



WELCOME
TO 4-H:

A New
Family's
Guide



K-STATE
Research and Extension

WELCOME TO 4-H

4-H members and leaders live across Kansas, in all 50 states and in 82 other countries around the world. Members are 7-18 years old, and live in cities, towns and farms. There are more than 17,000 4-H members in community clubs across Kansas, and we're glad to welcome you and your family as our newest members.

4-H is focused on youth having fun and learning with their friends. We understand that you may have many questions your first few years in the program, so we developed this guide to help. Also, you can always call your 4-H community club leader or your local extension agent for help.

The basic philosophy of 4-H is to strengthen the mental, physical, moral and social development of boys and girls, thereby, helping develop effective citizens and leaders. We do this through participation in projects, events and other various activities.



EMBLEM, COLORS, PLEDGE, MOTTO:

The four-leaf clover is the official 4-H emblem. The four H's stand for **head**, **heart**, **hands** and **health**. Our colors are green — signifying life, springtime and youth — and white, signifying fresh and clean.



THE 4-H PLEDGE IS:

I PLEDGE

My Head to clearing thinking,
My Heart to greater loyalty,
My Hands to larger service,
My Health to better living,

For my club, my community, my country and my world.

The 4-H motto is “To make the best better.” Our members and volunteers learn the pledge and use it in their daily lives. The motto is there to remind us to always strive for improvement, to continually set goals and give every effort your best.

HOW DID 4-H BEGIN?

4-H began in the early 1900s. Girls participated in canning clubs, and boys participated in corn and pig clubs. In 1914, Congress passed an act establishing Cooperative Extension and 4-H across the country. Corn, poultry and garden clubs existed in Kansas as early as 1905.

4-H has certainly changed since its early days. While we are proud of our rich history, we’ve expanded to include members from more than just rural backgrounds. We’ve evolved to meet the needs of today’s youth, and develop learning experiences for boys and girls of all ages.

4-H MEMBERSHIP AND PROGRAMS

4-H members must be at least 7 years old and not have had their 19th birthday by January 1 of the current year. Members live in towns, in the country and on farms, and is open to all youth regardless of race, color, national origin, sex, sexual orientation or disability. The 4-H year runs from October 1 thru September 30.

Available 4-H programs include:

- **4-H Community Clubs:** A group of youth with one or more leaders under the sponsorship of K-State Research and Extension. Most clubs hold monthly meetings with a planned program. Club activities can include demonstrations, project work, community service and social events.
- **4-H Cloverbuds:** A group of 5- and 6-year-olds who learn cooperatively. Some 4-H Cloverbuds may meet monthly to non-competitive activities that are developmentally and age appropriate.
- **SPIN Clubs:** A SPecial INterest Club is a group of youth with one or more leaders under the sponsorship of K-State Research and Extension. This is a short term group, meeting only 6-8 times, and they focus on one topic of interest.
- **School Enrichment:** A learning experience presented or coordinated by extension personnel with school officials as part of school classroom activities.



WHO HELPS IN 4-H?

At its roots, 4-H is a family program. Parents and family help members with project work and other activities. 4-H members are also helped by volunteer leaders. Each club needs one or more adult leaders. These leaders teach, organize the club, help officers, assist at meetings and orient new parents.

There are various kinds of leaders in 4-H:

- **Community Club Leaders:** Responsible for the general club organization.
- **Project Leader:** Helps members with their project work.
- **Junior Leaders:** 4-H teens who work with an adult leader to give leadership to activities, events and/or projects.
- **Parents:** Show interest and concern for their children by attending meetings, serving as leaders, helping in club activities and serving on committees.

All registered volunteers go through a screening process and attend an orientation training. This process ensures protection for both 4-H members and adult volunteers.

WHAT DO YOU DO IN 4-H?

In 4-H, youth learn by doing. Youth learn useful skills, teamwork and how to serve your community and country. Here are examples of activities:

Project work: Choose at least one project or area of interest per year.

Demonstrations: Learn to share what you have learned with others.

Recreation: Play games and make new friends.

Community service: Improve your community.

County contests: Choose to enter contests and compete against other members.

Exhibits: Show your best project work at the county fair.

Camps: Participate in a day camp, overnight camp, or camps on the K-State campus.

Exchanges: Learn about the life of other 4-H members from across the state and across the country.

State Events: Strengthen your leadership and citizenship skills while making friends from across the state.

