The Illinois Clover

2014–15

A Guide to Illinois 4-H
**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 Program Partners:

Welcome to Illinois 4-H! For over 100 years, 4-H has been a leading organization in preparing young people for their future. For the past 45 years, I’ve been a part of 4-H. My 4-H experiences may be very similar to yours.

• When I was 8 years old, I joined 4-H, and for the next 10 years I enjoyed membership in a 4-H club with friends in my rural community. That’s 4-H!
• As a 4-H professional, I started new clubs that focused on a single project just as SPIN clubs do now. That’s 4-H!
• As she got older, my daughter was an independent 4-H member and I was her mentor. That’s 4-H!
• Today, teens across Illinois, but especially in Metro areas are practicing leadership by conducting summer day camps for younger youth. That’s 4-H!

I am proud to be part of a youth organization that continues to honor its rich history while also expanding its reach to new audiences. This year we are focused on welcoming more Latino families to our Illinois 4-H program.

As we widen the circle of 4-H members and volunteers, we hold true to the basics of 4-H. The purpose of 4-H is to provide learning experiences and opportunities for boys and girls that will help them grow and develop to their fullest potential. Projects, programs, and learning activities are tools used to help members gain important life skills. Learning opportunities are adapted to fit the needs and interests of each person or group of young people.

Whatever your unique 4-H experience is this year, we hope it has life-long benefits for you.

Best wishes,

Denise L. Oberle, Ph.D
Assistant Dean and Director
University of Illinois Extension
4-H Youth Development

4-H.illinois.edu
How to Use
The Illinois Clover

The Illinois Clover: A Guide to Illinois 4-H 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 or resources for 2014–15 are highlighted by a NEW 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.

Club Projects — describes projects designed for members to learn together.

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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The Illinois Clover, 2014–15
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 learning to be a leader. 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
Illinois 4-H offers a variety of membership opportunities for youth ages 8–18 through 4-H clubs. Young people can choose the club that best meets their needs, interests, and skill levels. 4-H clubs can meet in a community, school, after-school, or military setting. There are different types of 4-H clubs and groups that youth can join. Keep reading to find out more.

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

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

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

Military 4-H Clubs
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, rockingham@illinois.edu; Rock Island Arsenal — Diane Baker, bakerd@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, archery, and hunting & outdoor skills. 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 Clubs and Youth Organizations
4-H learning resources can be used by other youth organizations such as, after-school programs, faith-based organizations, Scouts, or Boy’s and Girl’s Clubs. By partnering with 4-H, members of other youth organizations can also become 4-H club members. 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 Programs
4-H Cloverbud programs are for youth ages 5–7. Cloverbuds participate in hands-on learning activities to explore art, plants, animals, science, and the environment. 4-H Cloverbuds can be an independent group not attached to a 4-H club of older youth or a “project group” affiliated with a 4-H club.

Intellectually Challenged Adult Programs
Individuals over 18 with intellectual disabilities may participate in 4-H programs that are guided by an adult with expertise in working with people with special needs. These individuals may enroll in 4-H projects that are appropriate for their abilities and in which they have volunteer guidance. They may also participate in activities which are appropriate for their chronological age.

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 and have not reached their 19th birthday on or before September 1, may enroll in 4-H clubs or as independent members.
• A youth who enrolls in a 4-H club must attend at least one meeting, tour, workshop or other activity of that club to be called a 4-H member.
• All 4-H members must be enrolled in at least one project.
• Cloverbuds may be enrolled in Cloverbud projects only.
• A member may add or delete project enrollments at any time during the 4-H year.
• An annual $20 4-H Program Fee is applied for members who join 4-H clubs.

Multiple-County/Multiple-State Memberships
• A young person can be a member of multiple 4-H clubs 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-R14 (2014)
• 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-R14)

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.

**County Projects**

Some counties offer additional projects of local interest. Check with your county Extension office for a list of county projects.

