges?
- By searching inward, did you discover any new values and character strengths that you didn't realize? And what are they?

Apply

- How can you use your core values and character strengths to benefit others?
- Why do you think living true to your core values improves your happiness in all aspects of your life?
- Can you give examples of ways we can do work to improve ourselves by replace weaknesses with strengths?

References and Other Resources

Schramm, D. (2023) Road to Happiness and Meaning Curriculum. Utah State University.
<https://extension.usu.edu/hru/courses/the-road-to-happiness-and-meaning>

Seligman, M. (2023) VIA Survey of Character Strengths. VIA Institute of Character.
<https://www.viacharacter.org/>

McClelland, S. (September 22, 2023) How to Make a Rubber Band Car. Little Bins for Little Hands.
<https://littlebinsforlittlehands.com/rubber-band-car/>



RUBBER BAND CAR HANDOUT

Supplies:

- Craft Popsicle sticks
- Mini craft sticks
- Rubber bands
- Heavy screws or bolts
- Large plastic bottle caps
- Wooden skewers
- Straws
- Hot glue gun
- Scissors



Instructions:

Step 1:

Place two craft stick side by side and carefully hot glue one miniature craft stick about 1" from each end.

Step 2:

Cut two 1/2" straws and glue horizontally to the two longer craft stick ends (facing the same way as the miniature craft sticks). Cut a straw piece about 2.6" long and glue horizontally to the opposite end of the 1" straws.

Step 3:

Use the pointy end of a skewer to poke a hole through the center of each bottle cap. Place the caps onto two ends of the skewers and hot glue to secure.

Step 4:

Cut the two skewers with the caps glued on to 3.6". Place one through each set of straws. Place the caps onto the ends of the skewers and hot glue to secure.

Step 5:

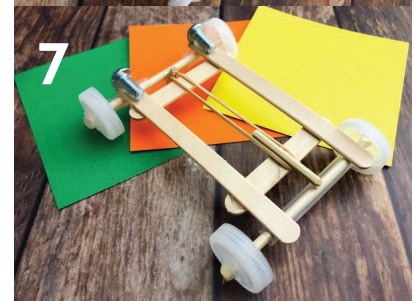
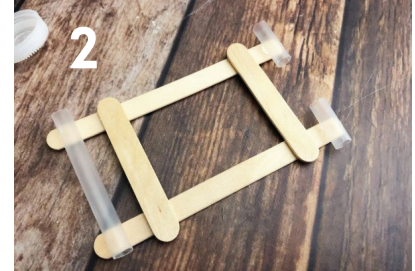
Cut a 1" and 1/2" skewer, glue the 1" piece to the miniature craft stick on the front of the car (the end with the long straw) like pictured. Glue the 1/2" on the back skewer of the car.

Step 6:

Glue a heavy bolt on each long craft stick on the back of the car.

Step 7:

Wrap a rubber band under the front of the 1" skewer and carefully dab a little hot glue on to hold in place. Pull the rubber band and wrap the other end to the back underneath side of the 1/2" skewer and secure with glue. Carefully pull the car back, wrapping the rubber band around the back skewer, once tightly wound, let go and watch your car go!





Start Your Engines – Press Forward

Written by: Mackenzie Boley



INTRODUCTION

In the last club meeting we focused on searching inward and today's meeting will focus pressing forward. At this club meeting, participants will discuss life challenges and strategies for overcoming them, including the H.U.M.M.E.R. acronym for less stress and recognizing warning signs in both vehicles and life. At the end of the meeting, they will be building the axles and engine of their car.

PRIOR TO THE MEETING

- Purchase or collect supplies on the supply list.
- Print any handouts or copies needed for this club meeting.
- Cover the tables with tablecloths or paper to protect them from any marks or stains while we work on the crafts during each lesson.
- Write each letter of the word HUMMER down the side of a whiteboard or flip chart.

Supplies

- Large rope—tie ends together to make a circle (rope big enough for each participant to hold onto)
- Whiteboard or flip chart
- Markers for whiteboard or flip chart
- Optional: easel for whiteboard or flip chart
- One copy of the H.U.M.M.E.R. worksheet for each participant
- Writing utensils
- Paper or table cloth to cover the tables
- Popsicle stick car that the youth started in the last meeting
- Rubber bands
- Heavy screws or bolts
- Large plastic bottle caps
- Wooden skewers
- Hot glue guns with glue sticks
- One copy of the Rubber Band Car Handout for each person, if not saved from last club meeting



PRESS FORWARD





CAR PARTS PERSONALITY/TALKING KNOT ICE-“brake”-R

1. Using the large rope, tie ends together to make a circle. (Ahead of time, make sure the rope is big enough for each participant to hold onto.)
2. Explain that each participant will choose a part of a car they feel represents them or their role in the group. This can be any part of the car. For example, the engine, the wheels, the radiator, the brakes, the lights, etc.
3. Take 1–2 minutes to think about it and why they believe that part of the car describes them. Encourage them to be creative and think outside the box.
4. Ask everyone to gather around the rope and hold onto with both hands.
5. As the facilitator, hold the knot between your two hands. Explain that you have the talking knot in your hands. Whoever has the knot is allowed to speak. Once you are done speaking you can start passing the knot around the circle. If you want to talk you can stop the knot in front of yourself when it gets to you or you can stop the knot whenever you want.
6. Facilitator start by sharing your own choice. For instance, you might say you're the “steering wheel” because you guide the group in the right direction. Once you are done sharing, start moving the knot around the circle clockwise.
7. The facilitator can stop the knot or participants can stop the knot whenever they want. Have each participant take a turn and share their chosen car part and the reason behind their choice.



BUMPS, BREAKDOWNS, AND DETOURS

1. Read aloud the following paragraph:
In our journey through life, we encounter various challenges and obstacles. It is like driving in a car, where we can experience bumps, breakdowns, and detours. These challenges and obstacles can result from the choices we make or choices made by others. We are going to have an open and honest group discussion. I will ask some questions, and you can share personal experiences or hypothetical situations related to the challenges you face in life.
2. Ask the group the following question: Can you think of some examples of challenges and tough times you may experience in your life? (Ideas could include school, homework, family, friendships, etc.)
3. Read aloud the following: Some of these challenges come from choices we make or choices made by others.
4. Ask the following questions:
 - What would be an example of a challenge that come from your own choices? (An example could be failing a test because we didn't study for.)
 - What would be an example of a challenge that arises from the choices someone else makes? (For example, you are late for school because the bus broke down).
5. Encourage participants to share their thoughts on how they can overcome obstacles and make better decisions in the face of adversity.



NAVIGATING WARNING SIGNALS

For this activity, you will be using the whiteboard or flip chart, appropriate markers, and (optional) easel to hold up the whiteboard or flip chart.



1. Explain that, just like vehicles have warning lights to alert us to potential issues, in life, we also have warning signs or “lights” that indicate challenges or emotions that need attention.
2. Ask the group to brainstorm and share examples of warning lights in their vehicles. Write these examples on a whiteboard or flip chart.
3. Explain that similar to vehicles, many aspects of life have their own warning lights. These could include feelings of stress, anger, tiredness, and other emotional or personal challenges.
4. Ask participants what are some of the “warning lights” we may have in life? Write these on the whiteboard or flip chart as well.
5. Once you have a list of both vehicle and life-related warning lights, ask the group to discuss the importance of paying attention to these warning signs. Highlight the idea that ignoring these signs can lead to more significant challenges down the road, just as neglecting a vehicle’s warning lights can result in bigger problems.
6. Facilitate a group discussion by asking open-ended questions like these:
 - Can you share an example of a warning light in your life that you initially ignored but wish you hadn’t?
 - How can we better respond to these warning signs in our lives?
 - Are there people or resources that can help us address these challenges?
7. Reflect on the importance of acknowledging and addressing their personal warning lights, and to consider what steps they might take to respond effectively to life’s challenges.

TUNING UP YOUR CAR

For this activity, you will be using the whiteboard or flip chart, appropriate markers, (optional) easel to hold up the whiteboard or flip chart, a copy of the H.U.M.M.E.R. worksheet for each participant, and writing utensils.

1. Explain that each of the elements in “H.U.M.M.E.R.” are valuable tools to handle life’s challenges.
2. Write each letter down the side of a whiteboard or flip chart, and discuss what each element stands for, as instructed below. For instance, write “H - Humor” next to the letter “H.” Ask the discussion questions associated with each letter.
3. After discussing each element, ask participants if they have personal examples of how these elements have helped them cope with life’s challenges. If the participants are not sharing, then you may choose to share examples from your own life
 - Optional: You may choose to note these examples on the whiteboard or flip chart.
4. Hand out the worksheet and writing utensils and allow time for club members to fill it out.
5. Conclude by stressing how important it is to recognize these strategies as tools for dealing with challenges in life.

DISCUSSION

H is for humor.

- Studies show that humor can improve sleep, relaxation, the immune system, and increase your life span.
- Ask the group: Have you ever found humor to be a great stress-reliever or a helpful tool when life gets tough? (An example could be telling a joke might help a person feel more at ease.)



U is for understanding.

- When we have challenges in our life, it can be helpful to search for deeper understanding, which can bring perspective, compassion, and peace.
- Ask the group: Can you share a situation where understanding someone or something made a difference in stressful situations? (An example could be understanding that everyone is trying their best and taking the time to understand what they are saying.)

M is for meaning.

- When we experience stress, it can be helpful to find a purpose for our actions or find meaning in what we do. Consider asking yourself, "what can I learn from this?"
- Ask the group: Have you ever had a situation where stress or challenges changed the way you saw things, giving you a new perspective or a deeper purpose? (An example could be a reason to go to school is to expand knowledge and prepare for the future.)

M is for mindfulness.

- This is about slowing down and paying attention to the present moment. Take time to be present and be aware of how you are feeling.
- Ask the group: How do you practice mindfulness to cope with stress and life's challenges? (An example could be when dealing with a stressful project, take time to understand how you feel and why.)

E is for exercise.

- Countless studies show that exercise can reduce pain, stress, help you sleep, and boost your immune system.
- Ask the group: Have you used exercise as a way to deal with stress or challenges in life? How did it help? (An example could be riding a bike can reduce knee pain and give a person time to think.)

R is for resources and relationships.

- If you allow friends, family, and professionals to help you, you are much more likely to be resilient, even in times of serious or traumatic events.
- Ask the group: What are some resources or people you've leaned on during tough times? (An example could be a therapist who helped a person learn different tools to deal with life's challenges.)

Activity #5



WORKING ON AXLE, WHEELS, & ENGINE

For this activity, you will be using the popsicle-stick-car that the youth started in the last meeting, rubber bands, heavy screws or bolts, large plastic bottle caps, wooden skewers, hot glue guns with glue sticks, and one copy of the Rubber Band Car Handout for each person (if not saved from last club meeting).

Note: If you didn't complete the VIA Survey of Character Strengths in club meeting #1, and took the survey at home after the meeting, then add your Top 5 Character Strengths to the popsicle frame before you move on to the next steps.

