

Shooting Better Scientifically

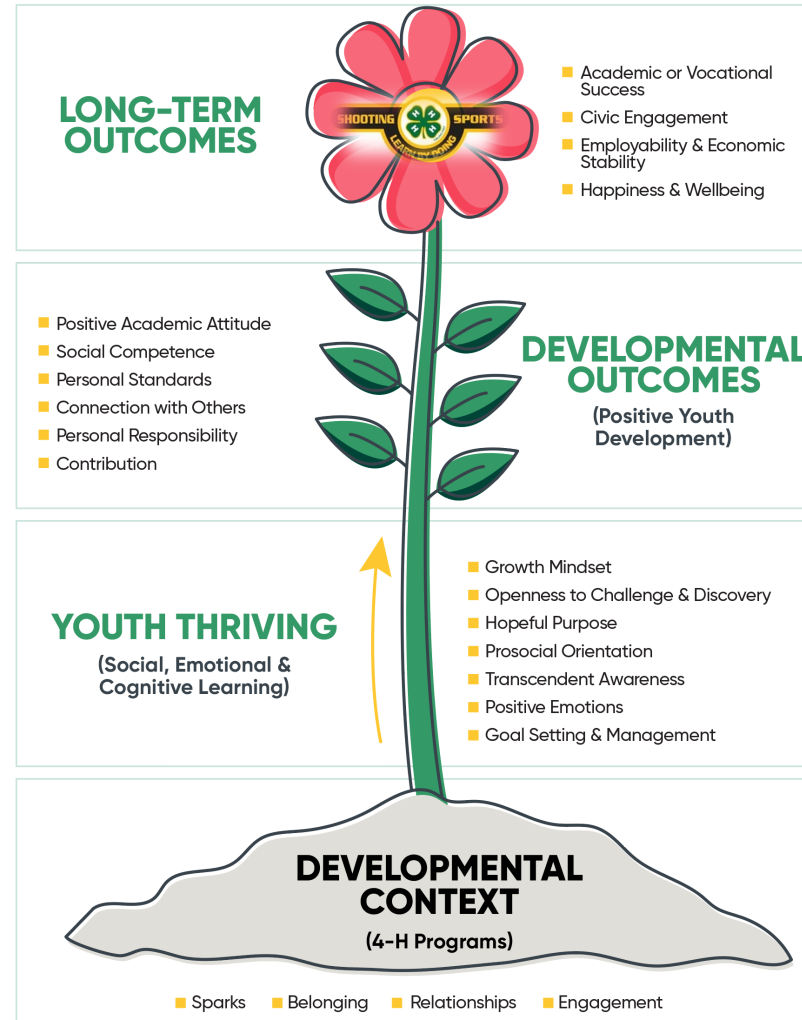
The Science and Magic of
Developing Champion Kids
In 4-H Shooting Sports



2024



4-H Youth Thriving Model



What are some things our youth do when they feel angry, frustrated, embarrassed, or disappointed in themselves?

The Team



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4-H Youth Thriving with Positive Emotions