**Clover Challenge**

Clover Challenge allows 4-H members, ages 15–18 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 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 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.

Project Plans are also beneficial in collecting information for 4-H award and scholarship applications.

**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.

**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.

**Activity Record**

- [My 4-H Activities (all ages)](http://4-activities.illinois.edu)
  Publication # R90314 (2011)

**Planning for My Project Work**

*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)

*Illinois 4-H Clover Challenge Agreement* (ages 15–18)
Publication # 90111 (2012)

*4-H Mentor — A Guiding Hand* (ages 15–18)
Publication # 90112 (2012)

**State Fair premium book**

Information is available in April at [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.

Entries for Junior Animal Shows must be submitted on an official State Fair entry form, available from the Illinois State Fair Website, www.agr.state.il.us/isf/index.php. All animal entries except dogs and horses are due to the State Fair office by July 1. Horse entries are due June 1. Dog entries are due August 1.

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 non-livestock project areas at the State Fair. Exhibits must be selected at a local 4-H show 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 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 available from the local Extension office in January.

SPIN Club Exhibits

During closing events for 4-H SPIN clubs, members demonstrate what they have learned to family, friends, and others. The members decide how to best show the knowledge and skills they have mastered. For example, a cooking club might prepare snacks for invited guests; a shooting sports club may host a shoot at a range; or a film making club may host a film festival.

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.

And My World… International 4-H Opportunities

Illinois 4-H members and their families can participate in international programs sponsored by the 4-H International Programs Committee, including travel to a participating country to learn about a new culture during a 3–4 week homestay experience. 4-H families can also host a young person from a participating country. During a 3–4 week homestay, 4-H families open their homes and hearts to a young person and share our culture while learning about a different culture. Most host opportunities are scheduled mid-to-late summer. Contact your Extension office for additional information.

Special Events

For more information on these special events, visit the Illinois 4-H Website.

Citizenship Washington Focus

Travel to Washington, D.C. for one summer week filled with fun, new experiences, sightseeing, and learning about our nation’s capitol and the governmental process. Delegates stay at the National 4-H Center. Illinois offers this trip in alternate years; the next trip will be July, 2016. CWF is open to teens ages 14–18. Applications will be available Fall 2015.
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 2015 conference is set for February 28 – March 1, 2015.

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 attend workshops and work on action plans for the national, state, and local levels. Some sightseeing is included. First opportunity to attend this trip is provided to the teens serving on the State 4-H Youth Leadership Team and Speaking for Illinois 4-H program. Open spaces are filled by application.

National 4-H Week
October 5–11, 2014

Service Opportunities
Operation: Military Kids (OMK)
When children have a military parent deployed, community support is valued. Operation: Military Kids (OMK) strives to enhance the well-being of the approximately 29,000 Illinois youth directly impacted by the deployment cycle 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 Family Pack assembly or secure donations for Family 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 and Family 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.

4-H Feeding and Growing Our Communities
One in five children in Illinois faces hunger and food insecurity in their daily lives. Illinois 4-H is fighting hunger through the 4-H Feeding and Growing Our Communities program. Your club can help fight hunger.
- Grow a 4-H garden and share fresh produce with local food pantries, soup kitchens, or shelters
- Plant a Row for the Hungry
- Sponsor a canned food drive to support a food pantry
- Host a food packaging event to assemble packaged meals and donate to a food pantry
- Sponsor a booth in a grocery store to collect non-perishable food donations

Contact the State 4-H Office about grant funding to support your program.

Youth Leadership Opportunities
Illinois 4-H supports young people as leaders for today! Choose the county or state leadership opportunities that best fit you. Adults will support you in becoming the leader you want to be.

Which Role Fits You?
Planning
Help improve 4-H in your county by joining Federation. This group works with staff to carry out shows, camps, contests, service opportunities, and events. You can have a voice in what happens in your county 4-H.

