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.
Dear 4-H Members, Families, Volunteers, and Partners:

As a 4-H member, you belong to a very large youth organization — nearly 200,000 youth in Illinois participate in 4-H events and activities.

As a 4-H member, you stand out among your peers — research shows that 4-H members are two times more likely to contribute to their communities, three times more likely to pursue a science career, two times more likely to go to college, and less likely to be involved in risky behaviors than peers who are not in 4-H.

As a 4-H member, you grow and mature in an environment that provides opportunities for youth to feel a sense of belonging, develop independence, practice generosity, and experience mastery.

As a 4-H member, you are participating in programming offered by the University of Illinois Extension and the U.S. Department of Agriculture.

As a 4-H member, your county staff and the 130 4-H staff members in Illinois are committed to bringing you a high quality experience. With your assistance, we continue to grow our 4-H membership in Illinois by about 4% each year, increase our private funding through local and state 4-H and Extension Foundations, receive grant funds to support priority initiatives, and have achieved stable government funding the past 2 years.

We welcome an increasing number of Special Interest (SPIN) 4-H club members and volunteers, along with a growing metropolitan audience. And, we say thank you to those that have been part of our 4-H family in Illinois for many years.

Regards,

Denise Legvold
How to Use
The Illinois Clover

*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 2012–13 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 Illinois 4-H Website at 4-H.illinois.edu. The 4-H Website groups information for members, parents, volunteers, and teachers. Take time to explore the Website and learn all it has to offer!
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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 commu-
nity, 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 partici-
pation 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 com-
munities. 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
4-H clubs can be found at or near all
three active duty military installations.
If you are part of a military family and
need help connecting with a club
near your installation contact: Great
Lakes Naval Station — Lea
Rockingham, rocknghm@illinois.edu;
Rock Island Arsenal — Cassy Casas,
cassy@illinois.edu; or Scott Air
Force Base — Lynn Weis,
lmweis@illinois.edu; or contact Pat
McGlaughlin, patm@illinois.edu at
the State 4-H Office.

Special Interest (SPIN)
Clubs
You may want to join a club where
everyone is learning about an
interest you have rather than join a
club where youth are selecting
individual projects to explore. SPIN
clubs allow five or more members to
focus on a topic that interests them,
for example, shooting sports, sailing,
robotics, or fashion design. Start
your own SPIN club building on your
interests.

A note about Shooting Sports
clubs: because Shooting Sports
coordinators and instructors must
complete training to be certified, not
all counties are yet able to offer
Shooting Sports clubs for rifle,
shotgun, and archery. You must
belong to a Shooting Sports club or
a county wide Shooting Sports
program to enroll in a Shooting
Sports project. To find out about
Shooting Sports clubs in your area,
contact your local Extension Office.

4-H Groups
4-H groups involve 5 or more youth
in 6 or more learning experiences.
Members of 4-H groups can and are
encouraged to participate in all 4-H
activities in the county and state. 4-H
learning materials can be used by
other youth organizations — after-
school programs, faith-based
programs, Scouts, Boy’s and Girl’s
Clubs, and others. To make 4-H part
of your youth program, contact your
local Extension office.
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 club.

4-H Membership
State 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 or groups 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.

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 (2010)
• 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. See the 4-H Foundation Website for Clover Challenge grant information. [4hfoundation.illinois.edu/financial_support](http://4hfoundation.illinois.edu/financial_support)

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.

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 (2009)
- **Illinois Advanced Project Plan**
  - (ages 15–18)
  - Publication # R90313 (2009)
- **4-H Mentor — A Guiding Hand**
  - (ages 15–18)
  - Publication # 90112 (2012)

Activity Record
- **My 4-H Activities**
  - (all ages)
  - Publication # R90314 (2011)

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 competing in state and/or county events and exhibitions must be 8-18 years of age by September 1 of the program year.
- 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 their project work.

State Fair premium book information is available in April via the Illinois State Fair Website. [www.agr.state.il.us/isf](http://www.agr.state.il.us/isf)

**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. When enrolling in an animal science project, 4-H members must complete a Quality Assurance and Ethics online certification. Deadlines
for completion are set each year. Contact your Extension Office for details.

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 members in the following species: horses, beef, sheep, swine, and dairy. Members 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, and/or meats identification, skillathon, and management test.

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.

State Fair Online

Share what you have learned about your 4-H project through an online video or map exhibit. Exhibitors will participate in awards event and “Illinois 4-H Film Festival and Map Gallery” at State Fair, which includes industry speakers, club presentations, and prizes. Exhibit opportunity is open to 4-H members 10 years old or older. “My 4-H Project” Video and Map exhibits do not require a county selection process, and may be submitted in addition to any state fair eligible exhibits. See State Fair 4-H Exhibit guidelines for more details.

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 Illinois 4-H Website.

Special Events

For more information on these special events, visit the Illinois 4-H Website and click on “Events.”

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, 2014. CWF is open to teens ages 14–18. Applications will be available Fall 2013.

