## 4-H YOUTH DEVELOPMENT



## Martin-Gatton College of Agriculture, Food and Environment

University of Kentucky,

Cooperative Extension Service Grayson County 64 Quarry Rd Leitchfield, KY 42754 (270) 259-3492 grayson.ca.uky.edu





4-H Holiday Booklets will be available at the Extension Office, *Monday, December 8-Friday, December 12*. With the booklet, kids can get a button kit to make the button tree ornament on the first page. That is the **ONLY** kit provided this year, however, the booklet has other easy DIY ornament ideas, DIY Christmas cards, and yummy 4-H recipes. These are available for youth ages 5-18; no need to call/rsvp, just stop in and request your booklet and kit.

## 4-H Photography ideas (possible fair entries!)

The holiday season is a great time to snap some photos that can ben entered into the fair; here are suggestions....

## Natural Resources-

764a- Forest- (large area dominated by trees) and/or forest activities

764b—Water—showing still or moving natural water system or water activity

764c–Wildlife–showing unrestrained and live wildlife in natural habitat

764d– Natural Scenic– showing natural scene (NO manmade objects in photo)

## Agriculture-

765a– Livestock– showing livestock as main subject

765d- Agricultural Scenic-Landscape photo with agriculture as the main focus

765e-Farm Equipment/Implement-Photo with agricultural equipment/implement as main subject

765f—Companion Animal—1 photograph with a companion animal as the subject

## Leadership-

766a Formal/Candid Portrait Photo that shows a person as the main subject. (a formal portrait is NOT a snapshot, but a carefully arranged pose under effective lighting conditions)

766b- Urban Scenic- Landscape photo showing an urban setting as the main subject

766c– Event– 1-5 photos that are focused on a community event.

## FCS-

767a Family portrait or candid photograph of family member or event

767b Food Preparation 1-5 photos showing meal or single food item preparation

767c– Culture– photo showing unique perspective of local or global culture

767d Fashion Portrait Portrait photo with modeled fashion as primary subject

767e- Patterns/Design- Photo showing natural or manmade pattern/design

## **Communications/Expressive Arts**

770a– Music– photo showing music (written or preformed)

770b- Instrument/Art Utensils- Still life photograph using musical instrument or art equipment as primary subject

770c- Cultural Arts Event- 1-5 photos showing attended cultural arts event (art show, musical performance, etc.)

770f—Word(s)- Single word spelled out using built or natural environment or words within the community with personal significance or meaning.

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# **JEALTH BULLETIP**



DECEMBER 2025

Family Caregiver Health Bulletins: of the Adult, Youth, Parent, and Download this and past issues http://fcs-hes.ca.uky.edu/

Grayson County Extension Office

Leitchfield, KY42754 64 Quarry Road (270) 259-3492

# THIS MONTH'S TOPIC

# STAYING ACTIVE OVER HOLIDAY BREAKS

relax, but it is also important to stay Being active helps boost your energy, mood, and overall health, even when active and keep your body moving! ways to stay active over the holiday he holidays are a great time to school is out. There are many fun break without it feeling like work.

# 1. Go for family walks or hikes.

around your neighborhood to see for cool decorations, animal tracks, Get outside and explore! Walk the holiday lights or visit a park fun, try a scavenger hunt—look or nature trail. To make it more or winter plants along the way. Continued on the next page 🕘



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**Extension Service** Agriculture and Natural Resources Family and Consumer Sciences

Cooperative

Lexington, KY 40506 4-H Youth Development Community and Economic Development

# Staying active will help you feel better, have more fun, and start the new year strong.

# Continued from the previous page

# 2. Play active games indoors.

pillows, chairs, and blankets for a fun challenge. Simon Says, or balloon volleyball. You can even around inside. Play games like freeze dance, If the weather is bad, you can still move build an indoor obstacle course or fort with

# 3. Help with holiday chores.

can all get your body moving. Plus, when everyone Staying active does not always mean exercise! Decorating, cooking, cleaning, or shoveling snow helps, holiday gatherings can go more smoothly.

# 4. Enjoy winter sports.

When winter weather strikes, take advantage building a snowman. You will have fun and get great exercise without even realizing it. of it! Try sledding, ice skating, skiing, or

# 5. Dance to holiday music.

Put on your favorite songs and have a danceoff with your family or friends! Dancing is a great way to get your heart pumping while spreading holiday cheer. Make a household playlist of holiday tunes or favorite dancing songs.





# 6. Visit community centers

# or recreation programs.

YMCA, gym, or recreation center. Many places offer open gym times, swimming, or fun winter camps where you can stay active and meet new people. Check out what is happening at your local

# 7. Take screen breaks.

or playing video games during holiday breaks. It is easy to spend hours watching movies or game—stretch, walk around, or do a few Iry setting a goal to move after each show umping jacks to get your blood flowing.

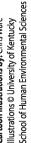
Whatever you choose, staying active will help you feel Maybe you enjoy yoga, martial arts, or even bowling. better, have more fun, and start the new year strong. something new! Ask other family members, friends, or neighbors what they like to do to be active. The holidays are also a great time to try

# REFERENCE:

https://www.dhs.gov/employee-resources/ news/2020/12/08/family-fitness-during-holidays

Written by: Katherine Jury, Extension Specialist for Family Health Edited by: Kerri L. Ashurst, Senior Extension Specialist for Family and Consumer Sciences Extension

Designed by: Rusty Manseau, Senior Graphic Artist Cartoon illustrations by: Chris Ware











































































# Home School Club

Meeting will be Thursday, December 11 at 10:00 at the Extension Office.

# Livestock Club

Next meeting will be December 2 at 5:30 in Room B of the Extension Office. Please enter at the back of the building.

If anyone has questions or needs assistance, please contact Hope.

January meeting will be on the 5th, at 5:30.

# Shooting Sports

Shooting Sports has wrapped up for the Season. It will begin after Spring Break. Be sure to get your enrollment forms turned in.

# Wild at Art Club

Meeting will be December 18 at 4:00 in the Project Room of the Extension Office.

## Winter Weather Advisory

Winter weather is upon us which means school cancellations. If school is cancelled, ALL 4-H meetings will be cancelled for that day. If there are meetings on the weekends and winter weather hits, contact your club leader for meeting information. If school lets out early, club meetings will be cancelled as well. In the event of bad weather after school, for evening meetings, contact your club leader for information.



## Schermer Pecans from Georgia \$12.00/16oz bag (bags are now resealable!) Fancy Mammoth Halves Medium Pieces

We have a limited supply of pecans from Schermer Pecans,

16 oz bags or Medium Pieces or Fancy Mammoth Halves; now in resealable bags!

Call to reserve your bags, orders reserved must be paid for and picked up within two days of calling.

NO LARGE ORDERS (i.e. No ordering of cases)

STILL AVAILABLE Call: Grayson County Extension Office at 270-259-3492
WHILE SUPPLIES LAST!



Checks can be made out to the "Grayson County Extension Office". Check memo: Pecans



Don't forget to request to join the Facebook group: Grayson County Kentucky 4-H Also follow:

> Grayson County 4-H Shooting Sports Grayson County 4-H Livestock Club Grayson County Ky Cooperative Extension



Kundha Earny Jones

Kindra Ewing Jones

Grayson County Extension Agent for 4-H Youth Development

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Mon
2 . Livestock 5:30
23
30