CLUB MEETINGS

4-H members are given the opportunity to learn and practice decision making in group situations. Members are expected to attend their club's gatherings, and parents are encouraged to attend as well, as 4-H is a family affair.

There are generally two types of club gatherings. However, each club is unique and there are many ways a club might decide to structure their meetings.

1. Club meetings: Members plan and carry out what they want to do as a group. A good club meeting has four parts with defined activities:
 - a. Opening: Call to order, Pledge of Allegiance and 4-H Pledge
 - b. Business: Roll call, secretary's report, treasurer's report, committee reports, old business, and new business
 - c. Education: Program, demonstrations and guest speakers
 - d. Fun: Recreation, songs, skits, refreshments and entertainment
2. Project Meetings: Members work together on their projects. Meetings can include guest speakers, field trips and activities.

WHAT DO CLUB OFFICERS DO?

4-H Club officers are elected by members. Each officer has a specific job.

President	Presides over the business meeting, keeping members involved and discussions organized.
Vice President	The vice president leads in the president's absence, introduces guests, and is the program chair.
Secretary	The secretary writes meeting notes, keeps attendance records, maintains the secretary's book and keeps track of all communications.
Treasurer	The treasurer takes care of the club money, pays bills, keeps an accurate account of the club's finances and reports at each club meeting and prepares the annual financial review.
Reporter	The reporter sends news stories to local newspapers and/or radio stations and plans social media platforms.
Recreation	The recreation leader leads games and other fun activities.
Song Leader	The song leader leads the group in singing.
Committee Chairs	Your club may have several committees, depending on the club size and focus. Committees may include: program, membership, recreation, community service, fundraising and social events.

PROJECT WORK

As a 4-H member, youth choose at least one project to complete. Choose a project that fits into your family, community and lifestyle. Projects provide the basis of the 4-H program by offering various education experiences. Carrying out a project helps members learn by doing, make sound decisions, and master a subject matter. There are more than 35 different projects options, and several levels, allowing a member to advance their skills.

4-H competitive events and fairs provide opportunities to have their project work judged against a set of standards. Exhibit evaluations are meant to be a positive and motivating part of the total 4-H experience. The exhibit is not an end in itself, nor does it illustrate all of the learning that has taken place during the 4-H year.



DANISH SYSTEM

The Danish system of judging is a method of evaluation in which a 4-H exhibit or process is evaluated against a set of standards and awarded on the degree to which the standard has been met. The standards of excellence are often printed on a judge's scorecard, and allows for the 4-H exhibit to be judged on one's own merit, and not in comparison with others in the class. The following ribbons apply:

WHITE: Fair, denotes much improvement needed. Fails to meet minimum standards.

RED: Good, some improvements needed. Meets minimum standards.

BLUE: Excellent, minor improvements needed. Exceeds minimum standards.

PURPLE: Superior, outstanding on all standards.

Remember that when you exhibit at the county fair, you are asking for the judge's opinion. The judge's opinion is just that: an opinion, and it can vary from judge to judge and day to day. It is an opportunity to explain what you have learned, and it is an opportunity to learn from an expert. Each project is a success, no matter what color the ribbon may be!

CAMPS

Many 4-H members attend camps to take part in educational and recreational experiences as they learn about nature and living with other people. Most importantly, 4-H'ers have fun at camp!

- **4-H Camps:** Youth may attend 4-H Camp at the Rock Springs 4-H Center, south of Junction City. Older teens are also given the chance to serve as counselors to the younger campers. Activities include hiking, fishing, campfires, flag ceremonies, swimming, crafts, recreation and more! Camping opportunities vary by local unit; contact your local Extension Agent to find out more.
- **Discovery Days:** For older teens, this leadership conference is a chance to experience college life on the Kansas State University campus, exploring career interests and strengthening your leadership and communication skills. Enjoy plenty of chances to meet teens from across the state while you live in the dorms, attend "classes," and socialize at the dance and ice cream social.
- **General Camps:** There are many other camping opportunities available to 4-H members including horse, space, outdoor adventures, and day camps. Ask your community club leader or extension agent if interested in other camping opportunities.

RECORD KEEPING

You will be encouraged to keep a record and a story for each area of project work to help you keep track of what you are learning and helps develop your business sense. Completed records are signed by your parents and leader at the end of the 4-H year.

A good record will reflect accomplishments and therefore serve as the basis for awards, trips and other forms of recognition, as well as teaching a desirable habit for keeping track of financial and business matters. Members are encouraged to work on records throughout the year as they complete project work, often at project meetings. Records should include all 4-H activities throughout the year.

