



Poof Ball Targets



Thriving Target: Prosocial Orientation

Definition: Pro-social youth care about others and take actions that reflect this caring.

Pro-social development happens through social learning, where youth observe and remember the behaviors that are rewarded, and then begin to practice them. Doing so helps youth internalize positive attitudes and actions until they become part of the young person's core values. Pro-social development is facilitated when youth feel that they belong and matter to others. It is through interaction with others that youth learn and practice pro-social values, leading ultimately to a young person who cares about others and gives back to his or her community.

Life Skills: (Iowa Targeting Life Skills Model)

- ⇒ **Communication** - exchange of thoughts, information, or messages between individuals; sending and receiving information using speech, writing, and gestures.
- ⇒ **Cooperation** – to work or act together for a common purpose or mutual benefit.

Success Markers for the Thriving Target: Prosocial Orientation
<p>Expect to See -- Youth will work together to make decisions on making their poof balls (example: the color, the ball size, number of balls).</p> <p>Like to See -- Youth collaborate to set the targets up and backstop area.</p> <p>Love to See – Youth listen to and ask for their teammates' ideas.</p>

Lesson Objective
Youth will take their teammates' ideas into consideration and incorporate teammates' ideas on how to make and set up their targets.

Shooting Better Scientifically is a regularly scheduled program to assist 4-H volunteers, leaders, and staff to conduct lessons with their 4-H Shooting Sports clubs using the Thriving Model. This lesson was developed by Tammy Stuhr and Chandra Plate, Level 3 4-H Shooting Sports Coordinator Trainers, with the guidance and ideas of Nebraska 4-H Shooting Sports Ambassadors.

Preparing for Youth Activity for Prosocial Behaviors

1. Set up range as normal. Have the firearms and/or bows you are using ready along with ammo and Arrows, eye and ear protection.
2. Supplies Needed: recycled boxes (that can be shot up), shaving cream, cornstarch, bowls, spatulas, paper towels, coffee filters or cupcake papers, food coloring, tape (to hold boxes together), stakes (optional when shooting outside to hold down the boxes)

Conduct Lesson

1. **Who wants to have some fun?** (raise hands) **Who wants to have fun with friends?** (raise hands)
2. **One way to make sure all people have fun is to take turns listening to each teammate's ideas.**
3. **Before we divide you into teams, let's practice what it sounds like to care about someone else's ideas. We are going to role play for you good listening, along with caring about your teammate.**
4. (choose a person to role play with you, or ask jr. leaders to role play this)
Person 1: **I want to make our poof balls green for 4-H.**
Person 2: **I like your idea of green for 4-H. One idea I had was make them orange to stand out for hunting season.**
Person 1: **I can see your orange idea would really tie into our shooting sports project. (Maybe stop here, and have the role play end with "I really like the idea of orange, I think it will be easier to see down range, let's go with that.")**
Person 2: **We both have great ideas; do we want to rock-paper-scissors to see which color we take?**
Person 1: **That sounds fair!** (play rock-paper-scissors)

(Divide group into teams)
5. **You are going to make some fun targets with a partner. They are called poof balls. They are made by mixing cornstarch and shaving cream, then letting them dry.**
6. (Hand out a bowl per group, a spatula, one can shaving cream, 1 ½ box of 16 oz. cornstarch)
7. **You and your partner are going to need to make some decisions together on how many balls you are going to make, how your team is going to work together, as well as what color your balls will be. Go ahead and follow the directions to make your fluff balls.** (either give each group the directions or hang on the wall for all to see)
8. **After you have cleaned up your area, now you can set up your targets. Here is the shooting line** (show everyone) **We suggest you place your targets close the level of your firearm, so you shoot through the side of the ball, not in the top or bottom.** (give time to set up targets)
9. (open the firing line, and let them shoot at the balls)
10. (close the line) **What happened to your fluff balls?**
11. **How was it working with a teammate to make decisions on making the balls?**
12. **How did you and your teammates show you cared about each other's ideas when it came to setting up the targets?** (take answers)
13. **How did it feel to know your ideas mattered and were listened to by your teammate(s)?**
- 13.. **Debrief– What was your highlight, lowlight, and insight from working together to make and shoot poof ball targets?**



