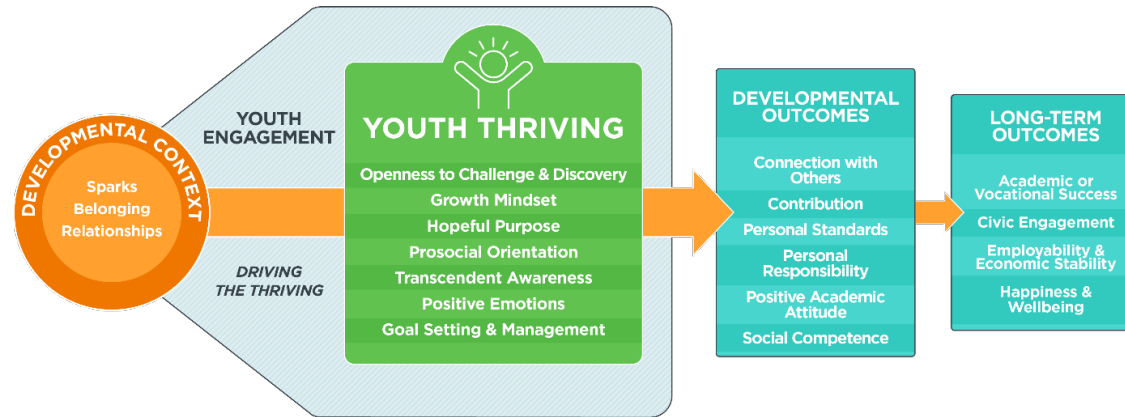




## Intentional Program Design Utilizing the Developmental Context and Youth Thriving Portions of the 4-H Thriving Model

This worksheet focuses on the developmental context and youth thriving portions of the 4-H Thriving Model and how practitioners can intentionally use program design to promote high quality positive youth development experiences. Practitioners are encouraged to select a portion of their program they would like to revamp and set realistic ways to meet principles. It is suggested that practitioners visit the [4-H Thriving Model of PYD](#) for resources to complete this worksheet.



### Developmental Context *Nurturing the Soil*

#### How will you foster sparks?

*A spark is a passion for a self-identified interest or skill, or a capacity that metaphorically lights a fire in a young person's life, providing energy, joy, purpose, and direction.*

#### How will you promote belonging?

*Feeling of inclusion regardless of gender, ethnicity, sexual orientation, or ability. Youth should have opportunities to share their culture and heritage with others and to forge a positive identity.*

#### How will you support developmental relationships?

*DR begin by creating a secure attachment between the 4-H member and the adult, reflected in mutual warmth, respect and trust.*

#### How will you encourage engagement or youth voice within programming?

*Ability to contribute in a meaningful way on subjects of importance to them.*



## Intentional Program Design Utilizing the Developmental Context and Youth Thriving Portions of the 4-H Thriving Model

This worksheet focuses on the developmental context and youth thriving portions of the 4-H Thriving Model and how practitioners can intentionally use program design to promote high quality positive youth development experiences. Practitioners are encouraged to select a portion of their program they would like to revamp and set realistic ways to meet principles. It is suggested that practitioners visit the [4-H Thriving Model of PYD](#) for resources to complete this worksheet.

Youth Thriving <i>Facilitating the Process of Growth</i>		
In what ways can you program to promote the seven indicators of youth thriving?	<b>Growth Mindset</b> <i>A growth mindset supports effort in learning over innate ability.</i>	
	<b>Openness to Challenge &amp; Discovery</b> <i>Thriving youth have the desire and ability to try new things and challenges.</i>	
	<b>Hopeful Purpose</b> <i>Thriving youth have a sense of hope and purpose and see themselves on the way to a happy and successful future.</i>	
	<b>Prosocial Orientation</b> <i>Thriving youth see helping others as a personal responsibility, and live up to the values of respect, responsibility, honesty, kindness, and generosity. Thriving youth care about and give back to their communities.</i>	
	<b>Transcendent Awareness</b> <i>Thriving youth are aware of a reality bigger than themselves from which meaning, and purpose are derived. This transcendent awareness shapes everyday thoughts and actions.</i>	
	<b>Positive Emotions</b> <i>Thriving youth are positive and optimistic and can manage emotions in a way that lead to health and well-being.</i>	
	<b>Goal Setting &amp; Management</b> <i>Thriving youth set goals and persevere in achieving their goals. They also make self-regulatory decisions that lead to better short-term and long-term success.</i>	