There are three different types of record forms:

- **Personal Page:** Contains space for a picture of the member, project list and the 4-H story. A new personal page is issued each year.
- **Permanent Record:** A summary of all projects, exhibits, offices held, events attended and other participation for the entire year. Only one permanent record is necessary for all the years as a 4-H member.
- **Kansas Project Report Form:** are used for each project in which a 4-H'er is enrolled. The Project Report form provides space for setting goals, knowledge and skills learned, work accomplished, leadership, photos and other project information. New Project Report forms are issued each year for each project.

Record Book requirements may vary among local units. Please contact your local Extension Agent or club leader to learn more.

4-H members may submit completed Achievement Applications to the local K-State Research and Extension office for champion and other awards and recognition consideration. Award applications need to be submitted along with the record book. Members who complete their record books are invited to attend the 4-H Achievement event each year in the fall where presentations of various awards and achievements are made.

Note: There are units in Kansas that do not have an annual banquet for award recognition. Please contact your local extension office for more information.



Other forms of recognition include:

Achievement Pins: Awarded to 4-H'ers who meet the pin and turn in a completed record book. Nine pins are awarded in a series. Applications are available in the extension office, as well as on the online: www.kansas4-h.org/resources/4-h-library/awards-and-recognition/member-achievement-award.html

Project Award Pins: Members must complete their 4-H record book and a Project Award Nomination Form to be eligible for a project award pin. Winners in various projects are eligible to compete at the area and state levels (some age restrictions apply).

Key Award: Recognizes 4-H members who have an exemplary record of accomplishments. Applicants must be at least 16 years old, completed four or more years and meet the other nine requirements.

The greatest and most lasting rewards a 4-H member can receive are:

- Satisfaction from a job well done.
- Pride in his or her accomplishments.
- Recognition from leaders, parents and other 4-H members.
- Knowledge and skill gained through the project.

WHY SHOULD A 4-H'ER SAY THANK YOU?

Members who receive recognition should view it as both a badge of honor and a symbol of the broad interests of their friends in the 4-H program. Say “thank you” to your 4-H friends, including trophy donors, livestock buyers, project and club leaders, parents, judges, etc. A personal letter is the most satisfying and lasting way to say “thanks.” Remember, it’s not WHAT you say, but HOW you say it that counts. Your note need not be long, but it should be sincere.

PARENTS, HOW CAN YOU BEST HELP YOUR 4-H'ER?

You may help boys and girls get more from their 4-H experience in several ways:

1. Counsel your 4-H'er in the selection of a suitable project by showing interest, but do not complete the work for them. Make sure the work they start is completed.
2. Encourage your child to attend meetings regularly and attend with him/her so you'll be able to help the child remember upcoming activities.
3. Offer your home occasionally for a club or project meeting.
4. Become a registered volunteer and share your knowledge, special skills and hobbies as a club leader or project leader.
5. Keep informed of local 4-H information.



AS EACH 4-H YEAR BEGINS, REMEMBER...

- 4-H youth are more important than the project exhibit itself.
- Learning how to do a project is more important than the project itself. To “learn by doing” through a useful project is fundamental in any sound educational program, and is characteristic of the 4-H program.
- There is more than one good way of doing most things.
- Our job is to teach 4-H members how to think, not what to think.
- Winning isn’t always measured by the results of the ribbon or judging event, but by the character of the 4-H'er, parent and leader.

FOR MORE INFORMATION, PLEASE CONTACT:

K-State Research and Extension – Kingman County

Melissa Thimesch 4-H Youth Development Agent

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Kingman, KS 67068

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Kingman County 4-H Clubs

MUST BE 5 YEARS OF AGE TO JOIN AS A CLOVERBUD, 7 YEARS OF AGE AS A 4-H MEMBER

AS OF JANUARY 1 OF THE CURRENT YEAR

Please call all Club Leaders before Attending a meeting to ensure the location, time, etc. has not changed!