Promoting
Share your passion and knowledge with others and encourage them to get involved. As an Ambassador, whether you are giving a speech, talking with a prospective member, sharing your story with a donor, or organizing an event, you have to be a good communicator and know how to present a positive image.

Teaching
Plan and lead educational experiences for younger youth by joining Teens as Teachers. Teaching is a powerful way to grow your skills in listening, decision-making, and communicating. After leading six session or more of learning activities, you’ll feel empowered, confident, and ready to teach again.
Mentoring
Serve as a mentor to younger youth by teaching them important life skills, providing opportunities to try new things, and having fun. As a mentor you learn how to be a leader and practice responsibility — skills that last a lifetime. One example of a mentor is a Camp Counselor.

Advocating
Be engaged with community leaders and local government to improve your neighborhood. Expect to gain important research, analytical, critical thinking, communication, and teamwork skills as you work on real-world issues. Be a Youth Voice for making positive change.

Advising
In 4-H, youth and adults work together as partners — sharing in decision-making and planning. Take a place at the table for show or event committees, your local Extension Council, or Expansion and Review.

Apply for County, State or National Leadership Roles
Check the Illinois 4-H website for more information about the following youth leadership opportunities.

4-H Teens as Teachers
4-H Teen Teachers are responsible for planning and leading a series of educational activities for younger youth in a project area.

4-H Science Ambassadors
4-H Science Ambassadors share their excitement about science with others. Opportunities vary by county but you may:
• Give a talk or demonstration on your 4-H project
• Speak at a Cloverbud meeting to spark interest in science
• Facilitate the 4-H National Youth Science Day Experiment
• Staff a 4-H information booth at a public event
• Staff a 4-H project table at the annual USA Science & Engineering Festival
Contact your Extension Office to find out how you can help.

Great Debate Planning Committee
Combine your interest in government and desire to lead by helping to plan the next Great Debate — a two-day event at the Illinois State Capitol.

Illini Summer Academy Planning Committee
A committee of teens, adult volunteers, and Extension staff plans this annual event for Illinois teens.

Illinois State 4-H Youth Leadership Team (YLT)
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 at state events
The team of 15–20 young adults, ages 16–21, apply and are selected by application and interview. Terms are two years.

Speaking for Illinois 4-H
4-H members age 14–18 may participate in the Speaking for Illinois 4-H (SFI4-H) program. Members receive advanced training in public presentations to prepare for meetings with county and state elected officials, potential donors, civic groups, and new volunteers. SFI4-H youth assist with state legislative events. Trainings are offered 3-4 times a year.

National GIS Leadership Team
A national leadership opportunity for youth to support 4-H GIS and community mapping programs. A team of two youth and one adult represent Illinois 4-H on the GIS Leadership Team. In June, the team will participate in the ESRI International GIS Conference. 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

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 government functions
• learn about police and fire protection, health and sanitation, safety, and tourism

Public Adventures
Youth Adventure Kit
Publication # MI-7329 (2001)
Suggested for Grades 4–12
Members can:
• learn what being an active citizen in a democracy is all about
• plan and conduct a project that will create change in the community
• record achievements on a passport and journal personal progress

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

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

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 about needs
• identify solutions to meet a need

Communications

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

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

**Communications 3**

*The Perfect Fit*

Publication # BU-08158 (2005)
Suggested for Grades 9–12

Members can:
- plan and present a speech
- debate an issue
- compose a personal resume
- practice the job interview process
- participate in job shadowing

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**Helper's Guide for Communications 1–3**

*Communication Helper's Guide*

Publication # BU-08159 (2005)

**Journalism**

*Publication* MB0200 (2003)
Suggested for Grades 7–12

Members can:
- learn about different types of news
- explore careers in journalism
- gather news and write different kinds of news stories
- compare opinion pieces, photojournalism, and news stories

