4-H Motto
To make the best better.

4-H Pledge
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, my country, and my world.

4-H Members Creed
I believe in 4-H Club work for the opportunity it will give me to become a useful citizen.
I believe in the training of my HEAD for the power it will give me to think, plan and to reason.
I believe in the training of my HEART for the nobleness it will give me to be kind, sympathetic and true.
I believe in the training of my HANDS for the ability it will give me to be helpful, skillful and useful.
I believe in the training of my HEALTH for the strength it will give me to enjoy life, resist disease and to work efficiently.
I believe in my country, my state and my community and in my responsibility for their development.
In all these things I believe, and am willing to dedicate my efforts to their fulfillment.
Greetings from the State 4-H Office! As a nine year 4-H member, I remember using *The Illinois Clover* to carefully make project selections each year. My favorite projects were swine, interior design, clothing, and communications. As I looked over the list of projects, I would usually already have in mind something new I was going to try in order to challenge myself and reach my goal of having an entry at the State Fair. After reading *The Illinois Clover*, I would get excited about the new year in 4-H.

As an adult and the new state leader for the Illinois 4-H program, I still fill with excitement and anticipation when I read *The Illinois Clover*. Think about how unique your 4-H experience is. Youth ages 5-18 might be in the same club and potentially every member of the club could have a different 4-H project. What bonds the club members together are the opportunities for leadership, communication, and community service. What members achieve individually from their project work is a sense of independence and mastery. Four-H is unique!

Did you know that 4-H youth get better grades, are behaviorally and emotionally more engaged with school, and are more likely to see themselves going to college? This is the conclusion of a recent study conducted at Tufts University. In addition, 4-H youth scored 41 percent lower on the risk/problem behaviors measure than youth who participated in other out-of-school-time activities. Why, you might ask. Researchers believe it is because of the committed adults (including parents, leaders, teachers, and mentors) that understand and promote positive youth development. Yeah for us!

So, I urge you to fully engage in all that 4-H offers you as an individual and as a family. Enroll today and get started. Do something this year, that you have not already experienced. Take full advantage of your membership in the positive youth development program we call 4-H.

Denise L. Legvold
Assistant Dean & Director
University of Illinois Extension
4-H Youth Development
The Illinois Clover: A Guide to the Illinois 4-H Program is a one-step guide for new and returning 4-H members, families, and volunteers. Information is grouped in sections so you can quickly find what you need.

4-H Member Handbook — highlights the fun, educational opportunities available to 4-H members through club, county, and state 4-H project work, events, and activities.

4-H Individual Projects — describes individual projects for 4-H club members ages 8-18. Projects are grouped by three Mission Mandate areas that guide our 4-H program.

- **Science, Engineering and Technology:** Education in science, engineering, and technology (SET) prepares young people for the challenges of the 21st century.
- **Healthy Living:** Youth develop health habits, good or bad, which they often continue as adults. It is important for youth to learn and practice healthy habits for lifelong physical health and safety and mental and emotional health.
- **Citizenship and Leadership:** Through hands-on learning, leadership opportunities, and service to the community, youth learn that they can bring about change.

At the front of The Illinois Clover, projects are listed alphabetically and by mission mandate to help you quickly locate what you are looking for.

Each project lists the age or skill level suggested for the project, some project activities, publication date, and publication number.

New projects for 2009-10 are highlighted by a symbol.

Members should request the project book when they enroll in the project since the books are not sent automatically.

Project Support and Activities — provides information on additional resources and activities for projects, including contests, competitions, judging events, trips, etc.

Group or Classroom Projects — describes projects designed for a group or school setting.

Cloverbuds — describes projects for youth ages 5-7.

Awards and Recognition — presents Illinois awards and recognition opportunities.

Information for 4-H Volunteers — describes volunteer opportunities, resources, and support.

Online resources are marked with a symbol. Most are available on the new 4-H Website at web.extension.uiuc.edu/state4h. The 4-H Website groups information for members, parents, volunteers, and teachers. Take time to explore the new site and learn all it has to offer!
# Table of Contents

**Alphabetical Lists of State 4-H Projects**
- Listed by Project Name ................................................. 6
- Listed by Mission Mandates ........................................... 8

**4-H Member Handbook**
- 4-H Membership Opportunities ....................................... 9
- 4-H Membership Policies ............................................... 10
- Introduction to 4-H Resources ....................................... 10
- Project Plans .................................................................. 11
- Fairs and Exhibits ........................................................ 11
- Camping ....................................................................... 12
- International Programs .................................................. 12
- Special Events .................................................................. 13
- Service Opportunities ..................................................... 14
- Youth Leadership Opportunities ....................................... 14

**4-H Projects**
- Citizenship and Leadership Individual Projects .................. 15
- Healthy Living Individual Projects ................................. 19
- Science, Engineering, and Technology Individual Projects .... 22
- Project Support and Activities ....................................... 35
- Group or Classroom Projects ......................................... 39
- Cloverbuds ................................................................. 46

**4-H Awards and Recognition** ............................................. 48

**Information for 4-H Volunteers**
- Volunteer Opportunities ................................................ 54
- Volunteer Placement ..................................................... 54
- Volunteer Orientation .................................................... 56
- Volunteer Training ........................................................ 57
- Volunteer Support ........................................................ 57
- Club Program Resources ............................................... 60
- Volunteer Recognition .................................................. 60
- Cloverbud Volunteer Resources ..................................... 61

**Illinois 4-H Foundation** ................................................... 62
## State 4-H Projects
### List Alphabatically by Project Name

<table>
<thead>
<tr>
<th>Project Name</th>
<th>Category</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4-H Cooking 101</td>
<td>Food and Nutrition</td>
<td>20</td>
</tr>
<tr>
<td>4-H Cooking 201</td>
<td>Food and Nutrition</td>
<td>20</td>
</tr>
<tr>
<td>4-H Cooking 301</td>
<td>Food and Nutrition</td>
<td>20</td>
</tr>
<tr>
<td>Advanced Visual Arts:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Draw/Fiber/Sculpt</td>
<td>Visual Arts</td>
<td>18</td>
</tr>
<tr>
<td>Advanced Visual Arts:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Paint/Print/Graphics</td>
<td>Visual Arts</td>
<td>18</td>
</tr>
<tr>
<td>Aerospace 1</td>
<td>Aerospace</td>
<td>46</td>
</tr>
<tr>
<td>Aerospace 2-4</td>
<td>Aerospace</td>
<td>22</td>
</tr>
<tr>
<td>Afterschool Agriculture</td>
<td>Agricultural Science</td>
<td>44</td>
</tr>
<tr>
<td>Arts &amp; Crafts</td>
<td>Visual Arts</td>
<td>42, 46</td>
</tr>
<tr>
<td>Beef 1-3</td>
<td>Beef</td>
<td>22</td>
</tr>
<tr>
<td>Bicycle 1</td>
<td>Bicycles</td>
<td>19, 46</td>
</tr>
<tr>
<td>Bicycle 2</td>
<td>Bicycles</td>
<td>19</td>
</tr>
<tr>
<td>Cat 1-3</td>
<td>Cats</td>
<td>23</td>
</tr>
<tr>
<td>Child Development</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-3</td>
<td>Child Development</td>
<td>19</td>
</tr>
<tr>
<td>Citizenship 1-3</td>
<td>Citizenship</td>
<td>15</td>
</tr>
<tr>
<td>Clothing Decisions 1-2</td>
<td>Clothing and Textiles</td>
<td>23</td>
</tr>
<tr>
<td>Cloverbud Series 1-2</td>
<td>Cloverbuds</td>
<td>46</td>
</tr>
<tr>
<td>Communications 1-3</td>
<td>Communications</td>
<td>15</td>
</tr>
<tr>
<td>Computer Science</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intro, 1-3</td>
<td>Computer Science</td>
<td>24</td>
</tr>
<tr>
<td>Consumer Savvy 1-3</td>
<td>Consumer Education</td>
<td>16</td>
</tr>
<tr>
<td>Corn</td>
<td>Crops and Soils</td>
<td>24</td>
</tr>
<tr>
<td>Cultural Connections</td>
<td>Intercultural</td>
<td>40</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Project Name</th>
<th>Category</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>D</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dairy Cattle 1-3</td>
<td>Dairy Cattle</td>
<td>25</td>
</tr>
<tr>
<td>Dairy Goat 1-3</td>
<td>Goats</td>
<td>27</td>
</tr>
<tr>
<td>Dog 1-3</td>
<td>Dogs</td>
<td>25</td>
</tr>
<tr>
<td>Electricity 1-4</td>
<td>Electricity</td>
<td>25</td>
</tr>
<tr>
<td>Embryology 1</td>
<td>Poultry</td>
<td>45, 46</td>
</tr>
<tr>
<td>Embryology 2</td>
<td>Poultry</td>
<td>45</td>
</tr>
<tr>
<td>Entomology 1-3</td>
<td>Entomology</td>
<td>26</td>
</tr>
<tr>
<td>Entrepreneurship</td>
<td>Consumer Education</td>
<td>16</td>
</tr>
<tr>
<td>Exploring 4-H Group</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Activities</td>
<td>Exploratory</td>
<td>39, 46</td>
</tr>
<tr>
<td>Exploring Farm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Animals</td>
<td>Cloverbuds</td>
<td>47</td>
</tr>
<tr>
<td>Exploring Our Food</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heritage</td>
<td>Food and Nutrition</td>
<td>20</td>
</tr>
<tr>
<td>Exploring Spaces,</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Going Places 1-3</td>
<td>Geospatial</td>
<td>27, 44</td>
</tr>
<tr>
<td>F</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Filmmaking Studio</td>
<td>Video</td>
<td>34</td>
</tr>
<tr>
<td>Financial Champions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-2</td>
<td>Consumer Education</td>
<td>17</td>
</tr>
<tr>
<td>Floriculture A-D</td>
<td>Horticulture</td>
<td>28</td>
</tr>
<tr>
<td>Focus on Character</td>
<td>Personal Development</td>
<td>41</td>
</tr>
<tr>
<td>Food Preservation</td>
<td>Food and Nutrition</td>
<td>20</td>
</tr>
<tr>
<td>Food Science</td>
<td>Food and Nutrition</td>
<td>43, 44</td>
</tr>
<tr>
<td>Forestry 1-3</td>
<td>Forestry</td>
<td>26</td>
</tr>
<tr>
<td>G</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Geology</td>
<td>Geology</td>
<td>26</td>
</tr>
<tr>
<td>Get Up &amp; Move!</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Series 1-3</td>
<td>Health and Fitness</td>
<td>43</td>
</tr>
</tbody>
</table>

[web.extension.uiuc.edu/state4h](http://web.extension.uiuc.edu/state4h)

The Illinois Clover, 2009-10
<table>
<thead>
<tr>
<th>Project Name</th>
<th>Category</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>H</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health 1-3</td>
<td>Health and Fitness</td>
<td>21</td>
</tr>
<tr>
<td>Health — It's Your Choice</td>
<td>Health and Fitness</td>
<td>47</td>
</tr>
<tr>
<td>Horse 1-5</td>
<td>Horse and Pony</td>
<td>28</td>
</tr>
<tr>
<td><strong>I</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Interior Design</td>
<td>Interior Design</td>
<td>29</td>
</tr>
<tr>
<td>International Foods</td>
<td>Food and Nutrition</td>
<td>20</td>
</tr>
<tr>
<td><strong>J</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Journalism</td>
<td>Communications</td>
<td>16</td>
</tr>
<tr>
<td><strong>L</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Latino Cultural Arts</td>
<td>Intercultural</td>
<td>40, 47</td>
</tr>
<tr>
<td>Leadership 1-4</td>
<td>Leadership</td>
<td>17</td>
</tr>
<tr>
<td>Leadership Development</td>
<td>through Community</td>
<td></td>
</tr>
<tr>
<td>Action</td>
<td>Citizenship</td>
<td>39</td>
</tr>
<tr>
<td><strong>M</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat &amp; Other</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein Sources</td>
<td>Food and Nutrition</td>
<td>20</td>
</tr>
<tr>
<td>Meat Goat 1-3</td>
<td>Goats</td>
<td>27</td>
</tr>
<tr>
<td>Microwave Magic A-D</td>
<td>Food and Nutrition</td>
<td>21</td>
</tr>
<tr>
<td><strong>N</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Natural Resources 1-3</td>
<td>Natural Resources</td>
<td>29</td>
</tr>
<tr>
<td><strong>O</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Outdoor Adventures</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-3</td>
<td>Camping &amp; Outdoor Living</td>
<td>22</td>
</tr>
<tr>
<td>Outdoor Meals</td>
<td>Food and Nutrition</td>
<td>21</td>
</tr>
<tr>
<td><strong>P</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Passport to the World</td>
<td>Intercultural</td>
<td>17, 40</td>
</tr>
<tr>
<td>Photography 1-3</td>
<td>Photography</td>
<td>30</td>
</tr>
<tr>
<td>Plants and Soils 1-3</td>
<td>Plant and Soil Science</td>
<td>30</td>
</tr>
<tr>
<td>Polite Is Right</td>
<td>Personal Development</td>
<td>41, 47</td>
</tr>
<tr>
<td>Poultry 1-3</td>
<td>Poultry</td>
<td>31</td>
</tr>
<tr>
<td>Public Adventures</td>
<td>Citizenship</td>
<td>15, 39</td>
</tr>
<tr>
<td>Public Presentations</td>
<td>Communications</td>
<td>16</td>
</tr>
<tr>
<td><strong>R</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rabbit 1-3</td>
<td>Rabbits</td>
<td>31</td>
</tr>
<tr>
<td>Robotics 1-2</td>
<td>Robotics</td>
<td>31, 45</td>
</tr>
<tr>
<td><strong>S</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scientific Inquiry</td>
<td></td>
<td></td>
</tr>
<tr>
<td>with Butterflies</td>
<td>Entomology</td>
<td>44</td>
</tr>
<tr>
<td>Service Learning 1-2</td>
<td>Citizenship</td>
<td>15, 39</td>
</tr>
<tr>
<td>Sewing and Textiles</td>
<td>1-3</td>
<td>23</td>
</tr>
<tr>
<td>Sheep 1-3</td>
<td>Sheep</td>
<td>32</td>
</tr>
<tr>
<td>Small Engines 1-3</td>
<td>Small Engines</td>
<td>32</td>
</tr>
<tr>
<td>Small Grains</td>
<td>Crops and Soils</td>
<td>24</td>
</tr>
<tr>
<td>Small Pets 1-3</td>
<td>Small Pets</td>
<td>32</td>
</tr>
<tr>
<td>Soybeans</td>
<td>Crops and Soils</td>
<td>24</td>
</tr>
<tr>
<td>Sportfishing 1-3</td>
<td>Natural Resources</td>
<td>30</td>
</tr>
<tr>
<td>Sports Nutrition</td>
<td>Food and Nutrition</td>
<td>21, 43</td>
</tr>
<tr>
<td>Step Up to Leadership</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Leadership</td>
<td>40, 47</td>
</tr>
<tr>
<td>Step Up to Leadership</td>
<td>2-4</td>
<td>41</td>
</tr>
<tr>
<td>Swine 1-3</td>
<td>Swine</td>
<td>32</td>
</tr>
<tr>
<td><strong>T</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Theater Arts 1-3</td>
<td>Performing Arts</td>
<td>18, 42</td>
</tr>
<tr>
<td>Tractor A-D</td>
<td>Tractor</td>
<td>33</td>
</tr>
<tr>
<td><strong>V</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetable Gardening</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A</td>
<td>Horticulture</td>
<td>28, 47</td>
</tr>
<tr>
<td>Vegetable Gardening</td>
<td></td>
<td></td>
</tr>
<tr>
<td>B-D</td>
<td>Horticulture</td>
<td>29</td>
</tr>
<tr>
<td>Veterinary Science 1</td>
<td>Veterinary Science</td>
<td>33, 47</td>
</tr>
<tr>
<td>Veterinary Science 2-3</td>
<td>Veterinary Science</td>
<td>33</td>
</tr>
<tr>
<td>Visual Arts</td>
<td>Visual Arts</td>
<td>18</td>
</tr>
<tr>
<td><strong>W</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Walk in My Shoes</td>
<td>Intergenerational</td>
<td>17, 40</td>
</tr>
<tr>
<td>Welding</td>
<td>Welding</td>
<td>34</td>
</tr>
<tr>
<td>What's Leadership?</td>
<td>Leadership</td>
<td>41</td>
</tr>
<tr>
<td>Wildlife A-B</td>
<td>Natural Resources</td>
<td>30</td>
</tr>
<tr>
<td>Wind Energy</td>
<td>Wind Energy</td>
<td>45</td>
</tr>
<tr>
<td>Woodworking 1-4</td>
<td>Woodworking</td>
<td>34</td>
</tr>
<tr>
<td>WOW! Wild Over</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Work</td>
<td>Workforce Preparation</td>
<td>42, 47</td>
</tr>
</tbody>
</table>

[web.extension.uiuc.edu/state4h] The Illinois Clover, 2009-10
State 4-H Projects
Listed Alphabetically by Mission Mandates

Individual Projects

Citizenship and Leadership
Advanced Visual Arts:
  Draw/Fiber/Sculpt  ...  18
Advanced Visual Arts:
  Paint/Print/Graphics  ...  18
Citizenship 1, 2, 3  ...  15
Communications 1, 2, 3  ...  15
Consumer Savvy 1, 2, 3  ...  16
Entrepreneurship  ...  16
Financial Champions 1, 2  ...  17
Journalism  ...  16
Leadership 1, 2, 3, 4  ...  17
Passport to the World  ...  17
Public Adventures  ...  15
Public Presentations  ...  16
Service Learning 1, 2  ...  15
Theater Arts 1, 2, 3  ...  18
Visual Arts  ...  18
Walk in My Shoes  ...  17

Healthy Living
4-H Cooking 101  ...  20
4-H Cooking 201  ...  20
4-H Cooking 301  ...  20
Bicycle 1, 2, 3  ...  19
Child Development 1, 2, 3  ...  19
Exploring Our Food Heritage  ...  20
Food Preservation  ...  20
Health 1, 2, 3  ...  21
International Foods  ...  20
Meats and Other Protein Sources  ...  20
Microwave Magic A, B, C, D  ...  21
Outdoor Meals  ...  21
Sports Nutrition  ...  21

Science, Engineering, and Technology
Aerospace 2, 3, 4  ...  22
Beef 1, 2, 3  ...  22
Cat 1, 2, 3  ...  23
Clothing Decisions 1, 2  ...  23
Computer Science Intro, 1, 2, 3  ...  24
Corn  ...  24
Dog 1, 2, 3  ...  25
Dairy Cattle 1, 2, 3  ...  25
Dairy Goat 1, 2, 3  ...  27
Dog 1, 2, 3  ...  25
Electricity 1, 2, 3, 4  ...  25
Entomology 1, 2, 3  ...  26
Filmmaking  ...  34
Floriculture A, B, C, D  ...  28
Forestry 1, 2, 3  ...  26
Geology  ...  26
Geospatial 1, 2, 3  ...  27
Horse 1, 2, 3, 4, 5  ...  28
Interior Design  ...  29
Meat Goat 1, 2, 3  ...  27
Natural Resources 1, 2, 3  ...  29
Outdoor Adventures 1, 2, 3  ...  22
Photography 1, 2, 3  ...  30
Plants and Soils 1, 2, 3  ...  30
Poultry 1, 2, 3  ...  31
Rabbit 1, 2, 3  ...  31
Robotics 1, 2  ...  31
Sewing and Textiles 1, 2, 3  ...  23
Sheep 1, 2, 3  ...  32
Small Engines 1, 2, 3  ...  32
Small Grains  ...  24
Small Pets 1, 2, 3  ...  32
Soybeans  ...  24
Spatfishing 1, 2, 3  ...  30
Swine 1, 2, 3  ...  32
Tractor A, B, C, D  ...  33
Vegetable Gardening A, B, C, D  ...  28
Veterinary Science 1, 2, 3  ...  33
Welding  ...  34
Wildlife A, B  ...  30
Woodworking 1, 2, 3, 4  ...  34

Group Projects

Citizenship and Leadership
Arts and Crafts  ...  42
Cultural Connections  ...  40
Exploring 4-H Activities  ...  39
Focus on Character  ...  41
Latino Cultural Arts  ...  40
Leadership Development
  through Community Action  ...  39
Passport to the World  ...  40
Polite is Right  ...  41
Public Adventures  ...  39
Service Learning 1, 2  ...  39
Step Up to Leadership 1, 2, 3, 4  ...  40
Theatre Arts 1, 2, 3  ...  42
Walk in My Shoes  ...  40
What's Leadership?  ...  41
WOW! Wild Over Work  ...  42

Healthy Living
Food Science  ...  43
Sports Nutrition  ...  43
Get Up & Move! Series 1-3  ...  43

Science, Engineering, and Technology
Afterschool Agriculture 1, 2  ...  44
Embryology 1, 2  ...  45
Geospatial 1, 2, 3  ...  44
Robotics 1, 2  ...  45
Scientific Inquiry with Butterflies  ...  44
Wind Energy  ...  45

Cloverbuds

Aerospace 1  ...  46
Arts and Crafts  ...  46
Bicycle 1  ...  46
Cloverbud Series 1, 2  ...  46
Embryology 1  ...  46
Exploring 4-H Group Activities  ...  46
Exploring Farm Animals  ...  47
Health — It's Your Choice  ...  47
Latino Cultural Arts  ...  47
Polite is Right  ...  47
Step Up to Leadership 1  ...  47
Vegetable Gardening A  ...  47
Veterinary Science 1  ...  47
WOW! Wild Over Work  ...  47

web.extension.uiuc.edu/state4h
8
The Illinois Clover, 2009-10
If you are new to 4-H or even a long-time member, you may not know all the different experiences 4-H offers. This Member Handbook highlights some favorite 4-H fun — from exhibiting your work at the State Fair, to camping with your friends, to traveling to other countries. Keep reading to find out more!

