

Practical Accommodations for Club Meetings



Purpose

This quick guide helps volunteers and staff understand **how accommodations support access without lowering expectations** so all youth can feel safe, successful, and engaged in 4-H club meetings and activities.

Practical Accommodations

Environment & Sensory

- Quiet or calm space available to all youth
- Flexible seating options
- Reduced visual and auditory clutter
- Optional sensory tools (fidgets, headphones, softer lighting)

Communication & Instruction

- Use a **simple visual agenda** and preview transitions
- Give **one-step directions** and repeat as needed
- Build in **frequent movement** and brain breaks

- Offer **sensory-friendly options** (quiet space, headphones)
- Provide **adapted tools** and pre-cut or template-based materials

Materials & Tasks

- Models or examples of finished work
- Adapted tools or materials as needed
- Assistive technology when appropriate
- Extra time to complete tasks

Social-Emotional Support & Belonging

- Establish shared group expectations
- Normalize self-regulation strategies (fidgeting, movement)
- Use **specific, strengths-based praise**
- View behavior as communication
- Intentionally build a culture of acceptance and inclusion



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Partner with Families

- Invite brief caregiver conversations to learn what works best
- Focus on strengths, interests, and successful supports
- Remember: 4-H provides accommodations even without school documentation
- Plan ahead for fairs, events, and judging needs

Volunteer Quick Tips

DO:

- Offer choices and flexibility
- Keep routines predictable
- Use visuals and clear language
- Celebrate differences and strengths

AVOID:

- Making assumptions about disabilities or abilities
- Surprising youth with sudden changes
- Using punitive responses for sensory-driven behaviors

