



Inclusive 4-H Accommodation Kits

This kit has been created to help strengthen our commitment to welcoming all youth. We cherish and value the diversity of humanity and believe in the power of ALL young people. 4-H strongly encourages you to utilize this kit to foster inclusive spaces and provide simple accommodations for those engaged in our programs. Pictures of these items are on pages 3-4.

Purpose

- To support 4-H program staff and volunteers in creating inclusive, supportive learning environments where all youth can thrive
- To ensure 4-H staff and volunteers are equipped to provide simple reasonable accommodations during club meetings, programs, workshops, events and/or any gathering where young people and families are present

How to Use This Kit

It is recommended that all of the items in this kit are made readily accessible at 4-H activities. Place items on tables where people may sit or have items available at supply, check-in or registration tables.

Kit Contents

Sensory Fidgets

Sensory fidgets help people calm their mind, decrease stress, enhance learning, regulate their bodies and improve concentration, alertness and focus. They are also a way to increase tactile awareness and keep fidgeting fingers busy.

- **Fidgets:** Small objects or tools that provide an outlet for purposeful self-regulation activity with the hands.
- **Chair Bands:** If your space includes chairs, you can install these chair bands easily by stretching the rubber bounce band over the two front legs of a chair.
- **Pencil Toppers:** To use, mount fidgets on top of a pencil or pen. They are also helpful for people who may chew on the eraser part of pencils.

Fine Motor Supports

Fine motor skills involve the use of the smaller muscle of the hands, such as a writing exercise, art projects involving scissors/cutting, a sewing activity with clothing fasteners or buttons/thread, engineering and design challenges where youth are building something, in addition to others. In order to support learning and engagement in our clubs and programs, the following items below can be used to help alleviate challenges associated with fine-motor skills.

- **Pencil Grips:** Pencil grips are ergonomically designed and support comfort, relieve pressure and help youth correct writing posture. To use, slide onto the top part of a pencil or other writing utensil. These can also be placed on writing utensils prior to the start of the session.
- **Mounted Scissors:** Mounted scissors support control and strength and can be used by those with only one functional hand. Adult supervision is always encouraged.
- **Loop Scissors:** Loop scissors reduce the tension on hands and fingers and are suitable for youth who cut using either hand. The design will help support hand-eye coordination and fine-motor skills. Adult supervision is always encouraged.
- **Tri Grip Markers, Tri Write Pencils and Triangular Crayons:** These are designed in a triangular shape to guide proper writing grip. The shape also helps sliding and slipping off tables/other hard surfaces.
- **Grip Tape:** Wrap around pencils, utensils, paint brushes, tools, etc. to help people better grip and control items being used.
- **Shelf Liners:** Shelf liners support stability and can be cut and added to the bottom of items that slide easily, including but not limited to: rulers, clipboards, trays, etc.

Visual, Focus and Understanding Supports

The ways in which we learn are diverse so people often need support when it comes to focusing on and understanding the content that's being presented in our 4-H clubs and programs. Consider the ways in which the information is being presented - are there multiple ways people can engage in the learning? (i.e., written formats, audio formats, in a partner format, using drawings or illustrations, etc.)

- **Highlighters:** Highlighters are a great way to emphasize the importance of specific content, especially if what is being shared is lengthy. Highlight key words in directions and text. See the 4-H Pledge below as an example: "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."
- **Multi-Sensory, Ruled Paper:** Supports written activities through both sight and touch. The raised lines give people extra-sensorial cues to guide them in letter formation, spacing and organization.
- **Chime:** The sound can support an individual to refocus and calm their body. It can also be used to get the attention of a group of people or to start a 4-H club meeting or program.
- **Timer:** Utilizing a timer during activities can help people visually understand the passage of time. The timer can help ease transitions, encourage independence and increase productivity.
- **Visual Schedules and Supports:** Visual schedules can reduce anxiety by helping people understand what will happen. They provide consistency, may reduce resistance to completing less than desirable activities, and help people follow the rules and plan for what they will encounter. Provided examples include: First, Then, Next Schedule and Daily Schedules

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Pictures of Accommodation Items

Sensory Fidgets

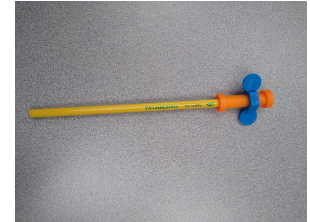
Fidgets



Chair Bands



Pencil Toppers

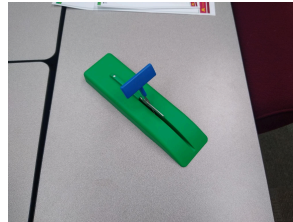


Fine Motor Supports

Pencil Grips



Mounted Scissors



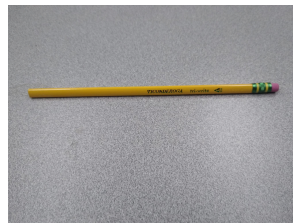
Loop Scissors



Tri Grip Markers



Tri Write Pencils



Triangular Crayons



Grip Tape



Shelf Liners

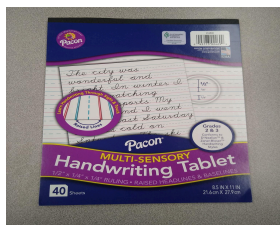


Visual, Focus and Understanding Supports

Highlighters



Multi Sensory, Ruled Paper



Chime



Timer



Visual Schedules and Supports