**Consumer Education**

**Consumer Savvy 1**

*The Consumer in Me*

Publication # BU-08030 (2004)
Suggested for Grades 4–5

Members can:
- learn your shopping style
- develop a written savings plan
- track spending
- learn to make cost comparisons
- shop safely in cyberspace

**Consumer Savvy 2**

*Consumer Wise*

Publication # BU-08031 (2004)
Suggested for Grades 6–8

Members can:
- understand consumer behavior
- learn the decision making process
- recognize how peer pressure influences purchases
- evaluate advertisements
- learn to be a good cyber-consumer

**Consumer Savvy 3**

*Consumer Roadmap*

Publication # BU-08032 (2004)
Suggested for Grades 9–12

Members can:
- develop online shopping skills
- evaluate quality of advertising
- learn about consumer rights and responsibilities
- resolve a consumer complaint
- identify cost of living

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**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
- learn about different businesses

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

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

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**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 your 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
• learn how to write checks and read a bank statement
• discover the benefits and drawbacks of credit

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Helper's Guide for Financial Champions 1–2
Financial Champions Helper's Guide
Publication # BU-07712 (2002)

Intercultural

● Passport to the World
4-H Passport to the World: A Country Study Guide
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 cultures through food, clothing, music, and crafts

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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.).
www.csames.illinois.edu/outreach

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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

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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.

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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

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Leadership 3
Skills You Never Outgrow 3
Publication # MC0632 (2011) Suggested for Grades 10–12
Members can:
• manage time, money, and resources

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Theater Arts

● Theatre Arts 1
Play the Role: Theatre Arts Acting Activities
Members can:
• express themselves through movement, voice, speech, and characterization
• create and present a play
• do improvisation, pantomime, monologs, and clowning

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Theatre Arts 2
Become a Puppeteer: Theatre Arts Puppetry Activities
Members can:
- learn about types of puppets
- create a puppet and puppet stage
- create and present a puppet skit
- perform puppet therapy

Helper’s Guide for Visual Arts
4-H Visual Arts Leader's Guide
Publication # LF0115 (2002)
Available by special order:
4-H Visual Arts Creative Sketchbook
Publication # LF0115a (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 and cartoons
- 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 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

Cake Decorating
4-H Cake Decorating
Publication # 4H 42500 (2001)
Beginner members can:
- learn to frost cupcakes or single-layer cakes
- practice simple decorating techniques
Intermediate members can:
- learn to frost two-layer cakes
- practice techniques for making simple flowers and a variety of borders
- learn special effects
Advanced members can:
- learn to frost stacked and tiered cakes
- master all flat surface flowers
- make flowers using the lily nail
Master member can:
- design original cakes using the skills learned in previous levels

Scrapbooking
4-H Scrapbooking
Publication # MF0116 (2013)
Beginner members can:
- learn to create a layout
- use simple embellishments
- tell a story with pictures
Intermediate members can:
- tell a story with pictures and journaling
- use die cuts, stamps, fiber, wire, buttons, etc. for embellishments
- personalize electronic templates
Advanced members can:
- use advanced embellishment techniques
- tell a compelling story with pictures, journaling, and other media
**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:  
  • 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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**Helper’s Guide for Child Development 1–3**

*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)

  Available by special order: [Delivering Dynamic Demonstrations DVD](#)
  
  Publication # ME0386 (2010)

  “Picking a winning topic, creating an outline, tricks of the trade, and ready, set, go” are segments of this new foods demonstration video; includes interviews with three food experts and four 4-H food demonstrations from the State Fair. Complements 4-H Food Demonstration Guide.