1. Refer from the Rubber Band Car Handout for ideas and continue assembling the car. You will be completing steps 3 through Step 7.



Tools, Tips, and Turbo Takeaways

- **Tools:** Give Me 5
 - “Give Me 5” is a tool or exercise that has been shown to decrease anxiety and stress, and it only takes about 90 seconds. Some scholars suggest we have about a 90-second window to stop the stress train from derailing, even a smaller window in some intense stressful situations. Here’s how it goes:
 1. Hold up one hand with your fingers spread apart.
 2. With your other hand, use your index (“pointer”) finger to push the “reset button” with your finger—push a finger gently into the palm of your open hand.
 3. Close your eyes. Take a deep breath in through your nose. And, as you inhale, in your mind, say the number 1. As you exhale through your nose, choose a color and say the color in your mind, such as “red.”
 4. As you breathe in your next breath, say in your mind, the number 2. As you exhale through your nose, in your mind, say the name of another color, such as “blue”.
 5. Repeat this with the next number and a different color until you get to the number 5, taking deep slow breaths in and out of your nose as you go.
 6. As you open your eyes, your body should be able to process a situation differently than 90 seconds ago. This is a simple tool or exercise that can help with stress, even for young children.
- **Tips:** Try one or more of the stress-management strategies when you start feeling overwhelmed or frustrated. Notice any triggers or “hooks” that might make it challenging to respond versus react.
- **Turbo Takeaways:** First Responder vs. Nuclear Reactor
One of the most challenging aspects of stress for many people is learning to respond instead of reacting when they are feeling stress. First Responders use the acronym S.N.A.P before they respond instead of react:
 - STOP - and take a breath, pause and hit the brakes
 - NOTICE - and name the emotion
 - ASSESS -the seriousness of the situation and does it warrant your reaction
 - PAUSE - and ponder a ration response when you have better control of emotions



Reflect

- Are there strategies or methods you use to overcome tough times or make better decisions?
- Share an experience when paying attention to a warning light, whether in a car or in life, helped you avoid a bigger problem or challenge.
- How do you usually react when you notice a warning sign in your life? Are there different ways you can respond effectively?
- Reflect on how the discussion about warning lights has raised your awareness about the importance of paying attention to your emotional and mental health in daily life.

Apply

- What steps can you take to improve your decision-making skills in daily life, reducing the likelihood of facing avoidable challenges in the future?
- How can developing a proactive approach to your emotional well-being help you navigate life's challenges more successfully?
- In what ways can you assist others in recognizing and addressing their warning lights?
- How can you use the "H.U.M.M.E.R" tool with family members, friends, and school situations?

References and Other Resources

Schramm, D. (2023) Road to Happiness and Meaning Curriculum. Utah State University.
<https://extension.usu.edu/hru/courses/the-road-to-happiness-and-meaning>



H.U.M.M.E.R.

Six Tips for Less Stress

Stress can overwhelm our body and brain. We often do things we know we shouldn't do when we get stressed. Here's six tips to help you stress less. Give one or two a try and see what works for you. Select which ones you want to will try out and describe a situation or time when you feel stress and this tip could help.

Humor I will use humor when _____

Understanding I will use understanding when _____

Meaning I will strive to find more meaning when _____

Mindfulness I will strive for better mindfulness when _____

Exercise I will exercise when _____

Resources/ **R**elationships I will turn toward the following resources and/or people when _____



Customize Your Car – Look Upward

Written by: Judson Varner



Supplies

- Belonging Bingo Cards Handout
- Whiteboard or flipchart
- Markers for whiteboard or flipchart
- Optional: easel for whiteboard or flipchart
- Paper or table cloth to cover the tables
- Markers
- Proven Benefits of Awe-inspiring Moments Cards
- Smartphones
- Popsicle stick car that the youth started in meeting number 1
- Optional: Racecar-type decal stickers (check suppliers such as Amazon)

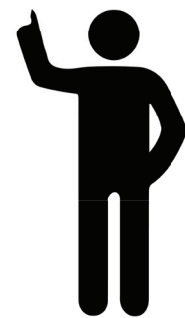
INTRODUCTION

Read aloud to the group: This club meeting is on looking upward which is optimism, hope, and discovering purpose and meaning with connections to others. This is what is called transcendent awareness. Thriving youth understand that there is a reality bigger than themselves. For some youth this awareness is expressed through religion or spirituality, for others it is through nature or art, and for others it is through a commitment to a cause or doing service. Transcendent awareness results from interactions with others that support a deeper connection beyond the self. These interactions help youth develop clarity and commitment to values, beliefs, actions, and a way of living that benefits others.

As you develop transcendent awareness, you become committed to personal beliefs, morals, and values that guide your everyday thoughts and actions. These commitments provide the foundation for your actions to moral living and contribution to others.

PRIOR TO MEETING

- Purchase or collect supplies on the supply list.
- Print any handouts or copies needed for this lesson.
- Cut out “Proven Benefits of Awe-inspiring Moments Cards” and attach them on 8 items around your location that are awe-inspiring to the you, the facilitator.
- Cover the tables with tablecloths or paper to protect them from any marks or stains while we work on the crafts during each lesson.



LOOK UPWARD





CUSTOMIZED CONNECTIONS ICE-"brake"-R

1. Have everyone in the group line up from the shortest to the tallest. While they are lining up, have them think of something they think they would have a connection with others from their group. It could be something they like to do, a skill they have, a personality trait or characteristic, etc. Encourage them to be creative.
2. Have the shortest person in the group say their name and say their connection statement out loud.
3. If others in the group feel a connection to that statement, they yell out the word "connection" and move out of line and go and link elbows with the person that made that statement.
4. Next select a person that didn't join that new line to state their name and make their connection statement.
5. Once again, if others in the group feel a connection to that statement, they yell out the word "connection" and move out of line and go and link elbows with the person that made that statement.
6. And continue on until everyone has stated their name and shared at least one connection statement.
7. Once everyone has had a turn ask the following questions:
 - What are some things you noticed that most people had a connection to?
 - What were some things mentioned that you didn't have a connection to?
 - How can you show appreciation and respect for others that have differences than you?
8. Read aloud to the group the following paragraph:

So often in today's society, people tend to focus on their differences rather than recognizing what we have in common. In reality, we share more similarities than differences. By fostering connections and promoting unity instead of division, we can all cultivate a greater sense of belonging and find more happiness and meaning in life.



DRIVING TOWARD BELONGING

This activity will encourage club members to share what they've learned about the importance of belonging within various groups. You will need "Belonging Bingo" cards and writing utensils, like pens or pencils, for this activity.

Begin by discussing the importance of belonging.

Read this statement to the group:

- Research shows that the more an individual identifies with a particular group, the happier they are with their life. And with each additional group that people connected with, their happiness increased by nine percent.

Ask the group, why do you think this is?

- Answers may include: groups can provide purpose, security, and social support, especially during challenging times.



As a group, come up with a list of different groups or communities that can contribute to a sense of belonging. Have each member come up to write their responses on the white board or on a flip chart. These could include 4-H, family, friends, school, club, neighborhood, various sports teams, coworkers, political group, religious group, hobby groups, music group, art club, dance class, book club, online gaming community, volunteer group,



photography club, leadership club, theater or drama club, chess club, yoga or fitness group, debate team, cooking or baking club, writing club, or other relevant groups. Make sure there are more than 25 different ones.

DIRECTIONS

1. Explain to the kids that the goal of the game is to connect with others and learn more about their sense of belonging within various groups.
2. Pass out a "Belonging Bingo" card and writing utensil to each child.
3. Have them fill it in with the names of different groups or communities that were listed that they feel a connection to. If a child feels that they don't have enough groups they're personally connected to, they can choose additional ones from the list that they're interested in or would like to learn more about
4. Note: the "Free Space" is 4-H, since this is a 4-H activity.
5. Encourage all kids to share their experiences and listen to others stories about belonging in different groups.
6. Instruct the kids to move around the room and find someone who belongs to one of the groups listed on their bingo card. When they find someone from a specific group, they should ask questions. The person belonging to the group should share thoughts about what that group means to them.
7. For example, if a child has "soccer team" on their card, they can approach a peer who also participates in a soccer team. They might ask, "What's your favorite part of being on your soccer team?" or "How do you feel when you're with your team?"
8. The person on the soccer team shares what being on the team means to them. The questioner, then, shares their own experiences with being on a soccer team or any other group they're a part of.
9. When they find someone who matches what is on their bingo card, they can mark that square as "covered" by marking it with an X, check mark, or star.
10. After discussing what that group means to them, move on to another person to see what groups they are in.
11. The first child to cover an entire row, column, or diagonal on their bingo card shouts "Belonging Bingo!"
12. Discuss their Belonging Bingo experiences. Ask questions like:
 - Which groups were the most interesting or surprising to you?
 - Did you discover something new about belonging in different groups?
 - How do these groups make others feel like they belong? How do you think it makes participants feel to belong?
 - What is something you can do to reach out to someone who might need to feel more included?





IGNITE AWE: FUEL YOUR SOUL

In this activity, we are going to focus on awe moments and the inspiration they bring. In the game, youth will build their own “Awe Album” using their smartphones. Each participant will need their own smart phone.

Begin with a discussion.

Read aloud to the group the following paragraphs:

- The road we are taking includes a desire to look upward. Looking upward is about rising above day-to-day problems and occurrences.
- An awe-inspiring moment is when something amazing or breathtaking happens that makes us feel both surprised and excited. It’s like a big “Wow!” moment when you see or experience something so incredible that it leaves you feeling amazed, happy, and sometimes even a little bit humble.
- What are some awe-inspiring moments you can think of? (Allow time for club members to answer.)
- Ideas may include a lighting storm, clear starry night, campfire at night, a beautiful sunset, seeing a shooting star, or etc.
- Ask the group: so why would you want to experience awe-inspiring moments?

AWE-INSPIRING SCAVENGER HUNT

1. Cut out and hide the 8 “Proven Benefits to Awe-inspiring Moments” Cards (found at end of section).
2. Tell the group: I have hidden 8 Proven Benefits to Awe-inspiring Moments on items throughout our location that are awe-inspiring to me. I want to go on a scavenger hunt to find them all. Once you have found one, come back to the group to share what you found.
3. Once everyone has returned, talk about some proven benefits of those awe-inspiring moments. Ask each club member that found a card to read what the card says, or bring to the facilitator if they would prefer them to read the card. Also ask them to share their thoughts about the benefit.

AWE ALBUM

1. Now, we will be creating an album on your phone with images or videos that inspire awe. These could be pictures of beautiful landscapes, amazing achievements, or any moments that are awe-inspiring.
2. Instruct participants to create a folder on their device labeled “Awe Album.”
3. Spend 5 minutes finding and adding awe-inspiring images or videos to their albums. These can be already on their phone, they can search for new ones, or take new photos and videos. Encourage them to include at least five entries.
4. After creating their Awe Albums, ask each participant to share one image or video with the group and briefly explain why it inspires awe in them.
5. Have a group discussion about the experience. Ask the following reflection questions:
 - How can you make more time to slow down and experience these moments in your daily life?
 - What ways are you going to try to experience more awe-inspired moments?