Hawk-2nd Monday of every month at Livingston Community Center—except for December’s Meeting. Leaders: Shirley Boos (620) 491-1939

Julie Ziegler (316) 833-8473

Whispering Willow- 1st Monday of every month at Livingston Community Center

Leaders: Justina Kostner (620) 532-4480

Cindy Belt (620) 491-2382

Cunningham- 1st Sunday of every month— double check for exclusions, Community Center in Cunningham

Leaders: Marci Adams (620) 243-3733

Jennifer Neywick (620) 546-1506

Vinita- 2nd Sunday of every month at 4PM Cheney United Methodist Church EXCEPTION: JULY AND OCTOBER MEETINGS ARE THE 1ST SUNDAY OF THE MONTH

Leaders: Cami McAndrew (316) 648-3869

Cherielle Young (316) 215-1200

Norwich Boosters- 2nd Monday of every month— Double check for exclusions, at the Dotzur Community Center

Leaders: Cindy Allen (620) 532-1489

Jerika Francis (620) 680-3062

Dog Club- Contact Extension Office for more information

Shooting Sports- Contact Extension Office for more information

**4-H EMPOWERS KIDS WITH THE SKILLS TO LEAD
FOR A LIFETIME.**

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4-H PROJECT SELECTION GUIDE



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Research and Extension



Kingman
County

In 4-H, young people learn about topics that interest them! These are referred to as a member's "projects." Exploring your interests through 4-H project work is an excellent way to discover new skills and potential careers. While projects can vary depending on your local program and availability, this guide offers a starting point for each of the official Kansas 4-H projects. Resources for each project can be ordered through your county or district K-State Research and Extension Office.

Agriculture and Natural Resources

Entomology

If you've ever chased butterflies, caught a ladybug for a closer look, or started a bug collection, the entomology project may be a great fit. You'll learn the anatomy of an insect; make an insect net; and collect, pin, label, and exhibit an insect collection. Later, you'll study how insects move, learn about insecticides and explore insect behavior.

Learning by Doing

Plant a butterfly garden, catch and observe a spider in its web, conduct an insect survey, and start an insect collection for exhibit at the fair.

Environmental Science

Our growing environmental science curriculum helps you not only learn about your environment, but also explore ecosystems; understand conservation; learn how water can be responsibly preserved, protected, used and reused; expand recycling efforts; and understand your ecological footprint.

Learning by Doing

Organize a park, highway, or waterway cleanup; research an environmental topic of your choice and make a video or do a project talk; locate credible research on climate change to decide what you believe and why.

Geology

If you enjoy learning about interesting rocks or fossils, then dig into this project. Discover the types of minerals, rocks, and fossils in your area and other geological formations across Kansas and in other states.

Learning by Doing

Geology field trips to various Kansas locations and collect, identify, and display specimens.

Horticulture & Landscape Design

Learn when, where and what to plant; learn the difference between cool and warm-season vegetables; learn plant parts and how they are used; learn how to use basic garden tools; study seed varieties and starting seeds indoors; study preventative pest controls; learn about specialty harvests and selling your produce; study plant pollinations; study food industry careers; and learn about biotechnology.

Agronomy

Experiment with soil testing, grow and harvest crops, plant a wheat variety test plot, and learn about herbicides and fertilizers.

Forestry

Learn to identify trees, determine differences between trees and shrubs, learn about different trees and tree parts, graft a bud to a living tree, discover health benefits of trees, investigate forest changes and learn about forest health and learn forest conservation techniques.

Shooting Sports

If you want to learn to shoot an air rifle, shotgun or bow and arrow, you should check out the 4-H shooting sports project. This project teaches gun safety, care and safety of shooting sports equipment, hunting practices, and provides an opportunity to test your skills. To participate, youth must be 8 years of age as of January 1 of the current year.

In Kingman County, we offer Archery. Contact the Extension Office for more information.

Learning by Doing

Demonstrate safe use of air rifle, shotgun, bow, etc., through practice, talks, demonstrations, and exhibits. Exhibit shooting sports skills at local and district events. State matches for the different disciplines are held in the fall and spring, or participate in the Instructors Junior Apprentice Training Program (ages 14 and older).

Sportfishing

The Sportfishing project provides hands-on learning experiences for youth and adult audiences interested in fishing and aquatic resource stewardship. It teaches fishing skills, conservation, ethical knowledge, aquatic ecology, tackle crafting, and much more.

Learning by Doing

Enter a sport fishing contest; participate in the Hunting, Fishing and Fur Harvesting School.

Wildlife

Kansas wildlife is an important part of the state's heritage and environment, ranging from buffalo to birds and fish to deer. In this project you'll learn about wildlife behavior, habitat requirements, how wildlife species fit into nature's scheme, how they are managed and how they relate to humans. Some local units also offer sport fishing as an additional project.

Learning by Doing

Create wildlife habitat; participate in the Hunting, Fishing and Fur Harvesting School; and enter the Wildlife Habitat Evaluation Contest.