The 4-H program year begins on September 1 and concludes on August 31 the following year.

4-H Membership Opportunities

4-H Clubs or Groups

Illinois 4-H offers a variety of membership opportunities for youth ages 8-18 through 4-H clubs or groups. Young people can choose the club or group that best meets their needs, interests, and skill levels. 4-H clubs and groups can meet in a community, school, after school, or military setting. There are different types of 4-H clubs and groups that youth can join. Keep reading to find out more.

Community Clubs

If you want to meet new people, make life-long friends, and enjoy a variety of educational and social events and activities, join a 4-H club. Through club work, 4-H members plan programs, hold club leadership positions, and explore a variety of projects. 4-H clubs have five or more members and meet at least six times throughout the year. 4-H clubs are organized in a community — that includes a town, a suburban community, a city block, or housing complex. A typical club meeting includes a business meeting, social time, and educational programs or activities.

School Clubs

4-H clubs can also meet in a school setting. Similar to community clubs, school clubs have five or more youth who participate in an on-going educational program for at least six sessions or meetings. Youth participation in school clubs is voluntary. Just like other school clubs or groups, meetings are held during lunch, an activity period, or a special time designated by school administration.

Afterschool Clubs

4-H clubs can also meet after school in urban, suburban, and rural communities. Just like other 4-H clubs, the members explore projects, practice leadership skills, and participate in county 4-H events and activities. To join an afterschool club, check with your school about including a 4-H club in the afterschool program.

Military 4-H Clubs

If you are part of a military family, 4-H has special clubs just for you that meet on or near military bases. Currently there are 4-H clubs at the Rock Island Arsenal and Scott Air Force Base, and a new one is starting at the Great Lakes Naval Base. If you need help finding a military club or want to know how to start one, contact Pat McGlaughlin at patm@illinois.edu.

Special Interest Groups

4-H Special Interest groups are another way to participate in 4-H. Just like 4-H clubs, these groups have five or more members who participate in an educational program for at least six sessions. They focus on one topic that interests them, for example, model rocketry, dog obedience training, or horsemanship.

Short-term Groups

Some youth want to learn about a topic that interests them, but they want to explore it in a short period of time. Short-term groups meet less than six times and focus on a single topic such as robotics, bicycle safety, or environmental education.

Independent Participation

Some youth are not able to participate in a 4-H club or group for various reasons. There may not be a club that meets in the community; he/she enjoys working independently; or the member may be away at college. These youth can enroll in 4-H as independent members.
Independent members must have an adult mentor to guide project work and complete an enrollment form available through the local Extension office.

Cloverbud Groups
4-H Cloverbud groups are for youth ages 5-7. Cloverbuds participate in hands-on learning activities to explore art, plants, animals, science, and the environment. 4-H Cloverbud groups can be an independent group or a “project group” affiliated with a community club.

4-H Membership Policies
• Any youth, regardless of race, color, religion, gender, national origin, ancestry, marital status, familial status, sexual orientation, or disability, may enroll as a 4-H member.
• Youth who are 5 through 7 years of age on or before September 1 may enroll in 4-H Cloverbud groups.
• Youth who are 8 years of age (or in the third grade) and have not reached their 19th birthday on or before September 1, may enroll in 4-H clubs and groups or as independent members.
• Persons considered to be mentally challenged may participate fully in the 4-H program regardless of age.
• A youth who enrolls in a 4-H club or group must attend at least one meeting, tour, workshop or other activity of that club/group to be called a 4-H member.
• All 4-H members must be enrolled in at least one project.
• Cloverbuds may be enrolled in Cloverbud projects only.
• A member may add or delete project enrollments at any time during the 4-H year.

Multiple-County/Multiple-State Memberships
• A young person can be a member of multiple 4-H clubs or groups within a county in Illinois.
• Youth are expected to join the 4-H program of their main county/state of residence or club membership location. Membership/participation experiences are transferrable between counties within the state and between states. The original enrollment date shall be used as a basis for determining years of eligibility for participation in 4-H programs and events.

Introduction to 4-H Resources
If you are new to 4-H, ask your club leader for a copy of the following publications.

Welcome to 4-H — An Introduction to 4-H
Publication # M90310 (2006)
• helps new members learn about several project areas
• allows new members to do a mini-project, make a friend in 4-H, learn about their own 4-H club, and involve his/her family in 4-H

4-H Big Friend
Publication # L90310 (1997)
• designed for members who have completed two or more years in 4-H and are willing to help a new 4-H member
• provides information and support for a new 4-H’er throughout the year
• should be used with a copy of Welcome to 4-H (# M90310)

4-H Parent Handbook
Publication # L90320 (2007)
• should be provided to all new 4-H families upon enrolling
• provides space to enter local and county information
• provides a role description for parents
• includes facts about 4-H, projects, and activities
• includes a 4-H glossary of common terms

4-H Projects
After joining a 4-H club, one of the first things members will do is select at least one project to work on throughout the year. Members can choose from almost 100 different project areas — from aerospace to woodworking. The state 4-H projects are described in this book. Projects help youth learn more about a topic of interest, develop skills to use throughout life, and share with others what they have learned.

Statewide Projects
The 4-H projects listed in this book are offered statewide. Members choose projects to work on throughout the year. Most projects have a project book that members can order. The book is sent a few weeks after the enrollment form is completed. If members want any items in The Illinois Clover that are marked as “available by special order,” they must be ordered. They are not sent automatically.

County Projects
Some counties offer additional projects of local interest. Check with your county Extension office for a list of these projects. Counties provide the materials and books for county projects.
**Clover Challenge**

Clover Challenge allows 4-H members, ages 15-18 (4-H age as of September 1) to continue exploring a state 4-H project area after successfully completing the other levels in the project area. Clover Challenges must relate to a current 4-H category (curriculum area) listed in *The Illinois Clover*. It is not a “do-your-own thing” project. It is an opportunity for members to explore advanced educational opportunities within a specific project area. Members should complete a Clover Challenge Agreement (see section Project Plans). A 4-H mentor should assist the member with the in-depth study.

**Explore Projects**

Explore projects allow members to explore a topic that is not available as a 4-H project. Members are encouraged to work with an adult or older youth who has expertise in the area of interest and find other youth who are interested in the project. The adult or older youth will mentor and guide the group as they work through the project. An important part of Explore projects is sharing with others what members have learned. Members may do this through presentations to community groups, a display at a 4-H event or activity, or creating a web page on the 4-H project. **There are no exhibit opportunities for Explore projects.**

**Project Plans**

Project plans guide members in planning, completing, and evaluating project work. Members set goals for what they want to accomplish for their project and determine a timeline to reach those goals. When the project is complete, use the Project Plan to determine if project goals were met. The Project Plans are available at the local Extension office or on the Illinois 4-H website under Members, 4-H Projects.

- **Planning for My Project Work** (ages 8-11)
  - Publication # R90311 (2008)
- **Illinois Project Plan** (ages 12-14)
  - Publication # R90312 (2000)
- **Illinois Advanced Project Plan** (ages 15-18)
  - Publication # R90313 (2000)
- **Illinois 4-H Clover Challenge Agreement** (ages 15-18)
  - Publication # 90111 (2000)
- **4-H Mentor — A Guiding Hand** (ages 15-18)
  - Publication # 90112 (2000)
- **My 4-H Activities** (all ages)
  - Publication # R90314 (2009)

**Fairs and Exhibits**

**Exhibiting Your Project Work**

Counties provide an opportunity for 4-H members to display their project work. It may be a “show day” or a fair. Check with the local Extension office to obtain exhibit guidelines and show or fair dates. Some 4-H members are selected to exhibit at the Illinois State Fair.

**Exhibit Requirements**

- Youth must be enrolled in the project during the current year.
- Exhibit requirements may vary, are determined locally, and are **not** in this publication.
- Not all projects have exhibit opportunities.
- Fair and exhibit information is revised regularly. Contact your local Extension office for updates.

- State Fair exhibit requirements are determined each fall and are **not** included in *The Illinois Clover*.

**Illinois State Fair Junior Department**

The State Fair Junior Department offers Illinois 4-H members opportunities to take part in the Illinois State Fair.

**Members can:**

- exhibit the products and skills of project work
- showcase talents of individual participants, 4-H clubs, or groups

**State Fair premium book**

Information is available in April via the Illinois State Fair website. [www.agr.state.il.us/isf/index.php](http://www.agr.state.il.us/isf/index.php)

**Illinois State Fair Junior Department Animal Shows**

4-H members may exhibit in the areas of beef, dairy, dogs, goats, horses, poultry, rabbits, sheep, and/or swine. Exhibitors must be enrolled or registered in the specific animal species within the 4-H program. Before exhibiting for the first time at the State Fair, exhibitors in beef, dairy, goats, horses, poultry, sheep, and swine must also have completed a certified Quality Assurance and Ethics Clinic (prior to 1999) or the QAEC website program. Deadlines for completion are set each year.
Members must be 10 years of age and must not have passed their 19th birthday by September 1 to exhibit at the State Fair.


The Superior Young Producer Scholarship Program is open to exhibitors in the following species: horses, beef, sheep, swine, and dairy. Exhibitors must be 14 years of age. Scholarships are awarded based on knowledge and skills demonstrated in different contests within the species. These contests may include: live animal judging, skillathon, management test, and showmanship.

General Exhibits

4-H members may exhibit in other project areas at the State Fair. Exhibits must be selected at a local 4-H show in order to be exhibited at the State Fair. Entries must be made by local Extension offices. Members must be 10 years of age and must not have passed their 19th birthday by September 1 in order to exhibit at the Illinois State Fair. All exhibitors will receive an Award of Excellence ribbon for their exhibit. Exceptional exhibits may be awarded a Superior ribbon or other special recognition. Rules, dates, and other details about exhibiting at the State Fair are generally available from the local Extension office in January.

Camping

Make new friends and have a summer “getaway” at 4-H camp. Experience cabin living in a beautiful outdoor setting. Camp sessions vary from 5 days/4 nights or fewer.

**Campers can:**
- choose from many activities
- make new friends and have fun
- participate in your choice of learning projects (for example: model rocketry, conservation, cooking, guitar, electricity, etc.).
- learn about animals, wildlife, and the outdoors
- make arts and crafts projects
- participate in evening programs including campfires, campouts, skits, and a big dance

For more information about camps, visit the State 4-H website.

4-H International Programs

International programs provide 4-H members with the opportunity to spend 4-6 weeks in a foreign country. Available countries vary from year to year. Contact your local Extension office for details.

**IFYE Ambassador**

The IFYE (International Four-H Youth Exchange) Ambassador program is a 4-6 week opportunity for young people ages 15-18 to live with host families in other countries. Young people from around the US increase global understanding, and improve leadership and communication skills. Participants can explore international 4-H programs, experience different cultures as they live with host families, and gain foreign language skills.

Outbound 4-H/Japanese Exchange

4-Hers, ages 12-18, may participate in the exchange program for a one-month stay with a Japanese host family (and an optional extra three weeks of language study). A chaperone accompanies the group to and from Tokyo and is available for consultation during the stay.

Be a 4-H Host Family

One of the most exciting opportunities of Global Education programs is hosting young adults ages 12-18 who visit this country. Many 4-H families find the experience both fun and educational. Opportunities are available for sharing life with a Japanese child or adult, an IFYE Ambassador, or a professional staff member from another country. Urban and rural families are invited to host. Host family visits usually last three to four weeks.

In-bound IFYEs visit during June through December, while Japanese participants visit in July and August.

In-bound 4-H/Japanese Exchange

Japanese youth ages 12-18 arrive in mid-July for a one-month stay. Host families may apply through the local Extension office. Host families receive orientation and assistance throughout the home stay.

Japanese High School Exchange

Illinois hosts high school students from Japan. They arrive in August and enroll in local high schools as juniors and seniors. Families provide home stay and support for the youth. Students provide their own medical insurance and spending money for school and personal supplies. They depart mid-June.
Special Events

Each year, the Illinois 4-H Program offers a variety of special events — both fun and educational. Contact the local Extension office for an updated list or visit the State 4-H website.

Citizenship Washington Focus
Travel to Washington, D.C. for one summer week filled with fun, new experiences, sightseeing, and learning about our nation’s capitol and the governmental process. Delegates stay at the National 4-H Center. Illinois offers this trip in alternate years; the next trip will be July, 2010. CWF is open to teens ages 14-18. Applications will be available Fall 2009.

4-H Legacy of Leadership Scholarship
Six $1,000 scholarships are available each year for 4-H members through the Legacy of Leadership Scholarship program. The Legacy of Leadership Scholarship is merit-based and available to 4-H members who are high school seniors, or in their last year of 4-H membership. Scholarship deadline is March 1.

Illinois 4-H Foundation donations fund the scholarships. Visit web.extension.uiuc.edu/state4h/members/recognition_scholarships.cfm

Illini Summer Academies
Teens from across Illinois gather to meet new friends, learn life skills, explore college curriculum, recognize outstanding 4-H members, and have a great time. Specialized “Academies” focus on an intense exploration of a variety of career areas. The academies are held in June and are planned by a committee of teens and adults.

Junior Leadership Conference
The Junior Leadership Conference is for 7th-8th grade 4-H members. This event is organized and conducted by the State 4-H Youth Leadership Team. Workshops help participants develop leadership skills, learn about 4-H opportunities, and explore 4-H project areas. Details are available from local Extension offices in late November. The 2010 conference is set for February 20-21. Visit web.extension.uiuc.edu/state4h/events/juniorleadership.cfm

National 4-H Conference
Eight Illinois teens travel to Washington, D.C. each spring to participate in this working conference. Delegates from the United States, Canada, and Puerto Rico spend time attending workshops and working on action plans for the national, state, and local levels. Some sight-seeing is included. First opportunity to attend this trip is provided to the teens serving on the State 4-H Youth Leadership Team. Open spaces are filled by application to provide a diverse Illinois delegation.

National 4-H Engineering Challenge
This annual event provides educational opportunities for 4-H engineering and science projects and recognizes 4-H’ers ages 14-19 who excel in these programs. The following project areas are available: aerospace, bicycle, computer, electric energy, lawn tractor, robotics, small engines, tractor, and welding. Sponsored by Cooperative Extension Service and Purdue Extension the event is held the last weekend in September. For more information contact William Million, wmillion@illinois.edu

National 4-H Week
October 4-10, 2009
Visit www.4hbrandnetwork.org

4-H Member Handbook
Service Opportunities

Operation: Military Kids
Operation Military Kids (OMK) is a great community service opportunity. OMK provides support and programs for families of all military branches, Active Duty, Guard, and Reserve. 4-H clubs can host hands-on activity days for youth of military families to explore 4-H projects; assist in Hero Pack assembly or secure donations; and invite youth of military families to join their local 4-H club. For more information, contact your local Extension office or Linda Kupferschmid, Illinois OMK Program Coordinator, lkupfers@illinois.edu. Information is also available at www.operationmilitarykids.org and on the State 4-H website.

Youth Leadership Opportunities

4-H Representatives for Illinois Farm Bureau Youth Education Committee
Two Illinois 4-H members are selected each year to serve on this committee. Committee members include representatives from Illinois Farm Bureau and their affiliate companies, State 4-H Office, and Illinois Association FFA.

The Youth Education Committee plans, implements, and evaluates various programs throughout the year, including youth trips to Washington D.C., youth conferences, and the 4-H LCP Award program. 4-H representatives are selected by application and recommendation. Terms are for one year, starting August 1. 4-H members (or recent alumni) must be between the ages of 17-19 to apply. Applications and recommendation letter(s) are due to the State 4-H Office postmarked by June 15 each year. Applications are available in the spring through local Extension offices or on the 4-H website at web.extension.uiuc.edu/state4h/members/leadership_isapc.cfm

Illini Summer Academy Planning Committee
A committee of teens, adult volunteers, and Extension staff plans this annual event for Illinois teens. web.extension.uiuc.edu/state4h/members/leadership_isapc.cfm

Illinois State 4-H Youth Leadership Team
YLT offers an opportunity for teens to plan 4-H programs. Responsibilities are to:
• plan, coordinate, and evaluate the state Junior Leadership Conference
• provide leadership and public relations support as requested at statewide events
The team is comprised of 15-20 young adults, 16-21 years old, who are selected by application and interview. Terms are two years. See the website for details. web.extension.uiuc.edu/state4h/members/leadership_sylt.cfm

State Fair Jr. Department Advisory Committee
A committee of teens, adult volunteers, and Extension staff recommends future directions for the non-livestock portion of the Illinois State Fair Junior Department, including the 4-H exhibit requirements, staffing, 4-H promotional windows, and dormitory. Terms are for two years. web.extension.uiuc.edu/state4h/members/leadership_sfjdcac.cfm

National GIS Leadership Team
A national leadership opportunity for state 4-H youth to support 4-H GIS and community mapping programs. The leadership team is typically 40 teens and adults from 10-15 states. A team of two youths and one adult will be selected to represent University of Illinois Extension 4-H. In June, the team will participate in the ESRI International GIS Conference which is attended by 14,000 GIS educators and professionals from over 100 countries. Members of the leadership team also serve as reviewers for 2010 4-H GIS software grant applications, and participate on committees during the year to support and promote 4-H GIS activities nationally and at the state and local level.

