



DISCOVER

4-H SPA & RELAXATION CLUBS

Libby Porter | Dave Francis | Stacey MacArthur
Utah State University Extension

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 families to come together and participate in learning activities that can engage the whole family, while spending time together as a multi-family club. Members will 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), the 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 (Learner et al., 2005).



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, elects its own officers, plans its own program, and participates in a variety of activities. Clubs may choose to meet during the school year, only for the summer, or 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 the county Extension office).

Elect Club Officers

Elect club officers during one of your first club meetings. Depending on how many youth you have in your club, you can decide how many officers you would like. Typical officers will 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 both ages. Your club may decide the duration of officers—six months, one 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 pledge)
- ☐ Song–Song Leader (leads or arranges for club member to lead)
- ☐ Roll call–Secretary (may use an icebreaker or get acquainted type of roll call to get the meeting started)
- ☐ Minutes of the last meeting–Secretary
- ☐ Business/Announcements–Vice President
- ☐ Club Activity–arranged by Activity Facilitator and includes project, lesson, service, etc. These are outlined by project area in the following pages.
- ☐ Refreshments–arranged by Refreshment Coordinator
- ☐ Clean Up–led by Clean-up Supervisor

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.

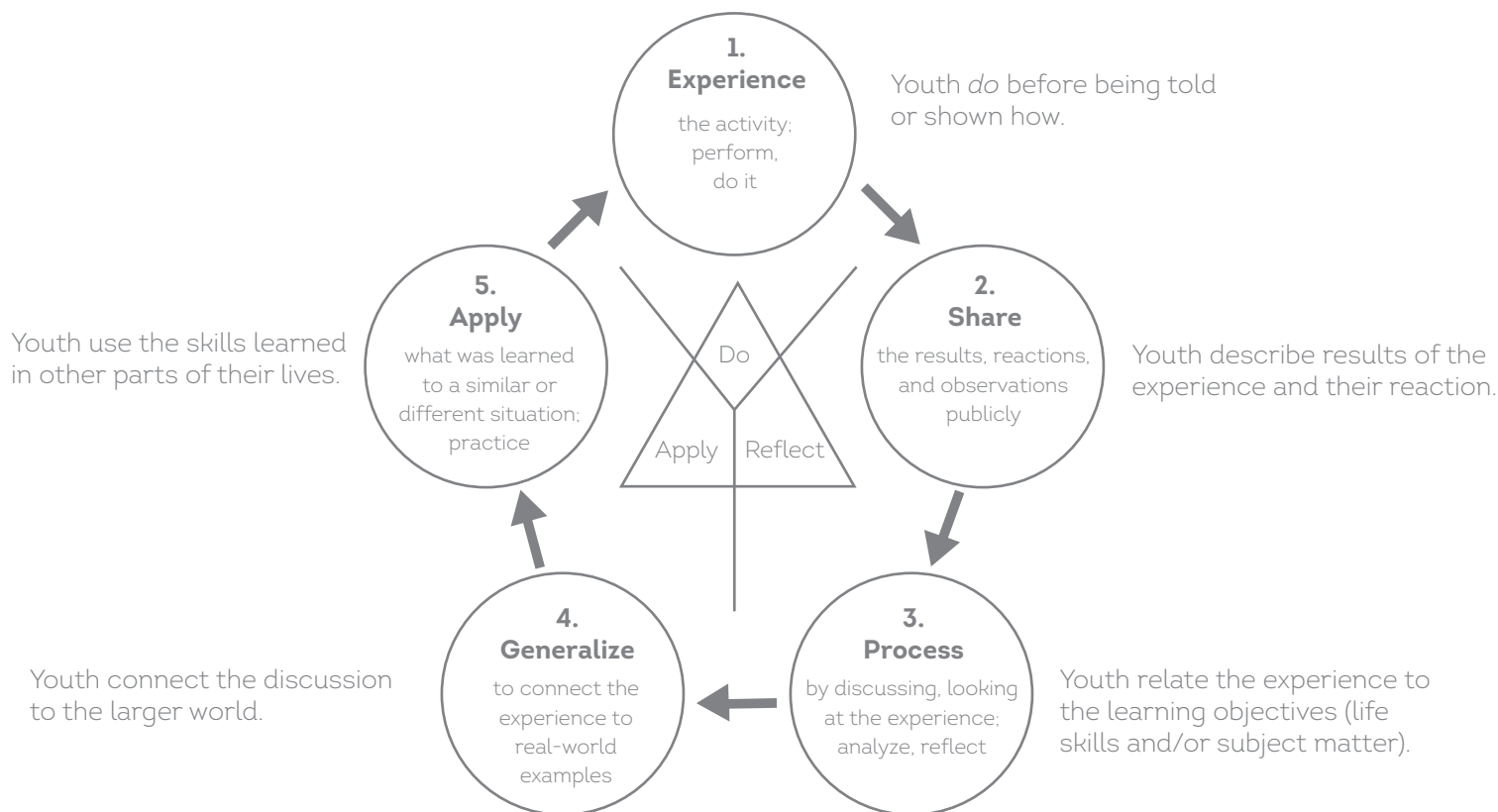
1. **Belonging:** a positive relationship with a caring adult; an inclusive and safe environment.
2. **Mastery:** engagement in learning; opportunity for mastery.
3. **Independence:** opportunity to see oneself as an active participant in the future; opportunity to make choices.
4. **Generosity:** opportunity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