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 late June and provided by University of Illinois faculty and staff.
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 2013 conference is set for February 23–24.

National 4-H Conference
Six 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 7–13, 2012
www.4hbrandnetwork.org

National 4-H Week
October 7–13, 2012
www.4hbrandnetwork.org

OCTOBER 2012

Service Opportunities

Operation: Military Kids (OMK)
When military children have a parent deployed, additional support is valued. Operation: Military Kids (OMK) strives to enhance the well being of the 30,000 school-age Illinois youth directly impacted by military deployment of all military branches, Active Duty, Guard, and Reserve. Illinois 4-H members can host hands-on activity days for youth of military families to explore 4-H projects; assist in Hero Pack assembly or secure donations for Hero Packs; and invite youth of military families to join their 4-H clubs.

Illinois 4-H clubs can also support youth of military families through various service projects and programs, such as Purple Up! For Military Kids, Guardian Bears, Hero Packs, and Wall of Heroes. For more information, contact your Extension office or Linda Kupferschmid, Illinois OMK Program Coordinator, lkupfers@illinois.edu

Information is also available at www.operationmilitarykids.org and the Illinois 4-H Website at web.extension.illinois.edu/state4h/military

Youth Leadership Opportunities

4-H Science Ambassadors
4-H Science Ambassadors are older 4-H members who enjoy science and want to share their excitement about science with others. The Ambassadors experience science, increase their knowledge, and build leadership while helping others. 4-H Science covers many 4-H project areas, including aerospace, animals, clothing and textiles, entomology, foods and nutrition, forestry, geology, horticulture, natural resources, plants and soils, veterinary science and woodworking.

4-H Science Ambassadors are older youth who
• teach 4th–8th grade youth and lead Science Excited* experiments;
• teach adults as they showcase their 4-H project accomplishments at 4-H events;
• increase their knowledge and skills while working with an adult volunteer to design and deliver science related learning opportunities within their county/unit;
• engage with other youth and adults in scientific exploration to become citizen scientists and work to address identified problems within their community, state, or nation

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Contact your local extension office for more information on how you can become a 4-H Science Ambassador and expand 4-H science opportunities.

*Science Excited is one of five youth education initiatives offered by University of Illinois 4-H and is designed to increase youth interest and engagement in science.

**4-H Representatives on 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.illinois.edu/state4h/members/leadership_ifbye.cfm](http://web.extension.illinois.edu/state4h/members/leadership_ifbye.cfm)

**Illini Summer Academy Planning Committee**

A committee of teens, adult volunteers, and Extension staff plans this annual event for Illinois teens.

[web.extension.illinois.edu/state4h/members/leadership_isapc.cfm](http://web.extension.illinois.edu/state4h/members/leadership_isapc.cfm)

**Illinois State 4-H Youth Leadership Team**

YLT offers an opportunity for teens to plan 4-H programs and represent Illinois at state and national events. 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.illinois.edu/state4h/members/leadership_sylt.cfm](http://web.extension.illinois.edu/state4h/members/leadership_sylt.cfm)

**Speaking for Illinois 4-H**

4-H members ages 14–18 may participate in the Speaking for Illinois 4-H (SFI4-H) program. SFI4-H members receive advanced training in public presentations so they may assist on the county and state level in talking with elected officials, soliciting donors, presenting to civic groups, and recruiting volunteers for University of Illinois Extension and 4-H. SFI4-H youth are specifically invited to assist with statewide legislative events.

The Illinois State 4-H Youth Leadership Team sponsors SFI4-H. Trainings are offered three to four times a year. Previous participants must annually complete additional training to remain active. See the Illinois 4-H Website and click on “Leadership opportunities” for more information.

[web.extension.illinois.edu/state4h/members/leadership_sfi4ac.cfm](http://web.extension.illinois.edu/state4h/members/leadership_sfi4ac.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.

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-R12 (2012)
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

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

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 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

• 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

Financial Champions Helper's Guide
Publication # BU-07712 (2002)

Intercultural

Passport to the World
4-H Passport to the World: A Country Study Guide
Publication # MC0510 (2010)
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.illinois.edu/outreach

Helper's Guide for Passport to the World
4-H Intercultural Leader's Guide
Publication # LC0502 (2011)

Intergenerational

Walk in My Shoes
Walk in My Shoes: A 4-H Aging Awareness Project
Publication # ME0170 (1999)
Suggested for Grades 3–12
Members 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

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 2
Publication # MC0631 (2010)
Suggested for Grades 7–9
Members can:
• develop a positive self image
• safely and effectively communicate using technology
• explore different ways of learning
• practice making good decisions
• manage time, money, and resources

Leadership 3
Skills You Never Outgrow 3
Publication # MC0632 (2011)
Suggested for Grades 10–12
Members can:
• explore leadership styles and when to use them
• use decision making skills to make choices as an individual or group
• work with local media to showcase group activities
• investigate community resources and develop a network