Animal Science

Beef

Learn about raising, caring for and managing beef cattle as you start with a bucket calf and work toward building your own herd. You'll learn about different breeds and anatomy of beef cattle; how to feed, groom and show your animal; how to judge beef cattle for market and/or breeding; how to produce high-quality beef; and how to use data and technology in an efficient beef-cattle operation.

Beef Bucket Calf

This project is open to 7- to 12-year-olds. Calves may be purchased or orphaned but are to be bottle/bucket fed.

Market Beef

Select, raise and show a market steer or heifer.

Breeding Beef

Select, raise and show a breeding heifer. Learn the value of performance data to make breeding decisions.

Learning by Doing

Exhibit at local beef shows, State 4-H Livestock Sweepstakes, (includes livestock judging, quiz bowl, Skillathon, and meats judging), Kansas State Fair State Beef Show, and the Kansas Junior Livestock Show.

Dairy Cattle

Learn about raising and managing dairy animals by selecting, grooming and showing a heifer calf or yearling heifer. Along the way, you'll learn about dairy cattle breeds and anatomy, judging and presenting oral reasons, animal health and welfare, and safe practices for handling milk and milk products. Members with mature cows learn about animal feeds and nutrition, milk production, and careers in the dairy industry. Specific projects include dairy bucket calf, dairy heifer and dairy cow.

Learning by Doing

Participate in Kansas All-Breeds Junior Dairy Show, Judging Contest, Skillathon, and Dairy Quiz Bowl.

Dairy Goats

The dairy goat project is great for smaller properties since goats are typically easy to train and handle. Goat milk can be consumed by the family, fed to bucket calves or fed to other market animals. You might start with one doe, raise kids and eventually create your own dairy goat herd. Throughout the project, you can learn about breeds and anatomy of dairy goats, proper care and welfare of animals, record keeping and more.

Learning by Doing

Participate in local and state dairy goat shows or join a regional dairy goat organization.

Dog Care and Training

Whether you have a dog or hope to own one, this project will help you learn more about your family's best friend, from basic care and grooming to advanced training commands. Learn about different dog breeds and choose the best breeds for your family. Explore dog behavior, body language, and obedience training while learning about proper nutrition to keep your dog happy and healthy.

Learning by Doing

Show your dog at local shows and the Kansas State Fair 4-H Dog Show. Members without dogs may participate in quiz bowls and other activities that do not require dog ownership,

such as the Kansas 4-H Dog Conference.

Horse

If you love horses and want to learn how to safely handle, care and ride a horse that you own or lease at least 75 percent of the time the horse project is for you. In this project you will learn basic coat colors, breeds, and horse anatomy; study horse health; participate in judging contests, quiz bowl, and hippology; and give presentations. If you want to exhibit a horse in the State Fair, Achievement Tests are required to participate.

4-H Horse Identifications are due May 1 into the local Extension Office.

Learning by Doing

Visit a stable or farm; participate in the State Horse Judging Contest, State Horse Quiz Bowl, Horse Panorama, horse presentations, and hippology; and exhibit at district and state horse shows.

Meat Goats

The 4-H Meat Goat project is quickly growing as demand increases for meat products. You'll learn how to select, raise, and care for a meat goat; study breeds and anatomy; learn how to fit and show meat goats; recognize diseases; keep records; select breeding stock; learn key components in developing a goat herd; and evaluate feed ingredients.

Learning by Doing

Participate in Meat Goat Day at K-State, Livestock Sweepstakes, Kansas Junior Livestock Show and the State Meat Goat Show at the Kansas State Fair.

Pets

Whether you love fish, hamsters, cats, or other pets, these projects can help you learn more about your household friends and what different pet species need to stay healthy.

Learning by Doing

Identify hazards for pets around your home, and learn about your pet's feeding and care. Learn the symptoms and treatment of diseases as well as taxonomic classification.

Poultry

This project is designed to help you learn about chickens and other poultry. You will learn poultry breeds and anatomy and how to care for and handle your birds. Learn how eggs are formed, how to select and judge broilers, make an egg candler, and understand pecking orders. Lead younger members in egg experiments, process chickens for food, and learn about biotechnology and poultry careers.

Learning by Doing

Participate in the Poultry Judging Contest at the Kansas State Fair.

