

Northwest & Southwest District 4-H Teen Rally 2017



Workshop Options

Acrylic Painting:

Learn the basic techniques of acrylic painting while creating a Halloween themed work of art!

Arrow Making (Addition \$6 Fee):

Join the fun and make an archery arrow!

Challenge:

Team building activities, initiative games & group problem solving exercises which are designed to help train a group's effectiveness in thinking. All of these activities are to build team work, communication, eye to hand coordination and learning to trust others.

Escape, Parachute games (keep the ball on, Zombie Shark), Ball Toss 6FT high, Circle of trust, Bear, Salmon, Mosquito.

Here are a few team building ideas. There is always time for other team building ideas!! Communication is a big part of any group activity.

Craft — Bath Soaks:

During this workshop, you will make 2 different bath salts and one foot soak to keep for yourself or give as a gift. You will choose from a variety of salts, oils, and other ingredients to make your own unique bath salt blends. Add a scent to create a calming, relaxing, or energizing creation.

Geocaching:

When the zombies attack and put a curse on Island Lake, you will need to stock up on supplies! Come learn how to locate geocaches, you just might find the answer to break the curse!

Intro to Archery:

Learn basic archery skills.

Leadership — The Roadmap to a Better World:

Amazing things don't happen in 4-H without the fire of amazing teens. Youth/adult partnerships start with sharing a vision about how we to shape the world, then we use that shared energy to pursue lasting community change. Come share your dreams about changing the world and we'll show you the roadmap to getting there with your 4-H friends and the community around you!

Nature Walk — Plants vs. Zombie:

Learn how to identify useful plants when you are working to keep the zombies away. You will learn how to the native nice guy plants along with how to use these plants to stay alive!!! We will also search for non-native botanical bullies that you can identify as invaders that also need to be dealt with to defend our native areas. Can you use native plants to defend your home from the Zombie weeds?

Henna:

Get creative designing and applying your own Henna tattoo while learning the history of Henna and how to use it safely.

Photography:

Learn photography techniques.

Photo Mounting:

Learn basic phot mounting skills.

Self Defense:

Learn Self Defense through martial arts awareness.

Survival Bracelets:

Make your own survival bracelet.

Theater Improv:

KaBoom! Amplify Your Citizenship and Community Skills Through Theater Improv!

Theater Improv is a dynamic form for group interaction and discovering personal voice in relation to others. Playing together is a way to connect and honor what is diverse and what is universal in our human experience, and it is fun!

Wilderness Survival:

Learn tips and tricks on surviving in the wilderness.