CRUISIN' WITH GRATITUDE

For this activity, you will need paper and a writing utensil.

1. Read aloud to the group: Gratitude is about recognizing and appreciating people, places, experiences, and things that bring positivity into our lives.
2. Ask the group: what are some of the benefits of practicing gratitude? (Answers may include things like improved mood, and a greater sense of happiness, etc.)
3. Pass out the paper and writing utensils. At the top of the paper, have club members write: "I'm grateful for..."
4. Instruct them to write down as many things as they can think of that they are grateful for every day. These could be simple things like a sunny day, a kind gesture from a friend, a delicious meal, or a beautiful sight they encountered. Give club members five minutes to write these down. Encourage the participants to be creative and specific in their descriptions. For example, instead of just writing "my family," they might write, "I'm grateful for my family's laughter and support during a tough day."
5. Have a group discussion about gratitude. Use these as reflection questions:
 - Share one item from your list that you're particularly grateful for. Why did you choose it?
 - How does it feel to actively think about the things you're grateful for?
 - Did you realize you're grateful for something you hadn't thought about before?
 - How can practicing gratitude enhance our daily lives and well-being?
 - What are some ways you can remind yourself to be grateful regularly, such as writing down things you're thankful for each day?



DECORATE YOUR DRIVE

For this activity, you will need paper or table cloth to cover the tables, markers, and car-type stickers.

1. Put the paper or table cloth over the tables.
2. Place the markers and car-type stickers on the tables.
3. Tell the group: Earlier, we talked about Awe-inspiring Moments. Now, you are going to decorate your car. It needs that new paint job. This is about creating an awe inspired moment for you.
4. Think about what sort of paint job inspires awe in you?
5. Instruct the youth to decorate their car by coloring it with markers and putting stickers on it.



Tools, Tips, and Turbo Takeaways

- **Tools:** Daily Gratitude Journal

Dr. Robert Emmons, one of the leading scholars on gratitude defines gratitude as a “felt sense of wonder, thankfulness, and appreciation for life.” Research findings suggest that journaling about gratitude can improve happiness. Write down three very specific things that you are grateful for every day. Try not to repeat your items throughout the month.

- **Tips:** Avoid Roadblocks to Relationships

These are some obstacles that interfere with positive relationships:

- Distance
- Lack of Trust/Dishonesty
- Lack of Connection
- Misunderstanding, Conflict, Miscommunication
- Boundaries
- Daily Hassles/Stress
- Not Enough Time Together or Excessive Personal Pursuits
- Our Biases
- Personal Differences
- Hot Topics (politics, pandemic, etc.)
- Reacting vs Responding
- Manipulative, dominate, or Irresponsible Behaviors
- Personal States - HALT (Hungry, Angry, Lonely, Tired)
- Digital Distractions

- **Turbo Takeaways:** Connection is a basic fundamental need

The most valuable aspects of life aren't “material possessions” at all. What's most important is relationships with family, friends, and loved ones. Remember that one of our basic fundamental needs is the need to connect with others or a sense of belonging. Relationship connections are a powerful motivator and force in this life, and one of the strongest predictors of happiness.



Reflect

- What was your experience like when you were jotting down the things you are grateful for?
- How do awe-inspiring moments affect your mood and overall well-being?
- Were there any surprising items on your gratitude list?
- What did you discover while writing down the things you're grateful for?
- Can you share examples of times when expressing gratitude made a difference in your life or in someone else's?

Apply

- Challenge the participants to write down two things they are grateful for every day.
- How might regularly focusing on gratitude influence your interactions with others and your approach to life's challenges?
- How can you incorporate the habit of gratitude into your daily routine moving forward?
- What can you do to encourage others to embrace the practice of gratitude?

References and Other Resources

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BELONGING Bingo

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BELONGING Bingo

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Proven Benefits of Awe-Inspiring Moments

Cut these into card and tape onto something awe-inspiring at your location.

1. They can improve your mood and make you more satisfied with your life.

- Experiencing awe-inspiring moments makes you feel fulfilled. Meaning it helps give you purpose and meaning.

2. They are good for your health.

- They help you see your stresses in a new light, which results in a healthier body and mind.

3. These moments may help you think more critically.

- They help us focus on what is important in life and appreciate it a little bit more.

4. Awe-inspiring moments can decrease the want for things.

- They help us appreciate the things we have. For example, they help us feel as if we don't need that brand-new phone.

5. These moments make you feel humbler.

- They help us know that there is more to life than our needs. They show us the majesty of things we can barely comprehend.

6. Awe-inspiring moments can make you feel like you have more time.

- They expand our perception of time, making it feel that we have more to give to others.

7. These moments can help us feel more generous and cooperative.

- We are more willing to help each other in ways we thought that we couldn't do.

8. Awe-inspiring moments inspire connection and can make you feel more united with others.

- This connection to people is important because it fosters relationships, by sharing experience or through doing activities together.



The Scenic Overview – Turn Outward

Written by: Tyler Blaser



Supplies

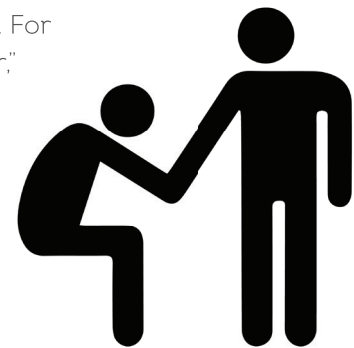
- Paper or table cloth to cover the tables
- Small pieces of paper
- Pen or marker
- Tape
- Handheld mirrors—one for each pair of club members (can be purchased at the dollar store)
- Pieces of cardboard 12 x 12 inches
- Pieces of blue 12x12 inch card stock for the sky
- Pieces of card stock in various colors for the scenery
- 2nd Piece of smaller cardboard
- Scissors
- Hot glue guns with glue sticks
- Crayons, paint, or permanent markers
- Whiteboard or flipchart
- Markers for whiteboard or flipchart
- Pieces of paper
- Writing utensil like pens or pencils
- Scenic Overview Handout
- Popsicle stick car started in meeting number 1

INTRODUCTION

In this club meeting, participants will discover the importance of shifting our attention from ourselves to the people around us or turning outward. Youth will focus on service, love, and seeing how to make their communities better and lives better.

PRIOR TO MEETING

- Purchase or collect supplies on the supply list.
- Print any handouts or copies needed for this lesson.
- Cover the tables with tablecloths or paper to protect them from any marks or stains while we work on the crafts during each lesson.
- For activity #1, write pairs of related items on separate small pieces of paper. For instance, you can pair “Mickey Mouse” with “Minnie Mouse,” “salt” with “pepper,” “peanut butter” with “jelly,” and so on.



TURN OUTWARD



CRUISIN' FOR COMPANIONS ICE-"brake"-R

This icebreaker is designed to kick off your club meeting by promoting communication and collaboration among club members. You will need small pieces of paper with the related items on them, pens or markers, and tape.

1. Write pairs of related items on separate small pieces of paper. For instance, you can pair "Mickey Mouse" with "Minnie Mouse," "salt" with "pepper," "peanut butter" with "jelly," and so on. Be creative and come up with pairs that are relevant to the youth in your club.
2. Use tape to attach one item from each pair to the back of each participant. Ensure that participants cannot see the item taped on their backs and instruct them not to reveal it to each other.
3. Let the participants know that the goal of the game is to find the person who has the matching item related to what's on their own back.
4. Have the participants move around the room, asking yes or no questions only to figure out what item is taped to their back. For example, if they have "Mickey Mouse" on their back, they could ask questions like, "Is my item a cartoon character?"
5. Remind them that other participants can only answer with "yes" or "no."
6. Once a participant believes they know what item is on their back, they go find the person with the matching item.
7. When participants find their match, they should stand together as a pair.
8. If someone is having trouble figuring out their item, encourage others to provide hints or additional clues.
9. After everyone has found their match, gather for a discussion.
 - Discuss the importance of asking the right questions and working together to solve problems.
 - Emphasize how being supportive and helpful to one another can make a significant difference in someone's day.



*Variation: To make the game more challenging, you can add a time limit for participants to find their matches.

REARVIEW MIRROR REFLECTIONS

For this activity, you will need handheld mirrors, each pair needs one.

1. Tell the group: in this activity, we will discover the importance of shifting our attention from ourselves to the people around us or turning outward. Are you ready to learn and have some fun? Let's dive in!
2. Pair the children into twos. If desired, you may use the same pairs they ended up with during the icebreaker activity.
3. Provide one partner in each pair with a hand mirror (easily available at places like the Dollar Tree). Have both partners stand face to face.
4. One of you will be the "mirror holder," and the other will be the "observer."

5. Instruct one child (the mirror holder) to hold up the mirror in front of their face so that they can only see their own reflection. They should hold the mirror close to their face and block their view of their partner.
6. Now ask them 5 questions about the child on the other side of the mirror. Here are some examples:
 - What color are their eyes?
 - Are they smiling?
 - Do they have a dimple?
 - What color is their hair?
 - Do they wear glasses?
 - Are they wearing earrings?
 - Are they wearing a hat?
 - Do they have a specific facial expression (smiling, serious, etc.)?
 - What's their hairstyle like (long, short, curly, straight)?
 - Can you see any freckles on their face?
 - What's the shape of their eyes (round, almond, etc.)?
7. Chances are, they cannot accurately answer most of the questions because they cannot see the other person, they can only see themselves.
8. Now, instruct the child with the mirror to put it down, allowing them to see their partner clearly.
9. Re-ask the same set of questions and encourage them to answer based on their observation of their partner.
10. After you are done, switch roles, so the child who was previously holding the mirror now becomes the observer, and vice versa.
11. Ask new questions, with the new mirror holder answering based on their partner's appearance and expressions.
12. Gather for a group discussion.
 - Read aloud: This activity demonstrates a valuable life lesson. Just as you couldn't answer questions about your partner while holding the mirror, we miss the chance to see and understand the people around us if we are focusing too much on ourselves.
 - It is essential to look outward, shift your focus, and be attentive to others. This way, you can build connections and be there to support those who need it.
 - Part of turning outward is building connections with others. Our connection with others brings happiness and meaning to our lives.

Activity #3

DESIGNING THE SCENIC ROUTE

For this activity, you will need: pieces of cardboard (12 x 12 inches), pieces of blue 12x12 inch card stock for the sky, pieces of card stock in various colors for the scenery, 2nd piece of smaller cardboard, scissors, hot glue guns with glue sticks, and crayons, paint, or permanent markers

1. Read aloud to the group: Now we will learn about shifting our focus from ourselves to the world around us. Just as the mirror activity highlighted the drawbacks of self-centeredness, we'll now craft miniature worlds for our cars. Your car you made in club meeting 1 and 2 represents searching inward and pressing forward, while the scenery you'll create represents looking outward and connecting with the larger world. Let's begin!