- 1. Citizenship:** connecting youth to their community, community leaders, and their role in civic affairs. This may include: civic engagement, service, civic education, and leadership.
- 2. 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.
- 3. 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.

1. Recruit one to three other families to form a club with you.
 - a. Send 4-H registration form and 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 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.
3. 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.
4. Hold the first club meeting (if this is a newly formed club).
 - a. See A Typical Club Meeting above 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.
5. Hold the six project-specific club meetings outlined in this guide.
6. 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.Utah4h.org

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

4-H volunteer training:

To set up login: <http://utah4h.org/htm/volunteers/get-involved/new-volunteer-training>

To start modules: <http://4h.wsu.edu/volunteertraining/course.html> (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:

https://docs.google.com/forms/d/1v6lW_Jm7WFcCHj-XLEYu0tZ-4EBo-BOdvOv48Ri9bM4/viewform

4-H SPA & RELAXATION CLUB *Meetings*



Club Meeting 1

Body Butter/Tennis Ball Massage 2



Club Meeting 2

Bath Salts/Zen Garden 5



Club Meeting 3

Lip Balm/Cuticle Cream 7



Club Meeting 4

Brown Sugar Foot Scrub/Citrus Salt Body Scrub 10



Club Meeting 5

Homemade Candles/Happy List 13



Club Meeting 6

Homemade Soap/Yoga 16

Club Meeting 1

Body Butter/Tennis Ball Massage



Supplies

- Paper
- Pens/pencils
- Stickers
- Markers

Body Butter

- 1 cup shea butter
- 1/2 cup coconut oil
- 1/4 cup almond oil
- 1/2 teaspoon vitamin E oil (2-3 vitamin E capsules)
- Essential oil for fragrance (optional)
- Large bowl
- Hand mixer
- Saucepan
- Lidded containers
- Spoon
- Measuring cup and spoons

Tennis Ball Massage

- Tennis balls

In this club we will be making homemade body products and learning different relaxation techniques to simulate a day at the spa! Making your own homemade body products such as lotions, soaps, scrubs, lip balm, and bath salts has become quite popular. Most are easy to make, use ingredients relatively easy to find, and cost less than the commercial version. They make great gifts and plus, they are just plain fun to make!

WHAT TO DO

First, use the paper to create a recipe book to keep track of all the recipes you make. Decorate with markers and stickers.

Body Butter



ACTIVITY 1: BODY BUTTER DIRECTIONS

1. In a saucepan, melt the shea butter and coconut oil over medium-high heat. This will take about 10 minutes.
2. Let the mixture cool to room temperature, then add the almond oil, vitamin E oil, and 30 drops of essential oil (if using).
3. Chill the mixture in the fridge until it becomes opaque. It should take about 30 minutes.
4. While the mixture is chilling, complete Activity #2.
5. When the mixture is speed chilled, transfer it to a bowl and whip on medium for 5 minutes or until thickened.
6. Keep body butter in a lidded container and enjoy!

Tip: While this cream does not need to be kept refrigerated, it may help to keep the body butter more firm.