**Theatre 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
  • create and present a puppet skit
  • perform puppet therapy

- **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

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  **Helper’s Guide for Theatre Arts 1–3**
  *Theatre Arts Group Activity Helper’s Guide*
  Publication # BU-08073 (2004)

**Visual Arts**

- **Visual Arts**
  *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

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  **Helper’s Guide for 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*

- **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
Bicycles

- **Bicycle 1**
  
  *Bicycling 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

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Helper's Guide for Bicycle 1–2

**Bicycle Helper's Guide**

Publication # BU-08336 (2006)

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**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

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**Child Development Helper's Guide**

Publication # BU-08078 (2004)
Food and Nutrition

Additional resources for all Food and Nutrition projects:

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

- **Delivering Dynamic Demonstrations DVD**
  Publication # ME0386 (2010)

**Suggested for Intermediate Level**

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 401**

**Suggested for Advanced Level**

Members can:
- prepare ethnic foods
- bake flatbreads and ethnic breads
- learn food science of candy making
- bake pastry and prepare pies
- bake foam cakes
- use dry- and moist-heating cooking methods

**4-H Individual Projects**

**The Illinois Clover, 2012–13**
• 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

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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

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
• learn how to help someone who is choking
• assemble a first aid kit
• interview medical professionals

● 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

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4-H Individual Projects
21
The Illinois Clover, 2012–13
Science, Engineering, and 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)

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

Helper’s Guide for Beef 1–3
Beef Helper's Guide
Publication # BU-08146 (2005)

Illinois 4-H Livestock Record
Publication # RA0102
**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

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**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

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**Sewing and Textiles 1**  
*Under Construction*  
Publication # BU-08060 (2004)  
Suggested for Beginner Level

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**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

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**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

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

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**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 Level; 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

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

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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)

W Illinois 4-H Livestock Record
Publication # RA0102

Dogs
● Dog 1
Wiggles and Wags
Publication # BU-08166 (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

● 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

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Helper's Guide for Dog 1–3
Dog Helper's Guide
Publication # BU-08169 (2005)
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

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*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

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

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

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*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

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*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

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*Helper’s Guide for Geology*
Publication # MH0601 (1999)
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

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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:
• recognize meat goat diseases
• work with a veterinarian
• identify goat predators
• fit and show meat 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

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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
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

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Helper’s Guide for Meat Goat 1–3
Meat Goat Helper’s Guide
Publication # BU-07912 (2003)

● 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
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

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Helper’s Guide for Meat Goat 1–3
Meat Goat Helper’s Guide
Publication # BU-07912 (2003)
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

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Helper's Guide for Horse 1–5

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

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 Level

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

Guidance Center
4-H illinois.edu
**Vegetable Gardening B**

*Let’s Get Growing*
Publication # BU-07163 (2004)
Suggested for Intermediate Level

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 Level

Members can:
- test and improve soil
- learn how to extend growing seasons
- learn how to cross pollinate flowers
- dry herbs and pickle vegetables

**Vegetable Gardening D**

*Growing Profits*
Publication # BU-07165 (1999)
Suggested for Advanced Level

Members can:
- explore double cropping methods
- learn about plant genetics
- learn about and practice IPM
- start a plant business

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**Exhibiting Vegetables**

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

**Interior Design**

*Interior Design*

**Design Decisions**
Publication # 4-H 1600 (2009)
Suggested for ages 12–18
(Intended as multiple year project)

Members can:
- apply design elements and principles
- plan your own room or space
- identify your decorating style
- use “green” design practices
- create a new look for your space

**Natural Resources**

*Exploring Your Environment 1*

**Ecosystem Services**
Publication # 08410 (2010)
Suggested for Grades 6–8

Members can:
- explore natural and manmade environments
- learn how we affect the environment and how it affects our lives
- solve environmental problems

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**Exploring Your Environment 2**

*Earth’s Capacity*
Publication # 08411 (2010)
Suggested for Grades 6–8

Members can:
- learn how to be good stewards at home, school, and community
- investigate greenhouse effect on living organisms
- reduce and manage waste at home and in the community
- calculate your ecological footprint

**Helper’s Guide for Exploring Your Environment**

*Exploring Your Environment Facilitator Guide*
Publication # 08412 (2010)

**Natural Resources 1**

*Step Into Nature*
Publication # MH0101 (1999)
Suggested for Beginner Level

Members can:
- classify animals as domestic or wildlife
- build a miniature ecosystem
- plan and build an indoor wildlife habitat
- do a splash erosion experiment
4-H Individual Projects

**Natural Resources 2**
*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

**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 your 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

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**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  

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**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

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**Robotics**

- **Virtual Robotics**  
  Publication # 08430 (2011)  
  DVD includes a Presenter’s Guide  
  Suggested for Grades 4–12  
  - Level 1: (Modules 1–4) Real world robots, mechanics, electricity and circuits, tractor pull  
  - Level 2: (Modules 5–8) Robot behavior, programming, rescue robots  
  - Level 3: (Modules 9–12) Robot communication, sorting routines, hospital delivery challenge, avoidance and evasion challenge

- **Junk Drawer Robotics**  
  Suggested for Grades 4–12  
  Build robots from everyday items without using computers.  
  Individual members should order *Presenter’s Guide and Robotics Youth Notebook.*
Level 1, Give Robots a Hand
Publication # 08431 (2011)
Presenter’s Guide
Publication # 08435 (2011)
Youth Notebook
Youth explore robot arms, pneumatics, arm designs, and three-dimensional space.