Do not _____

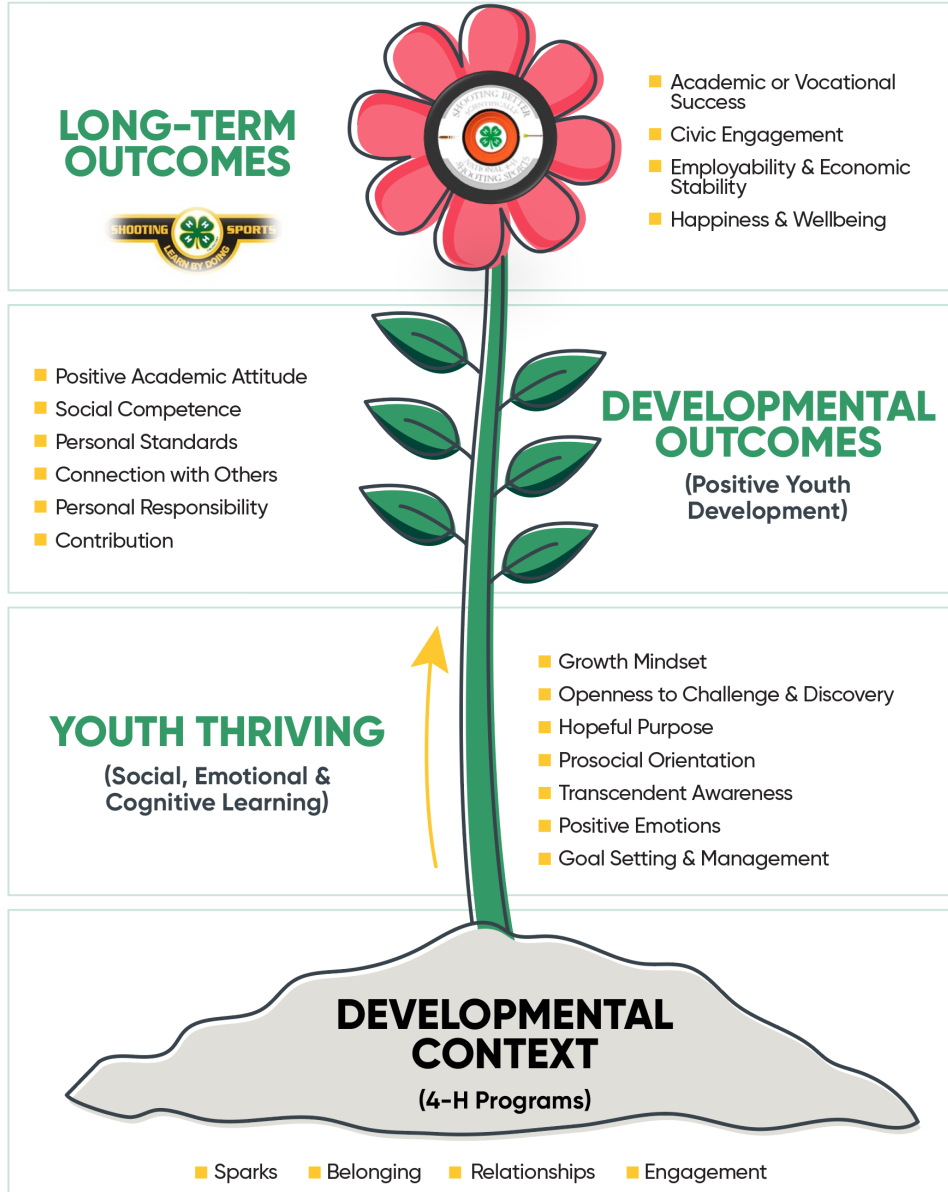


Drawing on Positive Emotions

Do not _____



4-H Youth Thriving Model

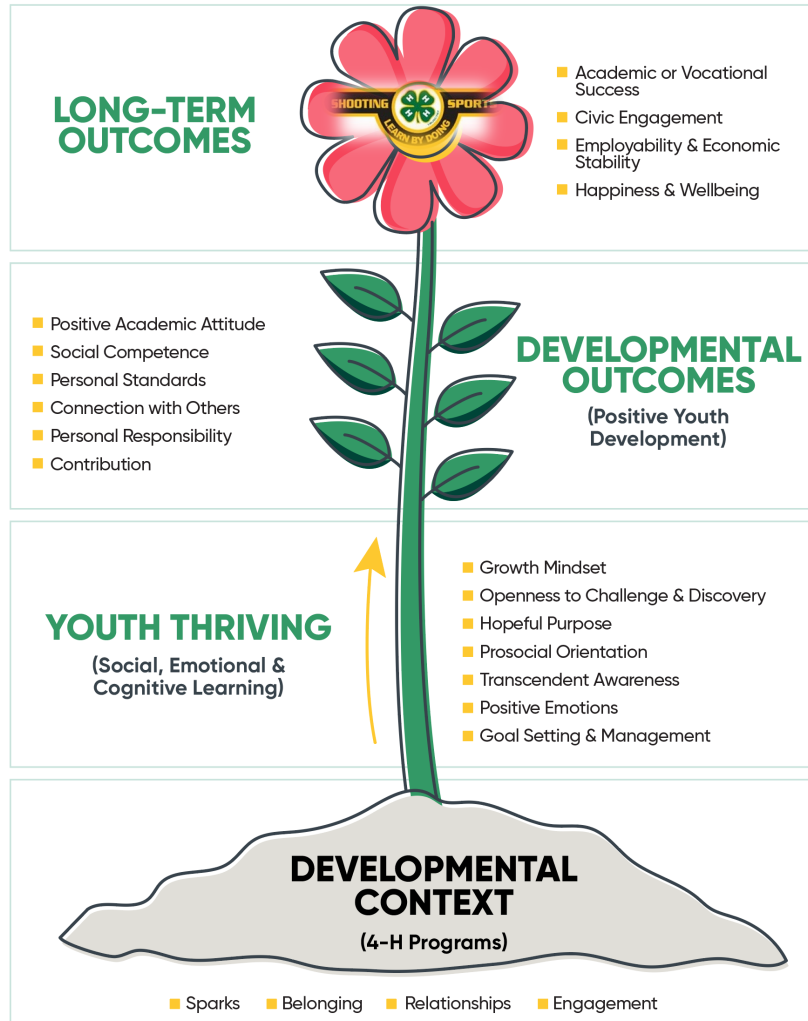


Positive Emotionality

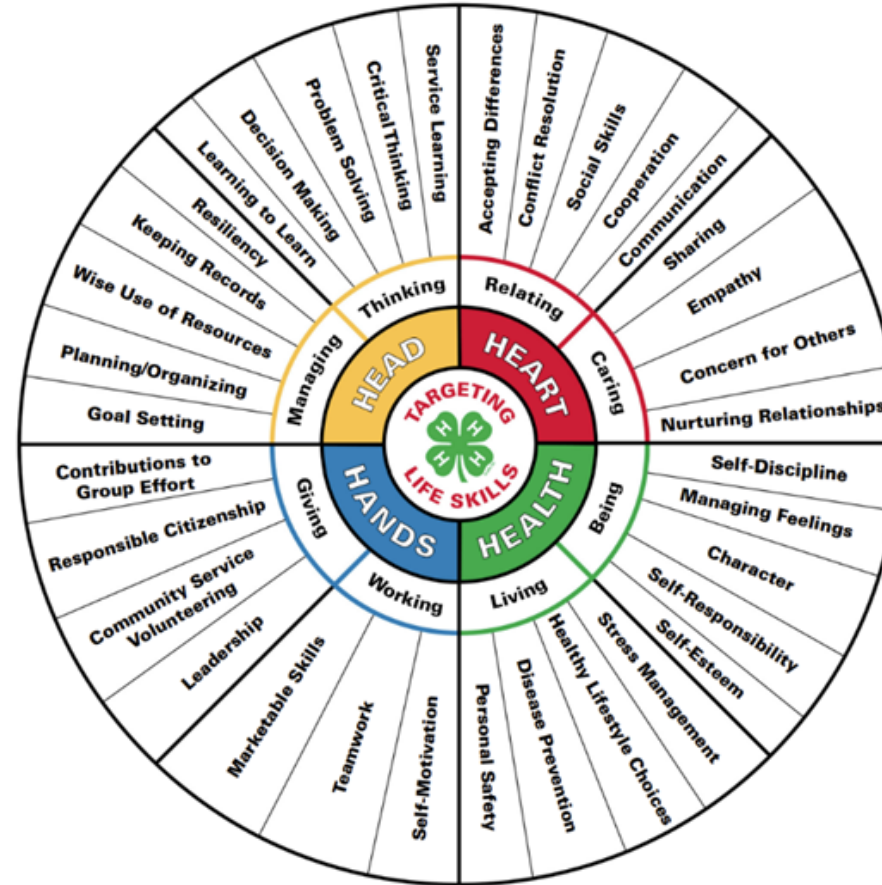


Definition:
Youth are positive and optimistic and are able to manage emotions in ways that lead to emotional health and overall well-being

4-H Youth Thriving Model



4-H TARGETING LIFE SKILLS



Hendricks, P.A. Developing Youth Curriculum Using the Targeting Life Skills Model: Incorporating Developmentally Appropriate Learning Opportunities to Assess Impact of Life Skill Development. Iowa State University.

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4H 3050



IOWA STATE UNIVERSITY
Extension and Outreach





Life Skills

(Based on Iowa Targeting Life Skills Model)