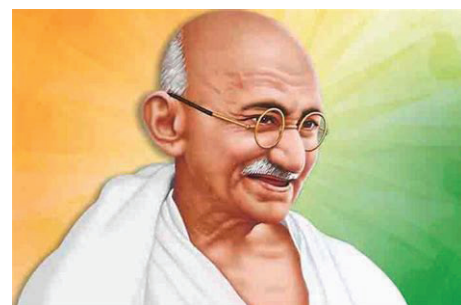
2. Tell the group that using the provided materials, we will be creating a backdrop scene for your car.
3. Pair up with a friend to work in groups of two.
4. Begin by gluing a 12 x 12 piece of blue paper onto a 12 x 12 piece of cardboard to create your background.
5. Using the pieces of card stock in various colors, cut out the elements you would like to personalize your scenic route. For example:
 - Different colors of green for grass or leaves
 - Brown for trees, dirt, or mountains
 - White for clouds or snow
 - Other blue colors for the ocean or streams
 - Black for the road
 - Colored flowers, a rainbow, etc.
 - Note: To make the grass, you can put two green pieces together, cut a fringe pattern, and then attach it while staggering the layers.
6. Using the glue gun, place on the scenery elements in the following order: clouds, trees, bushes, grass, etc.
7. With adult help and supervision, use a second cutout piece of cardboard as a stand for your scene. You may need to fold it to help it stand up.
8. Use crayons, paint, or markers to add details to your scene, making it unique.
9. Read aloud to the group: An inward view is to only look and be in the car. Remember, just like we can step out of our car to appreciate the scenery, we can also step out of our self-centeredness to embrace and contribute to the world around us.
10. Optional: create a miniature car museum to showcase everyone's work. Instruct club members to arrange their scenery on a table, positioning their cars in front.

Activity #4

SERVICE STATION: FUELING ACTS OF KINDNESS

For this activity, you will need: Whiteboard or flip chart, markers for whiteboard or flip chart, pieces of paper, and writing utensils like pens or pencils.

1. Read aloud: Service is like a magic wand that not only transforms the lives of those you help, but also works its wonders on you. It's all about looking outward, extending a helping hand, and spreading positivity around. As Mahatma Gandhi wisely said, "The best way to find yourself is to lose yourself in service to others."
2. Read aloud: When others help us, it makes us feel good. When we help others, it makes us feel good also. If we are so busy, only paying attention to ourselves and worrying about ourselves, we can't find moments to look outward and help others. So, are you ready to learn about the power of service and how it can make us better individuals?
3. Begin by sharing a personal story with the group about a time when someone looked beyond themselves and offered you help or support. It could be a chore they assisted with, a kind gesture, or anything that made a difference in your day. This story should highlight how their act of service made you feel.
4. After sharing your story, encourage everyone in the group to think of their own experiences when someone's kindness brightened their day. Discuss the positive feelings and impact of such acts of service.



Pictured above: Mahatma Gandhi



5. Now, it's time to brainstorm together. Ask the group to come up with a list of simple acts of service they can do for others. These could be things like helping a friend with homework, making someone smile with a compliment, assisting a family member with chores, or offering support to someone in need. Write them on the white board or flip chart.
 6. Have each participant select one act of service from the list that they commit to doing within the next week. Have them write it on the handout to take home as a reminder.
 7. In the next club meeting, allocate time for each participant to share their service experience. Let them talk about what they did, the impact it had, and how it made them feel. Sharing these stories can inspire others to engage in acts of service as well.
 8. Challenge everyone to record their act of service in a journal or notebook, including what they did, how it made them feel, and the recipient's reaction.
 9. Wrap up the activity by discussing what everyone learned from their service experiences.
- Read aloud: In closing, I'd like to leave you with this thought: service is indeed like a magical wand that holds the power to transform not only the lives of those we help but also our own. We've explored the incredible impact of acts of kindness and selflessness today, and I encourage each one of you to carry these lessons forward. Continue performing acts of service, no matter how big or small, and watch as you create a positive ripple effect in the world around you. Mother Teresa said, 'I alone cannot change the world, but I can cast a stone across the waters to create many ripples.' By giving, you open the door to receiving, and the joy that stems from helping others is immeasurable. As you steer toward service, you're also steering toward a brighter, more fulfilling life for yourself and everyone you touch. Keep spreading kindness and making a difference. Together, we can make the world a better place. Remember, the more you give, the more you receive!



Pictured above: Mother Teresa

Tools, Tips, and Turbo Takeaways

- **Tools:** Remember “the Great 8” gifts you can give to build closer connections with others:
 - Love
 - Understanding
 - Kindness
 - Trust
 - Compassion
 - Attention
 - Appreciation
 - Forgiveness
- **Tips:** Record your act of service in a journal or notebook, including what you did, how it made you feel, and the recipient’s reaction.
- **Turbo Takeaways:** Service is indeed like a magical wand that holds the power to transform not only the lives of those we help but also our own.



Reflect

- How did you feel when you were the mirror holder and could only see your own reflection?
- What did you notice about your partner's appearance and expressions that you hadn't seen before?
- Can you think of a real-life situation where shifting your focus from yourself to others would be valuable?
- During the brainstorming session, did any particular service ideas resonate with you or stand out as something you'd like to do in the coming week?

Apply

- How do small acts of service brighten someone's day in your daily interactions?
- How does kindness and generosity often lead to receiving more in return, based on your experience?
- How can you apply the lesson from this activity to be more outward-focused in daily life?
- How can you integrate service principles into everyday life for a culture of kindness and support?

References and Other Resources

Schramm, D. (2023) Road to Happiness and Meaning Curriculum. Utah State University.
<https://extension.usu.edu/hru/courses/the-road-to-happiness-and-meaning>



Cut out and pass out to group members.

**"I alone cannot change the world,
but I can cast a stone across the
waters to create many ripples."**

-Mother Teresa



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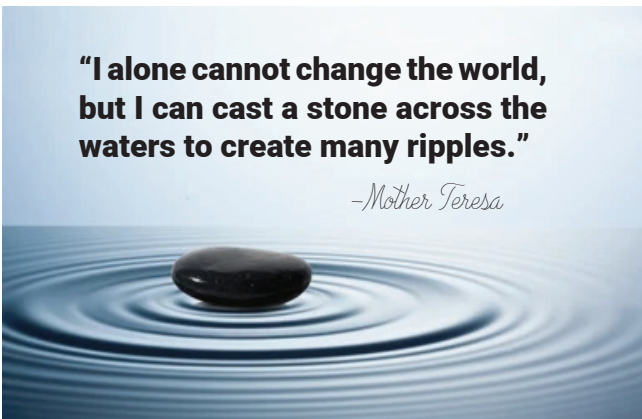
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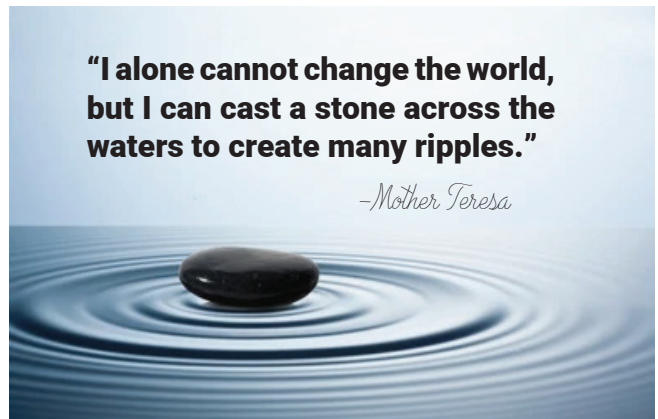
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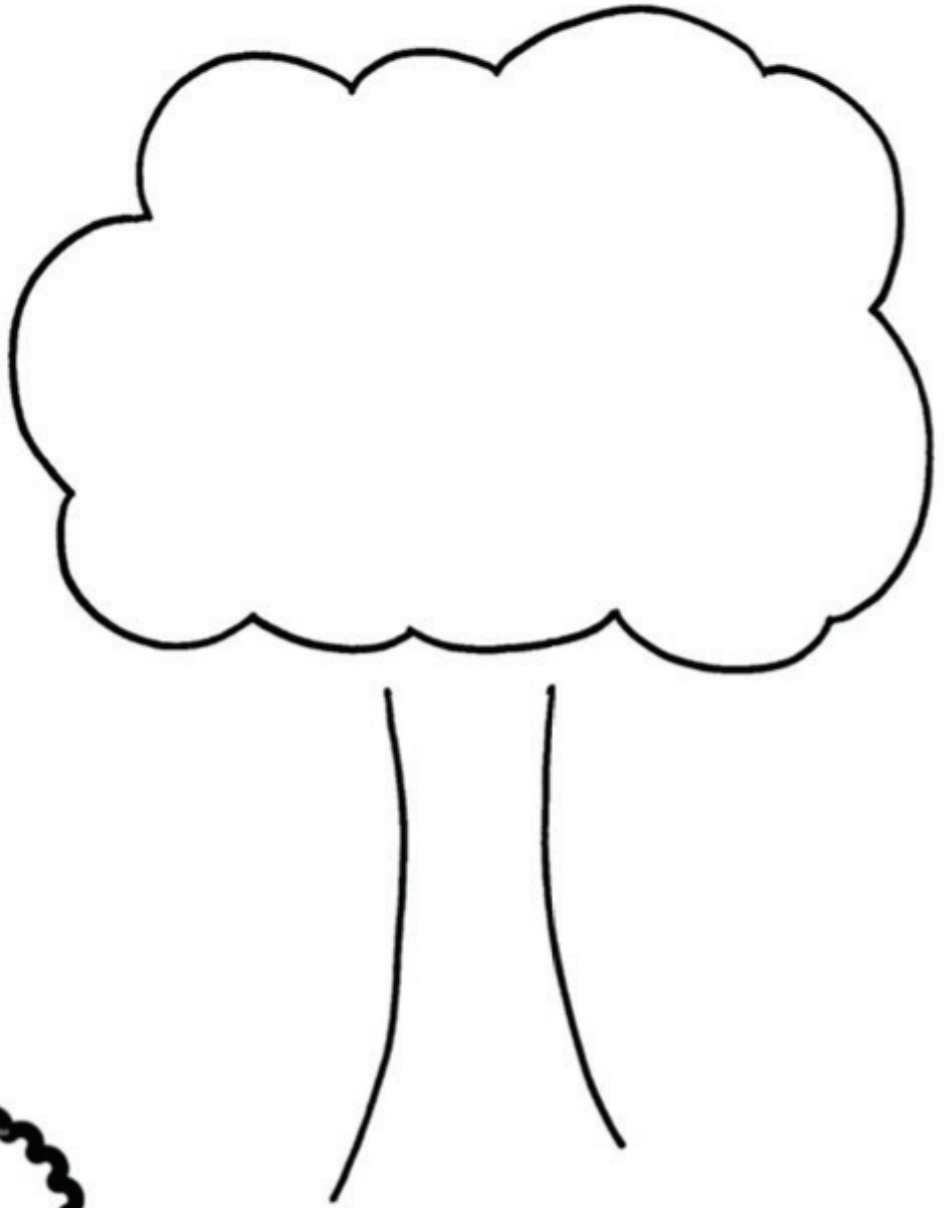
**"I alone cannot change the world,
but I can cast a stone across the
waters to create many ripples."**

-Mother Teresa



Scenic Overview handout

Print one for each youth to color and cut out.