Level 2, Robots on the Move
Publication # 08432 (2011)
Presenter’s Guide
Publication # 08435 (2011)
Youth Notebook
Youth explore robots that move with legs, wheels and underwater.

Level 3, Mechatronics
Publication # 08433 (2011)
Presenter’s Guide
Publication # 08435 (2011)
Youth Notebook
Youth explore sensors and analog and digital systems.

Robotics Platforms
Publication # 08434 (2011)
DVD includes Presenter’s Guide and Youth Notebook.
Suggested for Grades 4–12
Youth use commercial robotics kit. The activities can be used with a variety of commercial kits, including NXT and Vex.
- Level 1: (Modules 1–5) Build a robot, learn the basics of programming and build a simple arm for robot to pick up things
- Level 2: (Modules 6–10) Design programs to help robot use sensors (e.g. ultrasonic, touch, light)

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)

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)

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
from Airedales to Zebras

Animal Disease
Publication # 4H 48 (2004)
Suggested for Grades 7–12

Video

● Filmmaking Studio
Filmmaking Studio & Workshop
(2009)

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

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

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Helper’s Guide for
Woodworking 1–4

Woodworking Helper’s Guide
Publication # BU-6879 (2002)

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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 4-H Website at 4-H.illinois.edu. 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!

**Beef**

**Livestock E-Quiz**
Online quiz about horses, swine, sheep, dairy, beef, meats, poultry, and forages. Helps prepare members for 4-H livestock events. Available at web.extension.illinois.edu/equiz

**Livestock Judging**
Members learn to evaluate beef cattle, swine, sheep, and meat goats; and participate in local and state judging events.

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

**Superior Young Producer Award (SYPA)**
A livestock skillathon to test members knowledge at identification, evaluation, and problem solving for sheep, swine, beef, dairy, or horses. Held during Illinois State Fair.

**Quality Assurance and Ethics Training** required for project enrollment

**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.

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

**Beef**

**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 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)

**Dairy**

**Dairy Judging**
Members learn the criteria used to evaluate dairy cattle, rank classes, and prepare oral reasons. Members can participate in state and national events.

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

**Livestock E-Quiz**
Online quiz about horses, swine, sheep, dairy, beef, meats, poultry, and forages. Helps prepare members for 4-H livestock events. Available at web.extension.illinois.edu/equiz
Superior Young Producer Award (SYPA)
A livestock skillathon to test members knowledge at identification, evaluation, and problem solving for sheep, swine, beef, dairy, or horses. Held during Illinois State Fair.

Quality Assurance and Ethics Training required for project enrollment

Project Support
Learning About Dairy
Publication # NCR 593 (1996)

Electricity
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.

Geospatial
Illinois 4-H Mapmaker Website
web.extension.illinois.edu/4hmapmakers
Includes 25 downloadable activities/lessons on 1) navigation tools, 2) geocaching, and 3) community mapping. Additional resources include links to mapmaking tools and tutorials, examples of youth-created maps, and more.

Goats
Livestock E-Quiz
Online quiz about horses, swine, sheep, dairy, beef, meats, poultry, and forages. Helps prepare members for 4-H livestock events. web.extension.illinois.edu/equiz

Livestock Judging
Members learn to evaluate beef cattle, swine, sheep, and meat goats; and participate in local and state judging events.

Meats Judging
Members learn the criteria used to select quality meat products and participate in local, state, and national judging events.

Quality Assurance and Ethics Training required for project enrollment

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.

Quality Assurance and Ethics Training required for project enrollment

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

Livestock E-Quiz
Online quiz about horses, swine, sheep, dairy, beef, meats, poultry, and forages. Helps prepare members for 4-H livestock events. web.extension.illinois.edu/equiz

Superior Young Producer Award (SYPA)
A livestock skillathon to test members knowledge at identification, evaluation, and problem solving for sheep, swine, beef, dairy, or horses. Held during Illinois State Fair.

Poultry
Poultry Judging
Members learn to evaluate poultry and egg products and participate on poultry judging teams.