- ⇒ **Resiliency** - the ability to recover after experiencing misfortune or distress; coping with change; overcoming problems and difficulties
- ⇒ **Managing Feelings** – expressing one's feelings appropriately and in proportion to circumstance

Success Markers



- **Expect to See** -- Youth will participate in a game of the do's and don'ts in handling emotions.
- **Like to See** -- Youth will illustrate do's and don'ts of handling emotions.
- **Love to See** -- Youth will apply the 'positive emotions' lessons learned in the game on the range.



Let's see how
the lesson
works!

Do not _____



**Drawing
on
Positive
Emotions**

Do not _____

Topic: Expressing Positive Emotions

(Draw this 1st)

Do not
ignore
your
coach.

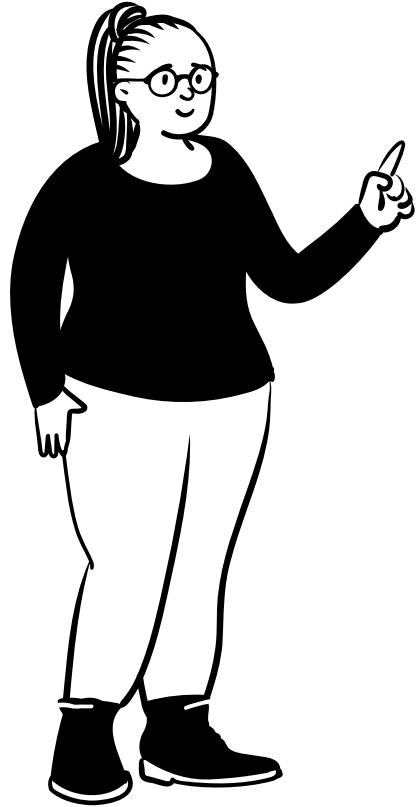


(Draw this after the 1st one is guessed)

Do ask
for help.