The Happy Hacks Repair Shop

Written by: Kirsten Boley



Supplies

- Small ball or beach ball
- Whiteboard or flipchart
- Markers for whiteboard or flipchart
- Optional: easel for whiteboard or flipchart
- Pens or pencils
- Happy Hacks Cards
- Paper or Thank You cards
- Character Cards
- Smile Cards
- Emoji Cards
- Plastic cups (one for each participant)
- A large bucket filled with water
- Towels to clean up the floor

INTRODUCTION

In today's club meeting, participants will explore some Happy Hacks to improve well-being. Then, youth will discuss the power of gratitude and practice it by writing letters to those who have made a positive impact on them. Additionally, you will discuss the significance of starting your day on a positive note and engage in a fun relay race.

PRIOR TO MEETING

- Purchase or collect supplies on the supply list.
- Print any handouts or copies needed for this lesson.
- Cover the tables with tablecloths or paper to protect them from any marks or stains while we work on the crafts during each lesson.
- Using the white board or flipchart, write Happy Hacks Repair Shop across the top and SCARED down the left-hand side.
- Note: You may also print out the letters and words and tape them to the wall as you lead this discussion.
- Cut up the Happy Hacks Cards before the meeting and hide them around your location.
- Cut up the Character Cards to be used in the Kindness Keys activity.
- Cut up the Smile and Emoji Cards to be used in the Driven to Smile activity.





SERVICE STATION: FUELING ACTS OF KINDNESS ICE-“brake”-R (part 2)

Note: This is an optional activity. This is a follow-up discussion for Activity #4 in Club Meeting #4. For this activity, you will need a small ball or beach ball.

1. Have everyone stand up and form a circle.
2. Read aloud the following paragraph:
In the last club meeting, each of you challenged yourself to do service for someone else. I am going to throw someone a ball and then they will share their service experience. Talk about what you did, the impact it had, and how it made you feel.
3. Once they share their experience, they will toss the ball to the next person. Continue tossing the ball until everyone has had a chance to share.
4. Give participants time to share what they did.
5. Ask the group: Did you know that sharing these stories can inspire others to engage in acts of service as well?



HAPPY HACKS REPAIR SHOP

For this activity, you will need: a whiteboard or flipchart, markers for whiteboard or flipchart, easel for whiteboard or flipchart (optional), and Happy Hacks cards (cut up ahead of time).

1. Using the white board or flipchart, write the following words across the top: Happy Hacks Repair Shop.
 - Note: You may also print out the letters and words and tape them to the wall as you lead this discussion.
2. Now that you've built your car, customized it, and added a scenic backdrop, your car might need some repairs or regular maintenance to have peak performance. Life will have bumps in the road. You're not always going to get your way, which is why you need to learn to repair your perceptions and attitude or add some maintenance to help your life run more smoothly. That's what The Happy Hacks Repair Shop specializes in.
3. As a group think about times when you needed "repairing" or "maintenance". Ask:
 - Have you ever felt left out, ignored, or down for some reason?
 - How did that make you feel?
 - How did you start to feel better?
 - Do you have your own methods for repairing yourself? If so, the Happy Hacks Repair Shop will help you build on those hacks. If not, then we're here to teach you how to repair your attitude and maintain a positive mental wellbeing.
4. We are now going to take a journey on the happiness highway. Around the room are 10 happy hacks hidden. Go find them and bring them back to the Happy Hacks Repair shop and paste it on the flipchart or white board.
5. When you paste it on the board, please read what happy hack you found and it's short description and why your think your card is a happy hack?
6. The answers you gave are great hacks to use when you need some repairs. But how do we make these a habit? Here at the Happy Hacks Repair Shop, we believe that every happy hack requires us to be SCARED, which stands for "Small Changes Are Really Effective Daily." (Write the rest of the word down the white board, or flip



chart.)

7. Ask the group: why do you think this principle is important? Why is it important to be SCARED of making these into habits?
8. Now that we know how important the habits are, let's dive deeper and explore a few of these happiness hacks more in depth and discover ways to turn them into daily habits.

Activity #3

ON THE HAPPY HIGHWAY

Select to do one to all 4 of the happy hacks listed below depending on the time you have available for this meeting.

Happy Hack #1: Jumpstart with Gratitude

For this activity, you will need pens or pencils and paper or a thank you card.

DISCUSSION:

1. Today, we are exploring how gratitude can be the engine that jumpstarts our attitudes when they're down. Just like our cars need a little help when their engines fail, our moods sometimes need a "jumper cable" to recharge.
2. Have everyone, hold up their cars.
 - Ask the group:
What makes your car go?" (Answer: The engine.)
But what happens when the engines die? (Answer: The cars can't go.)
When this happens, we can't fix them ourselves. We must ask for someone else to bring their car and jump and jumper cables. We then connect the batteries and jump start the car.
3. Read aloud the following paragraph:
This also happens in real life. Our lives are run by our attitude. And sometimes, that attitude dies. Think about a time when you felt down and someone or something helped you bounce back. This person is our metaphorical 'jumper cable'. Who was your 'jumper cable'? Today, we're going to write a heartfelt letter of gratitude to these special people in our lives.

DIRECTIONS:

1. Provide each participant with a piece of paper and writing materials.
2. Encourage them to think about someone who helped them when their attitude was down.
3. Instruct them to write a letter of gratitude to that person, expressing their thanks and explaining how their support made a difference.
4. After they are done, invite participants to share their experiences of writing the gratitude letters. Ask them how it felt to express their appreciation.
5. Tell them to bring this letter to your 'jumper cable.' Challenge them to try to see how it feels after giving them the letter.
6. In the next club meeting, encourage them to share their feelings and observations after the letters have been received.
7. Read aloud the following: Dr. Amit Sood once said, "Because of the way your brain works, the pursuit of gratitude and compassion will make you happier than the pursuit of happiness itself." Let's see if this rings true for us as we express our gratitude.

Happy Hack #2: Kindness Keys

DISCUSSION:

1. What do you do when your car gets dirty? (Answer: You take it to a car wash.)
But say you're too busy to go to a car wash. You're just stuck with a dirty car. Imagine that you're driving along, and realize that someone has taken the time to clean your car for you. How would that make you feel?
2. Just like we need our cars to stay clean, our lives could use a little sprucing up with random acts of kindness. Today, we're going to spread this warm fuzzy feeling by doing random acts of kindness for each other. Service is a key player in our roadmap to personal joy.

DIRECTIONS:

1. Assign each participant a "character card " from the provided list (e.g., elderly person, waiter, parent, teenager, businessman). Print these cards off and cut up to give to each participant.
2. Participants must perform five acts of service (e.g., helping someone carry their belongings, offering a compliment, or assisting with a task) while staying in character.
3. Simultaneously, they should also be open to receiving five different acts of kindness from others.
4. Each Character Card also has a task listed. Participants also must complete the tasks on their card. They have the ability to help each other.
5. After they finish, gather participants to discuss their experiences.
6. Discuss with the group:
 - Can you share how it felt when you received acts of kindness?
 - Describe the best act of service that you performed.
 - Encourage them to talk about the best act of kindness they received and how it made them feel.

Happy Hack #3: Driven to Smile

For this activity, you will need the Smile Card and the Emoji Cards presenting different types of smiles (e.g., genuine, polite, smirking, joyful, or mischievous).

DISCUSSION:

1. Have you ever driven at night? When it's pitch black, but the driver can still see? Why is that? (Answer: The headlights.) And, yet, they're only used half of the time: between sunset and sunrise. But when they're in use, they light the world!

You know what else everyone has, is only used sometimes, and is bright? Smiles!

Smiles are like the headlights of our emotional cars, lighting up our world. We all have the ability to smile. But how often do you smile? Studies have shown that children smile around 400 times a day, but the average adult only smiles around 20 times a day. Why do we smile less as we grow older? Let's explore different types of smiles and their meanings to understand this better.

DIRECTIONS:

1. Before this activity, prepare and cut apart the Smile Card and the Emoji Cards presenting different types of smiles (e.g., genuine, polite, smirking, joyful, or mischievous).
2. Assign each participant one of these smile types without revealing it to others.
3. Instruct participants to walk around silently, observing each other's facial expressions.
4. Their goal is to find someone with the same type of smile as them, without speaking.
5. When participants think they've found their "smile partner," they can stand together.
6. Ask participants to discuss with their "smile partner" what they think their assigned smile might mean.
7. Discuss the following:



- What kinds of smiles did we have?
- Can a smile mean different things?

Happy Hack #4: Positivity Pit Stop

For this activity, you will need plastic cups (one for each participant, plus two extra), a large bucket filled with water, and towels to clean up the floor.

DISCUSSION:

1. Read aloud to the group: In order for our cars to start, we need to put in gas. Just like cars need fuel to start their engines, we need a positive start to our day to rev up our attitudes. Let's explore how beginning the day in a positive way can set the tone for everything that follows. Think about how you usually start your day. Is it with enthusiasm, positivity, and energy? Or do you sometimes find it challenging to get going? Today, we're going to experiment with the power of a positive morning routine.

DIRECTIONS:

1. This game is best played outside, or in an area where water can get on the floor.
2. Divide the participants into two teams. Tell each team to stand in a line. Hand each participant one cup.
3. Place the two extra empty cups on a hard surface (like a table), at the end of each team line. These are the 'winning cups.'
4. Place a large bucket filled with water at the other end of the racing area.
5. In the first round, tell one team that they're doing exceptionally well. Praise them for their efforts and performance. Conversely, tell the other team that they're performing poorly.
6. On the signal to start, the player one in each team will run to the bucket and dip their cup into the water, filling it to the brim.
7. They must then run back to the other players, trying not to spill any water.
8. Player one then pours the water from their cup into the cup of player two (the next person in line).
9. Player two, then, pours their cup into the next player's cup, and so on. Continue this relay, with participants filling and passing their cups one by one until the last person receives it.
10. The last person will pour their water into the empty cup on the table, the teams 'winning cup'.
11. Player one high-fives player two and moves to the back of the line.
12. Then, player two runs down to the bucket and fills their cup with more water, repeating steps 6 to 11 until all players have filled their cups in the bucket.
13. Each team should aim to have the most water left in their "winning cup" at the end of the race.
14. After the first round, switch the feedback. Now, the team that received praise will be told they're performing poorly, and the other team will receive positive feedback.
15. Discuss:
 - Any observations the club members have about the game.
 - Ideas for positive morning routines. Write them on the white board or flipchart. Examples may include: starting the day with gratitude, affirmations, or exercise.
 - Ways participants can incorporate these routines into their lives to kick-start their days positively.



Tools, Tips, and Turbo Takeaways

- **Tools:** Remember S.C.A.R.E.D.

