



Health & Wellness project resource guide

What is this guide?

The purpose of this project resource guide is to help support your learning within the health and wellness project area. It provides step-by-step suggestions on how to get started and how to continue learning within the project area.



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What is project learning?

We believe young people learn best by doing. In our program, you have the opportunity to choose project areas that interest you. We then offer opportunities for positive learning environments and guidance from adult mentors. We also encourage you to take leadership roles and learn independently.

What is the health and wellness project?

With a health and wellness project, you can explore anything you want related to how we can stay physically and emotionally healthy. You could design your own fitness plan, explore hygiene and nutrition, learn first aid skills and assemble a first aid kit, interview medical professionals, or create a yoga demo video. The possibilities are endless. Let's get started!

Getting started with a health and wellness project

Figure out what you want to learn

First, think about what you want to learn about health and wellness. One way to do this could be to write down all your questions—anything you are currently wondering about or want to learn how to do. Here are some ideas to get you started:

- What is the difference between mental health and mental wellness?
- What are some ways to take care of my mental health?
- What should I do if I feel sad or stressed?
- How much exercise do I need to stay healthy?
- Why do I have to brush my teeth every day?
- What happens if I don't get enough sleep?
- Why is it important to drink water? What happens if I drink too much?
- What are germs, and how do they make us sick?

- What are vitamins and why are they important?
- Why do I need to wear sunscreen?
- Why is it important to stay away from smoking and drugs?

Do some research

Next, find some resources that can guide you and provide answers to your questions. Here are a few resources you may find useful.

- [National 4-H healthy living activity books](#)
- [Utah 4-H fitness clubs activity book](#)
- [KidsHealth](#)
- [MyPlate Kids' Place](#)

Identify your project

Now it's time to narrow down your research into a specific project focus. What do you want to do? Here are some examples:

- Research and report on a health issue of your choice.
- Volunteer at a food distribution center, homeless shelters, vaccine clinic, blood drive, community run/walk event such as a 5K, etc.
- Organize a peer support group, conference, a seminar, a workshop, or a chemical-free party. What is your goal in creating this group?
- Promote health through campaigns, activities, and events centered on specific health issues. Here are some ideas:
 - Create a health day/week at school or arrange a health topic at your 4-H club meeting.
 - In collaboration with others (school, peers, etc.) develop an "anti-bullying" campaign to address Social Media Health.
- Create a Day in the Life Timeline to identify how you spend your day.
 - Where can you set goals to include more healthy practices such as mindfulness, fitness, movement, more fruits or vegetables, etc.?
 - Share some ways you incorporate self-care and/or mindfulness practices into your daily routines.
 - How do you manage schedules/Stress Management?
 - What steps do you take to ensure you are nourishing your body throughout the day?
- Design a model of the human skeleton and label the bones or learn about other organs and systems of the human body.
- Explore how fitness, motion, or athletics fits into a healthy lifestyle for you.
- Research careers in the health science industry.

Do your project!

Once you know what you want to do, it's time to do it! This is the fun part. You may get messy or encounter challenges, but in 4-H we learn by doing. It's all part of the learning process! You can ask others for help and ideas. Be sure to take pictures or video as you go or have some other way to record what you're doing and how it's going.

Reflect

The most important part of doing a project is the learning that happens as a result. Think about:

- What was my goal for this project when I began?
- What am I learning from this project that I didn't know before? OR What was the most challenging part of this project? Why?
- Did you have fun doing the project? What would you do differently?
- What am I learning about myself by doing this project?

Share your work

After you finish your project, it's time to share what you learned! Sharing your new skills and getting others excited about your project is a great way to continue learning and can be a valuable way to serve your community! Here are some ideas:

- Share your project at school, with your 4-H club or other out-of-school time program.
- Ask to set up an info table at your local library, community center, or community event such as a festival or farmer's market.
- Develop an exhibit to take to your local county fair through the 4-H program. Head back to the [health and wellness project page](#) for more information about how to showcase your project at a county fair.

Take your learning further

You've wrapped up one project...what's next? What questions did this project spark for you? What are you inspired to learn more about? You can dig into those questions with another health and wellness project, or you may want to check out these other project areas!

- [Safety](#)
- [Bicycle](#)
- [Food and nutrition](#)
- [Child and family development](#)

Explore these future study and career opportunities:

- You could study [environmental health](#), or [health services management](#), [nutrition](#), or other subjects.
- A health professional is anyone who works with human fitness, health, nutrition, injury, disease and healing. This is a wide range! [Nutritionists](#), [fitness instructors](#), [athletic trainers](#), [recreational therapists](#) and many others help people to look after their health.



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