Rabbits

The rabbit project will allow you to learn to raise and care for your rabbits. Identify main breeds of rabbits and their anatomy, learn feeding and watering practices, learn to groom and show a rabbit, and care for newborn rabbits. It is best to enroll in the fall to prepare for receiving your first rabbit.

Learning by Doing

Take part in rabbit shows, try rabbit judging, participate in showmanship, or start with a doe and grow your project.

Sheep

In this project, 4-H members can enroll in either market or breeding. Throughout your 4-H years, you will learn to identify sheep breeds and anatomy, manage and train sheep for show, learn safety and management practices for maintaining a flock, identify symptoms and treatment of diseases, study nutritional requirements, study technology's impact on sheep production, and explore career opportunities in the sheep industry.

Market Lamb

Select, raise, and show a market lamb; member must obtain ownership of the animal; market ewes should not be returned to a breeding flock.

Breeding Sheep

Select, raise, and show a breeding ewe or purchase a flock of breeding ewes.

Learning by Doing

Exhibit at a local sheep show the Livestock Sweepstakes, or Kansas Junior Livestock Show.

Swine

If you want to learn about raising, caring for, and managing a market or breeding hog, enroll in the swine project where you will study pork production from farrow to finish. Throughout the project you will identify different swine breeds and anatomy; types of feeds; identify symptoms, causes, and treatments of swine diseases; study breeding systems and performance data; and explore career opportunities in the swine industry.

Market Swine

Select, raise, and show a market hog.

Breeding Swine

Select, raise, and show a breeding gilt. As you grow in the project, you might manage your own breeding herd and sell market hogs to others.

Learning by Doing

Exhibit at a local swine show or participate in K-State's Youth Swine Day; Kansas Junior Livestock Show; or the Kansas State Fair Swine Show.

Veterinary Science

The 4-H Veterinary Science project provides an excellent way for young people who care for animals and may want to follow a career in veterinary medicine to explore the topic. In this project, members will learn about animal health, behavior, and visit with veterinarians. You do not have to own an animal to be in this project.

Creative Arts

Performing Arts

Those who enjoy being in the spotlight on stage or being creative off stage may enjoy this project. Learn to express yourself in front of a crowd.

Learning by Doing

Express yourself by creating and presenting a theatrical play or musical performance; participate in camp's talent show, create a puppet show; create costumes, sets and props; and enter your local Club Days or other contests.

Photography

Capture your friends, family and important events through photography.

Level 1

Learn how a camera works, basic photo composition, organize a photo story, and how to use a simple camera.

Level 2

Learn shutter speeds and f-stops, the Rule of Thirds, and how to capture a point in time.

Level 3

Use filters and a light meter and create still-life photos. See the differences between normal, wide angle, telephoto, and zoom lenses.

Learning by Doing

Document your family or club activities through photos; enter a photo contest or fair exhibit; enter the photography judging contest at the Kansas State Fair.

Visual Arts

Encourage your creative skills in learning how to draw, paint, and work with different media. Explore art techniques, study art history and culture, or challenge yourself to discover new artistic talents. The visual arts project teaches artistic skills and the elements and principles of design. Projects may vary depending on your local 4-H program.

Fine Arts

Oil, chalk, charcoal, dyes, pastels, pencil, ink, acrylic, or watercolor on canvas, canvas board, paper, wood, metal, or textiles.

Clay and Ceramics

Create items from clay, learn to form by hand or by wheel.

Leather and Jewelry

Learn to stamp, carve, tool, lace or stitch leather. Create jewelry items made of any medium and a variety of techniques.

Three-Dimensional

Create a free standing or hanging three-sided piece of art.

Crafts

Learn a variety of crafting techniques, with any number of materials and mediums.

Learning by Doing

Practice drawing, painting, and printing techniques in paint, pencil, chalk, charcoal, or mixed media; learn sculpture techniques; make something from wood, leather, paper, or clay; weave a basket or wall hanging; etch glass or metal; make jewelry and wire sculptures; create mosaics or nature crafts; discover new media. Enter your best work in the fair and teach others the new skills you've learned.

Personal Development

Communications

4-H is famous for helping youth improve their communication skills. Being a better speaker, writer, or record keeper will help you throughout your life. The communications project will help you interpret verbal and nonverbal information, develop effective public speaking skills, enhance written and spoken communication, defend a point, design a presentation, and more.

Learning by Doing

Discuss your other 4-H projects in an illustrated talk or demonstration to club members, write a thank-you note, run for a club office, complete a record book, or present a speech.