The science behind happiness continues to reveal that real happiness and joy result from small things done often. It is small changes OVER TIME that create change. For example, if you have one crazy high fat meal it won't make you unhealthy. Just like one amazing spinach smoothie doesn't transform your health in a day. Or a sudden intense workout won't transform your muscles and make you strong. Very little in this life works instantly, in the moment, as it relates to overall well-being. S.C.A.R.E.D. - Small Changes Are Really Effective Daily

- **Tips:** What is Find Flow?

Some describe it as being so immersed in an activity that you lose track of time. Some athletes call it getting in "the zone." It happens when creativity, productivity, and opportunity collide. Some people say things like, "I could do this all day." Some examples include gardening, working with wood or tools, a work project, or even reading a great book, doing a crossword puzzle, playing the piano, a game, or cooking a favorite meal.

- **Turbo Takeaways:** Pursuit of Happiness

Some have compared pursuing or chasing happiness to trying to catch a butterfly with your hands. The harder we try to reach out and grasp it, the more likely it is to flutter away. In fact, research continues to show that the more people try to be happy, the less happy they are. Today's topic about happy hacks focuses more on turning outward with our thoughts and actions, which leads to happiness and meaning. Lasting happiness and true joy tend to be a byproduct of these other happy hacks. In other words, when we stop chasing the butterfly and hold still and focus on others and other things, it is more likely to land on you without you even realizing it.



Reflect

- Did you notice any changes in your own mood or attitude after expressing your thanks?
- How challenging was it to turn these activities into daily habits?
- How did it feel to be assigned a character and perform random acts of kindness while in that role?
- How often do you smile throughout the day? Has this activity changed your perspective on smiling?

Apply

- Do you agree with Dr. Amit Sood's statement about gratitude and happiness? How has your experience with this activity influenced your understanding of this statement?
- How might the world be different if more people regularly engaged in acts of kindness?
- Can you think of moments when different types of smiles are more appropriate or genuine? When would you use them in the future?
- How did it feel to receive positive or negative feedback before the race? Did it affect your performance? What other circumstances in your life have positive or negative feedback affected you?
- How can you apply the ideas from this club meeting to your own life to ensure you start your days positively?

References and Other Resources

Schramm, D. (2023) Road to Happiness and Meaning Curriculum. Utah State University.
<https://extension.usu.edu/hru/courses/the-road-to-happiness-and-meaning>

Happy Hacks for a Flourishing Life

PAY ATTENTION - Mindful people are healthier and happier

CHERISH YOUR FRIENDS - Make time for people in your life

GIVE THANKS - Savor the good in the past and present and be grateful for it

USE YOUR STRENGTHS - Know your strengths and design your life to use them

GET MOVING - Regular exercise boosts happiness and lowers stress

DROP GRUDGES - Forgiveness unburdens and opens your heart

SMILE MORE - Smiling lets sunshine in your soul and spreads it to others

PRACTICE KINDNESS - Turning outward and serving others feels good to do

MAKE A RECORD - Write down and hold onto the good in our life

FIND FLOW - Make time for activities that use your strengths and you enjoy



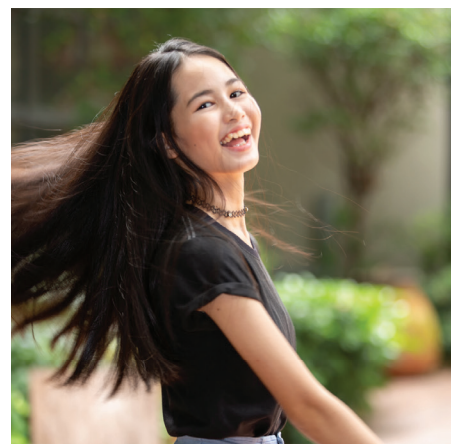
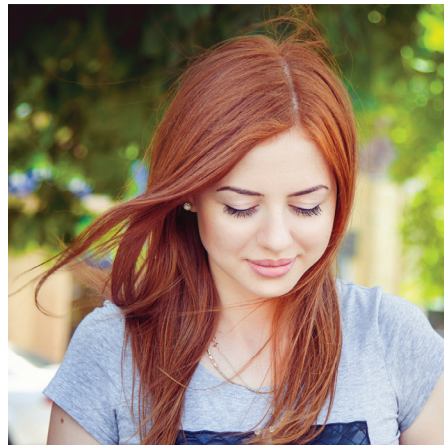
EMOJI CARDS

Cut these into cards.



SMILE CARDS

Cut these into cards.



CHARACTER CARDS

Cut these into cards.



The Elder

Pro: You have wisdom you can give to the younger generations.
Con: Your hip is getting old. You are unable to pick things up by yourself.
Task: Go shopping and pick up a banana for some banana pie.



The Waiter

Pro: You can give compliments unlike any other.
Con: You only have one open hand, as the other is filled with plates for your customers.
Task: Visit the store and pick up three books



The Parent

Pro: You have an uncanny ability to multitask, effectively helping you do multiple Tasks at once.
Con: Your kid squirted lemon juice in your eye, rendering your left eye useless.
Task: Pick up a ball for The Child at the store.



The Child

Pro: You have a big smile on your face and want nothing more than for others to be as happy as you.
Con: You must stay by The Parent at all times.
Task: Plan a playdate with anybody in the room.



The Teenager

Pro: You love selfies, especially ones with friends.
Con: Your phone drags you down. You are unable to use your right leg.
Task: Buy a new phone charger from the store.



The Businessman

Pro: You love people who dress professional, giving you the grand ability to compliment people's clothes.
Con: You're running late for work. You must run everywhere.
Task: Buy a new briefcase from the store.



The Doctor

Pro: You can cure the Con from any person you touch.
Con: This Pro only lasts when you are touching them. Once you let go, the Con comes back.
Task: Your stethoscope broke! Go to the store and pick up some string to fix it.



The Shopkeeper

Pro: You have access to all the items the others are looking for.
Con: You can't move from the spot you determine to be the Store.
Task: Give the items to everyone else.

10 Happy Hacks

for a Flourishing Life



PAY ATTENTION

Mindful people are healthier and happier



CHERISH YOUR FRIENDS

Make time for people in your life



USE YOUR STRENGTHS

Know your strengths and design your life to use them (VIAcharacter.org)



GIVE THANKS

Savor the good in the past and present

EXTENSION
UtahStateUniversity.

10 Happy Hacks

for a Flourishing Life



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GET MOVING

Regular exercise boosts happiness and lowers stress



DROP GRUDGES

Forgiveness unburdens and opens your heart



SMILE MORE

Smiling lets sunshine in your soul and spreads it to others



PRACTICE KINDNESS

It feels good to do good. Turn outward and serve others



MAKE A RECORD

Write down and hold on to the good in your life



FIND FLOW

Make time for activities that use your strengths



For more information, visit:

relationships.usu.edu

Utah State University is an affirmative action/equal opportunity institution.

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The Final Road Trip - Meaning

Written by: Raquel Schiess



Supplies

- One calculator or calculator on smartphones
- Optional: multiple calculators, if available
- Pencil with an eraser for each person
- One copy of Auto Parts Inventory Handout for each person
- Clipboards or something hard to write on for each person
- One printed copy of the scenario cards
- Optional: You can choose to print individual cards on one color of paper and group cards on another. This way, it's easy to tell which is which.
- Bowl
- Blank sheets of paper (2 per person)
- Scissors
- Optional: Colored pencils

INTRODUCTION

In this club meeting, club members will take a "road trip" adventure with their cars. They will be shopping for their car, gathering items for their car, embarking on a fun "road trip" (in reality, a walk around), and delve into intriguing scenarios to earn points. They will wrap up this journey with a paper doll craft activity and reflect on their journey.

PRIOR TO MEETING

- Gather items needed for your club meeting.
- Print out the scenario cards, cut them into individual pieces, and place them into a bowl for the meeting.
- Optional: You can choose to print individual cards on one color of paper and group cards on another. This way, it's easy to tell which is which.
- Print out and prepare all the necessary copies of the Auto Part Inventory.
- Collect an adequate number of writing utensils to ensure every participant has one.
- Optional: cut pieces of paper in half lengthwise, so there is one for each participant. If you do not do this, it can be done by club members in Activity #5.





JUMPSTART WITH GRATITUDE ICE-“brake”-R (part 2)

1. Welcome! We are going to start off by answering a few questions.
 - How has your journey through the last 5 club meetings been so far? Why?
 - Have you learned any new things about happiness so far?
2. Read aloud to the group: in today’s meeting, we will be combining everything you have learned into your final road trip adventure. But first, remember in the previous club meeting, you each wrote gratitude letters to someone? You each were instructed to give the letter to the recipient. Now, we are going to take turns sharing the experience of giving our letters out.
3. As a facilitator, you can guide the conversation, ask questions, and provide support as needed to keep the discussion positive and constructive. Here are some things the youth can talk about:
 - How did the recipient react when they received the letter?
 - What emotions, such as happiness or gratitude, were expressed by the recipient?
 - Are there any changes in your relationship with the recipient?
 - How did sharing the letter affected you personally?
4. Conclude the activity by emphasizing the significance of expressing gratitude and how it can strengthen relationships and create a positive impact in both the giver and the recipient’s lives. Encourage participants to continue practicing gratitude in their daily lives.



AUTO SHOP

For this activity, you will need: a bowl, one calculator, multiple calculators if available (optional), pencil with an eraser for each person, one copy of the Auto Parts Inventory for each participant, one clipboard or something hard to write on for each participant, a blank sheet of paper to tally score on, and one printed copy of the scenario cards. (You can choose to print individual cards on one color of paper and group cards on another to make it easier to tell which is which.)

1. Hand out to all participants: pencils, blank sheets of paper, clipboards, the Auto Parts Inventory, and calculators (if available).
2. Begin by welcoming everyone to the “Auto Shop” and setting the scene.
3. Read aloud the following: This fun activity is inspired by the classic computer game ‘Oregon Trail,’ but with a real-world twist. You are preparing to embark on a scenic road trip, and the first task is to pack your car and ensure that you have all you need. You will have to decide which items to purchase from the Auto Parts Inventory. Please circle the items you wish to buy, making sure not to exceed your budget of \$25,000. Keep in mind that the items listed in your total column bar must be included in your total cost. You don’t have to spend your entire budget at the Auto Shop; you can choose to save some for the journey or for spending while on the road. Throughout the trip, you will earn points for packing certain items, so choose your purchases thoughtfully.
4. Allow about 5–7 minutes for each participant to review the items list and select items they want to “buy.” Let them know when they have about 2 minutes left.
5. Have each person calculate their total and record it on the bottom of the sheet. Emphasize that they must not exceed the \$25,000 budget.
6. Once they have finalized their purchase, make sure to remind them to keep track of their items list, clipboards, and pencils.





ON THE ROAD

For this activity, it's best to be outdoors on a short neighborhood walk. In case of bad weather, don't worry: you can journey through the school, a home, or another building.