Livestock E-Quiz
Online quiz about horses, swine, sheep, dairy, beef, meats, poultry, and forages. Helps prepare members for 4-H livestock events. web.extension.illinois.edu/equiz

Meats Judging
Members learn the criteria used to select quality meat products and participate in local, state, and national judging events.
Quality Assurance and Ethics Training required for project enrollment

Project Support
National Poultry Judging Manual
Contact Ken Koelkebeck at kkoelkeb@illinois.edu

Project Support
Embryology resources available at urbanext.illinois.edu/eggs

Robotics
Illinois 4-H State Robotics Challenge
A robotics challenge is released each February. Teams of three or more members are invited to demonstrate their robots at the Robotics Challenge in April. Winning junior team(s) (ages 9–13) receive a scholarship to participate in the FIRST LEGO League Robotics competition. The winning senior team (ages 14–18) receives a scholarship to participate in FIRST robotics competition (either FTC or FRC).

Swine
Pork Quality Assurance (PQA Plus)
All swine exhibitors showing at the Illinois State Fair must annually be PQA Plus certified by attending a PQA Plus training. Members learn proper techniques in selection, nutrition, health, and handling of swine projects.

Livestock E-Quiz
Online quiz about horses, swine, sheep, dairy, beef, meats, poultry, and forages. Helps prepare members for 4-H livestock events. web.extension.illinois.edu/equiz

Livestock Judging
Members learn to evaluate beef cattle, swine, sheep, and meat goats; and participate in local and state judging events.

Meats Judging
Members learn the criteria used to select quality meat products and participate in local, state, and national judging events.

Superior Young Producer Award (SYPA)
A livestock skillathon to test members knowledge at identification, evaluation, and problem solving for sheep, swine, beef, dairy, or horses. Held during Illinois State Fair.

Video/ Filmmaking
Illinois 4-H Filmmaker Website
web.extension.illinois.edu/4hfilm makers/share.cfm
Includes links to filmmaking tools and tutorials, examples of youth-created videos and more.

Illinois 4-H State Fair Online
Annual event in which members are invited to create a video about something they learned in their 4-H project area. Post online and receive feedback from experts. Open to all state-fair age eligible members. No limit to number of exhibits. No county selection process. Prizes are awarded.
web.s.extension.uiuc.edu/4hstate faironline

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

**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.

**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.

**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.

**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. LEGO Wedo Kits also available in some counties.

**Video Tech Kit**
contains a laptop, 2 iFlip cameras, a digital camcorder, external microphones, tripods, and software needed to create a wide range of multi-media products.

**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.

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**Club Equipment Grants**

If you are a leader of a Special Interest (SPIN) 4-H club and work with members on a single project or topic, the Illinois 4-H Foundation wants to help. Grants from $250 to $1,000 are available for non-consumable Extension owned equipment. Learn more at 4hfoundation.illinois.edu
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


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

#### 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

### 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

**Helper's Guide for Exploring 4-H Group Activities**  
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 (2010)
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 (2011)

● 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.illinois.edu/outreach

Intergenerational

● Walk in My Shoes

Walk in My Shoes: A 4-H Aging Awareness Project
Publication # ME0170 (1999)
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

4-H Group Projects

4-H.illinois.edu
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?
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

Personal Development

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
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

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**Theatre 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

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**Workforce Preparation**

- **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
  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
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
• conduct an experiment to move water uphill

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

Geospatial

● Exploring Spaces, Going Places 1–3
CD includes all three levels and Helper’s Guide
Publication # CD-08358 (2006)

● 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

4-H Group Projects

Entomology

● 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

Helper’s Guide for Exploring Spaces, Going Places 1–3
The Helper’s Guide is divided into three levels and provides information to introduce learners to geospatial concepts, GPS, magnetic compass, maps, and GIS.
Note: Check local Extension office for availability of GPS units and access to GIS software.
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.

Natural Resources

● Exploring Your Environment 1
Ecosystem Services
Publication # 08410 (2010)
Suggested for Grades 6–8

Members can:
• explore natural and manmade environments
• learn how we affect the environment and how it affects our lives

Exploring Your Environment 2
Earth’s Capacity
Publication # 08411 (2010)
Suggested for Grades 6–8

Members can:
• learn how to be good stewards at home, school, and community
• investigate greenhouse effect on living organisms
• reduce and manage waste at home and in the community
• calculate their ecological footprint

● Exploring Your Environment 1–2
Facilitator Guide
Publication # 08412 (2010)

There’s No New Water
Publication # 08420 (2010)
Suggested for Grades 9–12

Members can:
• explore natural water cycle
• discover human interventions that affect water
• examine effects of the urban/rural interface on water
• experience water conservation projects
• teach younger youth about water issues

Poultry

● Embryology 1
Hatching Classroom Projects
Helper’s Guide
Publication # BU-07595 (2002)
Suggested for Grades 2–5

Robotics

● Virtual Robotics
Publication # 08430 (2011)
DVD includes a Presenter’s Guide
Suggested for Grades 4–12
• Level 1: (Modules 1–4) Real world robots, mechanics, electricity and circuits, tractor pull
• Level 2: (Modules 5–8) Robot behavior, programming, rescue robots
• Level 3: (Modules 9–12) Robot communication, sorting routines, hospital delivery challenge, avoidance and evasion challenge

● Junk Drawer Robotics
Suggested for Grades 4–12
Build robots from everyday items without using computers.

