PROJECT HOPSCOTCH

APRIL 7, 2018

DELAWARE 4-H DIAMOND CLOVER

Hannah O’Hara
Diamond Clover Final Report

Name: Hannah O’Hara

4-H Club: Houston Cardinals 4-H Club        4-H County: Kent

Name of service project: Project Hopscotch

This report is accurate, complete and an honest representation of my work.

4-Her Signature: Hannah O’Hara
Date: 4/7/18

I have reviewed this report and find it to be accurate, complete and an honest representation.

Parent Signature: O’Hara
Date: 4/7/18

Club/Group Leader Approval

Signature: [Signature]
Date: 4/7/18

County 4-H Educator Approval

Signature: [Signature]
Date: 4/16/18

State 4-H Leader Approval

I have reviewed this report and find it to meet the Diamond Clover Award requirements.

Signature: [Signature]
Date: 4/11/18
PROJECT SUMMARY

Project Hopscotch has been an amazing leadership experience that has prompted me out of a comfort zone I didn’t know I had. Hopscotch has been a game that I have played since I was little, but the work involved with installing permanent courses was surprising!

The idea of Project Hopscotch was a simple dinner table talk. Brainstorming ideas on how to implement the skills I have learned with 4-H into the community for a lasting impact. My mom being employed by the school district often encouraged me to impact the youngest because they are easiest to please. With this method, Project Hopscotch would not only please the youth with fun games, but encourage physical activities, fine motor skills and number sense and recognition.

I started collecting blocks, paint and other supplies as well as reaching out to the facilities I would be using over the summer. I interviewed and received letters of support from both of my facilities, Morris Early Childhood Center and the Milford Boys and Girls Club.

During the fall I also started to paint the blocks. With each block weighing 2 pounds, I asked help from Lucas Kamin, a family friend. Together we spent 3 days in a shed painting the blocks with latex paint. Each block was painted once with the stencil, touched up and then outlined in white. We finished 40 blocks over Thanksgiving break.

Next, I gathered supplies for the beanbags. We found a website online that sold scraps of vinyl from the interior of boats for a discounted price. After several emails, we purchased bright colors such as yellow, red, blue and green. It took many tries when sewing the bean bags. I had to test the machine to see if it could handle the heavy material. I also had to experiment how to complete the stitch, flipping the fabric inside out or sewing the outside. The sewing for this project tested all my limits and knowledge from the clothing and textiles project area.

Additionally, I worked to find the correct beanbag holder. Although most of these are cloth, the ones for project hopscotch must be able to obtain the weather conditions outside. When my dad and I were about to give up the search we found a small blue tackle box in a tackle store that would fit the correct about of bean bags and was very durable.

During my spring break, I contacted local companies to donate or purchase crush and run and sand for the installation of the projects at the end of that week. I also went to the campuses that I was installing the project to spray paint the area that needed to be dug.

On April 5th, 2018 we broke ground at Morris Early Childhood Center and the Milford Boys and Girls Club.

We measured the area and used the tractor to get most of the dirt out of the hole. The hopscotch courses were each 3 feet by 10 feet and 4 inches into the ground. Together we
worked to square out the remaining dirt, pack and level the ground. Additionally, we transported the crush and run, a mixture of rocks and cement, into the holes to provide a stable ground. We used the tractor and cinder blocks to tamp the rocks from moving.

On April 6th, 2018 we completed the project at both locations.

The second day, we cut black barrier and placed an inch of sand. This helped to level the stepping stones when someone jumps. Next, we placed the stones and using a level and measuring tape made them even. Once everything was placed correctly, we used a cement and sand mix to cover the stones and surrounding area. We stepped around the course to compact the sand. Lastly, we brushed off the blocks to see all the numbers.

Each of these projects required heavy lifting, hard work and countless hours of planning, prepping, and installing. At the end of each project, I handed the box containing 12 bean bags and directions to play to facility coordinators of each location.

Following these break throughs, a news release was sent to Milford Live and the Milford Chronicle documenting the event and explaining the importance of capstone projects to the local community.