Contact your local Extension office for specific dates and application.
Citizenship

Citizenship 1
All About Me
Publication # MC0240 (2003)
Suggested for Grades 3 - 5
Members can:
• learn more about self, family, and friends
• learn about good citizenship

Citizenship 2
My Neighborhood
Publication # MC0241 (2003)
Suggested for Grades 6 - 8
Members can:
• find out about their neighborhood
• learn how to be a good neighbor
• discover how groups and clubs work

Citizenship 3
My Community and Me
Publication # MC0242 (2004)
Suggested for Grades 9 - 12
Members can:
• organize a tour of their local village, city hall, or courthouse
• learn how township, village, or city government functions and how it is financed
• learn about police and fire protection, health and sanitation, safety, and tourism
• investigate the community’s heritage and culture

Public Adventures
Youth Adventure Kit
Publication # MI-7329 (2001)
Suggested for Grades 4 - 12

Members can:
• learn what being an active citizen in a democracy is all about
• plan and conduct a project that will create change in the community
• record achievements on a passport and journal personal progress

—
Helper’s Guide for Public Adventures
Public Adventures Guide’s Handbook
Publication # BU-7330 (1999)

Service Learning 1
Agents of Change
Publication # BU-08182 (2005), includes Service Learning CD
Suggested for Grades 5 - 8
Members can:
• plan and carry out a service project
• choose a project
• research a need
• develop a plan
• journal personal experiences

—
Helper’s Guide for Service Learning 1 - 2
Service Learning Helper’s Guide
Publication # BU-08184 (2005)

Service Learning 2
Raise Your Voice
Publication # BU-08183 (2005), includes Service Learning CD
Suggested for Grades 9 - 12
Members can:
• plan and conduct a service project
• conduct a walk-about to observe needs and assets in a community
• survey community members about needs
• identify solutions to meet a need
• journal the experience

Communications

Communications 1
Picking Up the Pieces
Publication # BU-08156 (2005)
Suggested for Grades 3 - 5
Members can:
• explore different ways to communicate
• decode a message
• learn about responses to bullying
• compose a song
• write a script to a video clip
• prepare and present illustrated talk

Communications 2
Putting It Together
Publication # BU-08157 (2005)
Suggested for Grades 6 - 8
Members can:
• practice making a good first impression
• create a list of cyber etiquette rules
• learn to use humor in speeches
• write a press release
• deliver a speech/presentation and critique it
• use technology to deliver a speech

■ Communications 3

The Perfect Fit
Publication # BU-08158 (2005)
Suggested for Grades 9 - 12
Members can:
• plan and present a speech
• debate an issue
• become a candidate for an office and present personal platform
• compose a personal resume
• practice the job interview process
• participate in a job shadowing experience

—

Helper's Guide for Communications 1 - 3
Communication Helper's Guide
Publication # BU-08159 (2005)

■ Journalism

Journalism
Publication # MB0200 (2003)
Suggested for Grades 7 - 12
Members can:
• learn about different types of news
• explore careers in journalism
• gather news and write different kinds of news stories
• study and compare opinion pieces, photojournalism, and broadcast news stories

—

■ Public Presentations

Public Presentations
Publication # MB0115
(Reprinted 2005)
Suggested for Grades 3 - 12
Members can:
• plan and present a speech or demonstration
• talk to a civic group
• make a radio appearance
• participate in contests

Consumer Education

■ Consumer Savvy 1

The Consumer in Me
Publication # BU-08030 (2004)
Suggested for Grades 4 - 5
Members can:
• learn their shopping style
• make wise shopping decisions
• develop a written savings plan
• track their spending
• learn to make cost comparisons
• shop safely in cyberspace

—

■ Consumer Savvy 2

Consumer Wise
Publication # BU-08031 (2004)
Suggested for Grades 6 - 8
Members can:
• understand consumer behavior
• learn the decision making process
• recognize how peer pressure influences purchases
• evaluate advertisements
• learn to be a good cyber-consumer

—

■ Consumer Savvy 3

Consumer Roadmap
Publication # BU-08032 (2004)
Suggested for Grades 9 - 12
Members can:
• develop online shopping skills
• evaluate quality of advertising
• learn about consumer rights and responsibilities
• resolve a consumer problem or complaint
• identify cost of living

—

Helper's Guide for Consumer Savvy 1 - 3
Consumer Savvy Helper's Guide
Publication # BU-08033 (2004)

■ Entrepreneurship

Be the “E” Entrepreneurship Activity Guide
Publication # BU-08035 (2004)
Suggested for Grades 7 - 12
Beginning members can:
• learn what an entrepreneur is
• identify traits of entrepreneurs
• identify personal talents, strengths, and resources
• consult business owners
• learn about different types of business

Intermediate members can:
• learn common language of business
• develop a game plan for their product
• learn about marketing their product
• identify target customers

Experienced members can:
• evaluate business opportunities
• design a marketing plan
• market their ideas
• practice business ethics
• create a business plan and start a business

—
**Helper’s Guide for Entrepreneurship**

*Be the “E” Entrepreneurship Helper’s Guide*
Publication # BU-08036 (2004)

- **Financial Champions 1**
  *Money FUNdamentals*
  Publication # BU-07710 (2003)
  Suggested for Grades 7 - 8
  **Members can:**
  - determine their money personality
  - learn about needs vs. wants
  - learn about money motivators
  - track income and expenses

- **Financial Champions 2**
  *Money Moves*
  Publication # BU-07711 (2002)
  Suggested for Grades 9 - 10
  **Members can:**
  - explore savings plans
  - understand principal and interest when saving money
  - learn how to write checks and read a bank statement
  - discover the benefits and drawbacks of credit

- **Intercultural**
  *Passport to the World*
  *4-H Passport to the World: A Country Study Guide*
  Publication # MC0510 (Reprinted 2006)
  Suggested for Grades 3 - 12
  **Members can:**
  - study a country's government, agriculture, housing, and industry
  - host a person from an area of our country or from another country
  - explore different cultures through foods, clothing, housing, music, and crafts

- **Intercultural Resources**
The UI Center for South Asia and Middle Eastern Studies offers resources for 28 countries (fact sheets, festivals, technology, dress and veiling, etc.) where nearly one-fifth of the world’s population is located. [www.csames.uiuc.edu/outreach](http://www.csames.uiuc.edu/outreach)

- **Leadership**
  *Leadership 1*
  *Skills You Never Outgrow 1*
  Publication # MC0630 (2009)
  Suggested for Grades 3 - 6
  **Members can:**
  - develop leadership skills in seven areas: understanding self, communicating, getting along with others, learning, making decisions, managing, and working with groups.

- **Leadership 2**
  *Skills You Never Outgrow: Individual Skills for Older Members*
  Publication # MC0632 (2001)
  Suggested for Grades 6 - 8
  **Members can:**
  - build leadership skills based on the seven areas introduced in book 1

- **Leadership 3**
  Use *What’s Leadership?* (Publication # MC0700) or *Step Up to Leadership: My Leadership Portfolio* (Publication # BU-07907).
  See Group Projects Leadership listing for more information.

---

[web.extension.uiuc.edu/state4h](http://web.extension.uiuc.edu/state4h)
Leadership 4
Skills You Never Outgrow: Skills Leading Groups
Publication # MC0636
(Reprinted 2001)
Suggested for Grades 9 - 12
Members can:
• practice leadership skills by guiding groups to reach their goals

Performing Arts
Theatre Arts 1
Play the Role: Theatre Arts Acting Activities
Suggested for Grades 3 - 12
Members can:
• express themselves through movement, voice, speech, and characterization
• create and present a play
• do improvisation, pantomime, monologs, and clowning

Theatre Arts 2
Become a Puppeteer: Theatre Arts Puppetry Activities
Publication # BU-08071 (2004)
Suggested for Grades 3 - 12
Members can:
• learn about types of puppets
• create a puppet and puppet stage

Theatre Arts 3
Set the Stage: Theatre Arts Stagecraft Activities
Publication # BU-08072 (2004)
Suggested for Grades 3 - 12
Members can:
• design costumes and stage sets
• create sound effects
• apply makeup for a specific character
• understand the use of lighting

Advanced Visual Arts: Draw/Fiber/Sculpt
Sketchbook Crossroads: Drawing, Fiber, and Sculpture Activity Guide
Publication # BU-08140 (2005)
Suggested for Grades 7 - 12
Members can:
• use color and space in artwork to create balance
• create calligraphy
• do cartooning
• appliqué with felt wool
• learn batik
• learn about weaving
• experiment with dyes
• sculpt with clay, cardboard, and wire

Advanced Visual Arts: Paint/Print/Graphics
Portfolio Pathways: Painting, Printing, and Graphic Design
Publication # BU-08141 (2005)
Suggested for Grades 7 - 12
Members can:
• explore artistic techniques with acrylics, watercolors, and colored sand
• experiment with oil painting
• create dry point etching
• make a wood block stamp
• try melted wax resists
• create color expressions
• personalize and market a CD/DVD package
• investigate optical illusions

Visualization
4-H Visual Arts Member’s Manual
Publication # MF0115
(Reprinted 2005)
Suggested for Grades 3 - 12
Members can:
• learn the basics of design
• make paper and use papier-mâché
• weave a wall hanging
• learn embroidery
• create art from wood, leather, paper, or clay
• draw or paint with various mediums (chalk, charcoal, paint, etc)
• etch glass or metal

Visual Arts
4-H Visual Arts Leader’s Guide
Publication # LF0115
(Reprinted 2002)
Available by special order:
4-H Visual Arts Creative Sketchbook
Publication # LF0115a
(Reprinted 2000), also referred to as Art 4 You
Healthy Living
Individual Projects

Bicycles

- Bicycle 1
  
  Bicycle for Fun
  Publication # BU-08334 (2006)
  Suggested for Grades 3 - 5
  Members can:
  • identify bike parts
  • check tires, brakes, and chains
  • understand traffic signs
  • select safety equipment

- Bicycle 2
  
  Wheels in Motion
  Publication # BU-08335 (2006)
  Suggested for Grades 6 - 8
  Members can:
  • fix a flat tire
  • do maintenance on a bike chain
  • learn to shift gears efficiently
  • perform safety maneuvers

Helper's Guide for Bicycle 1 - 2
Bicycle Helper's Guide
Publication # BU-08336 (2006)
Illinois Bicycle Rules of the Road, Illinois Secretary of State

Child Development

- Child Development 1
  
  Growing on My Own
  Publication # BU-08075 (2004)
  Suggested for Grades 3 - 4
  Members can:
  • understand four ways kids grow
  • make masks to show different feelings
  • create a time management clock
  • inspect toys for safety

- Child Development 2
  
  Growing with Others
  Suggested for Grades 5 - 6
  Members can:
  • develop self-care, sibling care, and babysitting skills
  • develop a personal “home alone” plan
  • select appropriate toys for children
  • identify family rules
  • plan and make healthy meals and snacks

- Child Development 3
  
  Growing in Communities
  Suggested for Grades 7 - 10
  Members can:
  • explore careers in child development
  • teach or coach young children
  • lead a community service project
  • learn about children’s different abilities and needs

Helper's Guide for Child Development 1 - 3
Child Development Helper's Guide
Publication # BU-08078 (2004)
Available by special order for Levels 2 - 3:
Red Cross Babysitting Guide
Publication # ST#655600 (1998)

Food and Nutrition

Additional resources for all Food and Nutrition projects:

- 4-H Foods Demonstration Guide
  Publication # ME0385 (2008)

- My Pyramid for Families
  Publication # CNPP-18
  www.mypyramid.gov
■ International Foods
Foods with an International Flavor
Publication # ME0360
(Reprinted 2004)
Suggested for Intermediate to Advanced Levels
Members can:
• study different countries' foods, traditions, holiday customs, and cultures
• prepare meals from foreign lands
• learn how other countries meet nutritional needs

—

Helper's Guide for International Foods
Foods with an International Flavor Leader's Guide
Publication # LE0360

■ Meat and Other Protein Sources
Meat and Other Protein Sources
Publication # ME0336 (2006)
Suggested for Intermediate to Advanced Levels
Members can:
• learn where t-bone steaks, pork chops, and bacon come from
• evaluate protein source foods

—

Helper's Guide for Meat and Other Protein Sources
Meat and Other Protein Sources Leader's Guide
Publication # LE0360

■ 4-H Cooking 101
4-H Cooking 101
Publication # ME0120 (2007)
Suggested for Beginner Level
Members can:
• learn the basics of cooking
• conduct food science experiments
• prepare some 4-H classic recipes
• practice food and kitchen safety

■ 4-H Cooking 201
4-H Cooking 201
Publication # ME0121 (2008)
Suggested for Intermediate Levels
Members can:
• learn how to prevent foodborne illness
• conduct food science experiments
• prepare a variety of recipes from each food group
• experiment with basic meal planning

■ 4-H Cooking 301
4-H Cooking 301
Publication # ME0122 (2009)
Suggested for Intermediate Advanced Levels
Members can:
• plan and prepare food for a party
• make yeast breads and rolls
• bake shortened cakes
• prepare foods on a grill

■ Exploring Our Food Heritage
Exploring Our Food Heritage
Publication # ME0365 (1997)
Suggested for Beginner Level
Members can:
• learn about food from different countries
• learn what foods are native to the Americas
• prepare foods from around the world
• explore traditional recipes

—

Helper's Guide for Exploring Our Food Heritage
Exploring Our Food Heritage Leader's Guide
Publication # LE0365 (1999)

■ Food Preservation
Food Preservation
Available only online
Publication # ME0376 (2007)
Suggested for Intermediate to Advanced Levels
Members can:
• prepare, package, and freeze fruits, meat, fish, poultry, vegetables, and baked foods
• can fruits and vegetables
• make jelly and jam
• prepare pickles, chutney, relish, and ketchup

■ Meat and Other Protein Sources
Meat and Other Protein Sources
Publication # ME0336 (2006)
Suggested for Intermediate to Advanced Levels
Members can:
• learn where t-bone steaks, pork chops, and bacon come from
• evaluate protein source foods
• compare cooking methods
• learn about safe food handling and cooking procedures
• plan and prepare a variety of dishes using meat and other protein sources including beef, lamb, pork, poultry, fish, eggs, dried beans, and soy.

■ Microwave Magic A
Bag of Tricks
Publication # BU-08087 (2005)
Suggested for Beginner Level
Members can:
• learn how to use and care for a microwave
• easily prepare foods and snacks
• learn about MyPyramid

■ Microwave Magic B
Micro Magicians
Publication # BU-08088 (2005)
Suggested for Intermediate Level
Members can:
• learn about microwave power and watts
• plan and prepare foods, including vegetables, cakes, and casseroles
• learn good food safety practices

■ Microwave Magic C
Amazing Rays
Publication # BU-08089 (2005)
Suggested for Intermediate Level
Members can:
• learn proper defrosting and browning techniques
• learn meat cooking techniques
• learn candy making tips
• learn techniques for properly reheating foods

■ Microwave Magic D
Presto Meals
Publication # BU-08090 (2005)
Suggested for Advanced Level
Members can:
• test the doneness of foods
• prepare baked items in the microwave
• compare microwave cooking to conventional cooking methods
• cook full meals in the microwave

—

Helper's Guide for Microwave Magic A - D
Microwave Magic Helper's Guide
Publication # BU-08091 (2005)

■ Outdoor Meals
S'mores and More: 4-H Outdoor Cooking and Living Basic Skills Guide
Publication # 4-H 93211 (2002)
Suggested for Beginner Level
Members can:
• safely build basic types of fires
• learn about outdoor cooking and equipment
• learn about camp safety and first aid
• practice food safety and preparation
• plan outdoor meals

■ Sports Nutrition
Sports Nutrition
Publication # ME0350 (2001)
Suggested for Grades 4 - 6
Members can:
• prepare power snacks
• identify foods that are sources of energy
• explore fitness myths and facts
• learn about activities that improve fitness

—

Helper's Guide for Sports Nutrition
Sports Nutrition Leader's Guide
Publication # LE0350
(Reprinted 1997)

Health and Fitness

■ Health 1
First Aid in Action: First Aid Activities for Youth
Publication # BU-08174 (2005)
Suggested for Beginner Level
Members can:
• practice first aid skills

—

Helper's Guide for First Aid Activities
First Aid Activities Leader's Guide
Publication # LE08174
(Reprinted 1997)

■ Health 2
Staying Healthy: Health Project Activities for Youth
Publication # BU-08175 (2005)
Suggested for Beginner Level
Members can:
• identify personal areas of strength
• teach others about personal hygiene
• plan nutritional and physical activities
• share what you have learned with others

■ Health 3
Keeping Fit: Fitness Activities for Youth
Publication # BU-08176 (2005)
Suggested for Intermediate Level
Members can:
• design a personal fitness plan
• create a fitness file
• manage personal fitness
• share what you have learned with others
Science, Engineering, and Technology

4-H SET
Science, Engineering & Technology

Individual Projects

Aerospace

■ Aerospace 2
Lift-Off
Publication # BU-6843 (2003)
Suggested for Grades 3 - 5
Members can:
• build and launch a rocket
• build and fly a model plane
• learn about types of aircraft
• make a paper helicopter

■ Aerospace 3
Reaching New Heights
Suggested for Grades 6 - 8
Members can:
• build and launch a balloon rocket
• experiment with various gliders
• make a fighter kite
• learn about remote-control flights

■ Aerospace 4
Pilot in Command
Publication # BU-6845 (2003)
Suggested for Grades 9 - 12
Members can:
• construct an altitude tracker
• explore pilot certification
• plan a flight route
• build a box kite

Helper's Guides for Aerospace 1 - 4

Flight Crew: Aerospace Group
Helper's Guide
Publication # BU-6846 (1998)

Launching Youth Aerospace Programs: Community Organizer's Guide
Publication # BU-6847 (1999)

Beef

■ Beef 1
Bite into Beef
Publication # BU-08143 (2005)
Suggested for Beginner Level
Members can:
• learn about breeds of beef cattle
• identify symptoms of sick cattle
• halter break a calf
• fit a steer

■ Beef 2
Here's the Beef
Publication # BU-08144 (2005)
Suggested for Intermediate Level
Members can:
• learn about cattle feeds and how they are digested
• judge beef cattle and present oral reasons
• identify livestock safety hazards

■ Beef 3
Leading the Charge
Publication # BU-08145 (2005)
Suggested for Advanced Level
Members can:
• calculate yield grade for a beef animal
• evaluate beef carcasses
• learn how to read and use sire summaries
• interview people in agriculture careers

Helper's Guide for Beef 1 - 3

Beef Helper's Guide
Publication # BU-08146 (2005)

Camping and Outdoor Living

■ Outdoor Adventures 1
Hiking Trails
Publication # BU-08043 (2004)
Suggested for Beginner Level
Members can:
• plan a day hike and pack a backpack
• select appropriate clothing for hikes
• assemble a basic first aid kit
• learn “Leave No Trace” ethics
• identify hazardous weather situations
• learn shelter selection

■ Outdoor Adventures 2
Camping Adventures
Publication # BU-08044 (2004)
Suggested for Intermediate Level
Members can:
• select a camp site
• learn ways to purify water
• tie various knots
• plan a menu and necessary food supplies
• select a camping stove

■ Outdoor Adventures 3
Backpacking Expeditions
Publication # BU-08045 (2004)
Suggested for Advanced Level
Members can:
• select a backpack and tent
• plan food supplies
• use a map and compass
• develop an emergency procedure
• adopt “Leave No Trace” principles

Wisconsin 4-H Livestock Record
Publication # RA0102

Helper's Guide for Beef 1 - 3

Beef Helper's Guide
Publication # BU-08146 (2005)

Assistant's Guides for Aerospac e 1 - 4

Flight Crew: Aerospace Group
Helper's Guide
Publication # BU-6846 (1998)

Launching Youth Aerospace Programs: Community Organizer's Guide
Publication # BU-6847 (1999)

4-H Individual Projects

web.extension.uiuc.edu/state4h

22

The Illinois Clover, 2009-10
Helper's Guide for Outdoor Adventures 1 - 3
Outdoor Adventures Group
Activity Helper's Guide
Publication # BU-08046 (2004)

Cats

■ Cat 1
Purr-fect Pals!
Publication # BU-08148 (2005)
Suggested for Beginner Level
Members can:
• learn responsible cat care
• identify breeds of cats
• name and locate at least 15 cat body parts
• handle, groom, and care for a cat

■ Cat 2
Climbing Up
Publication # BU-08149 (2005)
Suggested for Intermediate Level
Members can:
• identify cat behavior
• observe and record a cat's six senses
• investigate declawing a cat
• understand cats nutritional needs and diets
• understand signs of cat illness and health

■ Cat 3
Leaping Forward
Publication # BU-08150 (2005)
Suggested for Advanced Level
Members can:
• learn about genetics
• practice cat showmanship
• investigate cat reproduction and breeding
• organize a cat quiz bowl
• learn about animal welfare and animal rights issues

---

Helper's Guide for Cat 1 - 3
Cat Helper's Guide
Publication # BU-08151 (2005)

Clothing and Textiles

■ Clothing Decisions 1
Discovering Choice
Publication # BU-7360 (2001)
Suggested for Grades 6 - 8
(Intermediate)
Members can:
• record body measurements and determine appropriate clothing sizes
• understand clothing labels
• conduct a clothing inventory
• learn differences between warm and cool colors

■ Clothing Decisions 2
Managing Choice
Publication # BU-7361 (2000)
Suggested for Grades 9 - 12
(Advanced)
Members can:
• make garment selections according to body shape, proportion, and balance
• make decisions about clothing purchases by comparing fiber, care requirements, cost, brand, and style
• develop a clothing budget and analyze clothing advertisements

---

Helper's Guide for Clothing Decisions 1 - 2
Clothing Decisions Helper's Guide
Publication # BU-7362 (2000)

■ Sewing and Textiles 1
Under Construction
Publication # BU-08060 (2004)
Suggested for Beginner Level
Members can:
• learn about basic sewing tools and their function
• understand fabric grains
• learn seam finishes and hemming
• explore pattern sizes and information
• make a drawstring bag

■ Sewing and Textiles 2
Fashion Forward
Publication # BU-08061 (2004)
Suggested for Intermediate Level
Members can:
• construct an item with a patch pocket
• insert zippers, buttonholes, and buttons
• make polar fleece hats
• sew on knits, wovens, or denim

■ Sewing and Textiles 3
Refine Design
Publication # BU-08062 (2004)
Suggested for Advanced Level
Members can:
• try out new patterns and fabrics
• make a bed covering and pillows
• create a computer printed design on fabric
• investigate careers in the textile industry
Helper's Guide for Sewing and Textiles 1 - 3
Sewing Helper's Guide
Publication # BU-08063 (2004)
Available by special order for all levels:
Let’s Sew by Nancy Zieman
Publication # ME0208 (1991)

Computer Science

- Computer Science Introduction
Newbie Know-How — Getting Started with Computers
Publication # BU-08346 (2008)
Suggested for Beginner Levels; Tech Teams may use to teach others about computers
Members can:
- learn about computer hardware
- learn about computer software and applications
- learn about how computers work and how to use their features
- explore the interactive website