Individual members should order Presenter’s Guide and Robotics Youth Notebook.

Level 1, Give Robots a Hand
Publication # 08431 (2011)
Presenter’s Guide
Publication # 08435 (2011)
Youth Notebook
Youth explore robot arms, pneumatics, arm designs, and three-dimensional space.

Level 2, Robots on the Move
Publication # 08432 (2011)
Presenter’s Guide
Publication # 08435 (2011)
Youth Notebook
Youth explore robots that move with legs, wheels and underwater.

Level 3, Mechatronics
Publication # 08433 (2011)
Presenter’s Guide
Publication # 08435 (2011)
Youth Notebook
Youth explore sensors and analog and digital systems.

Robotics Platforms
Publication # 08434 (2011)
DVD includes Presenter’s Guide and Youth Notebook.
Suggested for Grades 4–12
Youth use commercial robotics kit. The activities can be used with a variety of commercial kits, including NXT and Vex.
• Level 1: (Modules 1–5) Build a robot, learn the basics of programming and build a simple arm for robot to pick up things
• Level 2: (Modules 6–10) Design programs to help robot use sensors (e.g. ultrasonic, touch, light) to make decisions
• Level 3: (Module 11) Put it all together: design and program a robot to meet challenges

Archery
Archery Member Record Book
Publication # 751
Suggested for ages 8–18
Only offered in certified counties
Members can:
• learn and experience the differences in bows
• learn the components of bows and archery equipment
• learn archery safety
• compete in local, state, or national events

Rifle
Rifle Member Record Book
Publication # 750
Suggested for ages 8–18
Air rifle: ages 8–18
.22 caliber rifle: ages 10–18
Only offered in certified counties
Members can:
• learn the components of rifles and equipment
• learn rifle safety
• compete in local, state, or national events

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
—
Helper’s Guide for Power of the Wind
Power of the Wind Facilitator’s Guide
Publication # 08384 (2008)
The 4-H Cloverbuds 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

[English version available at cloverbudseriesone/esp/frontpage.htm](http://cloverbudseriesone/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)

### Bicycle 1
**Bicycling for Fun**
Publication # BU-08334 (2006)
Suggested for Grade 3

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

### 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

**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-06350 (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

—

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

● 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)
The Illinois 4-H Recognition for Excellence Program recognizes the accomplishments of all Illinois 4-H members. Members are recognized for participation, progress towards goals, achievement of standards, and competition. (Note: Some counties do not participate in all sections of the Recognition for Excellence program — contact your local Extension office for details.) Donations to the Illinois 4-H Foundation support the awards. See the following information for award details.

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.illinois.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

The achievements and growth of each 4-H member are recognized with the presentation of the

• Certificate of Progress when first year goals are complete.
• Award Seal. Each year a member achieves his/her goals, an additional seal is awarded to attach to the Certificate of Progress.

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:

<table>
<thead>
<tr>
<th>Rating</th>
<th>Accomplishment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue Award</td>
<td>Project meets standards</td>
</tr>
<tr>
<td>Red Award</td>
<td>Project needs some improvement</td>
</tr>
<tr>
<td>White Award</td>
<td>Project needs much improvement</td>
</tr>
</tbody>
</table>

Members’ efforts are evaluated by achievement of project standards, not by competing against other youth. Conference judging allows 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, holds an office, or serves in a leadership role with the group.  
• Participates in a community service activity related to member’s project.  
• Assists group leaders with a special activity, tour, or program.

**Leadership Achievement Award**  
15-18 years old

<table>
<thead>
<tr>
<th>Age</th>
<th>Award</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>Key Ring</td>
</tr>
<tr>
<td>16</td>
<td>Sportspack</td>
</tr>
<tr>
<td>17</td>
<td>Cooler</td>
</tr>
<tr>
<td>18</td>
<td>Umbrella</td>
</tr>
</tbody>
</table>

**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 the 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.

**4-H Scholarships**

Illinois 4-H members may apply for these scholarships. Each one has specific applications, requirements, and deadlines. Visit the Illinois 4-H Website and click on “Members” for details.

**The State Fair Junior Horse Show Scholarship** is open to 4-H members who are in their last year of membership eligibility and have exhibited at the State Fair Junior Horse Show at least once in the last three years. Applications are available at the horse show or on the Illinois 4-H Website. Applications, recommendation letters, and high school/college transcripts must be postmarked by September 15.

**The Illinois 4-H Legacy of Leadership Scholarship** is sponsored by the Illinois 4-H Foundation which annually offers six $1000 scholarships. High school seniors and college age youth who are currently enrolled in 4-H may apply. To be eligible, members must have completed five years of 4-H membership. Applications are due by March 1.