Tennis Ball *Massage*



ACTIVITY 2: TENNIS BALL MASSAGE DIRECTIONS

1. In partnerships, take turns rolling the tennis ball on the back of your partner to massage the back muscles.
2. Take turns rolling your feet over the tennis ball to massage the arches of your feet.
3. Experiment trying to massage your own back by lying down on the tennis ball and moving it around.
4. Get creative with other ways to massage different parts of the body.



Reflect

- Do your hands feel softer after using the body butter?
- How would you compare your body butter to store-bought lotions?
- Why are homemade body products a better alternative than commercial products?
- What health benefits do these natural oils contain?
- What other homemade body products would you like to make?
- If you made this product again would you change the recipe? How?
- Did the tennis ball massage relax your muscles?
- What other ordinary items could you use for a massage?
- Did you come up with any creative ways to massage other muscles of the body?

Apply

- Homemade products are wonderful because you know exactly what ingredients are in the product you are using. Certain commercial products may contain harmful ingredients that over time may damage your skin or cause other problems. Just because a product has been approved to be on the shelf, it does not necessarily mean it is 100% safe. Shea butter is used in this recipe because it helps to heal cuts and burns without scarring, minimizes stretch marks, and can be used as a natural sun protector. The coconut oil and almond oil are both moisturizers, while the coconut oil is rich in antioxidants and the almond oil is high in vitamins E & D. Vitamin E is also a strong antioxidant, and it helps to prevent premature aging and promote healthy skin.
- Massage therapy helps to promote stress relief and relaxation. Massage therapy can help to relieve neck tension, loosen tight shoulders, release lower back tension, and soothe tired feet. Relieving stress and teaching your body how to relax can have a very positive impact mentally, emotionally, and physically.



Generosity

Homemade body products can make great gifts. Choose one of the products you make in this club and give it as a gift to a family member, friend, or neighbor.

Healthy Living

Youth will participate in hands-on activities that promote physical, emotional, and mental well being. Homemade body products and relaxation techniques help promote healthy living.

Independence

Let youth mix and measure the ingredients. Encourage them to problem solve and think of ways to enhance or improve the activities and recipes.

Science

Youth will practice mixing and measuring ingredients as well as melting, chilling, and whipping to learn about physical changes of state.

References

Parsons, Paola (2013, April 3.) Homemade Beauty/02. Retrieved from <http://loveandcupcakesblog.com/2013/04/03/homemade-beauty02/>.

Seliger, Susan (2008, June 1.) Massage Therapy for Stress Relief and Much More. Retrieved from <http://www.webmd.com/balance/stress-management/features/massage-therapy-stress-relief-much-more>.

Club Meeting 2

Bath Salts/ Zen Garden



Supplies

- Paper
- Pens/pencils

Bath Salts

- ½ cup baking soda
- ½ cup powdered milk
- 1 cup Epsom salt
- 1 cup sea salt
- Essential oil/fragrance oil
- Mixing bowl
- Ziplock bags or containers
- Measuring cups

Zen Garden

- Shoe box lids (or any 1-inch deep containers)
- Plastic forks
- Fine sand
- Pebbles

In this club we will be making homemade body products and learning different relaxation techniques to simulate a day at the spa! Making your own homemade body products such as lotions, soaps, scrubs, lip balm, and bath salts has become quite popular. Most are easy to make, use ingredients relatively easy to find, and cost less than the commercial version. They make great gifts and plus, they are just plain fun to make!

WHAT TO DO

First, write the new recipes in your recipe book.

Bath Salts



ACTIVITY 1: BATH SALT DIRECTIONS

1. Mix all dry ingredients in a bowl. Add 5 drops of essential oil or fragrance of choice and mix.
2. Divide into containers or Ziploc bags.

Tip: Bath salts are best stored in containers with a wide mouth as they may clump and be hard to get out of a narrow necked bottle. Glass jars, bowls, or Ziploc bags are good storage containers for bath salts.

ACTIVITY 2: ZEN GARDEN DIRECTIONS

1. Each person should have a shoe box lid. Fill the lid with fine sand. Add a few pebbles to the sand.
2. Use a fork to rake in a soothing pattern, then contemplate and reflect.



Reflect

- What fragrance did you use for the bath salts?
- Why do you think this recipe calls for powdered milk? Baking soda?
- How did the Zen garden make you feel?
- Why do you think Zen gardens make people feel peaceful?
- Did you feel peaceful as you raked and contemplated?
- Would you add anything more to the garden?