Civic Engagement

Take an active role in your community, country and world while learning about yourself and those around you. This project will encourage you to meet people and work with groups while learning about local, state and national governments. You also can make new friends from other countries and cultures through exchange programs.

Learning by Doing

Volunteer in your community; take part in a community conversation; attend Citizenship in Action in Topeka; attend Citizenship Washington Focus in Washington, D.C.; participate in exchange trips or host youth from another country.

Exploring 4-H

This project is for first- and second-year members. It's a great way to explore 4-H projects without officially committing. Members will be exposed to numerous project areas with the guidance of older members and adult volunteers.

Leadership

Learn what it takes to be a leader through skills including understanding yourself, considering others' feelings, encouraging others, being responsible, communicating, making decisions, and managing and working with groups.

Learning by Doing

Learn and practice new skills, volunteer for a committee, run for office, share your knowledge with others, or attend a camp, event, or training focused on leadership skills.

Reading Adventures

This project encourages you to harness your love of reading to learn more about your 4-H projects, research new topics, or entertain yourself. As Dr. Seuss wrote, "The more that you read, the more things you will know. The more that you learn, the more places you'll go."

Learning by Doing

Get a library card for your local public library, explore a new genre of books, share a book review with others, and read with younger kids at an elementary school or after-school program.

Self-Determined

The self-determined project is just that — you decide what you do or study. Is there something you have a passion for that is not listed? This is your opportunity to create your own project. Research a sport, hobby, or career. Find your spark!

Learning by Doing

Identify and pursue a personal passion or interest; set goals and evaluate the completion of your goals; and share your hobby, interest, or activity with others.

Family and Consumer Sciences

Sewing and Textile Design

Learn to create and sew your own clothing and accessories while exploring the world of fashion in Sewing and Textile Design.

Shopping in Style

Shopping in Style will help you understand your wardrobe; plan a clothing budget; select colors and styles that complement your body shape, proportion, and balance; choose different shades of colors; compare fiber, care requirements, cost, brand, and style; and analyze clothing advertisements.

Learning by Doing

Make fair exhibits; make items for community service; participate in Fashion Revue.

Family Studies

Learn about growing and maintaining a healthy family by learning about child development, building family strengths and managing a household.

Child Development

Learn how children grow and develop physically, socially, mentally, and emotionally. Observe how people express emotions, identify characteristics of friends, learn socially accepted manners and customs, and observe child behavior.

Family

Learn behaviors that develop friendships, develop respect for others and their belongings, understand the need for rules; express feelings in a positive way, cope with change and stress, learn physical changes of adolescence, study the effects of employment on family and lifestyle, and learn to use consensus and compromise.

Consumer Skills

Responsible financial management is an important factor in successful families. Learn to determine differences between needs and wants, develop a savings plan for a specific goal, practice comparison shopping, learn to manage a checking account, recognize target advertising, identify consumer rights and learn the value of employment.

Learning by Doing

Partner with a peer to explore and discover solutions to today's consumer topics, create an intergenerational community-service project, and establish a baby-sitting service.

Fiber Arts

If you've ever wondered how to crochet a scarf, embroider a pillowcase or make a quit, this project can help you learn these skills and more. Fiber Arts focuses on skills passed down through generations to provide basic family needs, such as apparel, home furnishings and decorations.

Crochet

Learn single crochet, double crochet, and many other stitches; advance to hairpin lace.

Knitting

Learn casting on, knit and purl stitches.

Needle Arts

Learn embroidery, cross-stitch, needlepoint, candle wicking, crewel, lacework, and applique techniques.

Patchwork and Quilting

Learn to stitch, tie, and design quilts.

Rug Making

Create latch hook and braided rugs.

Spinning

Make a hand spindle or prepare wool fibers.

Weaving

Learn parts of a loom or figure yarn needs for items.

Ethnic Arts

Learn textile art methods from different cultures that have been passed on throughout history.

Macramé

Create ornamental knotting; learn terms, tools, techniques and cords.

Learning by Doing

Create items for fair exhibits or to donate to hospitals, shelters or nursing homes.

Foods and Nutrition

In this project, you will have fun learning how to cook the basics and then advance to gourmet and international meals. Develop baking skills, learn about food preservation, explore the heritage of many foods, and understand consumer buying skills. Learn how to make healthy snacks and modify recipes to fit a healthy lifestyle.

Learning by Doing

Enter a foods exhibit in the fair, plan and prepare snacks and meals for your family, incorporate exercise into daily life, and learn about food safety through activities like working in a club concession stand.