**The Illinois 4-H Livestock Scholarship** is sponsored by the Illinois 4-H Foundation which annually offers $1000 scholarships. High school seniors and college age youth who are currently enrolled in 4-H may apply. To be eligible, members must have completed three years of 4-H livestock projects and are pursuing a degree or career in agriculture. Applications are due by March 1.
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.
- Triple Crown Award for success in this area three consecutive years.

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.
- Triple Crown Award for success in this area three consecutive years.

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.

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 2013 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, 2012. Members must be no older than 18 by January 1, 2013. 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, 2012 to compete for the 2013 trips. Finalists must participate in a 4-H interview.

Applications are due to the state in early January 2013. Interviews will be conducted in Spring 2013, with final selections made by mid-June.

Specific deadlines will be provided to local Extension offices in 2012.

Categories for State 4-H Award Winners:

- Achievement — 8 awards/trips
- Animal Sciences — 3 awards/trips
- Community Involvement & Global Awareness — 1 award/trip
- Engineering & Technology — 2 awards/trips
- Environment & Natural Resources — 1 award/trip
- Food, Nutrition & Health — 2 awards/trips
- Home & Family — 1 award/trip
- Personal Development — 1 award/trip
- 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 4-H members will be recognized with special plaques at the 2013 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 State 4-H Office, postmarked by January 4, 2013.
State Project and 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**
(for National 4-H Dairy Conference only)
Includes Dairy Cattle, Dairy Goats, and any related county projects.

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

**Environment & Natural Resources**
Includes Camping & Outdoor Living, Entomology, Forestry, Geology, Natural Resources, Shooting Sports, 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.
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.

**Unit Award Policies**
- Units 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 unit 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, 2012).
- 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 (January 1, 2013). 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, 2013.**
- 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 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.

Information for Volunteers
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, they 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. 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:

- CANTS Check Authorization Form
- Conviction Information Name Check Request Form
- 4-H Individual Adult Enrollment Form (2012)
- Volunteer Reference Form

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 that 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 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 web.extension.illinois.edu/4hc.

A face-to-face meeting with Extension staff and a tour of the Extension office are also recommended.

Child Protection Orientation

“A 4-H Pledge”

“A 4-H Pledge: Keeping Youth Safe” is a new online child protection orientation session for ALL 4-H leaders regardless of role. The course will help 4-H volunteers increase their awareness of child abuse and neglect, learn to distinguish between abuse and neglect indicators, learn how to report suspected cases of abuse and neglect, and identify safe practices for 4-H youth participants and adult volunteers. web.extension.illinois.edu/4hc

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/4h chaperone

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.

VALUED 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 orientation
• 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:

4-H Cloverbud Orientation Video — available for viewing at the local Extension office

4-H.illinois.edu
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
- Come to Order, Please! — Parliamentary Procedure
- Hands to Larger Service — Community Service
- Involving Families in 4-H
- Making Meetings Fun
- Risk Management
- Working with Committees
- You’re On—Public Presentations

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
Come to Order, Please! — Parliamentary Procedure
This session helps volunteers and members understand the basic rules of parliamentary procedure, the basic order of a business meeting, and outlines roles of officers.
web.extension.illinois.edu/4hc

4-H Club Program Planning
This course takes volunteers through the process of selecting a planning committee, surveying members and families, planning the program, approving the plan, recruiting volunteers, and evaluating the program.
web.extension.illinois.edu/4hc

Working with Committees
This course provides 4-H volunteers with information about committees, advantages to using committees, types of committees, how to select and orient committees, reporting procedures, and club action steps. The course includes two videos that are examples of standing and special committees.
web.extension.illinois.edu/4hc

You’re On: Public Presentations
Learn about resources and activities to teach youth how to effectively plan, prepare, practice, and present public speeches and demonstrations.
web.extension.illinois.edu/4hc

Hands to Larger Service — 4-H Community Service
This website assists 4-H volunteers in planning, implementing, and evaluating community service projects for their 4-H clubs.
urbanext.illinois.edu/commservice

North Central Region Volunteer Forum
The North Central Region Volunteer Forum will be held in Wichita, KS, on October 12-14, 2012. In future years, the event will be conducted via distance education technology as an e-forum. web.extension.illinois.edu/state4h/events

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 (2010)
• 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 (2012)
• 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 (2012)
• 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

Helping You Help Officers & Committees, 90410 — Worksheet for Planning a 4-H Club Meeting

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 Fundraising Form
Publication # M90310 (2010)
• 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 (2012)
• 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 (2012)
• 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

Helping You Help Officers & Committees, 90410 — Worksheet for Planning a 4-H Club Meeting

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 Policies
web.extension.illinois.edu/state4h/volunteers/support_leader.cfm

4-H Fundraising Form
web.extension.illinois.edu/state4h/volunteers/support_leader.cfm

Audit of Club Accounts
web.extension.illinois.edu/state4h/volunteers/support_leader.cfm

Financial Activity Statement
web.extension.illinois.edu/state4h/volunteers/support_leader.cfm

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.
www.urbanext.uiuc.edu/4H/faq.html