- Computer Science 1
Computer 1 — Inside the Box
Publication # BU-08347 (2008), requires internet access
Suggested for Intermediate Level
Members can:
- build and repair computers
- learn how computer components work together
- learn to enhance connectivity
- learn how to upgrade and create connections
- install operating systems
- create a “dream machine”

- Computer Science 2
Computer 2 — Peer to Peer
Publication # BU-08348 (2008), requires internet access
Suggested for Advanced Level
Members can:
- discover how to create and manage networks
- explore the issues of responsible computer use
- make decisions about network management, security issues, and trouble shooting

- Computer Science 3
Computer 3 — Teens Teaching Tech
Publication # BU-08349 (2008)
Suggested for older teens or adults who teach others about computers
Members can:
- organize a computer club or technology team
- establish a computer lab
- develop leadership skills
- use Newbie Know-How to teach others

Crops and Soils

- Corn
Corn: Illinois 4-H Crops and Soils
Publication # MJ0101 (2006)
Suggested for Grades 5 - 12
Level 1 and 2 members can:
- test corn germination
- study growing degree-days
- study production costs and market prices
- experiment with soil tilth
- compare pest management costs

Level 3 and 4 members can:
- cross-pollinate corn plants
- figure drying time
- learn about maintaining quality
- compare pest management costs
- determine harvest losses

- Small Grains
Small Grains — Wheat, Oats, Barley, and Rye: Illinois 4-H Crops and Soils
Publication # MJ0110 (2006)
Suggested for Grades 5 - 12
Level 1 and 2 members can:
- study variety and selection
- display stages of plant development
- test seed germination and methods of seeding
- learn about seasonal pests
- determine pesticide hazards

Level 3 and 4 members can:
- take soil samples
- learn to recognize diseases, pests, and weeds
- study production costs and market prices
- learn about necessary nutrients
- determine field acreages

- Soybeans
Soybeans: Illinois 4-H Crops and Soils
Publication # MJ0120 (2006)
Suggested for Grades 5 - 12
Level 1 and 2 members can:
- study seed selection and germination
- discover the importance of cotyledons
- experiment with planting depth
- cook with soybeans
- study disease-resistant factors

Level 3 and 4 members can:
- explore careers related to crops and soils
- convert yields to 13 percent moisture
- experiment with planting dates
- identify plant diseases and pests
- price soybeans

Crops and Soils Record
Publication # RJ0101 (2006)
Dairy Cattle

■ Dairy 1
Cowabunga!
Publication # BU-08161 (2005)
Suggested for Beginner Level
Members can:
• identify the six breeds of dairy cattle
• identify the body parts of a cow
• understand basic needs of cattle throughout the life cycle
• explore the milk production system
• select, fit, and show a calf

■ Dairy 2
Mooving Ahead
Publication # BU-08162 (2005)
Suggested for Intermediate Level
Members can:
• judge a class of dairy cows
• discuss animal health issues
• identify safe practices for handling milk
• select dairy housing and forage
• explore dairy-related careers

■ Dairy 3
Rising to the Top
Publication # BU-08163 (2005)
Suggested for Advanced Level
Members can:
• evaluate the body condition of dairy animals
• debate animal welfare issues
• identify the estrous cycle of cattle
• learn pregnancy detection and delivery techniques
• explore career options in the dairy industry

—
Helper’s Guide for Dairy 1 - 3
Dairy Cattle Helper’s Guide
Publication # BU-08164 (2005)
Available by special order for all levels:

Learning About Dairy
Publication # NCR 593 (1996)

Illinois 4-H Livestock Record
Publication # RA0102

Dogs

■ Dog 1
Wiggles and Wags
Publication # BU-08166 (2005)
Suggested for Beginner Level
Members can:
• choose the right dog for you
• identify various breed groups
• create a house-training plan
• explore dog behavior and body language
• understand dog health and grooming

■ Dog 2
Canine Connection
Publication # BU-08167 (2005)
Suggested for Intermediate Level
Members can:
• discover where dog breeds originated
• create a dog care budget
• correct undesirable dog behaviors
• develop dog showmanship skills
• learn about genetic problems

■ Dog 3
Leading the Pack
Publication # BU-08168 (2005)
Suggested for Advanced Level
Members can:
• assess a dog’s vital signs
• explore careers working with dogs

—
Helper’s Guide for Dog 1 - 3
Dog Helper’s Guide
Publication # BU-08169 (2005)

Electricity

■ Electricity 1
Magic of Electricity
Publication # BU-6848 (2003)
Suggested for Beginner Level
Members can:
• make a flashlight, a switch, or a simple circuit
• find out about magnetism and make a compass
• build an electromagnet, galvanometer, and motor

■ Electricity 2
Investigating Electricity
Publication # BU-6849 (2002)
Suggested for Intermediate Level
Members can:
• learn about Ohm’s law and use a volt-ohm meter
• build a parallel or series circuit
• build a 3-way switch and burglar alarm

4-H Individual Projects

25
The Illinois Clover, 2009-10
Electricity 3
Wired for Power
Publication # BU-6850 (2002)
Suggested for Advanced Level
Members can:
• assemble an electric tool kit
• measure electric usage of appliances
• replace electrical switches and determine electrical loads

Electricity 4
Entering Electronics
Publication # BU-6851 (2002)
Suggested for Advanced Level
Members can:
• learn about diodes, transistors, LED’s, and photocells
• understand resistors and capacitors
• build an amplifier

Helper's Guide for Electricity 1 - 4
Electric Group Helper's Guide
Publication # BU-6852 (1999)

Entomology
Entomology 1
Creepy Crawlies
Publication # BU-6853 (2002)
Suggested for Grades 3 - 5
Members can:
• learn the major parts of an insect
• observe and collect insects
• explore how insects view the world

Entomology 2
What's Bugging You?
Publication # BU-6854 (2002)
Suggested for Grades 6 - 8
Members can:
• understand how insects are used in advertising
• find out how insects move and communicate
• observe an insect as it changes

Entomology 3
Dragons, Houses, and Other Flies
Publication # BU-6855 (2002)
Suggested for Grades 9 - 12
Members can:
• learn about insect behavior
• conduct an experiment with honey bees
• plant a butterfly garden
• catch and observe a spider and a spider web

Helper's Guide for Entomology 1 - 3
Entomology Group Helper's Guide
Publication # BU-6856 (2002)

Insect Identification Labels
Publication # MH0401a (2001)

Guide to Preserving and Mounting Insects for Display
Instructions for Insect Display Boxes

Forestry
Forests of Fun 1
Follow the Path
Publication # BU-08038 (2004)
Suggested for Grades 3 - 5
Members can:
• identify different types of forests, trees, and forest products
• learn how to tell the age of a tree
• understand the process of transpiration
• learn how to classify various types of trees

Forests of Fun 2
Reach for the Canopy
Publication # BU-08039 (2004)
Suggested for Grades 6 - 8
Members can:
• learn how trees absorb water and nutrients
• learn the parts of a leaf
• decode a tree's rings
• identify tree diseases

Forests of Fun 3
Explore the Deep Woods
Publication # BU-08040 (2004)
Suggested for Grades 9 - 12
Members can:
• identify a tree using a tree key
• identify trees by their bark
• explore fruits from flowering trees
• identify how different cultures use forests

Helper's Guide for Forests of Fun 1-3
Forestry Helper's Guide

Geology
Geology
What on Earth — Geology Study Guide
Publication # MH0602 (1999)
Suggested for Grades 3 - 12
Level 1 members can:
• learn the difference between a mineral and a rock
• learn how to identify a fossil

Level 2 members can:
• use the hardness and streak tests to identify minerals
• recognize six basic crystal structures of minerals
• recognize fossils by their types

Level 3 members can:
• describe and identify types of rocks found in Illinois
• understand stages of the rock cycle
• use specific gravity to identify minerals

Level 4 members can:
• understand the formation of volcanoes
• use scientific method to solve problems
• research areas of geology

Geospatial

Exploring Spaces, Going Places 1 - 3
CD includes all three levels and Helper's Guide
Publication # CD-08358 (2006)
Available by special order only.

Exploring Spaces, Going Places 1
Setting Out
Suggested for Beginner Level
Members can:
• learn about geospatial organization
• use navigation tools such as GPS, compasses, maps, and globes
• identify locations
• measure distances

Exploring Spaces, Going Places 2
On the Trail
Suggested for Intermediate Level
Members can:
• collect geographic and geospatial data
• combine data with geographical positions
• learn about different types of maps
• create various maps

Exploring Spaces, Going Places 3
Reaching Your Destination
Suggested for Advanced Level
Members can:
• use and create multilayered data maps
• understand the association of data with position
• use multiple data layers to solve problems

Helper's Guide for Exploring Spaces, Going Places 1 - 3
The Helper's Guide is divided into three levels and provides the helper with the background and information needed to introduce learners to the world of geospatial concepts, GPS, magnetic compass, maps, and GIS.

Note: Check local Extension office for availability of GPS units and access to GIS software.

Goats

Dairy Goat 1
Getting Your Goat
Publication # BU-08352 (2006)
Suggested for Beginner Level
Members can:
• identify breeds of goats
• learn about responsible goat ownership
• solve goat care problems
• prepare a goat for a show

Dairy Goat 2
Stepping Out
Publication # BU-08353 (2006)
Suggested for Intermediate Level
Members can:
• learn goat management practices
• keep a goat herd healthy
• keep track of kids' growth
• learn to exhibit and judge dairy goats

Dairy Goat 3
Showing the Way
Publication # BU-08354 (2006)
Suggested for Advanced Level
Members can:
• organize a goat field day
• develop a herd health calendar
• learn about breeding systems
• evaluate a goat herd

Helper's Guide for Dairy Goat 1 - 3
Goat Helper's Guide
Publication # BU-08355 (2006)

Meat Goat 1
Just Browsing
Publication # BU-07909 (2003)
Suggested for Beginner Level
Members can:
• identify parts of a meat goat
• identify meat goat breeds
• learn about goat nutrition and health
• practice basic management skills

Meat Goat 2
Growing with Meat Goats
Publication # BU-07910 (2003)
Suggested for Intermediate Level
Members can:
• recognize meat goat diseases
• work with a veterinarian
• identify goat predators
• fit and show meat goats

Meat Goat 3
Meating the Future
Publication # BU-07911 (2003)
Suggested for Advanced Level
Members can:
• host a judging clinic
• investigate biosecurity
• select breeding stock
• evaluate feed ingredients

4-H Individual Projects

web.extension.uiuc.edu/state4h

The Illinois Clover, 2009-10
Helper's Guide for Meat Goat 1 - 3
Meat Goat Helper's Guide
Publication # BU-07912 (2003)

Illinois 4-H Livestock Record
Publication # RA0102

Horse and Pony

■ Horse 1
Giddy Up & Go
Publication # BU-08053 (2004)
Suggested for Beginner Level

This project may be completed without having a horse.

Members can:
• learn the basics of horse behavior
• practice safety around horses
• learn about horses without owning a horse
• assess horse health

■ Horse 2
Head, Heart & Hooves
Suggested for Intermediate Level

This project may be completed without having a horse.

Members can:
• learn about horse anatomy
• understand horse health, nutrition, and grooming
• select bedding material
• practice horse judging

■ Horse 3
Stable Relationships
Publication # BU-08055 (2004)
Suggested for Intermediate to Advanced Level

This project may be completed without having a horse.

Members can:
• understand breeding and genetics
• learn about diseases and health care
• design a horse health program
• explore the financial side of showing horses

■ Horse 4
Riding the Range
Publication # BU-08056 (2004)
Suggested for Advanced Level

Members can:
• practice basic riding skills
• learn horsemanship skills
• use training techniques
• explore trail riding

■ Horse 5
Jumping to New Heights
Publication # BU-08057 (2004)
Suggested for Advanced Level

Members can:
• learn advanced riding skills
• evaluate horsemanship skills
• learn about ethics and competition
• teach horsemanship and safety

—

Helper's Guide for Horse 1 - 5
Horse Project Helper's Guide
Publication # BU-08058 (2004)

Available by special order:

Horses and Horsemanship
Publication # CO 200 (2001)

Horse Science
Publication # CO 201 (2001)

Guidelines for Junior Horse Show

Horticulture

■ Floriculture A
Floriculture Level A
Publication # 4-H-966 (2005)
Suggested for Grades 3 - 4

Members can:
• design, plant, and enjoy a cutting garden
• learn about flowers grown from seeds, bulbs, and transplants
• identify plant parts
• learn about color and floral design

■ Floriculture B
Floriculture Level B
Publication # 4-H-967 (2005)
Suggested for Grades 5 - 6

Members can:
• plan and grow a theme garden
• learn about houseplants and their care
• experiment with growing mediums
• learn how to dry flowers

■ Floriculture C
Floriculture Level C
Publication # 4-H-968 (2005)
Suggested for Grades 7 - 9

Members can:
• design a garden planter
• grow plants from cuttings
• learn five elements of floral design
• make wearable flowers
• experiment with drying methods

■ Floriculture D
Floriculture Level D
Publication # 4-H-969 (2005)
Suggested for Grades 10 - 12

Members can:
• design an all-seasons garden
• plan a floral business
• force bulb flowers
• create a bridal bouquet and centerpiece
• explore careers and community service opportunities

■ Vegetable Gardening A
See Them Sprout
Publication # BU-07162 (2004)
Suggested for Beginner Levels
Members can:
• plan and plant a garden
• grow plants from roots
• make a rain gauge
• learn when to harvest vegetables

■ Vegetable Gardening B

Let’s Get Growing
Publication # BU-07163 (2004)
Suggested for Intermediate Levels
Members can:
• start seeds indoors
• learn how plants respond to light
• grow new plants from plant parts
• make a worm box

■ Vegetable Gardening C

Take Your Pick
Publication # BU-07164 (2004)
Suggested for Advanced Intermediate Levels
Members can:
• test and improve soil
• learn how to extend growing seasons
• learn how to cross pollinate flowers
• learn how to dry herbs and pickle vegetables

■ Vegetable Gardening D

Growing Profits
Publication # BU-07165 (1999)
Suggested for Advanced Levels
Members can:
• explore double cropping methods
• learn about plant genetics
• learn about and practice IPM
• start a plant business

—

Helper’s Guide for Gardening A - D

Helper’s Guide for Vegetable Gardening
Publication # BU-07166 (2004)

■ Exhibiting Vegetables

—

Illinois Vegetable Garden Guide
web.extension.uiuc.edu/vegguide

University of Illinois Extension

Illinois Vegetable Garden Guide

1 Ten Steps to a Successful Garden
2 Garden Problems and Their Control
3 Tips on Growing Specific Vegetables
4 Exhibiting Vegetables

Members can:
• classify animals as domestic or wildlife
• build a miniature ecosystem
• plan and build an indoor wildlife habitat
• do a splash erosion experiment

■ Interior Design

Design Decisions
Publication # 440 (1999)
Suggested for Grades 5 - 12
Members can:
• learn about color schemes
• practice painting techniques (sponging, rag rolling, stenciling, stamping, and murals)
• select window treatments
• analyze furniture styles
• plan a room arrangement
• select and arrange room accessories

■ Natural Resources

Explore the Natural World
Publication # MH0102 (1999)
Suggested for Intermediate Level
Members can:
• make a compost column
• develop habitat improvement plan
• film an interview with a water quality expert
• conduct a soil percolation test

■ Natural Resources 3

Blaze the Trail
Publication # MH0103 (1999)
Suggested for Advanced Level
Members can:
• plan and conduct a nature hike
• design a landscape using trees
• develop an instructional video on a natural resources topic
• interview persons in natural resources careers

—

4-H Individual Projects

—

web.extension.uiuc.edu/state4h
**Sportfishing 1**

*Take the Bait*

Publication # BU-07598 (2002)

Suggested for Grades 3 - 5

**Members can:**
- tie fishing knots
- practice casting a lure
- organize a fishing tackle box
- identify types of fish in their area
- identify fish parts

**Sportfishing 2**

*Reel in the Fun*

Publication # BU-07599 (2002)

Suggested for Grades 6 - 8

**Members can:**
- practice different types of casting
- prepare fish to eat
- learn state fishing regulations
- learn what attracts fish
- make their own fishing tackle

**Sportfishing 3**

*Cast Into the Future*

Publication # BU-07600 (2002)

Suggested for Grades 9 - 12

**Members can:**
- clean and maintain a fishing reel
- make artificial flies and lures
- refurbish old fishing equipment
- build and use a kick net

---

**Wildlife A**

*4-H Wildlife Manual Level A*

Publication # 4-H 903P (2003)

Suggested for Grades 3 - 4

**4-H Wildlife Manual — Illinois Wildlife Project Supplement**

Publication # MH0400 (2004)

**Members can:**
- identify species of wildlife
- match wildlife to their habitats
- observe wildlife behavior

---

**Wildlife B**

*4-H Wildlife Manual Level B*

Publication # 4-H 904P (2003)

Suggested for Grades 5 - 6

**4-H Wildlife Manual — Illinois Wildlife Project Supplement**

Publication # MH0400 (2004)

**Members can:**
- study wildlife population changes
- identify animals by their body parts
- learn about migration

---

**Photography**

**Photography 1**

*Focus on Photography*

Publication # PC-1 (2007)

Suggested for Beginner Level

**Members can:**
- practice techniques for taking quality photographs
- learn about lighting
- select interesting backgrounds for photos
- learn about photo composition

**Photography 2**

*Controlling the Image*

Publication # PC-2 (2007)

Suggested for Intermediate Level

**Members can:**
- learn about shutter speed and f-stops
- use special effects in photos
- compose photos using the “rule of thirds” or the “golden triangle” rule
- take photos from different viewpoints

**Photography 3**

*Mastering Photography*

Publication # PC-3 (2007)

Suggested for Advanced Level

**Members can:**
- try wide angle and telephoto lenses
- create different lens filters
- use a light meter
- use exposure to create a mood and tell a story

---

**Plant and Soil Science**

**Plants and Soils 1**

*It's More Than Just Dirt*

Publication # 380-020 (2007)

Suggested for Beginner Level

**Members can:**
- collect soil and discover what animal life is present
- demonstrate how plants prevent soil erosion
- compare the effect of different soil types on plant growth
- learn how to do a soil test and understand the results

**Plants and Soils 2**

*Stems and Stamens*

Publication # 380-021 (2007)

Suggested for Intermediate Level

**Members can:**
- identify stages of plant’s life cycle
- recognize plant parts and their function
• experiment with different seed germination methods
• propagate plants through various methods

Plants and Soils 3
Sprouting Out and Growing Up
Publication # 380-022 (2007)
Suggested for Advanced Level
Members can:
• demonstrate how plants compete for air, water, light, and nutrients
• demonstrate the importance of soil nutrients in healthy plant growth
• learn how plants adapt to different light levels
• understand seeds and planting depths

Poultry
Poultry 1
Scratching the Surface
Publication # BU-6363 (2003)
Suggested for Beginner Level
Members can:
• learn about poultry breeds and poultry body parts
• examine the parts of a chicken egg and their function
• develop a care plan for chicks
• practice showmanship techniques

Poultry 2
Testing Your Wings
Publication # BU-6364 (2003)
Suggested for Intermediate Level
Members can:
• learn how eggs are formed
• learn how to keep poultry healthy
• select and judge broilers
• make an egg candler and examine an egg

Poultry 3
Flocking Together
Publication # BU-6365 (2001)
Suggested for Advanced Level
Members can:
• manage a small laying flock
• learn to process a chicken

• determine inheritance in chickens
• learn about poultry biotechnology

Helper's Guide for Poultry 1 - 3
Poultry Group Activity Guide
Publication # BU-6366 (1995)
Illinois 4-H Livestock Record
Publication # RA0102

Rabbits
Rabbit 1
What's Happening?
Publication # BU-08080 (2004)
Suggested for Beginner Level
Members can:
• learn how to care for a rabbit
• groom and show a rabbit
• build a nest box

Rabbit 2
Making Tracks
Publication # BU-08081 (2004)
Suggested for Intermediate Level
Members can:
• learn how to select a rabbit
• judge rabbits
• learn about rabbit housing and care

Rabbit 3
All Ears!
Suggested for Advanced Level
Members can:
• learn about genetics and rabbit breeding
• design a rabbitry
• promote and use rabbit products

Helper's Guide for Rabbit 1 - 3
Rabbit Helper's Guide
Publication # BU-08083 (2004)
Illinois 4-H Livestock Record
Publication # RA0102

Robotics
Note: LEGO® MINDSTORM™ NXT kit and software recommended for Robotics 1 and 2. Check local Extension office for kit availability or purchase directly from www.legoeducation.com or call to order at 1-800-362-4308.