Health and Wellness

Health, exercise and recreation are vital parts of your daily lives. In these projects you can focus on physical activity, healthy eating, exercise, sports and recreation, or first aid.

Bicycle

Learn and practice bicycle safety, identify parts of a bicycle, learn bicycle maintenance and repair, and practice safe riding at night and in adverse conditions.

Health/Fitness

Learn basic first aid and create your own first aid kit; learn to choose nutrient-rich “power foods” for snacks; learn how to improve personal strength, flexibility and endurance; and design your personal fitness plan.

Recreation

Go enjoy the great outdoors. Learn about hiking, camping, finding shelter and backpacking; observe and care for nature; find your way using a compass, GPS, or landmarks. Apply the “Leave No Trace” ethic when backpacking and hiking.

Outdoor Adventures

Learn about different types of recreation identify personal areas of strength; and learn the benefits of recreation for your body and mind.

Interior Design & Architecture

Interior design is all about making a house into a home. This project will help you experiment with colors, textures, light, sound, and space to create the perfect feeling. You also can explore a career in interior design.

Learning by Doing

Plan a room makeover, visit a design center and interview an interior designer.

STEM (Science, Technology, Engineering, and Math)

Ag Mechanics Welding

The Ag Mechanics project allows youth to explore areas of Ag mechanics and metallurgy from repairing or re-purposing items to the fabrication of new items. The intent is for this program is to start with foundational areas, some of which youth may already have, and allow them to continue to build on this knowledge, becoming more experienced. In the project, you’ll identify welding equipment, learn about electrodes, learn basic arc welding skills, and demonstrate appropriate welding skills.

Building Block Engineering

The Building Block Engineering project is designed to help youth explore architectural design in a three-dimensional space. The project starts with foundational ideas of architecture, some of which youth may already have, and allows them to continue to build on this knowledge, becoming more and more experienced. Youth demonstrate their architectural skill and knowledge through the creation of “Lego” construction projects.

Astronomy

Study the different kinds and uses of telescopes, build a simple telescope, learn planet order by making a key ring bead system, build spectrosopes, distort light with lenses and prisms, and learn how to set up public viewings.

Computer Science

Learn the basic components of a computer; identify the similarities and differences in office software applications; learn Internet safety. As you get older, learn to build, maintain, and repair computers. Learn programming languages and network security.

Electric and Renewable Energy

Learn general electrical concepts as you experiment with making light switches and circuits, test voltages, and even build motors. Study energy use, magnetism, electronics, and transistors. Later, you can determine your family’s electrical

usage; measure electric usage of appliances; test grounded outlets; explore electronics; build simple radios, microphones, computers, and other equipment; and explore careers in electronics and engineering.

Learn how wind can be used for sailing, lifting, pumping water and creating electricity. You’ll get to design and build a wind-powered boat and wind turbines; discover where and why the wind blows; and explore the wind in art and literature.

Aerospace/Rocketry

Discover how a model rocket works, study equipment and procedures for a safe launch, build and launch your own model rockets.

Robotics

Learn about robot arms, legs, wheels, or under-water propulsion; explore sensors, analog and digital systems; build basic circuits; design a robot; and program a robot to do a task.

Small Engines

Learn how small engines work as well as how to service them safely. You’ll start by learning the parts and cycles of engines and exploring the importance of clean air to an efficiently running engine. Later, you will learn to troubleshoot, repair, and rebuild an engine; understand rules and regulations for small engines; and explore starting a small engine business or career.

Uncrewed Aircraft Systems

Explore the world from above the trees and discover new frontiers with Unmanned Aerial Systems (UAS). This project provides the opportunity to safely expand your understanding of UAS and the world around them. You can explore the uses and applications of UAS, including how they link to other projects such as geology, robotics, electronics, crop science, and more.

Woodworking

Whether you want to build a bookshelf or a whole house, you’ll need similar skills, tools, fasteners, and joints. In this project you’ll learn how to accurately measure and mark boards, use various tools, safety practices, identify types of lumber, and select wood based on grain. As you get older, you’ll learn to use power tools, discover technology in tools, and explore career opportunities.

Learning by Doing

Select and build an item to exhibit at the fair; use your new skills to volunteer or help a neighbor; and teach others something you learn in the woodworking project.

I pledge my head to clearer thinking,
my heart to greater loyalty,
my hands to larger service, and
my health to better living,
for my club, my community, and my country.