Overall, installing the hopscotch courses left me sore and exhausted. I would like to thank my parents, my sister and the Kamin boys for helping me in the process. If it wasn’t for them to motivate me, I would have never been able to complete this project.
PROJECT REPORT FORMS

Cost

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Stencils</td>
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<tr>
<td>Paint</td>
<td>Donation</td>
</tr>
<tr>
<td>Paint Brushes</td>
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</tr>
<tr>
<td>Vinyl</td>
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<tr>
<td>Thread</td>
<td>$6.00</td>
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<tr>
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<td>Baggies</td>
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<td>Duct Tape</td>
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<td>Crush and Run (3 yards)</td>
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<td><strong>Total</strong></td>
<td><strong>$174.00</strong></td>
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Timeline

- **September**: Research the Benefits of Hopscotch
  Approval of Project for Senior Project

- **October**: Interviewed with Boys and Girls Club
  Interviewed with Morris Early Childhood Center

- **November**: Painted 40 Blocks

- **December**: Touched up Blocks

- **January**: Bought Vinyl

- **February**: Bought Boxes for the Bean Bags

- **March**: Sew the Bean Bags

- **April**: Bought Sand and Crush and Run
  Installed Project at two locations
  Send News Release to local media
  Submit Final Report

- **May**: Send Evaluations to Teachers
  Present Project to Senior Project Board

Last updated 10/5/2016
## Labor Tracking

<table>
<thead>
<tr>
<th>Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>Diane O'Hara</td>
<td>20 hours</td>
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<tr>
<td>Lucas Kamin</td>
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<tr>
<td>Owen Kamin</td>
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</tr>
<tr>
<td>Tom O'Hara</td>
<td>15 hours</td>
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<tr>
<td>Shannon O'Hara</td>
<td>15 hours</td>
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<tr>
<td>Hannah O'Hara</td>
<td>68 hours</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>140 hours</strong></td>
</tr>
</tbody>
</table>
CHALLENGES

The biggest challenge I had was keeping up with the project. Overall, my other responsibilities and health continued to come in the way of finishing the project. I had originally thought I was good at multitasking however with senior year, other 4-H activities and Project Hopscotch I thought I was losing my mind.

During Project Hopscotch I was in the process of applying for colleges. I have also been serving as the Senior Class President and planning the Senior Trip, Picnic and Graduation. Additionally, I have tried to stay heavily involved in 4-H at all levels. Project Hopscotch, I do admit, wasn’t on my mind every minute.

Project Hopscotch is directly related to Healthy Living, ironically, I have been unhealthy in the process. During the fall, after painting the blocks I had walking pneumonia and was not able to leave the house. Once this happened, my doctor warned me to slow my pace down. He suggested to stop the project for a month until I regain my strength. I did pause most of my responsibilities in December to January, however in the early spring I started again. This time my body punished me with severe nose bleeds a week before installation.

Throughout this project I have found that healthy living is not only related to exercise and eating habits, but towards stress management. This was a very unexpected challenge that I learned from and will continue to use for future reference.

IMPACT

The impact of Project Hopscotch has been phenomenal. I have not only seen youth use the course but also have fun in the process. I am always excited when teachers or community members tell me that they found the project helpful or useful.

Project Hopscotch has helped teachers have a resource to teach mathematical skills. Although it is easy to come with lesson plans for your students, it is quite hard to have the children sit inside for countless hours trying to get the point. By providing this resource, the teachers easily motivate the children to learn materials that follow the Common Core Standards.

Project Hopscotch has helped youth in the community learn while encouraging healthy living. The fine motor skills that are developed with Hopscotch include tossing the beanbags, hoping from square to square or balancing when hoping on one foot. This is very important step to having a healthier lifestyle and development.

Project Hopscotch has helped me learn and grow. I have learned the difficulties of developing a project and grow to overcome a difficult task. I have talked to many adults over the phone and in person with my Public Speaking skills, sewn many bean bags with my Clothing and Textiles skills and encouraged Healthy Living just as 4-H has taught me.
Working to complete painting numbers onto blocks during Thanksgiving Break.

All the blocks were donated by neighbors!

Recruiting volunteers to paint the base paint on 20 of the 40 blocks.
This is an image of a bean bag before the vinyl cover is over it. It is simply a plastic bag filled with sand and covered in duct tape.

This is a photo of me filling the bags with sand.

The finished bean bags are covered heavy duty vinyl in colors red, blue, yellow and green. Each set of courses comes with 12 bean bags in a holder including directions.

I sewed every bean bag using my machine and sewing skills from 4-H.
The Boys and Girls Club of Milford is the second site that Project Hopscotch will be installed. This is the area near the playground that the dirt will be dug and replaced with the courses. The dimensions of the courses will be 10 feet by 3 feet and 4 inches deep.

Morris Early Childhood Center in Lincoln, Delaware is the first location that will be having Project Hopscotch installed. Teachers and other staff can use the hopscotch courses to directly encourage real world experiences with Common Core Standards.

This is the photos of the completed courses at Morris Early Childhood Center. I can’t wait for the warm weather to come so children can enjoy the hopscotch courses!
This is the photos of the completed courses at the Boys and Girls Club in Milford. Many of the children will be out at play on these courses in the next few days. I hope that everyone will have fun and learn at the same time.

Kids are enjoying hopscotch at each site. All kids love to learn and with an active life style, they can learn to live.