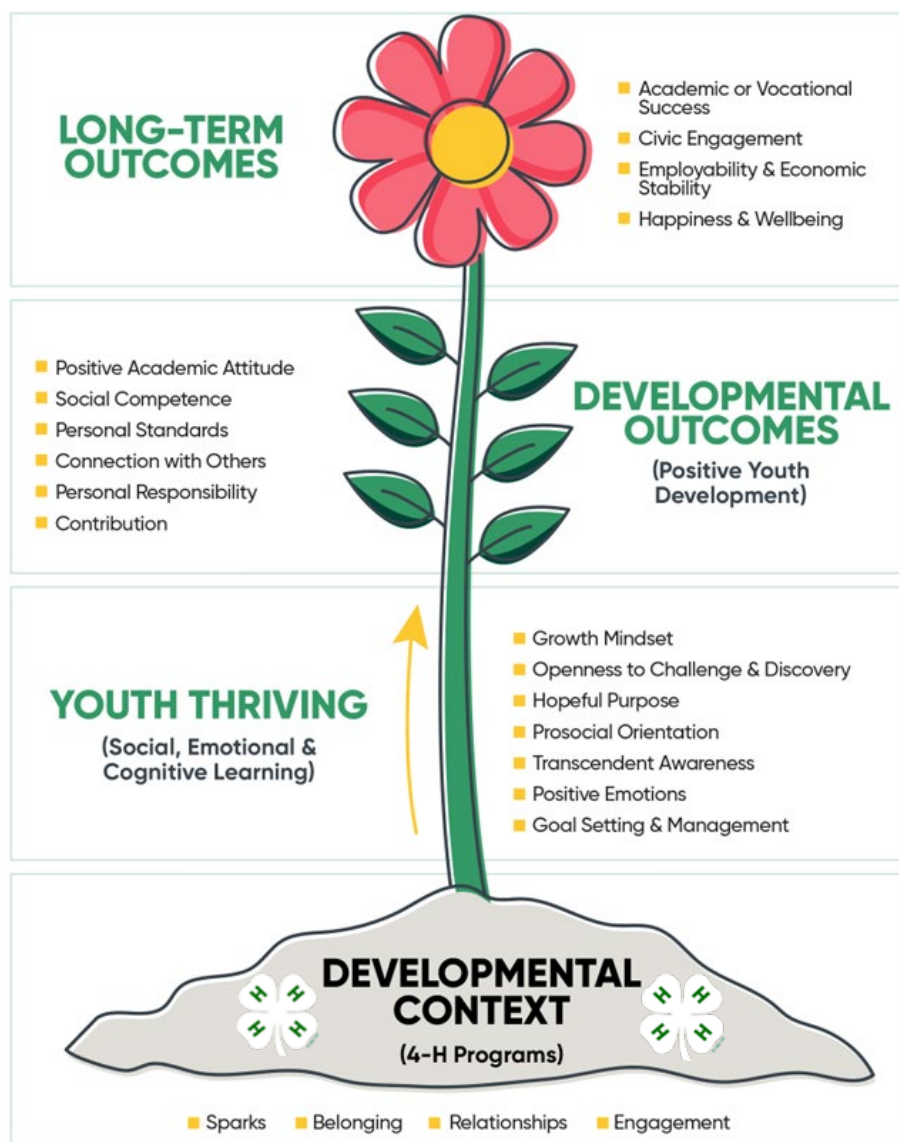


Resources



For more information on creating a transcendent awareness:

- Visit Oregon State University's blog on [Helping Youth Thrive](#).
- For more information on helping youth develop relationships, visit this article [On Filling the Relationship Gap](#).
- One page handout on [Prosocial Orientation](#).
- A TedxTalk called [Getting Relationships Right](#) by Kent Pekel.
- [Tools for adults who want to be a part of developmental relationships](#) with youth by Search Institute.



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Poof Ball Targets

Ingredients:

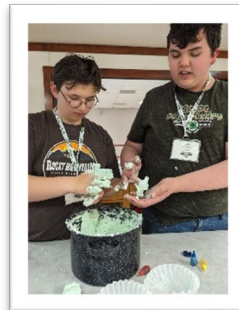
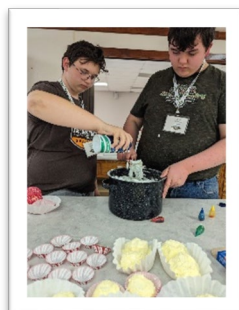
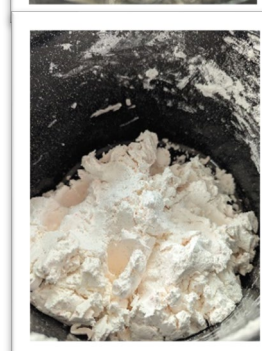
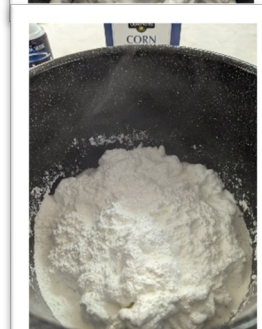
1.5 boxes of 16 oz. cornstarch
1 can of shaving cream
Food Coloring

Utensils:

Large Bowl
Spatula
Papers – coffee filters or cupcake papers

Directions:

1. In a large bowl, spray 1/3 can of shaving cream.
2. Top with 10 drops of food coloring.
3. Sprinkle with a ½ box (8 oz.) of cornstarch.
4. Layer another 1/3 can shaving cream, followed by 10 drops of food coloring.
5. Sprinkle a ½ box (8 oz.) of cornstarch.
6. Use up all the shaving cream left in the can on this layer.
7. Do 10 more drops of food coloring.
8. Sprinkle a ½ box (8 oz.) of cornstarch.
9. Take turns mixing the items in the bowl with your hands. (don't clean your hands yet)
10. Use the spatula to wipe the sides and bottom of the bowl to make sure all the ingredients are in the dough.
11. Knead the dough one more time.
12. Take turns forming the dough into the poof balls.
13. Place each poof ball on a paper. (Now you can clean your hands, utensils, and area.)



Tips:

For shotgun and muzzleloader, consider making softball size targets.
For .22 and arrows, consider making cupcake size targets.
For bb's, pellets, and nerf darts, consider making mini-muffin size targets.
Set the puff ball target towards the front edge of the box.