Additional resources available at www.4-hcurriculum.org/robotics.aspx

Robotics and You CD (optional)
Publication # CD-08368 (2006)
Available by special order only.

This CD contains information on programming a robot as well as stories and pictures of how robotic technology is used in the world today. The robot programming information consists of short tutorial videos from Robolab Video Trainer. Topics include: motors and timers, point turns, modifiers, loops, light sensors, line tracking, touch sensors, and rotation sensors.

Robotics 1
Robotics Explorer
Publication # BU-08364 (2006)
Suggested for Beginner Levels
Members can:
• design a robot
• program a robot to run a maze

web.extension.uiuc.edu/state4h
• program a robot to accomplish different tasks
• design robot challenge course

Robotics 2
Robotics Probe
Publication # BU-08365 (2006)
Suggested for Intermediate to Advanced Levels
Members can:
• program a robot to accomplish tasks with gripper attachment
• design and program a robot using sensors, gears, or a pulley system
• analyze and interpret data to solve robotic engineering problems

—
Helper's Guide for Robotics 1 - 2
Robotics Helper's Guide
Publication # BU-08366 (2006)

Sheep
Sheep 1
Rams, Lambs, and You
Publication # BU-6367 (2003)
Suggested for Beginner Level
Members can:
• learn about the parts and uses of sheep
• determine the age of sheep by their teeth
• learn how to care for sheep
• show sheep

Showing and Fitting Your First 4-H Lamb, 4-H Manual 145, Clemson University

Sheep 2
Shear Delight
Publication # BU-6368 (2003)
Suggested for Intermediate Level
Members can:
• explore sheep diseases and health problems
• determine lamb yield grades
• learn various care practices such as ear tagging and vaccinating
• deliver a lamb

Sheep 3
Leading the Flock
Publication # BU-6369 (2002)
Suggested for Advanced Level
Members can:
• prepare an operation budget
• learn how to improve a flock
• prepare product marketing plan
• design the ideal sheep

—
Helper's Guide for Sheep 1 - 3
Sheep Group Activity Guide
Publication # BU-6370 (2003)
Illinois 4-H Livestock Record
Publication # RA0102

Small Engines
Small Engines 1
Crank It Up
Publication # BU-08186 (2005)
Suggested for Beginner Level
Members can:
• identify parts of an engine
• learn to identify different oil grades
• do experiments on engine systems
• learn to safely start a small engine

Small Engines 2
Warm It Up
Publication # BU-08187 (2005)
Suggested for Intermediate Level
Members can:
• distinguish between engine types
• learn to use engine specialty tools
• make carburetor adjustments
• prepare lawn mower for storage

Small Engines 3
Tune It Up
Publication # BU-08188 (2005)
Suggested for Advanced Level
Members can:
• learn to identify engine problems by sound
• take engines apart and reassemble
• remove, sharpen, and replace a mower blade
• research starting a mowing service

—
Helper's Guide for Small Engines 1 - 3
Small Engines Helper's Guide
Publication # BU-08189 (2005)

Small Pets
Small Pets 1
Pet Pals
Publication # BU-6359 (2003)
Suggested for Grades 3 - 4
Members can:
• identify hazards for pets
• design a shelter or space for a pet
• learn about a pet’s nutritional needs

Small Pets 2
Scurrying Ahead
Publication # BU-6360 (2002)
Suggested for Grades 5 - 7
Members can:
• learn about a pet’s digestive tract
• invent and design a pet toy
• examine a pet’s health

Small Pets 3
Scaling the Heights
Publication # BU-6361 (2002)
Suggested for Grades 8 - 12
Members can:
• learn about pet photography
• learn to classify animals
• care for newborn animals
• explore careers in pet care

—
Helper's Guide for Small Pets 1 - 3
Pet Group Activity Guide
Publication # BU-6362 (2001)

Swine
Swine 1
The Incredible Pig
Publication # BU-08065 (2004)
Suggested for Beginner Level
Members can:
• learn about swine breeds
• feed and care for a pig
• complete an income and expense budget
• identify pork by-products

■ Swine 2
*Putting the Oink in Pig*
Publication # BU-08066 (2004)
Suggested for Intermediate Level

Members can:
• learn how to select quality pork
• learn how to keep swine healthy
• design a swine operation
• explore the swine industry

■ Swine 3
*Going Whole Hog*
Publication # BU-08067 (2004)
Suggested for Advanced Level

Members can:
• learn about swine genetics and breeding
• practice baby pig management
• design a farrowing facility
• prevent swine diseases

—

*Helper’s Guide for Swine 1 - 3*

*Swine Helper’s Guide*
Publication # BU-08068 (2004)

—

*Illinois 4-H Livestock Record*
Publication # RA0102

---

■ Tractor

■ Tractor A
*Starting Up: Getting to Know Your Tractor*
Publication # 4-H-961 (2005)
Suggested for Beginner Level

Members can:
• learn the parts of a tractor
• learn about tractor maintenance
• learn how to avoid machine hazards

■ Tractor B
*Tractor Operation: Gearing Up for Safety*
Publication # 4-H-962 (2005)
Suggested for Intermediate Level

Members can:
• learn about farm and tractor safety
• learn about different fuels
• learn about an engine cooling system

■ Tractor C
*Moving Out: Learning About Your Tractor and Farm Machinery*
Publication # 4-H-963 (2005)
Suggested for Intermediate to Advanced Level

Members can:
• learn about different oil systems
• learn how to safely connect PTO and hydraulics
• increase their knowledge of farm safety and tractor maintenance

■ Tractor D
*Learning More: Learning More About Agricultural Tractors and Equipment*
Publication # 4-H-964 (2005)
Suggested for Advanced Level

Members can:
• learn about the mechanics and maintenance of an engine
• learn safety with chemicals
• advance their skills in operational systems and equipment

---

■ Veterinary Science

■ Veterinary Science 1
*From Airedales to Zebras*
Publication # BU-08048 (2004)
Suggested for Grades 3 - 5

Members can:
• learn about different animal species
• explain roles animals have in society
• learn about body systems and organs
• understand animal behaviors

■ Veterinary Science 2
*All Systems Go*
Publication # BU-08049 (2004)
Suggested for Grades 6 - 8

Members can:
• complete an animal health record
• learn about animal diseases and how they spread
• learn about animal parasites and their control
• learn about veterinary medicine careers

—

*4-H Individual Projects*

—

*The Illinois Clover, 2009-10*

—

*web.extension.uiuc.edu/state4h*
Veterinary Science 3
On The Cutting Edge
Suggested for Grades 9 - 12
Members can:
• learn about animal reproduction
• explain principles of preventative medicine
• explain how genetics influence breeding
• describe what veterinarians do

Helper's Guide for Veterinary Science 1 - 3
Veterinary Science Helper’s Guide
Publication # BU-08051 (2004)

Available by special order:
The Normal Animal
Publication # 4H 131 (2003)
Suggested for Grades 7 - 12
Animal Disease
Publication # 4H 48 (2004)
Suggested for Grades 7 - 12
Animal Health and Our World: A Self Study Course
Publication # 4H 133
Suggested for Grades 10 - 12

Woodworking
Woodworking 1
Measuring Up
Publication # BU-6875 (2003)
Suggested for Beginner Level
Members can:
• learn basics of woodworking, including measuring and cutting a board
• select and use hand tools
• learn to use a hammer; drive and pull nails
• learn to apply glue and select wood finishes

Woodworking 2
Making the Cut
Publication # BU-6876 (2003)
Suggested for Intermediate Level
Members can:
• learn about wood species
• learn how to select the proper type of wood
• use a combination square, cut on an angle, and sand wood
• build a bird house, letter holder, or foot stool

Woodworking 3
Nailing It Together
Publication # BU-6877 (2002)
Suggested for Intermediate to Advanced Levels
Members can:
• learn about various hinges, clamps, and joints
• learn how to figure angles and stain wood
• learn how to use a T-bevel

Woodworking 4
Finishing Up
Publication # BU-6878 (2002)
Suggested for Advanced Level
Members can:
• use a table saw, router, circular saw, and scroll saw
• expand their capabilities with joining techniques
• experiment with adhesives and chemical wood strippers

Helper's Guide for Woodworking 1 - 4
Woodworking Helper's Guide
Publication # BU-6879 (2002)

Online Project ONLY: projects.4-hcurriculum.org/curriculum/filmmaking
Suggested for Beginner Level
Members can:
• explore filmmaking techniques
• learn about video production
• create a video or film on any topic
• upload a video to share with others

Welding
Welding
Arcs and Sparks (Shielded Metal Arc Welding)
Publication # 4-H 573 (2007)
Suggested for Grades 7 and older
Members can:
• identify welding equipment
• learn about electrodes
• learn basic arc welding skills
• demonstrate appropriate welding skills by making at least two weldments

Video
Filmmaking Studio
Filming Studio & Workshop (2009)

4-H Individual Projects
web.extension.uiuc.edu/state4h
You can check online for dates, registration forms, and details for many 4-H contests and events. Resources and events information available online are labeled with the symbol. Links are provided on the NEW 4-H Website at web.extension.uiuc.edu/state4h. Click on the “Members” button. For project resources, locate your project and scroll down to “Related Resources.” The information you need is usually a click away!

**Aerospace**

**Rocket Launch Event**
4-H members enrolled in Aerospace compete with other members from around the state in rocket spot landing, parachute duration, and launch contests. A rocketry expert works with the members to make it a fun and educational event for youth and their families.

**Beef**

**Livestock Judging**
Members learn the criteria used to select a quality beef animal, rank livestock classes, and participate in local and state judging events.

**Bicycles**

**Project Support**

**Don't Get Stuck: Fix It! Bike Repair Clinic Video**
Publication # BU-7507 (2000)
Contact your local Extension office for loan availability.

**Citizenship**

**Citizenship Washington Focus**
See Special Events and Opportunities section for more information.

**Communications**

**Public Presentations**
Members may participate in local and state events. Public presentations include demonstrations, formal speech, extemporaneous speaking, illustrated speech, oral interpretation, and original works.

**Meat Judging**
Members learn the criteria used to select quality meat products and participate in local and state judging events.

**Quality Assurance and Ethics Training**

**Dairy**

**Dairy Judging**
Members learn the criteria used to select a quality dairy animal, rank dairy classes, and participate in local and state judging events.

**Dairy Quiz Bowl**
Members participate as team members and demonstrate knowledge on dairy related subjects.

**Communications Guide: Formal Speech**
Publication # MB0140a (2003)

**Communications Guide: Illustrated Speech**
Publication # MB0140b (2003)

**Communications Guide: Extempore Speaking**
Publication # MB0140c (2003)

**Communications Guide: Oral Interpretations**
Publication # MB0140d (2003)

**Communications Guide: Original Works**
Publication # MB0140e (2003)

**Communications Guide: Master of Ceremonies**
Publication # MB0141 (2003)

**Project Support**

**Communications Guide: Demonstrations**
Publication # MB0120a (2003)

**Learning About Dairy**
Publication # NCR 593 (1996)
Electricity

Electricity Skillathon Contest
Members demonstrate their knowledge of the efficient use of electricity; care, maintenance, and safety of electrical equipment; and electrical tools found on the farm and in the home.

Project Support
Electricity Exhibit Suggestions
General Judging Criteria for 4-H Electrical Projects

Foods and Nutrition

Food Demonstration Contest
Members share what they have learned with others. Members may demonstrate how to: prepare a food item, use a cooking technique, or cook an unusual food product.

Food Skillathon
Members complete a series of mini-learning stations. The participants rotate from station to station to perform the tasks they have learned from their foods project work.

Forestry

State Forestry Judging Contest
Members compete in four events: tree identification, tree measurement, compass traverse, and tree fruit identification.

Project Support
4-H Forestry Judging Contest Manual

Goats

Quality Assurance and Ethics Training

Horse and Pony

4-H Hippology Contests
Members demonstrate knowledge and understanding of equine science and the practical use of this knowledge and skills.

4-H Horse Bowl
Academic quiz bowl competition for 4-H members to demonstrate knowledge on horse-related subjects.

Horse Judging
Members learn about animal selection, rank horse and pony classes, and compete in judging events.

Illinois 4-H Horse Formal Speech Contest
Members develop self-confidence and public speaking skills by sharing their knowledge on horse-related subjects.

Quality Assurance and Ethics Training

Horticulture

Horticulture Judging Contests
Members learn to judge horticulture crops and practice identifying bulbs, flowers, fruits, herbs, indoor plants, nuts, ornamentals, seeds, shrubs, and vegetables.

Horticulture Public Presentations Contest
Members present a talk or demonstration about horticulture, flower arranging, landscaping, marketing, production, or home use of horticulture practices.

Other Horticulture Contests
- Horticulture Photography
- Experimental Horticulture
- Marketing Contest
- Environmental Beautification
- Gardening
- Plant Propagation

Project Support
Public Presentations
Publication # MB0115 (2000)

Performing Arts

Illinois State Fair 4-H Performance Showcase
One show is presented during the State Fair. Acts may be individual (such as vocal or instrumental solo, dance, magic) or a group act (choir, small instrumental group, short skit). Entries are submitted on video and selected for the State Fair by a theatre director, who directs the stage show.

web.extension.uiuc.edu/state4h
**Poultry**

**Poultry Judging Contests**
Members learn about animal selection, rank classes of poultry, and participate in poultry judging.

**Quality Assurance and Ethics Training**

**Project Support**

*National Poultry Judging Manual*

Contact Ken Koelkebeck at kkoelkeb@illinois.edu

---

**Swine**

**Livestock Judging**
Members learn the criteria used to select a quality animal, rank swine classes, and participate in local and state judging events.

**Meat Judging**
Members learn the criteria used to select quality pork products and participate in local and state judging events.

**Quality Assurance and Ethics Training**

**Tractor**

**Illinois 4-H/FFA State Tractor Operator's Contest**
Members demonstrate their skills in tractor driving, safety, and maintenance. Suggested for ages 14 and older.

---

**Sheep**

**Livestock Judging**
Members learn the criteria used to select a quality animal, rank sheep classes, and participate in local and state judging events.

**Meat Judging**
Members learn the criteria used to select quality meat products and participate in local and state judging events.

**Quality Assurance and Ethics Training**

---

**Welding**

**Welding Skillathon**
Members demonstrate their knowledge of welding: safety and equipment; welding methods and power sources; and weld types and quality. Winners advance to the National 4-H Engineering Challenge.

---

**PROJECT KITS**

Leaders may check out teaching aids. Contact your local Extension office for details about this loan program.

**Advanced Visual Arts SMART Kit**
Provides resources to teach youth (grades 7-12) about elements and principles of design. Kit contains: brushes, paints, drawing kits, block printing ink and equipment, paper, sponges, and paint trays. A small fee may be charged to replace consumable items. Contact your local Extension office to reserve the kit in your region.

**Clothing & Textiles SMART Kit**
Provides resources to teach youth sewing skills for clothing and home décor. Kit contains: irons, pressing cloth, pressing hams, scissors, pinking shears, rotary cutter and mat, dressmaker rulers, five beginner sewing kits, and teaching resources. Contact your local Extension office to reserve the kit in your region.

**Culture Kits**
Suggested for use with the Intercultural project, *Passport to the World*. Kits contain items such as coins, maps, flags, and clothing from a country along with ideas for using the kit with a youth group. Contact your local Extension office for kits available in your region.
**Electricity Kit**
contains basic supplies for simple electricity experiments, including: magnet kit, horseshoe magnet, bar magnet, miniature socket, mini lamps, 2.3V and 6.3V batteries and battery holder, white, red, black and enameled copper wire, paper clips, masking tape, ammeter, tester, and soldering iron. Kits are available through your local Extension office or from a Center Educator.

**Geospatial Kit**
provides resources to teach geographic and geospatial topics to youth of all ages. Items vary but may include mobile GPS (global positioning system) units, field markers, laptops with GIS (geographic information system) software, and other materials related to conducting geocaches and community mapping projects. Contact your local Extension office for resources available in your region.

**Get Up & Move Activity Kit**
contains supplies needed for youth to participate in the Get Up & Move! physical activities. Kits contain: stop watches, tape measure, burlap bags, balloons, cones, assorted balls, whistle, jump ropes, Frisbees, hacky sacks, bandanas, sidewalk chalk, bean bags, tape, and rope.

**Pampered Chef Foods Preparation SMART Kit**
provides resources to teach basic food preparation skills including kitchen safety, nutrition, and cleanliness. Kits contain (for groups of up to 20 youth): mixing bowls, measuring cups and spoons, cookie cutters, knives, spatulas, vegetable peelers, cutting boards, colanders, pastry blenders, oven mitts, towels and food safety thermometers. All items were donated by The Pampered Chef. Contact your local Extension office to reserve the kit in your region.

**Power of the Wind Kit**
contains multimeter, tape measures, wind turbine generators, LED bulbs, and curriculum for Power of the Wind activities. Project introduces engineering design principles using a renewable energy source — wind.

**Robotics Kit**
provides resources to introduce youth of all ages to robotics and computer programming. Lego Mindstorm Robotics materials and software allow youth to design a programmed robot to accomplish different tasks, and to analyze and interpret data to solve robotic engineering problems. Contact your local Extension office for resources available in your region.

**Teen Leadership SMART Kit**
provides resources to teach interpersonal and leadership skills to youth, ages 6-19, in a variety of settings. Kits contain: assorted balls, markers, bandanas, assorted paper, scissors, glue sticks, balloons, and supplies to teach several of the activities in the Step Up to Leadership project.

**Walk in My Shoes Kit**
suggested for use with the Intergenerational project, Walk in My Shoes. Loan kits, including the “immediate-aging” supplies, are available through local Extension offices. Kits must be reserved in advance.

**Wonderwise Kits**
provide resources to teach youth (grades 4-6) about women scientists. Each kit includes a video, activity book, and CD-ROM highlighting a scientist and her work. Contact your local Extension office to reserve the kit in your region.

- **African Plant Explorer** — members discover poisons in everyday foods, examine chemical properties of starch, and follow the world travels of foods.
- **Genetic Counselor** — members take a genetic survey about inherited traits, track different combinations of genes to create the face of a baby, build a gene model, learn about DNA, and read a chromosome chart.
- **Parasite Sleuth** — members create a parasite, make and dissect an Ascaris Worm, solve mysterious diseases by finding problem parasites, and unravel the stages of a developing tapeworm.
- **Pollen Detective** — members dissect a flower to find pollen, analyze a pollen sample to learn about allergies, and dig for ancient pollen in artificial rocks.
- **Rainforest Ecologist** — members construct a sturdy rainforest tree, learn about poisonous frogs, and test the strength and fat content of different types of nuts.
- **Sea Otter Biologist** — members learn how to conduct oil spill investigations, discover how scientists track sea otters, and observe sea otter behavior.
- **Space Geologist** — members explore the earth’s history, make an impact crater and investigate how craters take shape, create strata, and take a core sample.
- **Urban Ecologist** — members learn how to test the health of the environment, predict and test seed travel, and explore the effects of water pollution.
- **Vet Detective** — members explore how to safely interact with animals, learn to make sense of animal behavior, compare animal digestive systems and simulate the process of digesting grass.
Citizenship and Leadership Group or Classroom Projects

The following projects are recommended for classroom or structured group settings. In addition to these, many other 4-H individual projects are adaptable to the classroom.

**Citizenship**

- **Leadership Development through Community Action**
  
  *Leadership Development through Community Action Teacher’s Guide and Notebook of Activity Masters (1999)*
  
  Suggested for Grades 6 - 8

  Through this service-learning curriculum, youth and adults work together to make a difference in the community. The group explores community issues and plans a project to improve the community. The curriculum includes 30 lessons with experiential activities, ideas for reflection, handouts, and visuals.