1. Have everyone line up and get ready for the journey ahead.
2. Read aloud the following: Imagine you're embarking on an unforgettable road trip. However, this isn't just any road trip - you'll encounter a series of intriguing scenarios along the way.
3. Distribute a blank sheet of paper to each participant and have them write their names at the top. They will use this paper to tally their points throughout the journey. Everyone starts at zero, and depending on the scenarios they encounter, their scores may rise or fall.
4. Tell the group: now, it's time to rev those engines! We're ready to hit the road! Follow me.
5. Lead the group on a short walk that will eventually bring you back to where you started.
6. Every 2 to 3 minutes, pause the group and gather everyone around. You will have a total of 7-8 stops during this journey.
7. At each stop, invite each person to draw one individual scenario card from the bowl (more on those below). Ensure that each person picks one card every time you stop.
8. Have participants read their individual scenario card and follow the instructions. Then, adjust their point tally on their blank sheet of paper based on the scenario's outcome.
 - While doing these scenarios, collaboration is encouraged. If you think you can assist a fellow club member in handling their scenario, go ahead and lend a hand. Teamwork can make your journey even more enjoyable and successful!
9. At every other stop, it's group time. Pick one group scenario card, read it for everyone to hear. Have participants discuss it, answer the question, and update their point tallies. You will do group scenarios 3-4 times during this activity.
10. After the participants have tallied the total, have them return their individual scenario cards back into the bowl. Hold on to the group scenario card, so it doesn't get used again.
11. Continue your walk, repeating steps 6-10 every few minutes. Don't worry if multiple club members pick the same scenario card as someone else already did; it's all part of the adventure.
12. By the end, each club member will have experienced 7 or 8 scenario cards along with 3-4 group cards, making this a journey to remember.
13. Once you've completed the desired number of scenario cards and explored a variety of situations, it's time to head back to where you began the journey.
14. Find a comfortable spot to gather the group and have everyone be seated.
15. Now, it's time to calculate your final point total. Pull out your point tally sheets, and add up the points.
16. The person with the most points in the winner.





REFLECTING ON THE RIDE

This is a continuation from lesson 5. It is an optional activity.

- When everyone is finished and winners have been announced, wrap up this activity with a short debrief. Below are optional questions you may ask to get discussion going. Or, you may pick questions of your own.
 - How was the journey? What were some challenges you had to face?
 - Was your car always equipped with what you needed, or did you have to reach out to others for help?
 - In what ways can this game be similar to a life journey?
- After you have received a few responses, move on to the next activity.



ON THE ROAD TO TOGETHERNESS

For this activity, you will need: writing utensils, scissors, blank paper, and colored pencils.

PART 1

- Tell the group: We are going to wrap up our club with some personal reflection. To start, we're going to create a paper doll chain.
- Pass out a writing utensil to each participant.
- Have the participants pair off into groups of two.
- Hand each group a blank sheet of paper and a pair of scissors.
- Begin by having one participant fold the paper in half lengthwise. Unfold the paper, and you'll see there is a crease in the middle. Now, carefully cut along this crease. You'll end up with two strips of paper. Share one strip with each participant.
- Turn your paper strip sideways (landscape orientation), and fold it in half.
- Fold one of the paper over to meet the crease, then flip the paper and fold the other side to meet the crease. You will end up with four sections of paper, that look like an accordion.
- Tell the group: It's time to be creative. Grab a writing utensil and draw a paper doll on one side of the strip. Start with the head and work your way down to the rest of the body, making sure the arms touch the outside edges of the paper. Once your paper doll drawing is complete, use the scissors and carefully cut around the outline. Be cautious not to cut across the arm creases.
- Move on to Part 2 when everyone has finished crafting their paper doll chains.



PART 2

- Have each person write their name on the top paper doll.
- Explain that this doll represents the 'driver' of their car, symbolizing that they are in control of the choices they make, which can lead to different consequences. Emphasize how these choices impact their life journey.
- Encourage everyone to personalize their 'driver' paper doll using the colored pencils. They can add unique characteristics or items that represent them as individuals.
- While they are decorating their paper dolls, start a discussion about connections and relationships that help



impact them on their life journey.

5. Ask 3-5 questions like:
 - Who are the passengers in your 'car' (life journey)?
 - How do your friends and family members influence your decisions?
 - Who else can impact our journey?
 - Why might it be important to surround yourself with people who support and guide you in a positive direction?
 - Can you think of examples of connections that might distract or negatively affect your journey?
 - Who are some of the positive influences in our lives that we'd want to have alongside us in our 'car'?
 - What role does school, community, or other external factors play in shaping the choices we make?

PART 3

1. On the remaining paper dolls, have the club members write down names of people they consider as positive influences in their life.
2. Have them decorate the these paper dolls to make them unique.
3. Once each group is finished, have them each turn to their partner and share why they chose those particular people.
4. Have them write the answers to the following questions on the back of their paper doll chains:
 - What does my happiness journey look like right now?
 - Is there one thing I can do to improve it?
 - What do I hope my journey will look like in the future?
5. After they have answered these questions, have them fold back up their paper doll chains with their driver on the top and have them place them in their popsicle stick car.

Tools, Tips, and Turbo Takeaways

- **Tools:** Use Forgiveness as a Tool to Unlock Healing

Forgiveness is a commitment to a personalized process of change. To move from suffering to forgiveness you might:

- Recognize the value of forgiveness and how it can improve your life
- Identify what needs healing and who needs to be forgiven and for what
- Acknowledge your emotions about the harm done to you and how they affect your behavior and work to release them
- Choose to forgive the person who's offended you
- Move away from your role as victim and release the control and power the offending person and situation have had in our life
- Consider joining a support group or seeing a counselor

- **Tips:** Be Slow to Judge & Quick to Love

- **Turbo Takeaways:** Travel Log Road Trip Review

This experience is about helping you discover more joy and meaning in your life journey by:

- Discovering, building, and using your strengths
- Understanding and managing stress and challenges
- Promoting positivity, happiness and meaning
- Improving personal relationships

Conclusion

- As we come to an end of our journey together, I hope that the destinations we visited have helped you discover more joy and meaning on your Road to Happiness and Meaning. Remember the 4 keys to a better life:



SEARCH INWARD

DISCOVER YOUR STRENGTHS, FIND POSITIVES IN THE PAST, PRESENT, AND FUTURE



TURN OUTWARD

USE YOUR STRENGTHS TO DO GOOD, BE KIND, GIVE GRATITUDE, AND STRENGTHEN CONNECTIONS



LOOK UPWARD

INCREASE POSITIVITY, HOPE, OPTIMISM, FLOW, HEALTH, AND DISCOVER MEANING AND PURPOSE



PRESS FORWARD

DON'T GIVE UP, BE PERSISTENT AND PATIENT THROUGH STRESS, CRISES, AND CHALLENGES



Reflect

- What challenges did you face during the final road trip? Were you always prepared?
- Were there moments during the activity when collaboration with your fellow club members led to a more successful outcome?
- What are some strategies we can use to boost your happiness?
- What did you learn from creating your paper doll chain, and how does it relate to your life's journey?

Apply

- What life lessons or insights can you draw from this activity? How might the decision-making and teamwork aspects relate to real-life situations?
- How do you envision your future journey, and what steps can you take to maintain or improve your happiness along the way?
- What are some specific steps you can take to stay on the path to happiness?
- How can you strengthen your relationships with the positive influences you identified?
- What specific actions can you take to achieve the happiness and meaning you desire in your real life journey?

Thank everyone for coming to the club. Then make sure everyone has collected all of their things, and send them on their way. Good Job! You did it!

References and Other Resources

Edwards Camp and Conference Center. (2012, September 20). Pioneer Pastimes: Environmental Education Lesson Plan. Retrieved on September 25, 2019, from <https://www.gcfymca.org/programs/camp-edwards-resident-camp>

Schramm, D. (2023) Road to Happiness and Meaning Curriculum. Utah State University. <https://extension.usu.edu/hru/courses/the-road-to-happiness-and-meaning>



AUTO PARTS INVENTORY

Name: _____

This is your shopping list. You cannot spend more than \$25,000. Circle each item on this list you would like to purchase. Each player must purchase the * items on the list. Total the cost of your items below.

| ITEM | COST | TOTAL | ITEM | COST | TOTAL |
|-----------------------|--------------|---------|-------------------------------------|--------------|-------|
| *Engine | \$4,000 | \$4,000 | Sun Visor 2x | \$30 each | |
| *Windshield | \$400 | \$400 | Floor Mats | \$30 each | |
| *Tires x4 | \$100 each | \$400 | Collision Warning | \$2,500 | |
| *Car Frame | \$900 | \$700 | Navigation System | \$600 | |
| *Registration | \$35 | \$35 | Hubcaps 2x | \$50 each | |
| Hazard Lights 2x | \$60 each | | Custom Paint Job | \$3,000 | |
| Headlights 2x | \$100 each | | Hood Ornament | \$60 | |
| Brake Lights 2x | \$80 each | | Key Fob | \$100 | |
| Doors x2 or x4 | \$1,500 each | | Push Start (must have key fob) | \$400 | |
| Roof | \$900 | | Extra Key Fob (must have key fob) | \$80 | |
| Convertible roof | \$1,500 | | Physical Key | \$50 | |
| Sunroof | \$1,000 | | Extra Keys (must have physical key) | \$40 each | |
| Moonroof | \$1,300 | | Heated Seats | \$300 each | |
| Stick Shift | \$2,000 | | Cooling Seats | \$400 each | |
| Automatic Shift | \$3,000 | | Seats (up to 9) | \$1,000 each | |
| Battery | \$120 | | Cupholders | \$25 each | |
| Hood | \$150 | | Air Freshener | \$5 | |
| Trailer Hitch | \$120 | | Radio | \$150 | |
| Back Window | \$500 | | Air Conditioning | \$750 | |
| Trunk | \$190 | | Heating | \$600 | |
| Rear Windshield Wiper | \$20 | | Review Mirror | \$130 | |
| Car Jack | \$70 | | Side View Mirror 2x | \$200 each | |
| Extra Motor Oil | \$45 | | Automatic Windows 2x | \$800 each | |
| Spare Tire | \$100 | | Manual Roller Windows 2x | \$300 each | |
| Jumper Cables | \$35 | | Review Camera | \$300 | |
| Airbags | \$1,500 | | AC Vents | \$30 each | |
| Brakes | \$400 | | Bluetooth | \$700 | |
| Windshield Wipers | \$20 each | | Car Play | \$1,700 | |
| Steering Wheel | \$30 | | Phone Charger | \$100 | |
| Seat Belts | \$30 each | | Fuzzy Steering Wheel Cover | \$30 | |
| Emergency Brake | \$300 | | Emergency Blanket | \$8 | |
| Blinkers | \$80 each | | First Aid Kit | \$25 | |
| License Plate | \$2 | | Water Bottle | \$3 | |
| Roadside Insurance | \$500 | | Snacks | \$20 | |
| Anti-theft Alarms | \$900 | | Locks | \$200 | |
| Gas Can | \$20 | | | | |

Purchased Finalized: _____

Money Remaining: _____

INDIVIDUAL SCENARIO CARDS

Here are the Individual Scenarios. You may choose to copy these on a different color of paper, so you can easily tell them apart from the Group Scenarios.