Apply

- Homemade products are wonderful because you know exactly what ingredients are in the product you are using. Certain commercial products may contain harmful ingredients that over time may damage your skin or cause other problems. Just because a product has been approved to be on the shelf, does not necessarily mean it is 100% safe. Bath salts are used for relaxation, healing, and aromatherapy. They can help to soothe aches and pains. This recipe calls for powdered milk because it has moisturizing properties and baking soda because it has water softening properties.
- For centuries, Japanese Zen masters have created gardens of harmoniously arranged rocks and white raked sand, creating quiet places for peaceful thought.

Generosity

Homemade body products can make great gifts. Choose one of the products you make in this club and give it as a gift to a family member, friend, or neighbor.

Healthy Living

Youth will participate in hands-on activities that promote physical, emotional, and mental well being. Homemade body products and relaxation techniques help promote healthy living.

Independence

Let youth mix and measure the ingredients. Encourage them to problem solve and think of ways to enhance or improve the activities and recipes.

Club Meeting 3

Lip Balm/Cuticle Cream



Supplies

- Paper
- Pens/pencils

Lip Balm

- Pyrex measuring cup
- Measuring spoons
- 2 hot pads
- Spoons
- Small containers for balm
- Raw beeswax
- Coconut oil
- Essential oil (optional)

Cuticle Cream

- Aquaphor Healing Ointment by Eucerin
- Olive oil
- 1-2 lemons
- Mixing bowl
- Spoon
- Small containers

In this club we will be making homemade body products and learning different relaxation techniques to simulate a day at the spa! Making your own homemade body products such as lotions, soaps, scrubs, lip balm, and bath salts has become quite popular. Most are easy to make, use ingredients relatively easy to find, and cost less than the commercial version. They make great gifts and plus, they are just plain fun to make!

WHAT TO DO

First, write the new recipes in your recipe book.

All-Natural *Lip Balm*

ACTIVITY 1: ALL-NATURAL LIP BALM DIRECTIONS

1. Measure out 1 tablespoon of beeswax and 4 tablespoons of coconut oil and add them to the glass measuring cup.
2. Microwave for 30 second intervals until the beeswax is just melted.
3. Very carefully remove the measuring cup from the microwave and set on a hot pad. Use extra caution: This is molten wax and hot oil.
4. Arrange the lip balm tins on the other hot pad.
5. If desired, add 10 drops of essential oil and stir carefully.
6. Pour the mixture very slowly and carefully into the lip balm containers. Allow to cool and keep at room temperature.



ACTIVITY 2: CUTICLE CREAM DIRECTIONS

1. Squeeze out the entire tube of Aquaphor (1.75 oz) into the mixing bowl.
2. Add fresh-squeezed lemon juice (approx. $\frac{1}{4}$ to $\frac{1}{2}$ cup) and 1 teaspoon olive oil.
3. Mix ingredients together until the mixture turns into a blended cream. It will take some time, so be patient.
A hand mixer may help to speed up the process.
4. Transfer your cream into an airtight container.
5. Enjoy your soft, moisturized cuticles!

Tip: For best results and to retain shelf life, the cuticle cream should be stored in the refrigerator because it contains fresh lemon juice.



Reflect

- What are the benefits of homemade body products?
- What is the purpose of the beeswax in the lip balm?
- How did you like the lip balm?
- How does the homemade lip balm compare to your favorite store-bought lip balm?
- How do your cuticles feel after using the cream?
- Do you commonly use lip balm or cuticle cream?
- Do you have particularly dry hands?

Apply

- Homemade products are wonderful because you know exactly what ingredients are in the product you are using. Certain commercial products may contain harmful ingredients that over time may damage your skin or cause other problems. Just because a product has been approved to be on the shelf, does not necessarily mean it is 100% safe. For people who have really sensitive skin, homemade lip balm is a great alternative to store-bought lip balms because it contains no harsh chemicals. The beeswax in the lip balm gives it stability, while the oil makes it spreadable and offers another degree of protection.
- It is likely you put your nails through a great deal of abuse each day, but you can buffer your nails from potential damage by keeping your cuticles moisturized. Cuticle cream is a great way to do that! One of the functions of the cuticle is to protect the new cells that come up from the base of the nail. Dry, cracked, or otherwise damaged cuticles create an opening for bacteria and fungi. That's why when you use cuticle cream to prevent dryness, you improve your chances that the nail won't become infected.