- **Public Adventures**

  *Youth Adventure Kit*
  
  Publication # MI-7329 (2001)
  
  Suggested for Grades 4 - 12

  Youth can:
  - learn what being an active citizen in a democracy is all about
  - plan and conduct a project that will create change in the community
  - record achievements on a passport and journal personal progress

  *Helper’s Guide for Public Adventures*
  
  *Public Adventures Guide’s Handbook*
  
  Publication # BU-7330 (1999)

  **Service Learning 1**
  
  *Agents of Change*
  
  Publication # BU-08182 (2005), includes Service Learning CD
  
  Suggested for Grades 5 - 8
  
  Youth can:
  - plan and carry out a service project
  - choose a project
  - research a need
  - develop a plan
  - journal personal experiences

  *Service Learning 2*
  
  *Raise Your Voice*
  
  Publication # BU-08183 (2005), includes Service Learning CD
  
  Suggested for Grades 9 - 12

  Youth can:
  - plan and conduct a service project
  - conduct a walk-about to observe needs and assets in a community
  - survey community members about needs
  - identify solutions to meet a specific need
  - journal the experience

  *Helper’s Guide for Service Learning 1 - 2*
  
  *Service Learning Helper’s Guide*
  
  Publication # BU-08184 (2005)

**Exploratory**

- **Exploring 4-H Group Activities**

  *Exploring the Treasures of 4-H: Fun, Friends, & Learning Youth Guide*
  
  Publication # BU-08171 (2005)
  
  Suggested for Grades 2 - 4

  Youth can:
  - learn all about 4-H
  - discover personal interests
  - learn more about their friends and family
  - explore the community
  - enjoy a project hunt

---

web.extension.uiuc.edu/state4h
Helper's Guide for Exploring 4-H Group Activities

Exploring the Treasures of 4-H Helper's Guide
Publication # BU-08172 (2005)

Intercultural

■ Cultural Connections

Cultural Connections Helper's Guide
Publication # MC0550 (2006)
Suggested for Grades 4 - 6
Youth will learn about their own cultures and about similarities and differences that exist among people.
Youth can:
• understand the importance of diversity
• learn how to communicate with others who have different cultural backgrounds
• learn how to react when confronted with stereotypes and prejudices
• participate in a game to learn about foods, clothes, and customs from around the world
• create an action plan to address an issue within the group, club, school, or community

■ Latino Cultural Arts

¡Que Rico! La Cultura Bilingual Helper's Guide
Publication # BU-08180 (2005)
Suggested for Grades K - 8
Youth will discover the Latino culture as they develop an understanding of the Latino people and their traditional art forms.
Youth can:
• learn to appreciate Latino art and expression
• understand visual arts in relation to history and cultures
• make a rain stick, pole puppet, clay pot, piñata, mural, and more
• prepare a Latino recipe

■ Passport to the World

4-H Passport to the World: A Country Study Guide
Publication # MC0510
(Reprinted 2006)
Suggested for Grades 3 - 12
Youth can:
• study a country’s government, agriculture, housing, and industry
• host a person from an area of our country or from another country
• explore different cultures through foods, clothing, housing, music, and crafts

Helper's Guide for Passport to the World
4-H Intercultural Leader's Guide
Publication # LC0502 (1986)

Intercultural Resources
The UI Center for South Asia and Middle Eastern Studies offers resources for 28 countries (fact sheets, festivals, technology, dress and veiling, etc.) where nearly one-fifth of the world’s population is located.
www.csames.uiuc.edu/outreach

Intergenerational

■ Walk in My Shoes

Walk in My Shoes: A 4-H Aging Awareness Project
Publication # ME0170 (1994)
Suggested for Grades 3 - 12
Youth can:
• explore attitudes about aging and older people
• interview an older person
• learn to communicate with an older person
• participate in simulated aging activities

Helper's Guide for Walk in My Shoes
Walk in My Shoes Leader's Guide
Publication # NCR 548 (1994)

Leadership

■ Step Up to Leadership 1

Leadership Mentor Guide for Grades K - 5
Publication # BU-07903 (2003)
Members can:
• identify good qualities in leaders
• practice being a leader
• learn to communicate without talking
• plan, serve, and eat breakfast
• make peace puppets

■ Step Up to Leadership 2
My Leadership Workbook
Publication # BU-07905 (2003)
Suggested for Grades 3 - 5
Youth can:
• explore leadership skills
• learn communication skills
• untangle a human knot

■ Step Up to Leadership 3
My Leadership Journal
Publication # BU-07906 (2003)
Suggested for Grades 6 - 8
Youth can:
• learn about responsibility
• influence others through effective communication
• experience a trust walk and teamwork tightrope

■ Step Up to Leadership 4
My Leadership Portfolio
Publication # BU-07907 (2003)
Suggested for Grades 9 - 12
Youth can:
• learn how to build relationships and partnerships
• identify various leadership styles
• learn to effectively handle an interview

—

Helper’s Guides for Step Up to Leadership
Leadership Mentor Guide for Grades K - 5
Publication # BU-07903 (2003)

Leadership Mentor Guide for Grades 6 - 12
Publication # BU-07904 (2003)

■ What's Leadership?
What's Leadership?
Publication # MC0700 (2007)
Suggested for Grades 3 - 12
This CD contains activities designed to teach the basics of leadership in a group setting for ages 8-12, 13-18, and 8-18. The activities help youth identify and develop skills in seven areas of leadership.
Youth can:
• learn to appreciate themselves
• improve communication skills
• learn how to get along with others
• experience the benefits of learning
• learn good decision making
• learn how to manage time, money, and talents
• learn to effectively work with groups

—

4-H Group Projects

■ Focus on Character
4-H Focus on Character
Publication # LC0400 (2007)
Suggested for Grades 3 - 6
Focus on Character CD provides lessons for 4-H clubs and lessons for youth groups that include the same content without the 4-H references. Both of these versions are available in English and Spanish on this CD. Each set includes a facilitator guide with eight meeting plans for introducing important character traits. The meeting plans were developed around the Josephson Institute of Ethics’ Six Pillars of Character™: Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship. There are also meeting plans for Welcome to Character and Ethical Decision Making.
Each meeting plan gives background information on the lesson topic, a tie between the topic and life skills, roll call ideas, group activities to introduce the topic, recreation suggestions, relationships between the topic and 4-H projects and activities (4-H version only), community service ideas, a challenge, a quotation, a calendar, a family piece to send home, a news release and a newsletter article. Files may be printed for duplication for all teachers at your facility. Support materials include a promotional brochure, an evaluation tool, and character-related ceremonies.

■ Polite is Right
Polite Is Right Helper’s Guide
Publication # LC0361 (1999)
Suggested for Grades K - 5
Youth learn social skills and considerate behavior. Family pages are included to distribute to the
parents each week of the program. Use at the beginning of the school (or 4-H) year when rules are being set and the tone of the group or classroom is being established.

Youth can:
• learn how rules help us
• gain respect for others
• learn social skills, meal-time manners, and good sportsmanship
• review electronic etiquette

Performing Arts

■ Theatre Arts 1

_Play the Role: Theatre Arts Acting Activities_
Suggested for Grades 3 - 12

Youth can:
• express themselves through movement, voice, speech, and characterization
• create and present a play
• do improvisation, pantomime, monologs, and clowning

■ Theatre Arts 2

_Become a Puppeteer: Theatre Arts Puppetry Activities_
Publication # BU-08071 (2004)
Suggested for Grades 3 - 12

Youth can:
• learn about types of puppets
• create a puppet and puppet stage
• create and present a puppet skit
• do puppet therapy

■ Theatre Arts 3

_Set the Stage: Theatre Arts Stagecraft Activities_
Publication # BU-08072 (2004)
Suggested for Grades 3 - 12

Youth can:
• design costumes and stage sets
• create sound effects
• apply makeup for a specific character
• understand the use of lighting

Workforce Preparation

■ WOW! Wild Over Work

Publication # CCS-6880 (1997)
Suggested for Grades K - 6

This material provides several fun activities to help youth identify and develop the skills needed to succeed in the working world.

Youth can:
• explore the work of family members
• learn about work within the community
• interview people about different types of work
• learn about work and products from around the world
• explore work for their future

Visual Arts

■ Arts & Crafts

_A Palette of Fun with Arts & Crafts Helper's Guide_
Publication # BU-07597 (2001)
Suggested for Grades K - 6

Youth can:
• cut paper designs based on traditions from around the world
• create drawings in shades of black and gray
• sculpt with clay and papier-mâché
• design, make, and use block prints
• create paper products from recycled items
• build a box float representing your state
Healthy Living
Group Projects

Food and Nutrition

■ Food Science

Food Science Member's Guide
Publication # ME0335
(Reprinted 1997)
Suggested for Grades 3 - 4
Experiments are the primary activities.
Youth can:
• investigate what happens when liquids and/or solids are mixed together
• find out how oxygen and heat cause foods to change
• test foods and various nutrients
• discover the importance of water in food

Helper's Guide for Food Science
Food Science Leader's Guide
Publication # LE0335
(Reprinted 1997)

■ Sports Nutrition

Sports Nutrition
Publication # ME0350 (1995)
Suggested for Grades 4 - 6
Youth can:
• prepare power snacks
• identify foods that are sources of energy
• explore fitness myths and facts
• learn about activities that improve fitness

Helper's Guide for Sports Nutrition
Sports Nutrition Leader's Guide
Publication # LE0350
(Reprinted 1997)

Health and Fitness

■ Get Up & Move!
Suggested for Grades 3 - 12

Get Up & Move! is a series of resource materials that 4-H clubs or groups can use to learn about physical activity and healthy lifestyles in a fun, interactive way. Youth learn about nutrition and ways to increase physical activity. Each of the three series includes materials intended for monthly meetings:
• A leader activity guide
• Educational activity
• Recipe for a healthy snack
• Parent newsletter
• Family activity
• Community activity
• Additional support materials

A physical activity calendar master is available for each series and includes a chart to track the number of minutes of physical activity completed by youth on a monthly basis.

Print versions of Get Up & Move! Series 1, 2 and 3 may be ordered through a local University of Illinois Extension Office. There are some materials posted on the web that are not included in the print versions. Pictures in the print version are in black and white only.
Science, Engineering, and Technology

4-H Group Projects

Agricultural Science

- **Afterschool Agriculture 1**
  - *Acres of Adventures 1*
  - Publication # BU-08330 (2006)
  - Suggested for Grades 3 - 5
  - **Youth can:**
    - make homegrown play dough
    - make paper from recycled products
    - play the Fruitmaster Strategy Game
    - make a sandwich safe package
    - guess foods using sense of smell, taste, and touch
    - conduct a seed sorting exercise

- **Afterschool Agriculture 2**
  - *Acres of Adventures 2*
  - Publication # BU-08331 (2006)
  - Suggested for Grades 3 - 5
  - **Youth can:**
    - make fruit leather and other snacks
    - get water and oil to stick together

Entomology

- **Scientific Inquiry with Butterflies**
  - *Scientific Inquiry with Butterflies: A Teacher's Guide*
  - Publication # MH0500 (2007)
  - Suggested for Grades 3 - 5
  - Youth will engage in experimental activities about butterflies including raising butterfly larvae in the classroom.
  - **Youth can:**
    - raise painted lady butterflies from larva
    - explore an insect's anatomy
    - examine the four stages of a butterfly's life cycle
    - learn about butterfly survival mechanisms and migration
    - understand butterflies' interaction with the environment

Food Science

- See *Healthy Living: Food and Nutrition*

Geospatial

- **Exploring Spaces, Going Places 1**
  - *Setting Out*
  - Suggested for Beginner Level
  - **Youth can:**
    - learn about geospatial organization
    - use navigation tools such as GPS, compasses, maps, and globes
    - identify locations
    - measure distances

- **Exploring Spaces, Going Places 2**
  - *On the Trail*
  - Suggested for Intermediate Level
  - **Youth can:**
    - collect geographic and geospatial data
    - combine data with geographical positions
    - learn about different types of maps
    - create various maps

- **Exploring Spaces, Going Places 3**
  - *Reaching Your Destination*
  - Suggested for Advanced Level
  - **Youth can:**
    - use and create multilayered data maps
    - understand the association of data with position
    - use multiple data layers to solve problems

---

The Illinois Clover, 2009-10
needed to introduce learners to the world of geospatial concepts, GPS, magnetic compass, maps, and GIS.

**Note**: Check local Extension office for availability of GPS units and access to GIS software.

---

**Poultry**

- **Embryology 1**
  *Hatching Classroom Projects*  
  *Helper's Guide*  
  *Publications* # BU-07595 (2002)  
  *Suggested for Grades 2 - 5*

  **Youth can:**  
  - identify parts of an egg  
  - study embryology by incubating eggs  
  - build candlers and examine fertile eggs  
  - plan and build a brooder box  
  - learn to handle chicks safely

- **Embryology 2**
  *Experiments in Poultry Science*  
  *Helper's Guide*  
  *Publications* # BU-07596 (2001)  
  *Suggested for Grades 6 - 8*

  **Youth can:**  
  - study embryology by incubating eggs  
  - identify parts of an egg and their function  
  - build candlers and examine fertile eggs

---

**Robotics**

- **Project Supplement available by special order:**  
  *Poultry Chick Development Poster*  
  *Publication* # VH-07900 (2002)  
  *Incubation & Embryology*  
  [urbananext.illinois.edu/eggs](urbananext.illinois.edu/eggs)

**Note**: LEGO® MINDSTORM™ NXT kit and software recommended for Robotics 1 and 2.

- **Robotics and You CD (optional)**  
  *Publication* # CD-08368 (2006)  
  *This CD uses short tutorial videos to show how to program a robot and how robotic technology is used in the world today. Topics include: motors and timers, point turns, modifiers, loops, light sensors, line tracking, touch sensors, and rotation sensors.*

---

**Wind Energy**

- **Wind Energy**
  *The Power of the Wind*  
  *Publication* # 08383 (2008)  
  *Suggested for Grades 6 - 8*

  **Members can:**  
  - learn about wind and its uses  
  - design, create, build, and test wind powered devices  
  - investigate wind energy issues  
  - design a device that produces electricity

---

**4-H Group Projects**

- **The Illinois Clover, 2009-10**

---

45
The 4-H Cloverbud program is for youth ages 5-7, as of September 1. Most Cloverbud projects are leader-guided and do not use member books. These projects need minimal reading and writing skills. Some projects do provide manuals and are intended for older Cloverbud members.

Cloverbud Series 1 and 2

These projects contain activities from eight areas: science/technology, expressive arts, healthy lifestyles, environment, personal development, citizenship, consumer/family science, and plants and animals. The program guides have enough activities to use over several years.

Cloverbud Series 1

Cloverbud Program: Curriculum Instructional Materials
Publication # 4H 710 GPM (Reprinted 2003)
Recommended for all new Cloverbud groups

Spanish version available at www.ohio4h.org/youth/cloverbud/handbook/seriesone/esp/frontpage.htm

Cloverbud Series 2

Cloverbud Program: Series 2 Curriculum Instructional Materials
Publication # 4H 711 GPM (2000)
Recommended for all new Cloverbud groups

Helper’s Guide for Cloverbud Series 1 - 2

Illinois 4-H Cloverbud Leader’s Guide
Publication # LE0140 (2005)

Aerospace 1

Pre-Flight
Publication # BU-6842 (2003)
Suggested for Grades 1 - 3

Members can:
• build an edible rocket
• compare birds and airplanes
• identify aerospace careers
• design and make a spacecraft

Helper’s Guides for Aerospace

Flight Crew: Aerospace Group Activity Guide
Publication # BU-6846 (1998)

Launching Youth Aerospace Programs: Community Organizer’s Guide
Publication # BU-6847 (1999)

Arts & Crafts

A Palette of Fun with Arts & Crafts Helper’s Guide
Publication # BU-07597 (2001)
Suggested for Grades K - 6

Members can:
• cut paper designs based on traditions from around the world
• create drawings in shades of black and gray
• sculpt with clay and papier-mâché
• design, make, and use block prints
• create paper products from recycled items
• build a box float

Bicycle 1

Bicycling for Fun
Publication # BU-08334 (2006)
Suggested for Grade 3

Members can:
• identify bike parts
• understand traffic signs
• select safety equipment

Helper’s Guide for Bicycle 1 - 2

Bicycle Helper’s Guide
Publication # BU-08336 (2006)

Embryology 1

Hatching Classroom Projects Helper’s Guide
Publication # BU-07595 (2002)
Suggested for Grades 2 - 5

Members can:
• identify parts of an egg
• incubate eggs
• build candlers and examine eggs
• plan and build a brooder box

Exploring 4-H Group Activities

Exploring the Treasures of 4-H: Fun, Friends, & Learning Youth Guide
Publication # BU-08171 (2005)
Suggested for Grades 2 - 4

Members can:
• learn all about 4-H
• discover personal interests
• learn more about friends and family
• explore the community
• enjoy a project hunt
Exploring Farm Animals

Members can:
- learn about different farm animals
- learn what foods farm animals eat
- learn how to care for farm animals
- learn safe behavior around animals

Health — It’s Your Choice

Members can:
- do a “germ test” for clean hands
- learn about being a good friend
- assemble a first aid kit
- learn about bicycle safety

Latino Cultural Arts

Members can:
- learn to appreciate Latino arts
- understand visual arts, history, and cultures
- make a rain stick, pole puppet, clay pot, piñata, mural, and more
- prepare a Latino recipe

Polite Is Right

Members can:
- learn how rules help us
- gain respect for others
- learn social skills, meal-time manners, and good sportsmanship
- review electronic etiquette

Step Up to Leadership 1

Members can:
- identify good qualities in leaders
- practice being a leader
- learn to communicate without talking
- plan, serve, and eat breakfast
- make peace puppets

Vegetable Gardening A

Members can:
- plan and plant a garden
- grow plants from roots
- make a rain gauge
- learn when to harvest vegetables

Helper’s Guide for Exploring 4-H Group Activities

Exploring the Treasures of 4-H Helper’s Guide
Publication # BU-08172 (2005)

Exploring Farm Animals

Exploring Farm Animals Helper’s Group Activity Guide
Publication # BU-06030 (2001)
Suggested for Grades K - 3

Members can:
- learn about different farm animals
- learn what foods farm animals eat
- learn how to care for farm animals
- learn safe behavior around animals

Health — It’s Your Choice

Exploring Your Body Helper’s Guide
Publication # BU-6857 (1999)

Members can:
- do a “germ test” for clean hands
- learn about being a good friend
- assemble a first aid kit
- learn about bicycle safety

Latino Cultural Arts

¡Que Rico! La Cultura Bilingual Helper’s Guide
Publication # BU-08180 (2005)
Suggested for Grades K - 8

Youth discover Latino culture and develop understanding of the Latino people and their traditional art forms.

Members can:
- learn to appreciate Latino arts
- understand visual arts, history, and cultures
- make a rain stick, pole puppet, clay pot, piñata, mural, and more
- prepare a Latino recipe

Polite Is Right

Polite Is Right Helper’s Guide
Publication # LC0361 (1999)
Suggested for Grades K - 5

Youth learn social skills and considerate behavior. Family pages are included. Use in the beginning of the school (or 4-H) year when rules are set and the tone of the group or classroom is established.

Members can:
- learn how rules help us
- gain respect for others
- learn social skills, meal-time manners, and good sportsmanship
- review electronic etiquette

Step Up to Leadership 1

Leadership Mentor Guide for Grades K - 5
Publication # BU-07903 (2003)

Members can:
- identify good qualities in leaders
- practice being a leader
- learn to communicate without talking
- plan, serve, and eat breakfast
- make peace puppets

Vegetable Gardening A

See Them Sprout
Publication # BU-07162 (2004)
Suggested for Grade 3

Members can:
- plan and plant a garden
- grow plants from roots
- make a rain gauge
- learn when to harvest vegetables

Helper’s Guide for Gardening A - D

Helper’s Guide for Vegetable Gardening
Publication # BU-07166 (2004)

Veterinary Science 1

From Airedales to Zebras
Publication # BU-08048 (2004)
Suggested for Grade 3

Members can:
- learn about different species
- explain roles animals have in society
- learn about body systems and organs
- understand animal behaviors

WOW! Wild Over Work

Wow! Wild Over Work: A Helper’s Guide to Workforce Preparation Activities
Publication # CCS-6880 (1997)
Suggested for Grades K - 6

Members can:
- explore work of family members
- learn about work within the community
- interview people about different types of work
- learn about work and products from around the world

Project Support for All Cloverbud Projects

My 4-H Cloverbud Story Level 1
Publication # R90315 (1999)

My 4-H Cloverbud Story Level 2
Publication # R90316 (1999)

My 4-H Cloverbud Story Level 3
Publication # R90317 (1999)
Recognition for Excellence
Opportunities for 4-H Members

Recognition for Participation

• All 4-H members are recognized at the beginning of the 4-H year with a Membership Card.
• 4-H members receive Certificates of Participation at the conclusion of the 4-H year.
• 4-H Cloverbud members receive a Participation Ribbon once during the 4-H year.
• The Illinois 4-H Alumni Pin is presented to members completing their last year of eligibility for 4-H membership.

Recognition for Progress

To recognize the individual growth and accomplishments of each member, leaders and parents are encouraged to consult with the members to determine what they would like to do and learn — their 4-H goals; provide guidance to determine realistic project goals; and recognize progress members make toward achieving those goals.

Members use project planning guides to record project plans and accomplishments. These forms may be completed online. Select the hand tool option to fill in the blanks. Project Plans are available at web.extension.uiuc.edu/state4h/projects

Planning for My Project Work, for members ages 8-11
Publication # R90311

Illinois Project Plan, for members ages 12-14
Publication # R90312

Illinois Advanced Project Plan, for members ages 15-18
Publication # R90313

Illinois 4-H Clover Challenge Agreement, for members ages 15-18
Publication # 90111

The 4-H Mentor — A Guiding Hand, for members ages 15-18
Publication # 90112

My 4-H Activities, for all members
Publication # R90314

Recognition for Achievement of Standards

An important goal of 4-H is to teach youth life skills that can be used throughout their lives. Members use established standards of excellence as guidelines to determine how well they have learned life skills.