4-H Frequently Asked Questions Brochure
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 at web.extension.illinois.edu/state4h/volunteer/leader.cfm

A 4-H Mentor
Publication # M90310 (2010)
• 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


Member Resources
Welcome to 4-H: An Introduction to 4-H (M90310)
• Introduces new members to several 4-H projects

Recognition Resources
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

Recognition Resources
Illinois 4-H Award Application
Publication # 90221
• Award application for state recognition in various program areas

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
• Use along with Welcome to 4-H (M90310)

New Kids in the Clover Newsletter Series
A series of six newsletters to guide new members and families through the first year in 4-H.
web.extension.illinois.edu/state4h/volunteer/support_leader.cfm

Letter 1: Choosing 4-H Projects
Letter 2: Setting 4-H Project Goals
Letter 3: 4-H Activities
Letter 4: 4-H Shows
Letter 5: Recognition for Participation
Letter 6: Planning Your 2nd Year of 4-H

Recognition Resources
Illinois 4-H Award Application
Publication # 90221
• Award application for state recognition in various program areas
Includes basic instructions and scoring criteria
Completed application to be submitted to local Extension office for advancement to state competition

Risk Management Resources
Available at web.extension.illinois.edu/state4h/volunteers/support_riskmanagement.cfm

Required for any photo that will be used publically or published in a newsletter, brochure, etc.

Equine Event Warning Sign
4-H Horse: Info for Equine Events Warning Sign

Medical Forms
Adult Medical Form
Youth Medical Form
Youth Medical Form-Spanish

Acknowledgement of Risk Forms
4-H Low Physical Activity
4-H Low Physical Activity (Spanish)
Non 4-H Participant (Horse Activity)
Non 4-H Participant (Horse Activity) (Spanish)
4-H Medium to High Physical Activity
4-H Medium to High Physical Activity (Spanish)
4-H Shooting Sports
4-H Shooting Sports (Spanish)
4-H Shooting Sports (Adult)

Other Information
Child Safety Recommendations
Overnight Housing Recommendations

Other Forms
4-H Activity/Event Planning Checklist
4-H Fundraising Approval Form
Code of Conduct for 4-H Events and Activities
Incident/Accident Investigation

Risk Management Plan Template
Sample: Cloverbud
Sample: Community Service Project
Youth Behavior Guidelines 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

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 program planning goal sheets for their projects. 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. web.extension.illinois.edu/state4h/support_factsheets.cfm
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
The most recent Positive Youth Development research focuses on the key concepts of Belonging, Independence, Generosity, and Mastery, also known as BIG – M. These four concepts incorporate the eight essential elements of positive youth development. Plan to attend a volunteer training session on this topic. Five BIG – M fact sheets with questions and strategies to use with your club are available on the State 4-H Website.

Get Up & Move! is a series of resource materials clubs can use to incorporate physical activity and healthy lifestyles into 4-H club meetings. Lessons plans and handouts are available at web.extension.illinois.edu/state4h/volunteers/getupandmove.cfm

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.illinois.edu/state4h/volunteers/cloverbuds.cfm

- **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 #L90501I (2005)
  - Club and county transition suggestions
  - Introduction with older 4-H members and groups
  - Parent involvement

- **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 1 (Spanish Translation)
  Ohio State University: Series I and II Contents List
  The Perfect Gift — Ohio State University, Jefferson County
  Yea! 4-H — Texas Cooperative Extension Service

- **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

- **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

- **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
Thank You

to the individuals, organizations, and companies that invest in 4-H youth through their gifts to the Illinois 4-H Foundation

Illinois 4-H Foundation Board of Directors

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Contact the Foundation office or a Board Member if you would like to learn more about serving on the Illinois 4-H Foundation Board.

Illinois 4-H Foundation
1401 South Maryland Drive
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Urbana, IL 61801
Phone: 217-333-9295 • FAX: 217-333-0005
Email: Illinois4hfoundation@illinois.edu
Website: www.4hfoundation.illinois.edu
We would like to say

“Thank You”

to our Illinois 4-H Project Partners

Illinois 4-H Project Partners

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</tbody>
</table>

The Illinois 4-H Project Partner Program allows businesses, corporations, and trade associations to support the Illinois 4-H Youth Development Program. The Partners recognize the work our volunteers and staff do and the difference they make in the lives of young people. Our Partners provide 4-H youth with opportunities that stress citizenship, leadership, and life skills and ultimately, prepare young people to be effective leaders, contributing citizens, value-added employees, and team members.

Project Partners make a minimum annual gift of $2,000 to the Illinois 4-H Foundation. The Project Partners’ gifts provide every Illinois4-H Club member with a 4-H Annual Organizer and support new, cutting-edge 4-H programs that help youth explore the field of Science, Engineering, & Technology.

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.
For more information on your local 4H program contact:

(space for address label)

State 4-H Office, 801 N. Country Fair Dr., Suite E, Champaign, IL 61821