



# 4-H Volunteers

## LIGHTING THE WAY

September 24-26, 2020  
[www.4hvcoss.com](http://www.4hvcoss.com)

### **Lamplight Participants Schedule at a Glance** *updated 9/21/20*

#### Thursday

5:00 pm EST	Sparkler Event	Curricula Showcase
7:00 pm EST	Bright Light Event	Opening Extravaganza
8:15 pm EST	Light Up Sessions <ul style="list-style-type: none"><li>• Doodling &amp; Journaling</li><li>• Luminaries</li><li>• Mindful Stretch &amp; Calm</li></ul>	Create & Connect

#### Friday

3:00pm EST	Sunbeam Sessions <ul style="list-style-type: none"><li>• Be the Light: Changing the Narrative of Youth Leadership through Youth Adult Partnerships</li><li>• Empowering Volunteers to Grow Youth Leadership</li><li>• Engaging 4-H'ers Virtually</li><li>• Increasing Your Health Knowledge through Volunteer Programs</li><li>• Exploring Nature &amp; Outdoors Doesn't Always Have to be Done Outside</li><li>• Light the Way like a NASA Scientist: Observing &amp; Contributing to Earth Science</li></ul>	Workshops
7:00 pm EST	Bright Light Event Breanna Burkhead, Jayna Green, & Micah Palacios National 4-H Pillar Winners hosted by Noor Alshafie, National 4-H Youth Advisory Council	Teen Panel
8:15 pm EST	Light Up Sessions <ul style="list-style-type: none"><li>• Crafts, Culture &amp; the Cherokee People</li><li>• Dimming the Lights with Storytelling</li><li>• Light up with Candles</li><li>• Mood Management</li></ul>	Create & Connect

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Sessions are accessed with your conference registration access code



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### Saturday

<b>9:00 am EST</b>	<b>Sparkler Event</b> Sarah Stillwell, The Amateur Apron	<b>In the Kitchen With</b>
<b>11:00 am EST</b>	<b>Sunbeam Sessions</b> <ul style="list-style-type: none"><li>• Kentucky 4-H Citizenship Bowl: Integrating 4-H Civic Engagement</li><li>• Engaging Military Connected Youth w/4-H Programming</li><li>• Using Games and Tools to Make Online Programs Fun</li><li>• Light the Way w/LifeSmarts</li><li>• Earth Day, Every Day</li><li>• Mars Madness: Seeing the Possibilities</li><li>• Conducting Virtual Horse Judging &amp; Hippology Contests</li></ul>	<b>Workshops</b>
<b>1:00pm EST</b>	<b>Sunbeam Sessions</b> <ul style="list-style-type: none"><li>• Recognizing 4-H Youth through the Congressional Award</li><li>• The Power of Purposeful Questions</li><li>• Moving from Hands-On to Virtual Using Google Platform</li><li>• Strengthening Youth Mental Health</li><li>• 4-H Backyard Bird Brains</li><li>• Blueprint for Success: Building your STEM/Robotics Program Piece by Piece</li><li>• Embryology 1010</li></ul>	<b>Workshops</b>
<b>2:15 pm EST</b>	<b>Shooting Star Connects</b> visit the website and conference portal for breakout room options	<b>Small Group Chats</b>
<b>3:00pm EST</b>	<b>Sunbeam Sessions</b> <ul style="list-style-type: none"><li>• Creating Common Ground</li><li>• Parliamentary Procedure and Effective Meetings</li><li>• Inspiring Youth to Lead and Serve in a Virtual Environment</li><li>• Introducing Wellness in the 4-H Classroom</li><li>• The Forest &amp; The Trees</li><li>• Simple STEM Lessons for 4th-6th grade</li><li>• Master 4-H Livestock Volunteer</li><li>• Pick Our Brains About Sewing</li></ul>	<b>Workshops</b>
<b>4:15 pm EST</b>	<b>Shooting Star Connects</b> visit the website and conference portal for breakout room options	<b>Small Group Chats</b>
<b>7:00 pm EST</b>	<b>Bright Light Event</b> Bo Ryles, National 4-H Council	<b>Closing Extravaganza</b>

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