Project Standards

Members may elect to have their 4-H projects evaluated by a judge against individual project standards at a local or county 4-H show, fair, or other exhibit opportunity. Each project is awarded a recognition ribbon. The ribbons signify the following levels of achievement:

Rating | Accomplishment
--- | ---
Blue Award | Project meets standards
Red Award | Project needs some improvement
White Award | Project needs much improvement

Members’ efforts are evaluated by achievement of project standards, not by competing against other youth. Conference judging allows members to practice for competitive projects and to develop life skills.
4-H’ers to receive the judge’s feedback directly and ask questions on how to improve. Premium money may also be awarded for some 4-H exhibit opportunities.

4-H Member Performance Standards of Excellence

Members are recognized for achieving certain performance standards in the Illinois 4-H Program. These awards are presented at the end of the 4-H year to members achieving the standards appropriate for their age group.

Project Achievement Award

8-11 years old
First year — Project Achievement Medal
Additional Years — Certificate

Standards to Achieve:
- Establishes project plans and reports project work to leader. Independent members must present completed Project Plan to local Extension staff.
- Attends at least two-thirds of club meetings (or number determined by the club). Independent members must meet with mentor a minimum of four times during the program year.
- Shares project experiences by giving a presentation or exhibiting project work.

Service Achievement Award

12-14 years old
First Year — Service Achievement Medal
Additional Years — Certificate

Standards to Achieve:
- Fulfills Project Achievement Standards.
- Serves on a committee or holds an office.
- Participates in a community service activity related to member’s project.
- Assists group leaders with a special activity, tour, or program.
- Assists in conducting programs at the county level or beyond.

Leadership Achievement Award

15-18 years old
Age Award
15 Key Ring
16 Sportspack
17 CD/DVD case
18 Umbrella

Standards to Achieve:
- Fulfills Project Achievement Standards.
- Fulfills Service Achievement Standards.
- Participates in one or more learning experiences at the unit, region, or state level.
- Provides leadership for a project, an activity, or for a group.
- Assists in conducting programs at the county level or beyond.

Recognition for Competition

Some 4-H members enjoy the opportunity to compete with peers to determine the “best” project, performance, or achievement. In 4-H competitions, members should be prepared to accept the results of the judge’s decision and appreciate the learning experiences before, during, and after the competition. See Competitive Awards section for more information on competitive events.

Research shows that most children younger than age eight are not ready for competition. They have fragile self-esteem and are developing at different rates. Therefore, Cloverbuds are not eligible for competition or competitive events. Recognition for Cloverbuds is important and should be positive and noncompetitive.

Youth who want to participate in the State 4-H Winner competition for multiple project areas must complete the Illinois 4-H Award Application.

New for 2009-10 is the University of Illinois Extension 4-H Key Award. This state recognition is for older 4-H members who exhibit outstanding 4-H leadership, community service, and service as a mentor. Applicants must be 4-H members, 16-18 years of age by September 1, 2009. Each Extension unit annually may submit a maximum of three applications for award consideration. Each year a maximum of 30 4-H members will receive the UIE 4-H Key Award. Awards are presented at the Illini Summer Academies. Local Extension offices must submit applications to the State 4-H Office, postmarked no later than March 1. Applications are available from your local Extension office or at web.extension.uiuc.edu/state4h/members/recognition_awards.cfm

---

[4-H Award Application (2007)](web.extension.uiuc.edu/state4h/members/recognition_awards.cfm)
The organized club or group is an important part of the 4-H program. Members work and play together while developing life skills. Club recognition can build group unity and pride. It also encourages the club members to grow as they identify and work toward club goals. The Recognition for Excellence program offers award opportunities to clubs and groups for participation, progress toward goals, meeting standards of excellence, and competition between clubs.

Local Extension offices can provide the items listed below for clubs/groups in their unit.

**Recognition for Participation**
- Club Charter recognition to 4-H clubs
- Flag Set for new 4-H clubs

**Recognition for Progress**
- Progress Patch and/or Date Patch for demonstrated progress toward club or group goals.

**Recognition for Achievement of Standards**
- Award of Excellence Patch and/or Date Patch are presented for achieving 11 of the 14 items from the Illinois 4-H Standards of Excellence.

*Illinois 4-H Standards of Excellence for 4-H Groups*  
Publication # 90230

**Recognition for Competition**
- State Award Patches, certificates, and a cash award are presented in each curriculum area to the top 10 clubs or groups in the state based on information provided on the Illinois 4-H Club/Group Report Form.

*Illinois 4-H Club/Group Report Form (2007)*

Club/Group Report Forms are due in the State 4-H Office no later than August 16, 2010.

Note: Awards and Recognition information is revised on a regular basis. Contact your local Extension office for updates.
Competitive Awards

Illinois 4-H members can compete for a variety of awards — cash awards, trips, medals, certificates, plaques, and more. Most competitive awards require a completed application, an interview, recommendation letters, and other information. Members should check with their local Extension office for policies, deadlines, and up-to-date information concerning any of the following awards.

Medals of Honor
Through the generosity of the Illinois 4-H Foundation, Inc., the Illinois 4-H program provides county Medals of Honor in a variety of curriculum and program areas. Any 4-H member may apply for these medals; however, local Extension offices may require special applications to be completed. Local 4-H programs may also provide other awards and/or medals. Medals of Honor are given by local 4-H programs in the following areas:

- Achievement
- Animal Sciences
- Community Involvement & Global Awareness
- Engineering & Technology
- Environment & Natural Resources
- Food, Nutrition & Health
- Home & Family
- Personal Development
- Plants & Soils

Members can receive an award medal only once in a specific award category. Local Extension programs may award County Blue Award Certificates to members who continue to excel in any program area.

A 4-H Alumni medal is also available for local Extension units to recognize outstanding 4-H alumni.

National 4-H Dairy Conference
Each year, the Illinois 4-H Foundation, Inc. and its donors provide two trips to National 4-H Dairy Conference for outstanding 4-H members in the dairy project. National 4-H Dairy Conference is held in late September/early October and coincides with the World Dairy Exposition in Madison, Wisconsin.

To apply for 2010 National 4-H Dairy Conference, members must have completed at least three years working in the 4-H dairy area and must be 15-18 years of age by September 1, 2009. Members must be no older than 18 by January 1, 2010. An Illinois 4-H Award Application must be completed, approved by the local Extension staff, and submitted to state competition. The two members selected for the trip pay a participant fee to attend.

National 4-H Congress
National 4-H Congress is a five-day, educational experience provided by the USDA Cooperative State Research Education and Extension Service. National 4-H Congress is held in Atlanta, Georgia. It begins Friday after Thanksgiving, and concludes the following Tuesday.

County 4-H programs nominate 4-H members to attend National 4-H Congress. Members must complete the Illinois 4-H Award Application and be no younger than 15, nor older than 18, by September 1, 2009 to compete for the 2010 trips. Finalists must participate in a 4-H interview.

Applications are due to the state in early January 2010. Interviews will be conducted in Spring 2010, with final selections made by mid-June.

Specific deadlines will be provided to local Extension offices in 2009.

Categories for State 4-H Award Winners:
- Achievement — 10 awards/trips
- Animal Sciences — 4 awards/trips
- Community Involvement & Global Awareness — 1 award/trip
- Engineering & Technology — 2 awards/trips
- Environment & Natural Resources — 1 award/trip
- Food, Nutrition & Health — 4 awards/trips
- Home & Family — 2 awards/trips
- Personal Development — 5 awards/trips
- Plants & Soils — 1 award/trip

The number of trips awarded in any area is subject to change.

4-H Premier LCP Awards
Sponsored by Illinois Farm Bureau and Affiliates
The Illinois Farm Bureau, GROWMARK, Inc., Country Financial Services, IAA Credit Union, and Prairie Farms Dairy provide two levels of awards for 4-H members excelling in the areas of leadership, citizenship, and professionalism (LCP). Ten 4-H members are invited to attend a two-day Farm Bureau and Affiliates Young Leaders Conference in April. The top five 4-H members will be recognized with special plaques at the 2010 Illini Summer Academies.

Each county can annually submit two applicants. Applicants must be juniors or seniors in high school or freshmen in college (or equivalent). An application is required, along with letters of recommendation. Applications are available from local Extension offices in early fall and are due to the Illinois Farm Bureau by December 15 of each year.

web.extension.uiuc.edu/state4h

The Illinois Clover, 2009-10
State Project & Award Areas

**Achievement**
Includes all 4-H project work, leadership, and community service during the member’s 4-H career.

**Animal Science**
Includes Beef, Cat, Dairy, Dog, Goat, Horse & Pony, Poultry, Rabbit, Sheep, Small Pets, Swine, Veterinary Science, and any related county projects.

**Community Involvement & Global Awareness**
Includes Citizenship, Intercultural, Service Learning, and any related county projects.

**Dairy**
Includes Dairy Cattle, Dairy Foods, Dairy Goats, and any related county projects.

**Engineering & Technology**
Includes Aerospace, Bicycle, Computer Science, Electricity, Geospatial, Robotics, Safety (all areas), Small Engines, Tractor, Welding, Woodworking, and any related county projects.

**Environment & Natural Resources**
Includes Camping & Outdoor Living, Entomology, Forestry, Geology, Natural Resources, Sportsfishing, Wildlife, and any related county projects.

**Food, Nutrition & Health**
Includes all Foods & Nutrition projects, Health (Physical and Mental), and any related county projects.

**Home & Family**
Includes Child Development, Consumer Education, Entrepreneurship, Intergenerational, Interior Design, Sewing & Textiles, and any related county projects.

**Personal Development**
Includes Communication, Leadership, Photography, Theater Arts, Visual Arts, and any related county projects.

**Plants & Soils**
Includes, Crops, Floriculture, Horticulture, Plant & Soil Science, and any related county projects.

[web.extension.uiuc.edu/state4h]
Any 4-H member, regardless of race, color, religion, gender, national origin, ancestry, marital status, familial status, sexual orientation, or disability may compete in county and state 4-H award programs providing they meet the eligibility requirements. This includes all 4-H youth enrolled in community clubs, special interest groups, EFNEP groups, school enrichment programs, etc.

**County Award Policies**
- Counties may determine selection criteria, policies, and procedures for local awards, as long as those procedures and policies do not violate Illinois 4-H policy.
- Candidates may receive a state-provided award medal only once in a specific award category. Continued success in any curriculum area may allow the member to be presented a County Blue Award Certificate.
- To eliminate any potential conflict of interest or appearance of impropriety, all county 4-H Award Selection Committees should be comprised of individuals who have no personal ties* to any of the award applicants.

**State Award Policies**
Candidates for state award consideration must
- Be between 15 and 18 (inclusive) years of age at the time of their enrollment (September 1, 2009).
- Complete a minimum of one year in the 4-H program, including the current 4-H year.
- Be currently enrolled in 4-H at the time the application is submitted for state recognition (Jan. 2010).

If award applications are being submitted in a specific award area, the member must be currently enrolled in a project or activity area in that award area. Members may attend National 4-H Congress at age 19 or 20, even though they may be a 4-H alumni at the time of the event. National 4-H Dairy Conference applicants must be no more than 18 years of age as of January 1, 2010.
- Complete the Illinois 4-H Award Application and submit it to the local Extension office for review. The application must be reviewed and verified by an Extension staff member (salaried or designated volunteer) in the unit making the nomination and submitted by the Extension staff for nomination to the State 4-H Award Selection Committee.
- Adhere to instructions provided in each of those applications, including maximum number of pages, size of type, etc.
- Members may use one Illinois 4-H Award Application to compete in several different award areas; however, a different 4-H Story is needed for each different area in which the member competes.
- Members may attend National 4-H Congress or National 4-H Dairy Conference only once; however, a member may accept both award trips during the same year.
- State 4-H Blue Award Winners, who have not previously attended National 4-H Congress, may attend the event at their own expense (registration, travel, meals, and hotel). Youth interested in this option must meet all state and national deadlines for registration. They will be a part of the Illinois 4-H delegation and therefore will be subject to the same requirements, conduct codes, etc.
- Any 4-H member, who has attended National 4-H Congress or National 4-H Dairy Conference (as a state winner or at own expense), is not eligible to apply for the same trip again. However, they are eligible to apply for State 4-H Blue Award Winner status by marking the appropriate box on the Illinois 4-H Award Application and submitting an updated Summary of Accomplishments.
- As a means of ensuring individual rights to participate and/or resolve irregularities in the selection process, the Director of 4-H and his/her designee reserve the right to submit a candidate’s award application directly to the State 4-H Award Selection Committee in an “at-large” category.
- To eliminate any potential conflict of interest or appearance of impropriety, members of the State 4-H Award Selection Committee must not have any personal ties* to any of the award applicants.

*Personal ties are defined as immediate family members as determined by blood, marriage, or step-relationship (step-parent, guardian, sibling, aunt/uncle, grandparent, etc.). A leader of the award candidate’s 4-H club/group or independent study mentor would also be defined as a personal tie.
Volunteer Opportunities

University of Illinois Extension 4-H Youth Development takes great pride in the quality of its adult leadership. Being a registered volunteer in the 4-H youth development program is a privilege, not a right. The quality of the 4-H program and safety of our youth members requires that the selection of volunteers be taken seriously and that our organization works to recruit the best possible volunteers.

Volunteers Needed in 4-H

Volunteers are the backbone of the 4-H program. They are the organizers, teachers, and counselors who make the program available to youth. Utilizing volunteers effectively can ensure the success of the local program. Positive youth development research shows the importance of caring adults in the lives of young people. Contact your local Extension office for details about the following volunteer opportunities or access the information on the county Extension webpage. Resources that are available on the web are labeled with W.

Club/Group Volunteers

The formal roles volunteers fill at the local level fall into three general categories: organizational leaders, project leaders, and activity leaders. Organizational leaders provide overall leadership to club or group organization, overseeing the structure and operation, and serving as the club's/group's contact with Extension staff and county/unit volunteers. They involve and coordinate activities of other volunteers who support the club/group. Project and activity leaders help members plan and conduct projects and group activities.

Volunteers can help with tasks that take place throughout the year and with tasks that can be completed in a short time period. There are volunteer roles working directly with 4-H members and others that support the club behind the scenes. The most successful clubs/groups encourage each member's family to take on volunteer roles, each contributing what he/she can.

County Volunteers

At the county level, the 4-H program needs volunteers to give guidance to policy and priority setting in administrative roles, to conduct or assist with county-level events, and to provide leadership to program expansion and promotion.

State Volunteers

At the state level, volunteers are needed for a variety of events and activities as well as to serve on planning and advisory committees such as the Illini Summer Academies Planning Committee, State Fair Junior Department Advisory Committee, and as chaperones for state events.

Volunteer Placement

Volunteer Application Process

Staff in local Extension offices will assist new and potential volunteers with the volunteer application process. The procedures for becoming an Illinois 4-H youth development volunteer are as follows:

➤ Prospective volunteer completes and submits an Extension Volunteer Application to the Extension office.

➤ Information is requested from three references provided by the potential volunteer — one personal character, one work-related, and one family member reference.

➤ Extension staff or designee conducts an interview with the prospective volunteer.

➤ Prospective volunteer completes the Authorization for Background Check Form. This is done through the Illinois Department of Child and Family Services (DCFS) Child Abuse and Neglect Tracking System (CANTS).

➤ Prospective volunteer completes the Conviction Information Name Check Request Form. This is processed through the Illinois State Police.

➤ The name of the prospective volunteer is checked against the Registered Sex Offenders List, which is on a State of Illinois website.
For volunteers who intend to drive youth as part of their role, verification of a valid driver's license and proof of auto liability insurance must be provided annually. Drivers must be at least 21 years of age.

Prospective volunteers will be informed of the decision of their application. Once a prospective volunteer has been accepted, he/she can be enrolled as a 4-H volunteer through the 4-H enrollment system at the local Extension office. He/she must complete a 4-H Individual Enrollment Form on an annual basis. Rescreening of all volunteers occurs on a five-year rotation.

Once 4-H volunteers are fully screened, approved, and enrolled as volunteers, they will be covered by the University of Illinois liability insurance coverage. This is an excess policy meaning that coverage applies after all other available insurance has been exhausted.

Resources found on the Illinois 4-H website:

Extension Volunteer Application, Publication # 90109 (2003)

Extension Volunteer Application, (Spanish) Publication # 90109S (2003)

CANTS Check Authorization Form

Conviction Information Name Check Request Form

4-H Individual Enrollment Form, (2005)

Volunteer Role Descriptions

A variety of 4-H volunteer role descriptions are available on the Illinois 4-H website. This includes volunteer roles for club, county, and state programs as well as Cloverbud, camp, and afterschool programs. If you are looking for a new volunteer opportunity or ideas to involve others in the program, check out these samples on the web or contact your local Extension office.

Volunteer Policies

♦ Volunteer Selection: All volunteers who work directly with youth in Extension programs are required to complete full background checks as part of the volunteer selection process.

♦ Volunteer Appointment: University of Illinois Extension County Directors or their designees may appoint volunteers to positions of program responsibility. Volunteers may be reassigned at the discretion of the County Director.

♦ Volunteer Behavior Guidelines: All volunteers who work directly with youth in Extension programs are expected to read, sign, and abide by the Volunteer Behavior Guidelines.

♦ Volunteer Protection: An adult volunteer may not share a room with an individual youth at a 4-H event.

♦ Volunteer Felony Charges: A volunteer charged with a felony but not yet convicted will be removed from active 4-H leadership ranks and be placed on “inactive” status. Upon resolution of the felony matter, the individual may request his/her volunteer appointment be restored to “active” status. The County Director, in consultation will determine whether the volunteer’s appointment should be restored based on the known risks at that time. If the felony charges are related to crimes that present risk to the safety of youth, the individual may be further restricted to no contact with 4-H youth.

♦ Volunteer Guidelines Leading to Termination: Policies are provided to ensure a safe and successful experience for 4-H participants, their families, and the volunteers who work with them. Failure to comply with any of the University of Illinois Extension volunteer policies may constitute reason for dismissal. Other conduct that undermines the mission and goals of the 4-H youth development program may also be reason for dismissal.

Volunteer Behavior Guidelines

All volunteers who work directly with youth in Extension programs are expected to read, sign, and abide by the Volunteer Behavior Guidelines. In addition, they are expected to follow the Child Safety Recommendations and Housing Recommendations. The Child Safety and Housing Recommendations are available on the Illinois 4-H website.

The following behavior guidelines are expected of volunteers working in University of Illinois Extension 4-H youth development programs.

➤ Treat others in a courteous, respectful manner demonstrating behaviors appropriate to a positive role model for youth.

➤ Obey the laws of the locality, state, and nation and University of Illinois Extension policies and guidelines.

➤ Make all reasonable effort to ensure that 4-H youth development programs are accessible to youth without regard to race, color, religion, gender, national origin, ancestry, marital status, familial status, sexual orientation, or disability.

➤ Recognize that verbal and/or physical abuse and/or neglect of youth is unacceptable in 4-H youth development programs and report suspected abuse to the authorities.

➤ Neither participate in nor condone neglect or abuse inflicted upon 4-H participants outside the program, and report suspected abuse to the authorities.

➤ Treat animals humanely and teach 4-H youth to provide appropriate animal care.
Operate motor vehicles (including machines or equipment) in a safe and reliable manner when working with 4-H youth. Adults must possess a valid operator’s license and legally required insurance coverage.

Do not consume alcohol or illegal substances while responsible for youth in 4-H activities nor allow 4-H youth participants under supervision to do so.

Resources found on the Illinois 4-H website:
- Volunteer Behavior Guidelines
- Child Safety Recommendations
- Housing Recommendations

Volunteer Orientation

Orientation for all volunteers is critical. Orientation familiarizes the volunteer with Extension and 4-H, and increases their awareness and understanding of the specific expectations and responsibilities of the volunteer role. Orientation will prepare volunteers for beginning their new roles.

4-H Volunteer Orientation

All new volunteers are expected to participate in the 4-H Volunteer Orientation Session. This can be done in a group setting at the county level, one-on-one with an experienced leader, or at www.urbanext.uiuc.edu/4horientation

A face-to-face meeting with Extension staff and a tour of the Extension office are also recommended. A number of informational items including role descriptions and a 4-H glossary may be shared at this session.