These are to be used during the "On the Road" in activity #2 in this lesson. The items used in each scenario need to have been purchase at the "Auto Shop" in activity #1. Remind the club members that in certain scenarios, extra points can be awarded for helping others along their way. A player may only help one person at each scenario stop.

Scenario A: While driving through the picturesque forest, you decide to pull over and capture the stunning scenery with a photograph. However, as you return to your vehicle, you discover that you locked your keys inside the car.

*If you purchased extra keys (not just a physical key) or extra key fob (not just a key fob), you can easily get back in. You receive one point.

*If you have Roadside Insurance, and have not already previously used it, you can call to have them help you get into your car. You receive one point.

*If you have neither of these, you lose a point. If you have multiple items, you get extra points.

Scenario B: Road work ahead. The interstate slows down and becomes jammed. Unfortunately, your tire starts to leak and now is flat. To fix it, you need both a car jack and a spare tire. If you do not have one or the other, find someone who has a car jack and spare tire. Record who helped you, they receive one point.

*If you have both, you fix it with no problems. You receive one point.

*If you have Roadside Insurance, and have not already previously used it, you may use it. You receive one point.

*If you have neither of these, you lose a point. If you have multiple items, you get extra points.

Scenario C: When you stop for the night and set up camp, one of your car doors was left open. When you wake up in the morning, you find that the battery has died.

*If you have jumper cables, you find someone who is willing to get you started again. You receive one point.

*If you do not have jumper cables, see if you can find someone in the group who does. Record who helped you, and the helper receives one point.

*If no one has jumper cables, you lose a point.

Scenario D: As you are driving, you see flashing lights in your rearview mirror. The officer asks to see your registration as a regular check up.

*You show the officer your registration. You receive one point.

*You give the office snack or a water bottle from your car, in return the officer gives you better directions to your next destination. You receive one point. If you have multiple items, you get extra points.

Scenario E: As you pull off to the curb to look up directions, you hit the curb, and you hear "thud".

*If you have hubcaps, one of them fell off. You lose one point.

* If you don't have hubcaps, you have only left a mark. You receive one point.

Scenario F: As you are driving, you drive into a crazy rainstorm. There's so much rain that you have to pull over and wait it out.

*If you don't have a hood, your car engine starts to seize up. You have to let it sit longer. You lose a point.

*If you have window wipers, you are able to safely pull over and wait until the rain starts to clear up. You receive one point.

Scenario G: The calculations for reaching your campground were a little off, so you are now driving through in the dark in the middle of the night.

*If you do not have headlights, you hit a rock and have to pull over. You lose a point.

*If you have collision warning, you safely navigate the rock. You don't gain or lose any points.

*If you have headlights, you safely arrive at your campground. You receive a point.

Scenario H: You come to a stop light in a small tourist town, and slam the brakes hard as the light turns red.

*If you do not have brake lights, the car behind your rear ends you. You lose one point.

*If you do have brake lights, the car behind you stops just in time. You receive a point.

Scenario I: As you're driving up the windy scenic route, you realize that you may have taken a wrong turn. When you go to check your phone, you realize it's dead.

*If you have a phone charger, you are able to charge your phone and find your way back to the correct route. You receive one point.

*If you do not have a phone charger, ask around to see if someone does and can help you charge your phone. The helper earns one point.

*If you can't find a phone charger, you are unable to find the road and end up lost, 50 miles away from your correct destination. You lose a point.

Scenario J: You camp for the night and fall asleep quickly. However, during the night, someone attempts to break into your car.

*If you have locks on your car or anti-theft alarms, the thief is unable to break in and wakes you up in the process. You receive one point.

*If you do not have either, the thief breaks in, and you wake up the next morning missing two 20 dollar bills. You lose a point and \$20.

Scenario K: As you are driving through the day, you hit a severe heat warning notification, you pull over at the next rest stop for water. When you come back, your car is extremely hot. (Multiple items get extra points.)

*If you have a steering wheel cover, you don't burn your hands and can continue driving. You receive one point.

*If you have air conditioning, you can cool down the car quickly and continue on. You receive one point.

*If you don't have anything, you have to wait and roll the windows down before moving on. You lose one point.

Scenario L: As you are driving down the road in a small town, the truck in front of you suddenly stops, you have to hit the brake hard in order to stop.

*If you don't have seat belts, you hit your head on the roof. You lose one point and \$15 for painkillers.

*If you have a first aid kit in your car, receive one point.

*If you have seat belts, you stay seated and only end up with a scrape. You receive one point.

*If you have multiple items, you get extra points.

Scenario M: The sun is setting as you are driving along, however as you are admiring the sunset you don't hear the low gas warning. Ten minutes later, you are stranded on the side of the road.

*If you have a gas can and \$20, you are able to walk to the nearest gas station for gas and fill up your car. You receive one point.

*If you have Roadside Insurance, and have not already used it, you receive the help you need. You receive one point.

*If you don't have either, you can find someone who has a gas can. Record who helped you, they receive a point.

*If you can't find someone who has a gas can, you lose a point.

* If you have multiple items, you get extra points.

Scenario N: You are on a major highway during rush hour, so traffic is heavy. As you come to a stop, you drive over something sharp, and your tire becomes immediately flat. To fix it, you need both a carjack and a spare tire.

*If you have both, you fix it with no problem. You receive one point.

*If you have Roadside Insurance, and have not already used it, you receive the help you need. You receive one point.

*If you do not have one or the other, find someone who has a carjack and spare tire. Record who helped you, they receive one point.

*If no one can help you, you lose one point.

Scenario O: It's dark outside and as you are driving through an open rural area, you realize how beautiful the stars are. You pull over to take a look, however you don't want to get out of your car, in case of danger.

*If you have a moon roof or a sunroof, you can open up the window and easily enjoy the view. You receive one point.

*If you don't, you unfortunately have to travel on and miss the amazing view. You lose one point.

GROUP SCENARIO CARDS (cut apart):

Here are the Group Scenarios. You may choose to copy these on a different color of paper, so you can easily tell them apart from the Individual Scenarios.

These are to be used during the "On the Road" in activity #2. Each scenario can only be used once. Pick one every other time you stop during the activity.

The items used in each scenario need to have been purchase at the "Auto Shop" in activity #1.

Group Scenario A: As you are driving on the highway, you prepare to switch lanes, however at the same time another car is in the process of passing you.

*If you have side view mirrors, you see the car and prevent a collision. You receive one point.

*If you have collision warning installed, you prevent the collision. You receive one point.

* If you have multiple items, you get extra points.

*If you do not have side view mirrors or collision warning, you run into the car next to you.. Fortunately, you find a repair shop and fix the damage. You lose one point and \$50.

Mentally, how can we prepare for the future by looking at the side view mirrors or the past to prevent a collision in life?

Group Scenario B: You are in the country. Your GPS is not working, and it leads you to a dirt road. You end up at a dead end.

*If you have a steering wheel, turn around and go back a different way. You receive one point.

* If you don't have a steering wheel, you are stuck and await a tow truck to set you back on course. You lose a point.

What are scenarios of reaching a dead end in life? What are some ways we can turn around and get back on track?

Group Scenario C: You came to a fork in the road. Which path should you take?

*If you have GPS, you take the correct path and continue to your destination. You receive one point.

*If you don't have GPS, you end up lost, and lose a lot of time before reaching your destination. You lose one point.

In life, when you come across a fork in the road, what could you do? Who are some people you could turn to for help?

Group Scenario D: As you are driving down on the road in the middle of nowhere, you come to a hard stop as a herd of cows crosses the road.

* If you have an emergency break, you stop just in time. You receive a point.

* If you don't have an emergency break, you swerve out of the way and crash into the fence post along the road. You lose a point, and \$350 to fix your bumper.

In life, we can't always avoid roadblocks, what are some ways we can get around them?



More to *Discover*

Congratulations on completing your Discover 4-H club meetings! Continue with additional curriculum in your current project area, or discover other 4-H project areas. Check out the following links for additional 4-H curriculum:

1. www.discover4h.org
2. <http://www.4-h.org/resource-library/curriculum/>
3. <http://utah4h.org/curriculum/>

Become a 4-H Member or Volunteer

To **register** your Utah club or individuals in your club, visit and contact your county Extension office:

<http://utah4h.org/about/>

<http://utah4h.org/join/index>

For help registering in 4-H online, visit:

<http://utah4h.org/staffresources/4honlinehelp>

Non-Utah residents, please contact your local 4-H office:

<http://www.4-h.org/get-involved/find-4-h-clubs-camps-programs/>



Stay *Connected*

Visit Your County Extension Office

Stay connected with 4-H activities and news through your county Extension office. Ask about volunteer opportunities, and don't forget to register for your county newsletter. You can find contact information for counties in Utah here:

<https://extension.usu.edu/locations>

Enjoy the Fair!

Enter your project or create a new project for the county fair. Learn about your county fair and fair judging here:

<http://utah4h.org/events/index>



Participate in Local or State 4-H Activities, Programs, Contests, or Camps

For Utah state events and programs, visit:

<http://utah4h.org/events/index>

<http://utah4h.org/projects/>

For local Utah 4-H events and programs, visit your county Extension office:

<https://extension.usu.edu/locations>

Non-Utah residents, please contact your local 4-H office:

<http://www.4-h.org/get-involved/find-4-h-clubs-camps-programs/>



Discover *Service*

Become a 4-H Volunteer!

 <http://www.youtube.com/watch?v=UBemO5VSyK0>

 <http://www.youtube.com/watch?v=U8n4o9gHvAA>

To become a 4-H volunteer in Utah, visit us at:

<http://utah4h.org/join/becomevolunteer>

Serve Together as a 4-H Club or as an Individual 4-H Member

Use your skills, passions, and 4-H to better your community and world. You are needed! Look for opportunities to help in your area or participate in service programs that reach places throughout the world (religious groups, Red Cross, etc.).

Hold a Club Service Project

USU Collegiate 4-H Club hosted "The Gift of Giving" as a club activity. Club members assembled Christmas stockings filled with needed items for CAPSA (Community Abuse Prevention Services Agency).

<http://tinyurl.com/lu5n2nc>



Donate 4-H Projects

Look for hospitals, nursing homes, or other nonprofit organizations that will benefit from 4-H projects. Such projects include making quilts for CAPSA or Primary Children's Hospital, or making beanies for newborns. During Utah 4-H State Contests, 40 "smile bags" were sewn and donated to Operation Smile.

Partner with Local Businesses

92,000 pounds of processed lamb, beef, and pork were donated to the Utah Food Bank in 2013 by multiple companies.

<http://tinyurl.com/pu7lxyw>

Donate Money

Clubs or individuals can donate money gained from a 4-H project to a worthy cause. A nine-year-old 4-H member from Davis County donated her project money to help a three-year-old battle cancer.

<http://tinyurl.com/mqtfwxo>



Give Us Your *Feedback*

Help us improve Discover 4-H curriculum. We would love feedback or suggestions on this guide.

Please go to the following link to take a short survey: [Click here to give your feedback](#)

or go to: <https://goo.gl/iTfiJV>