Generosity

Homemade body products can make great gifts. Choose one of the products you make in this club and give it as a gift to a family member, friend, or neighbor.

Healthy Living

Youth will participate in hands-on activities that promote physical, emotional, and mental well being. Homemade body products and relaxation techniques help promote healthy living.

Independence

Let youth mix and measure the ingredients. Encourage them to problem solve and think of ways to enhance or improve the activities and recipes.

Science

Youth will practice mixing and measuring ingredients as well as melting, chilling, and whipping to learn about physical changes of state.

References

Faye (2012, February 18.) Homemade Lip Balm & Solid Hand Lotion. Retrieved from <http://www.greenorganicmama.com/2012/02/homemade-lip-balm>.

Leigh, Katie (2013, August 16.) Healthy Homemade Lip Balm for Chapped Lips. Retrieved from <http://www.livestrong.com/article/124423-homemade-lip-balm-chapped-lips/>.

Marcade, Miranda (2009.) Benefits of Using Cuticle Cream. Retrieved from <http://health.howstuffworks.com/skin-care/nail-care/cuticle/cuticle-cream2.htm>.

Stevens, Liz (2013, January 21.) DIY Easy Cuticle Cream. Retrieved from <http://www.gimmesomestyleblog.com/diy-easy-cuticle-cream/>.



Brown Sugar Foot Scrub/Citrus Salt Body Scrub



Supplies

- Paper
- Pens/pencils

Brown Sugar Foot Scrub

- $\frac{2}{3}$ cup white sugar
- $\frac{1}{3}$ cup brown sugar
- $\frac{1}{2}$ cup olive oil
- 1 tbsp vanilla extract
- Containers/jars
- Mixing bowls
- Whisk
- Measuring cups/spoons
- Fork

Citrus Salt Body Scrub

- $\frac{1}{2}$ cup sea salt
- $\frac{1}{2}$ cup almond oil
- Lemon
- Orange
- Mixing bowl
- Spoon
- Zester/grater

In this club we will be making homemade body products and learning different relaxation techniques to simulate a day at the spa! Making your own homemade body products such as lotions, soaps, scrubs, lip balm, and bath salts has become quite popular. Most are easy to make, use ingredients relatively easy to find, and cost less than the commercial version. They make great gifts and plus, they are just plain fun to make!

WHAT TO DO

First, write the new recipes in your recipe book.

Brown Sugar *Foot Scrub*



ACTIVITY 1: BROWN SUGAR FOOT SCRUB DIRECTIONS

1. In the mixing bowl, combine $\frac{2}{3}$ cup white sugar with $\frac{1}{3}$ cup packed brown sugar. Whisk them together until they are completely combined.
2. Add $\frac{1}{2}$ cup olive oil and 1 tablespoon of vanilla extract and mash together with a fork until all of the oil is combined into the sugar mixture.
3. Pack the mixture down into the containers or jars.

Citrus Salt *Body Scrub*



ACTIVITY 2: CITRUS SALT BODY SCRUB DIRECTIONS

1. Combine $\frac{1}{2}$ cup of sea salt with $\frac{1}{2}$ cup of almond oil, being careful not to let any water touch the mixture as it will dissolve the salt.
2. Add $\frac{1}{2}$ teaspoon each of lemon zest and orange zest.
3. Pour mixture into an airtight container and store in a cool, dry place.

To use: Swirl ingredients together with fingertips to mix. Clean body completely and then apply salt scrub to body in a circular scrubbing motion with hands or a soft washcloth. Rinse off the mixture and pat body dry with a clean towel.



Reflect

- What are the benefits of using a body scrub?
- Why is it important to exfoliate your skin?
- Would you change either of these recipes if you were to make them again?
- Do you use a body scrub on a regular basis?
- Which scrub do you prefer?

Apply

- Body scrubs are a wonderful exfoliant and moisturizer for use in the shower. They can add a healthy glow to dull, dry skin. Whether you have dry, normal, oily, or sensitive skin, exfoliation can bring new life to your complexion. The process of exfoliation rids the body of any dry, dull skin by removing dead cells from the surface of the skin. By removing these dead cells, exfoliation can help clean pores and keep them from becoming clogged and leave skin with a refreshed and clean feeling.