Child Protection Orientation

New volunteers may also participate in the Child Protection orientation session titled “A 4-H Pledge — Keeping Youth Safe” which helps volunteers understand child abuse and neglect, how to recognize and report abuse and neglect, and reviews the Child Safety and Housing Recommendations for the 4-H program. This session typically lasts 45 minutes.

4-H Overnight Chaperone Orientation

Chaperones at all levels must complete the Illinois 4-H volunteer application process and complete the 4-H Overnight Chaperone Orientation.

web.extension.uiuc.edu/4hchaperone

4-H Cloverbud Orientation

All new 4-H Cloverbud volunteers are encouraged to attend the 4-H Cloverbud Orientation. This will include an overview of the philosophy and objectives of the 4-H Cloverbud program, developmental characteristics of youth ages 5-7, 4-H Cloverbud curriculum, program management, and volunteer management.

4-H Volunteer Orientation Series

Are you a new volunteer eager to learn more about 4-H and Extension? Are you a second or third year leader ready to expand your 4-H club opportunities for your members? Join the VALUED (Volunteers And Leaders United in Educational Discovery) Volunteer program! More tenured volunteers are welcome too!

The 4-H VALUED Volunteer Orientation Program is offered statewide annually. Orientation includes six hours of instruction. Topics are:
- 4-H volunteer roles
- Positive youth development
- Club organization
- Club program planning
- Communications
- Experiential learning

A variety of formats are used for this educational series including face-to-face meetings, fact sheets, discussion guides, self-study packets, web-based learning, and telephone conferencing sessions. 4-H volunteers are asked to enroll in this series and commit to attending the six hours of educational sessions during the 4-H year. Those who complete the series receive special recognition.

If you are interested in participating in the VALUED Volunteer Orientation Program Series contact your local Extension office or Sheri Seibold at sseibold@illinois.edu in early fall. All new volunteers are welcome to participate in the series.

Letters to New Leaders Series

This is a set of print materials to go along with the Letters for New Leaders Video and the Welcome to the World of 4-H DVD Series. The videos and/or DVD are available on a loan basis from many local Extension offices.

The “print” letters are available on the Illinois 4-H website. Topics include:
- What is 4-H?
- Starting a Club
• Planning and Conducting Meetings
• Leadership and Teaching Techniques
• 4-H Activities
• Opportunities for 4-H Leaders

Resources from the local Extension office:
A 4-H Pledge — Keeping Youth Safe
Video/DVD — available for viewing
at the local Extension office
4-H Cloverbud Orientation Video —
available for viewing at the local
Extension office

Volunteer Training

Volunteer training is essential so that
volunteers not only understand the
expectations of their role but also
have the skills, competencies, and
information necessary to be
successful. 4-H offers a variety of
training opportunities at the county,
multi-county, state, and regional
levels.

VALUED Volunteer Training Series
A new advanced training series is
now available statewide for more
experienced 4-H volunteers. The
series includes the topics of
• Ages and Stages of Youth Development
• Behavior Management
• Involving Families in 4-H
• Making Meetings Fun
• Parliamentary Procedure
• Public Presentations
• Risk Management
• Working with Officers and Committees

If you are interested in participating
in the VALUED Volunteer Training Series
contact your local Extension office or Sheri Seibold at
sseibold@illinois.edu in early fall.
More experienced or tenured
volunteers are encouraged to
participate in this series.

Other Training Topics
A variety of training topics is
available through the local Extension
office. Some of these include:
• Goal Centered Learning
• I Move…Making Meetings Fun and Effective
• Working with Youth Leaders

Online Training

4-H Community Service
This website assists 4-H volunteers
in planning, implementing, and
evaluating community service
projects for their 4-H clubs. This can
be found at
urbanext.illinois.edu/commservice

4-H Program Planning
This online resource provides the
4-H program planning tools for 4-H
clubs to develop their own yearly 4-H
program plans. This can be found at
www.urbanext.uiuc.edu/4hplanning

Working with Committees
This website contains fact sheets,
role descriptions, worksheets, and
additional resources to assist
volunteers and 4-H members in
developing effective committees
within their clubs. Available at
www.urbanext.uiuc.edu/committees

North Central Region Volunteer Forum
The North Central Region Volunteer Forum is held each year in the fall
and offers workshops, speakers,
entertainment, networking, and idea
sharing among volunteers. The forum rotates among the twelve
states in the North Central Region.

Contact your local Extension office
for dates, location, and registration
information. The forum is open to all
4-H volunteers.
4h.unl.edu/volunteers/forum.htm

Resources found on the Illinois 4-H website:

4-H Leadership Development Inventories are available for
volunteers to assess their own
training needs. These should be
shared with Extension staff to help
determine training needs in your
local area.

Cloverbud Leader Inventories
Mentor Leader Inventories
Organizational Leader Inventories
“Project Leader” Curriculum Inventories
Assessment of Project Content Training Needs for 4-H Project Leader Inventories
Unit Key Leader Inventories

Volunteer Support

Club Meeting Resources
Several resources are available to
help volunteers plan and carry out
club meetings and activities.

Helping You Help Officers and Committees
Publication # 90410 (2006), Order
one per club
• Guides for each club officer
  (president, vice-president,
  secretary, treasurer, reporter, and
  recreation leader)
• Guide sheets for helping officers
  plan and conduct meetings

The Illinois Clover
Publication # M90301 (2009)
• Provides an overview of Illinois
  4-H events, opportunities, and
  projects
• Outlines information on project experiences, learning activities, and resources
• Includes information and resources for volunteers

**Secretary’s Record Book**
Publication # 90402 (2008)
• Suggested constitution for 4-H clubs
• List of members, leaders, and officers of club
• Record of minutes of meetings held

**Treasurer’s Record Book**
Publication # 90403 (2008)
• Record of club finances
• Inventory of 4-H club possessions
• Club audit procedures

### Additional Resources found on the Illinois 4-H Website:
- 4-H Club Information Form
- 4-H Club Officer and Committee Form
- 4-H Club Program Schedule
- 4-H Club Progress Goals

### Leader Resources

**4-H Parent Handbook**
Publication # L90320 (2007)
• Should be provided to all new 4-H families upon enrolling
• Provides space to enter local and county information
• Provides a role description for parents
• Includes facts about 4-H, projects, and activities
• Includes a 4-H glossary of common terms

**4-H Frequently Asked Questions Brochure**
Online brochure that answers many of the most frequently asked questions about 4-H. This is a handy reference piece for new or interested 4-H families and volunteers. Available at www.urbanext.uiuc.edu/4H/faq.html

### Getting Started as a 4-H Project Leader
Publication # L90530 (1991)
• Learn the role of a project leader
• Gain ideas for project meetings and workshops

**Illinois Leader**
The Illinois Leader is a bimonthly newsletter from the State 4-H Office that is sent to local Extension offices to distribute to 4-H volunteers. It is also posted on the Illinois 4-H website.

### A Valuable Partnership: Volunteers and the 4-H Youth Program
Publication # L90540 (1999)
• Expectations volunteers may have of the Illinois 4-H youth programs and expectations the program has of its volunteers
• Mission of Illinois 4-H youth programs
• Behavior guidelines


### Member Resources

#### Welcome to 4-H: An Introduction to 4-H (M90310)
• Introduces new members to several 4-H projects
• New members do a mini-project, make a 4-H friend, learn about their 4-H club, and involve their family in 4-H
• Give to 4-Hers when they enroll to finish within the first three months

### 4-H Big Friend (L90310)
• Designed for 4-H members who have completed 2+ years and are willing to help a new member
• Provides information and support for a new 4-Her throughout the year

### Recognition Resources

**Illinois 4-H Recognition for Excellence Leader’s Guide**
Publication # L90240 (2008)
• Explanation of four components of the Illinois Recognition for Excellence program: participation, progress toward goals, standards of excellence, and peer competition
• Types of recognition available, ideas for local recognition, and sample ideas for club and individual goals
• Master copy of a Recognition for Excellence order form that leaders may use to order recognition supplies

**Illinois 4-H Standards of Excellence for 4-H Groups**
Publication # 90230 (2001)
• Checklist of club standards
• Checklist to complete and submit to local Extension office

**Illinois 4-H Club/Group Report Form**
Publication # 90231 (2007)
• Award applications for state recognition in curriculum areas
• Application to complete and submit to local Extension office for award consideration

**Illinois 4-H Award Application**
Publication # 90221
• Award application for state
Risk Management

Resources

- Equine Forms
  4-H Horse: Info for Equine Events Warning Sign
  4-H Horse: Permission to Participate
- Insurance Forms
  Certificate of Insurance Request Form
  Liability Insurance Applications for Horse Gaming and Jumping Events
- Medical Forms
  Adult Medical Form
  Youth Medical Form
  Youth Medical Form - Spanish
- Other Information
  Child Safety Recommendations
  Overnight Housing Recommendations
- Other Forms
  4-H Activity/Event Planning Checklist
  Behavior Guidelines
  Code of Conduct for 4-H Events and Activities
  Incident/Accident Investigation
  Informed Consent/Parental Release
  Risk Management Plan Template
  Sample: Cloverbud
  Sample: Community Service Project
  Youth Description for 4-H Trips

Helping Leaders Be 4-H Savvy

The following series of fact sheets provide additional support for 4-H volunteers. These can all be found at www.urbanext.uiuc.edu/4hfacts

- Becoming a 4-H Youth Development Volunteer
  University of Illinois Extension takes great pride in the quality of its adult leadership. Being a registered volunteer in the 4-H youth development program is a privilege, not a right.

- Positive Youth Development Through 4-H Community Clubs
  In recent years, there has been considerable research conducted to identify the characteristics of effective programs for positive youth development.

- Suggested 4-H Club Constitution and Bylaws
  Sample constitution and bylaws for a 4-H club.

- The 4-H Club Business Meeting
  At the beginning of the 4-H year it is a ritual to elect club officers and plan a club program for the year. It is important for officers to learn about their roles and duties, and for all members to assume their responsibilities to the club.

- Junior Leader Responsibilities
  Junior leadership gives members a chance to help others and to grow and develop their own leadership skills. There is no "magic" age for a junior leader, but he/she should be respected by the other members, demonstrated some success in project work, or expressed an interest in helping the club and other members.

- Project Selection by 4-H Members
  *The Illinois Clover*

- Setting Project Goals
  Now that 4-H members have selected their projects and will soon be receiving their project manuals, it is time to begin to set project goals. Members should receive one program planning goal sheet for each project in which they enroll. These may be obtained from the local Extension office or online.

- Project Completion and Evaluation
  Project completion and evaluation are two areas in 4-H project work that can be neglected. Parents and project leaders often get off to a good start helping members select projects, set goals, and begin to do some project work. This fact sheet offers tips in helping to finish projects and evaluate results.

- Preparing for 4-H Fair/Show Exhibits
  4-H fairs or shows are often the highlight of the 4-H year. From a youth development perspective, fairs allow 4-H members to display projects and to participate in educational experiences critiqued by an adult expert.

- Public Presentations
  One of the greatest fears identified by many people is that of speaking in front of others! 4-H members can develop their communications skills through public presentations.

Helping You Help Youth Fact Sheet Series

The following series of fact sheets provide support for volunteer leaders.

- Introduction to 4-H
  Publication # L90501a (2002)
  - Objectives and purposes of 4-H
  - Life skills developed
  - Ways youth can participate in 4-H
  - Early history
  - Pledge, motto, colors, and emblems

- 4-H Volunteer Leaders
  Publication # L90501b (1999)
  - Involve volunteers in clubs
  - Organization, project, and activity leaders
Organizing a New 4-H Club
Publication # L90501c (2002)
- Contact potential members
- Recruit leaders

Working with Boys and Girls
Publication # L90501d (2007)
- Identify physical, mental, social, emotional, and vocational characteristics of youth at various ages (middle childhood, late childhood, early adolescence, and adolescence)

Projects and Activities
Publication # L90501e (2002)
- Role description for 4-H project leader
- Role description for 4-H activity leader

Helping 4-H Members Select Projects, Set Goals, & Evaluate Experiences
Publication # L90501h (2003)
- Guide to helping 4-H members assess their interests, set personal goals, choose projects, and evaluate the year’s experience

Communicating with Youth
Publication # L90501i (2007)
- Listen to youth
- Observe nonverbal cues
- Help youth make decisions

Working with Club Officers and Committees
Publication # L90501j (2006)
- Elect club officers
- Help officers carry out their responsibilities
- Make 4-H meetings effective

Understand Their Own Culture and Appreciate Other Cultures
Publication # L90501k (2004)
- Learn about their own culture
- Bring a multi-cultural perspective to youth
- Include activities to help youth appreciate other cultures

Transitioning 4-H Cloverbuds to the 4-H Community Club Program
Publication # L90501l (2005)
- Club and county transition suggestions
- Introduction with older 4-H members and groups
- Involve parents

Avoiding a Can of Worms: Risk Management for 4-H Clubs/Groups
Publication # L90501m (2004)
- Define risk management
- Identify and analyze risks
- Plan for safe activities

Enhance Social and Emotional Development (SED)
Publication # L90501n (2006)
- Learn about SED and why it’s important
- Explanation of how 4-H supports SED
- Suggestions for promoting SED

Involve Caring Adults in 4-H
Publication # L90501o (2007)
- Learn about benefits to members, parents, and the 4-H program
- Parental support
- Parenting styles

Build Character
Publication # L90501p (2008)
- Learn the importance of building positive character skills
- Learn what volunteers can do to teach character skills
- Learn how to incorporate character building into club activities

Positive Youth Development
Positive Youth Development (PYD) Lesson Plans are designed for use in a club/group setting to strengthen each of the eight critical elements. Eight fact sheets provide questions related to each critical element and suggestions for implementation in clubs.

Get Up & Move! is a series of innovative resource materials clubs can use to incorporate physical activity and learn about healthy lifestyles in a fun, interactive way. Youth learn about nutrition and suggestions to increase physical activity.

4-H Focus on Character is a series of eight lessons intended for 4-H clubs covering the character traits of trustworthiness, respect, responsibility, fairness, caring, and citizenship. Materials may be ordered through the Extension office.

Volunteer Recognition
Local Extension offices offer a variety of recognition events and strategies to recognize 4-H volunteers. Listed below are two state recognition programs.

Salute to Excellence Program
National 4-H Council in conjunction with the Monsanto Company offers the Salute to Excellence Program. Each year, state 4-H programs are invited to nominate outstanding individual volunteers, one in each of two categories:

The Lifetime Volunteer Award is given to an individual who has spent ten or more years volunteering for 4-H.

The Volunteer of the Year Award is given to an individual who has volunteered for 4-H less than ten years.

Recipients of the 4-H Salute to Excellence Volunteer Recognition Awards are chosen from nominees.
submitted by state 4-H offices. For more information on this program visit the Illinois 4-H website.

**VALUED Volunteer Recognition**
Illinois 4-H offers recognition to volunteers who complete the VALUED Volunteer Orientation and VALUED Volunteer Training Series. Participants receive a recognition item and special acknowledgement at the Illinois State Fair.

**Cloverbud Volunteer Resources**
These following resources for Cloverbud Volunteers are available at web.extension.uiuc.edu/state4h/cloverbuds

*Illinois 4-H Cloverbud Leader’s Guide*
Publication #LEO140 (2005)
Includes an overview of the developmental characteristics of youth, volunteer management, using Cloverbud curricula, program management, and resources. This resource should be shared as part of the 4-H Cloverbud Orientation session.

*Helping You Help Youth Transition 4-H Cloverbuds to the 4-H Community Club Program*
Publication #L905011 (2005)
- Club and county transition suggestions
- Introduction with older 4-H members and groups
- Parent involvement

**4-H Cloverbud Program Management**
4-H Cloverbud Program Management: Policy Notes
4-H Pledge Poster
Cloverbud Certificates (Additional)
Cloverbud Graduation Ceremony
Cloverbud Graduation Certificate
Cloverbud Graduation Diploma
Cloverbud Parent Brochure
Envelope Stuffers
Helping You Help Youth: Transitioning 4-H Cloverbuds
Meetings 1, 2
My 4-H Cloverbud Story Level 1
(R90315)
My 4-H Cloverbud Story Level 2
(R90316)
My 4-H Cloverbud Story Level 3
(R90317)

**Cloverbud Publications**
Cloverbud Participation Ribbon, Publication #W90111
Cloverbud Brochure, Publication #L91141 (2004)
Cloverbud Volunteer Brochure, Publication #LE0125B (2005)
Cloverbud Parent Brochure, Publication #LE0125A

**4-H Cloverbud Curricula**
Ohio State University: Series I and II Contents List
The Perfect Gift - Ohio State University, Jefferson County
Yea! 4-H - Texas Cooperative Extension Service

**Leadership Development Inventory**
Cloverbud Leader Volunteer Training Matrix/Resources

**Cloverbud Role Descriptions**
4-H Cloverbud Advisory Committee Role Description
4-H Cloverbud Organizational Leader Role Description
4-H Cloverbud Parent Role — Recognition Chair Role Description
4-H Cloverbud Parent Role — Snack Chair Role Description
4-H Cloverbud Parent Role Description
4-H Cloverbud Project Leader Role Description
Cloverbud Activities Coordinator Role Description

**Additional Resources**
Children's Museum List

---

**4-H Cloverbud Volunteer Management**
Families are important to 4-H Cloverbuds
Parent Interest Survey

**Cloverbud Newsletter**
Ohio 4-H Cloverbud Connection
This quarterly newsletter provides a blend of education, activities, and fun to build and challenge Cloverbud volunteers. For use with Ohio State University Cloverbud Curriculum Series 1 and 2. Available at cloverbudconnections.osu.edu

---

web.extension.uiuc.edu/state4h
Thank You
to the individuals, organizations & companies
that invest in 4-H youth through their gifts
to the Illinois 4-H Foundation

2009–2010 Illinois 4-H Foundation Board of Directors

Executive Chair
Ken Ropp
McLean County

Vice Chair, Marketing & Communications
Mark Sturgell
Macon County

Vice Chair, Board Development
A. Kraig Krause
Mason County

Vice Chair, Fundraising
Richard Barclay
Sangamon County

Youth Representatives
Chris Francis
Will County
Dorothy Spence
Cumberland County

Board Members
Barbara Rundquist Clark
Cook County
Rich Clemmons
McLean County
Beverly A. Haselhorst
Stephenson County
Keith Parr
DuPage County
Jim Schmidt
McLean County
Sheri Seibold
Champaign County
Steve Streitmatter
Peoria County
O. Glenn Webb
Johnson County
Eric L. Yoder
Peoria County

Board Member Emeritus
Lila Jeanne Eichelberger
Champaign County

Ex Officio Staff
Dr. Dennis Campion
University of Illinois Extension
Dr. Denise Legvold
Illinois 4-H Youth Development
E. Louise Rogers
College of ACES Advancement

Illinois 4-H Foundation Staff
Angie H. Barnard
Director
Carole Lindholm
Office Manager

Contact the Illinois 4-H Foundation office or a board member to learn how you can join the team of supporters who invest in Illinois 4-H youth!

Illinois 4-H Foundation
1401 South Maryland Drive • 106 Taft House • Urbana, IL 61801
PHONE: (217) 333-9295 • FAX: (217) 333-0005
Illinois4hfoundation@illinois.edu • www.4hfoundation.illinois.edu
We would like to say
“Thank You”
to our Illinois 4-H Project Partners

2009–2010 Project Partners
Busey Bank • Busey Wealth Management
Caterpillar, Inc.
Farm Credit Services of Illinois • 1st Farm Credit Services
The Paul A. Funk Foundation
GROWMARK, Inc.
Illinois Farm Bureau
LG Seeds
Ropp Jersey Cheese
Rural King
US Bank

The donations from our Project Partners are used to provide every Illinois 4-H Club Member with a 4-H Annual Organizer and support new, cutting-edge 4-H programs.

Businesses, trade associations, and organizations that provide a minimum of $2,000 of annual, unrestricted support to the Illinois 4-H Foundation are recognized as our 4-H Project Partners.

4-H provides youth with educational opportunities that stress citizenship, leadership, and life skills. The 4-H program prepares young people to be effective leaders, contributing citizens, value-added employees, and team members.

Project Partners receive the following program benefits. Together, these benefits reach over 100,000 individuals throughout the year.

• Advertising and recognition on the Annual Organizer, our club folder that is given to each of our 28,000+ Illinois 4-H club members
• Advertising and recognition in this publication, The Illinois Clover project guide given to all 4-H members and parents
• Advertising and recognition in the Illinois 4-H Foundation CloverSeed, our annual donor report
• Recognition on the Illinois 4-H Foundation website
• Recognition at the Illinois State Fair 4-H Family Event

Join the team of supporters who invest in Illinois 4-H youth!
For more information on how to become an Illinois 4-H Project Partner, call 217-333-9295 or email Illinois4hfoundation@illinois.edu.