Coaching Moment: Caring adults are here to help and coach you, remember to ask them (us) for help.

Do not _____

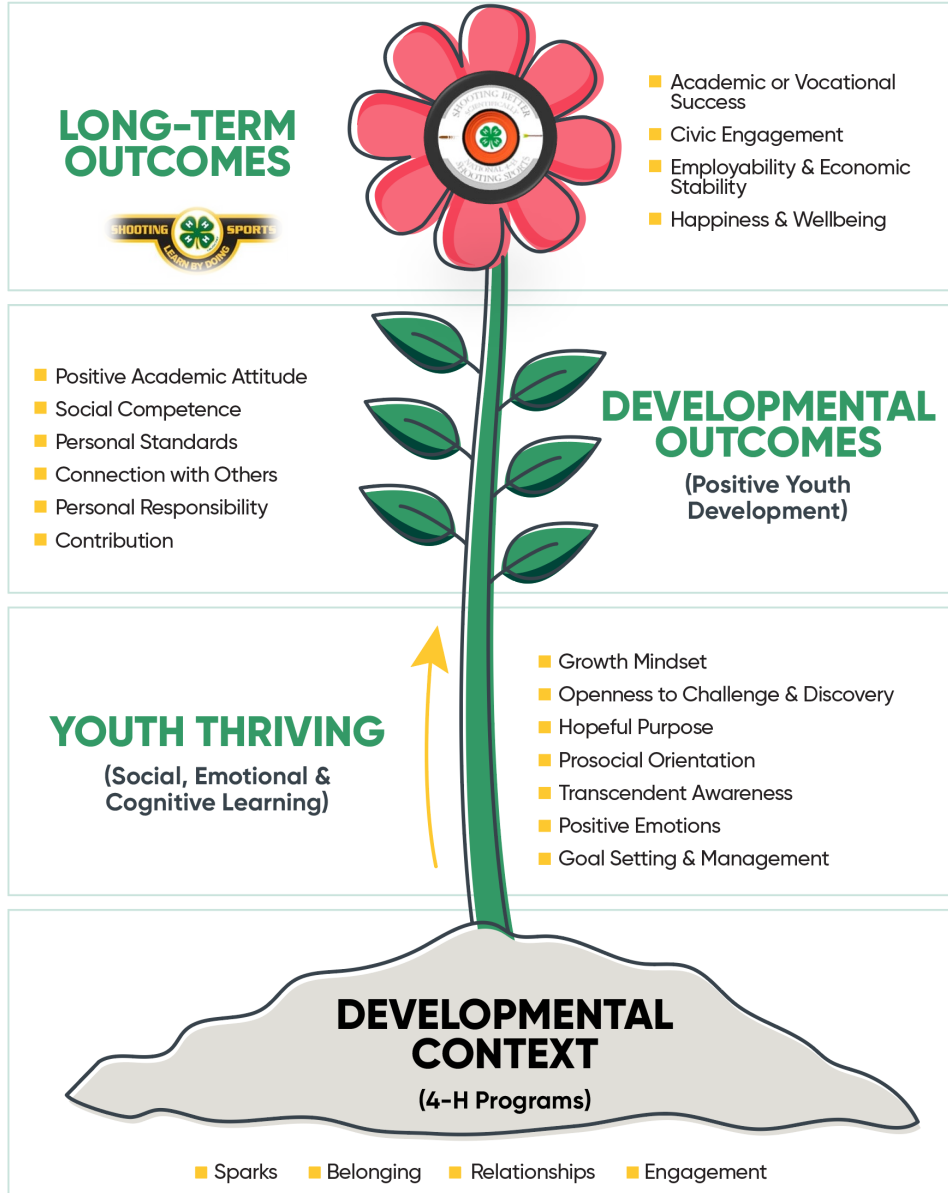


Drawing on Positive Emotions

Do not _____



4-H Youth Thriving Model



Positive Emotionality



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Youth are positive and optimistic and are able to manage emotions in ways that lead to emotional health and overall well-being

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See you next time!

- June 4 – Youth are Invited
Self-regulation & Goal Setting
Time: 7:00 p.m. (CST)