



Curriculum Used at Potosi 4-H LIFE

In addition to 4-H project curricula, the curricula listed below were utilized for the Potosi 4-H LIFE program. 4-H project information can be found on the Missouri 4-H website at <http://4h.missouri.edu/>.

Building Strong Families: Challenges and Choices Program

by MU Extension (1997)

Building Strong Families was developed to help families build strengths, face challenges, and make choices. The program covers 13 topics and uses hands-on activities to involve participants. *Building Strong Families* is based on research that family members can make significant changes in their behavior by focusing on strengths rather than on problems.

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Family Times

(no longer available from MU Extension)

by Trisha Day, Stephen Small, Ellen

Fitzsimmons

Family Times is an activity book that allows families to take inventory of strengths and weaknesses to decide together what they want to accomplish and to work toward those goals.

Family Times was developed by 4-H Youth Development and Family Living Education Programs, University of Wisconsin Extension and published by Wisconsin Clearinghouse.

Tackling the Tough Skills

by Rosilee Trotta, LCSW

The *Tackling the Tough Skills* curriculum includes 218 humorously illustrated pages 76 of which educators may copy and use as overheads or handouts. The curriculum was originally

designed to help individuals transition from welfare to work. However, it can be used with a wide variety of audiences. While the curriculum builds from one component to the next, educators also may select individual sections or exercises to supplement other training materials. The curriculum encourages original, highly interactive group learning experiences. It provides direction for original role-plays and discussions and offers overheads, games and activity exercises to help motivate and challenge participants to get involved.

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TRUE Colors

By Don Lowery

One popular method to explore temperament types is called True Colors™. Don Lowery developed the True Colors™ concept to help people understand and apply the research on personality and temperament assessment. True Colors™ uses colors as a metaphor to describe four major temperament types. The selection of the four colors was based on their psychological and physiological relevance to the particular temperament attributes. Through self-evaluation, individuals discover the color spectrum that describes their individual temperament. Although everyone contains elements of each of the four temperament types, a person's primary or first color will generally describe the core values, preferences and skills that are most significant to the person's self-esteem. Therefore, identifying and understanding our primary color is the key to the self-awareness.

For more information, visit the True Colors™ website at <http://www.true-colors.com/TCSite1/index.htm>