Generosity

Homemade body products can make great gifts. Choose one of the products you make in this club and give it as a gift to a family member, friend, or neighbor.

Healthy Living

Youth will participate in hands-on activities that promote physical, emotional, and mental well being. Homemade body products and relaxation techniques help promote healthy living.

Independence

Let youth mix and measure the ingredients. Encourage them to problem solve and think of ways to enhance or improve the activities and recipes.

References

Deen, Paula (2011.) Corrie's Kitchen Spa: Citrus Salt Body Scrub. Retrieved from http://www.pauladeen.com/recipes/recipe_view/corries_kitchen_spa_citrus_salt_body_scrub/.

Marie, Gina (2013, February 8.) DIY Sugar Cookie Foot Scrub: A Valentine to Yourself. Retrieved from <http://solet-shangout.com/diy-sugar-cookie-foot-scrub-a-valentine-to-yourself/>.

Rutland, Sarah (2009.) What is Exfoliation? Retrieved from <http://health.howstuffworks.com/skin-care/cleansing/tips/what-is-exfoliation1.htm>.

Club Meeting 5

Homemade Candles/Happy List



Supplies

- Paper
- Pens/pencils

Candles

- Containers (salsa jar, metal tin, etc.)
- Empty metal can
- Sauce pan
- Candle wax
- Candle wicks (with metal foot)
- Super glue
- Crayons
- Essential/fragrance oils
- Spoon
- Hot pad

Happy List

- Colored paper
- Markers

In this club we will be making homemade body products and learning different relaxation techniques to simulate a day at the spa! Making your own homemade body products such as lotions, soaps, scrubs, lip balm, and bath salts has become quite popular. Most are easy to make, use ingredients relatively easy to find, and cost less than the commercial version. They make great gifts and plus, they are just plain fun to make!

WHAT TO DO

First, write the new recipes in your recipe book.

Homemade Candles



ACTIVITY 1: HOMEMADE CANDLE DIRECTIONS

1. Fill the sauce pan with water and lower the can inside. Fill the can with the desired amount of wax and turn on the heat.
2. Once the wax has started to melt, add crayons for desired color and oils for desired fragrance. Stir until the color and smell appears even.
3. Put a dab of super glue on the bottom of the candle wick's metal foot and then lower the wick into the empty jar or tin. For wider jar candles, use more than one wick so that the wax burns evenly.
4. Using a hot pad, slowly pour the wax into the jar, making sure that the wick is steady and straight throughout the process.
5. The wax should cool in just a few hours. When it does, drop some essential oil on the top around the wick for added fragrance.



ACTIVITY 2: HAPPY LIST DIRECTIONS

1. Using paper and markers, have the youth make a list of things that help them deal with stress or make them happy when they feel down.
2. Brainstorm as a group to get started. This can include listening to music, exercising, jumping in puddles, taking a bubble bath, etc.
3. Try to think of things that are free of cost and readily available.
4. Put this list in a place where it will remind you of these things when you are feeling down.



Reflect

- What fragrance/color did you add to your candle?
- Would you add anything to the candle recipe if you made it again?
- What are some fun things you could use as candle holders?
- Was it easy to think of things to put on your happy list?
- Where are you going to put your happy list?
- Why do think it is important to have a happy list in a place where you can always see it?

Apply

- Making homemade candles is fun because you get to choose your own color, fragrance, and container. Another benefit of making your own candles is that you can add your own herbs or essential oils that may have calming or therapeutic qualities.
- A happy list is a great reminder to read when you are feeling down. Sometimes when you feel depressed and stressed it can be really hard to think of things that make you happy. A happy list is a positive way to drown out all those negative feelings and remind you of all the things you enjoy in life.



Generosity

Homemade body products can make great gifts. Choose one of the products you make in this club and give it as a gift to a family member, friend, or neighbor.

Healthy Living

Youth will participate in hands-on activities that promote physical, emotional, and mental well being. Homemade body products and relaxation techniques help promote healthy living.

Science

Youth will practice mixing and measuring ingredients as well as melting, chilling, and whipping to learn about physical changes of state.

References

White, Sheena (2011, May 10.) How to Make Your Own Custom Jar Candles. Retrieved from <http://www.labelvalueblog.com/2011/05/how-to-make-your-own-custom-jar-candles.html>.

