



Missouri 4-H

University of Missouri
4-H Center for Youth Development

Exploring the Treasures of 4-H Project Brief

First year members only in grades 2-4

Learning Objectives

- Discover opportunities in the 4-H program
- Develop an interest in 4-H
- Discover available project areas
- Develop life skills in 4-H

Fair Projects

- Terrarium
- First Aid Kit
- Collection Box (leaves, seeds, insects, favorite recipes, etc.)
- Gardening
- All About Me Book
- Baked Goods
- Computer Artwork
- Piece of Clothing
- Model Rocket
- Collage of 4-H projects that interest me

Demonstration Ideas

- Table Setting
- How to fold USA Flag
- Ice Cream or bread in a bag
- Proper way to wash hands
- Parliamentary Procedure
- How to layout a sewing pattern
- How to care for a puppy
- How to measure cooking ingredients
- How to load a camera

Field Trips

- 4-H Camp (week long or day camps)
- Attend project meeting or members of work force relevant to interest
- Visit a state park

Critical Thinking

- Did you enjoy working on your project?
- What were the best parts?
- What was most challenging?
- Who helped you?
- What did you do to be successful?
- What skills do you need to be successful in this project?
- Where else can you use these skills?
- What are some situations that could happen where you could use these skills?

Community Service Ideas

- Participate in club service activities
- Pick up trash at a park or playground
- Visit with people at a nursing home
- Make posters promoting the care and good treatment of animals
- Make decorations for a retirement home
- Make signs reminding others to wash hands
- Read to younger children

Science and Technology

How do you use science and technology in this project?

Examples:

- Building a rocket
- Explore different ways of making and preparing food items
- Record observations

Show Me Character

Trustworthiness - includes honesty, promise keeping and loyalty.

- Tell the truth
- Keep your promises
- Be a good friend

Respect - includes courtesy and proper treatment of people and things.

- Be nice, be polite, and be careful
- Treat others as you like to be treated
- Treat other people's things carefully

Responsibility - includes the pursuit of excellence, accountability and perseverance.

- If you agree to something, give it your all
- Admit mistakes, then do better next time
- Keep trying, even if it gets difficult

Fairness - involves consistently applying rules and standards appropriately for different age groups and ability levels.

- What's right for others may be different
- Treat others as you like to be treated
- Be good to yourself and to others

Caring - promoting the well being of people and things in a young person's world. It denotes action and not just feelings.

- Be careful of other people's feelings
- Know that others want to do good too
- Help others feel good about themselves

Citizenship - includes making the home community and county a better place to live for themselves and others.

- Share your feelings and ideas
- Speak up of something seems wrong
- Play by the rules

Show Me Standards

Missouri 4-H members will acquire the knowledge and skills to gather analyze and apply information and ideas, communicate effectively, recognize and solve problems, make decisions and act as responsible members of society.

4-H members will acquire a solid foundation which includes knowledge of:

- **Communication Arts** - participating in formal and informal presentations and discussions of issues and ideas.
- **Science** - impact of science, technology and human activity on resources and the environment.

Why Do We Do 4-H?

4-H is a fun way to meet lots of new friends and learn new things. Cows, computers, cookies, and councils are all things that can be important parts of the 4-H experience. In that experience we learn skills that will help us be very strong and successful in life, how to be good citizens, and how to be good leaders. Everything we do in 4-H is about these things. 4-H is a community of young people across America who are learning leadership, citizenship and life skills.

Life Skills We Learn in 4-H

- Planning and Organizing
- Resiliency
- Keeping Records
- Wise Use of Resources
- Goal Setting
- Service Learning
- Critical Thinking
- Problem Solving
- Decision Making
- Learning to Learn
- Personal Safety
- Disease Prevention
- Stress Management
- Healthy Lifestyle Choices
- Self-discipline
- Managing Feelings
- Character
- Self-responsibility
- Self-esteem
- Self-motivation
- Teamwork
- Marketable Skills
- Contributions to Group Effort
- Responsible Citizenship
- Leadership
- Community Service & Volunteering
- Nurturing Relationships
- Sharing
- Empathy
- Concern for Others
- Accepting Differences
- Conflict Resolution
- Social Skills
- Cooperation
- Communication

Resources

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- Y620 4-H Project Record
- Y2610 Treasures of 4-H Helper's Guide
- LG2610 Exploring the Treasures of 4-H
- Y4414 Working with Practical Arts
- Y4415 Working with Fine Arts
- Y4416 Baby-sitting

To Order

Extension Publications online at <http://extension.missouri.edu/explore/shop/> or by phone 1-800-292-0969

For additional resources check with your local University of Missouri Extension Center or the 4-H Source Book at <http://www.4-hmall.org/>.