

2024-2025 Ft. Harrod Area Leadership Lessons

Agents Teach	August	August	September	October
Instructor	Multi-County Program	Alethea Bruzek	Tara Duty	Kayla Lunsford/ Multi-County Program
Lesson Title	Officer/Chairperson Training	Communication Essentials for Good Impressions	KEHA Plays Pickleball	Healthy Eating Around the World
Date	August 20, 2024, 10AM- 1PM, Mercer Co.			October 16, 2024, 11AM- 1:30PM, Boyle Co.
Lesson Description	<p>Join the Fort Harrod Area FCS Extension Agents for this area-wide training! Leave the day feeling equipped to lead your county and energized for the upcoming Homemaker year!</p> <p>Topics discussed will include: membership, recruitment, service projects, parliamentary procedure, and more!</p> <p>FREE TRAINING WITH LUNCH PROVIDED. Register by August 13th by calling 859-734-4378.</p>	<p>Let's learn more about non-verbal communication (body language) and the roles speaking and active listening play in communication. Lesson materials include a publication, facilitator guide, and evaluation.</p>	<p>In general, sports are good for physical and mental health. Yet to some, sports are intimidating. Pickleball is America's fastest growing sport that all ages and skill levels can play. It is a cross between ping-pong, badminton, and tennis. It is easy to learn, fun play, and fun to say! Using paddles and lightweight balls, the open play format allows for both social and physical activity. This lesson will highlight the health benefits associated with the sport and teach KEHA members how to play. This lesson includes a facilitator guide, publication, training slides, mailbox club member materials, activities, marketing pieces, and an evaluation.</p>	<p>We'll take a trip around the globe to learn about dietary recommendations from other countries. Along the way, we'll learn about new foods and ways of eating. As we arrive back in the U.S., we'll reflect on what we learned and see how advice about a healthy diet is remarkably similar, no matter where on Earth we live. This lesson includes a facilitator guide, publication, training slides, leader lesson letter, activities, marketing pieces, and an evaluation. This lesson is part of the International Program of Work for 2022-2024.</p>

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Agents Teach	November	February	March	April
Instructor	Kayla Lunsford	Jody Paver	Hannah Thornsberry	Carla Carter/ Multicounty Program
Lesson Title	Mindful Eating	Elements and Principles of Art	Handy to Have: Emergency Health Information Cards	Move Your Way: Exercise for Everyone
Date				April 18, 2024
Lesson Description	<p>It is easy to finish a meal and not remember what or how much was eaten. Taking care to focus on our senses as we eat can lead to a more satisfying experience. This lesson covers differences in mindless and mindful eating and tips for being more present when you eat. The lesson goal is to add mindful eating strategies into daily routines. Lesson materials include a publication, facilitator guide, leader lesson letter, flyer, PowerPoint presentation, evaluation tool, mindful eating exercise, and three other activity options.</p>	<p>Whether it is a drawing, painting, photograph, or even a scrapbook page, what makes this 2-Dimensional “work of art” visually pleasing? Why do we like what we see? The basic elements and principles of art and design influence how we perceive objects. This PowerPoint lesson encourages discussion while outlining concepts used to objectively evaluate a drawing, painting, or photograph. Participants will receive a handout with definitions. Curriculum materials also include a facilitator guide, PowerPoint slides, and an evaluation. This lesson is part of the Cultural Arts and Heritage Program of Work for 2022-2025.</p>	<p>An Emergency Health Information (EHI) Card can be a helpful tool to have. If you are ever in an emergency where you need immediate medical treatment, but are not able to communicate with first responders, an EHI Card can tell medical providers important information about how to help you. This lesson focuses on who can benefit from carrying an EHI card, information that should, and should not be included on an EHI Card, and where to put copies of an EHI Card. Curriculum materials include EHI Card template, participant handout, facilitator guide, PowerPoint slides, and evaluation. This lesson is part of the Management & Safety Program of Work for 2023-2026.</p>	<p>As we grow older, our bodies age with us. Healthy lifestyle habits, like regular exercise, can slow the aging process. This lesson focuses on non-impact exercises, specifically seated movements, to help improve balance, posture, muscular strength, and ability to perform daily living activities that you can do from the safety of your own chair. Studies suggest that adding exercise to your daily routine will improve joint health, physical function, and emotional well-being.</p>