Club Meeting 6

Homemade Soap/Yoga



Supplies

- Paper
- Pens/pencils

Soap

- Glycerin soap
- Colored tissue paper
- Scissors
- Molds
- Microwaveable container
- Toothpick

Yoga

- Yoga mats/beach towels (one per person)
- ABC yoga poster (purchased from www.abcyogaforkids.com)

In this club we will be making homemade body products and learning different relaxation techniques to simulate a day at the spa! Making your own homemade body products such as lotions, soaps, scrubs, lip balm, and bath salts has become quite popular. Most are easy to make, use ingredients relatively easy to find, and cost less than the commercial version. They make great gifts and plus, they are just plain fun to make!

WHAT TO DO

First, write the new recipes in your recipe book.

Homemade Soap



ACTIVITY 1: HOMEMADE SOAP DIRECTIONS

1. Break the block of glycerin soap into small pieces. You can use your hands to break it or use a knife to cut it into little pieces.
2. Put the small chunks of soap into the microwavable container.
3. Choose the colors of tissue paper you would like to add. Cut the tissue paper into tiny squares. Keep in mind these will be going down the sink, so the smaller the better!
4. Microwave the soap for 30 seconds. Stir and microwave again for 30 seconds. The total microwave time will vary depending on the quantity of soap, but make sure not to overheat it or the soap will bubble.
5. Pour a little bit of the soap into your mold. Add some of the tissue paper confetti and then add another layer of soap. Stir it with a toothpick if you want to rearrange the confetti.
6. Allow it to cool for 20-60 minutes depending on the size of your mold and then pop it out of the mold and it is ready to use!



ACTIVITY 2: ABC'S OF YOGA DIRECTIONS

1. Find a large, quiet area where there is room for everyone to lay out their yoga mats or beach towels and where there is limited distraction.
2. While going through the different yoga poses, practice deep breathing and try to clear your head of any stressors.
3. Encourage positive thinking.



Reflect

- What did you use for your soap mold?
- What could you add to your soap to give it color?
- How would you change the soap recipe if you made it again?
- What are some fun things you could use as a soap mold?
- Did you enjoy doing yoga?
- Which was your favorite yoga pose?
- Did you feel more relaxed after doing yoga?

Apply

- Your skin is very porous and can absorb whatever is put on it. That is why it is very important to be aware of the kinds of soaps and lotions you use. The benefit of making homemade soap is that you have control over what is being put on your skin. There are no unknown chemicals hidden in it that can harm your skin. This recipe is a very basic soap recipe and there are many different things you can add to give it different qualities. Poppy seeds are gentle exfoliants and add texture to soap. You can also add cocoa or shea butter to make your soap creamy and moisturizing. Adding spices gives soap a yummy scent. Aloe vera can help to relieve dry or burned skin. There are many different soap additives that can make every homemade bar of soap unique!
- Yoga has many health benefits that include developing flexibility, strength, balance, and posture. These can be beneficial to people of all ages. Although yoga can be challenging, it isn't supposed to be painful, so it is important to listen to what your body is telling you. Start slow and build up. Yoga is a great way to relax and give your body a good workout at the same time!



Generosity

Homemade body products can make great gifts. Choose one of the products you make in this club and give it as a gift to a family member, friend, or neighbor.

Healthy Living

Youth will participate in hands-on activities that promote physical, emotional, and mental well being. Homemade body products and relaxation techniques help promote healthy living.

Science

Youth will practice mixing and measuring ingredients as well as melting, chilling, and whipping to learn about physical changes of state.

Mastery

Yoga can be done with any age or skill level. Encourage youth to choose one area (flexibility, strength, balance, posture) and focus on that for the duration of the activity.

References

Johnson, Priya (2011, October 14.) Ideas for Homemade Soap Additives. Retrieved from <http://www.buzzle.com/articles/ideas-for-homemade-soap-additives.html>.

Power, T.A., n.d. The ABCs of Yoga for Kids. Retrieved from <http://www.abcyogaforkids.com/>.

Seibert, Andrew (2012, May 10.) The Health Benefits of Yoga. Retrieved from <http://www.webmd.com/balance/guide/the-health-benefits-of-yoga>.

Yates, Susan (2012, November 25.) Handmade Gift Soaps for Kids. Retrieved from <http://www.craftsunleashed.com/kids-stuff/homemade-soap-for-kids/>.