- **4-H Cooking 101**
  
  Publication # ME0120-R12 (2012)

  Suggested for Beginner Level

  Members can:
  - learn the basics of cooking
  - conduct food science experiments
  - prepare some 4-H classic recipes
  - practice food and kitchen safety

- **4-H Cooking 201**
  
  Publication # ME0121 (2008)

  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**
  
  Publication # ME0122 (2009)

  Suggested for Intermediate to Advanced Level

  Members can:
  - plan and prepare food for a party
  - make yeast breads and rolls
  - bake shortened cakes
  - prepare foods on a grill

- **4-H Cooking 401**
  
  Publication # ME0123 (2010)

  Suggested for Advanced Level

  Members can:
  - prepare ethnic foods
  - bake flatbreads and ethnic breads
  - learn food science of candy making

- **4-H Cooking 101–401**
  
  Helper's Guide for 4-H

  Publication # ME0124 (2012)

- **Food Preservation**
  
  Available only online

  Publication # ME0376 (2007)

  Suggested for Intermediate to Advanced Level

  Members can:
  - prepare, package, and freeze fruits, meat, fish, poultry, vegetables, and baked foods
  - can fruits and vegetables
  - make jelly and jam
  - prepare pickles, chutney, relish, and ketchup

- **Meat and Other Protein Sources**
  
  Publication # ME0336 (2006)

  Suggested for Intermediate to Advanced Level

  Members can:
  - plan and prepare food for a party
  - make yeast breads and rolls
  - bake shortened cakes
  - prepare foods on a grill

- **Meat and Other Protein Sources**
  
  Publication # ME0336 (2006)

  Suggested for Intermediate to Advanced Level

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  Members can:
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  - conduct food science experiments
  - prepare some 4-H classic recipes
  - practice food and kitchen safety

- **4-H Cooking 201**
  
  Publication # ME0121 (2008)

  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**
  
  Publication # ME0122 (2009)

  Suggested for Intermediate to Advanced Level

  Members can:
  - plan and prepare food for a party
  - make yeast breads and rolls
  - bake shortened cakes
  - prepare foods on a grill

- **4-H Cooking 401**
  
  Publication # ME0123 (2010)

  Suggested for Advanced Level

  Members can:
  - prepare ethnic foods
  - bake flatbreads and ethnic breads
  - learn food science of candy making

- **4-H Cooking 101–401**
  
  Helper's Guide for 4-H

  Publication # ME0124 (2012)

- **Food Preservation**
  
  Available only online

  Publication # ME0376 (2007)

  Suggested for Intermediate to Advanced Level

  Members can:
  - prepare, package, and freeze fruits, meat, fish, poultry, vegetables, and baked foods
  - can fruits and vegetables
  - make jelly and jam
  - prepare pickles, chutney, relish, and ketchup

- **Meat and Other Protein Sources**
  
  Publication # ME0336 (2006)

  Suggested for Intermediate to Advanced Level

  Members can:
  - plan and prepare food for a party
  - make yeast breads and rolls
  - bake shortened cakes
  - prepare foods on a grill
Members can:
- learn where t-bone steaks, pork chops, and bacon come from
- evaluate protein source foods
- compare cooking methods
- learn about safe food handling and cooking procedures
- plan and prepare a variety of dishes using meat and other protein sources including beef, lamb, pork, poultry, fish, eggs, dried beans, and soy.

**Microwave Magic A**

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

**Microwave Magic B**

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

**Microwave Magic C**

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

**Microwave Magic D**

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

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**Helper's Guide for Microwave Magic A–D**

*Microwave Magic Helper's Guide*
Publication # BU-08091 (2005)

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**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

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**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
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)

Cat 1
Purr-fect Pals!
Publication # BU-08148 (2005)
Suggested for Beginner Level
Members can:
• learn responsible cat care
• 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
• understand signs of cat illness

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

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

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

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

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

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

Members can:
• learn about basic sewing tools and their function
• understand fabric grains
• learn seam finishes and hemming
• explore pattern sizes and information
• make a drawstring bag

● Sewing and Textiles 2
  Fashion Forward
  Publication # BU-08061 (2004)
  Suggested for Intermediate Level

Members can:
• construct an item with a patch pocket
• insert zippers, button-holes, and buttons
• make polar fleece hats
• sew on knits, wovens, or denim

● Sewing and Textiles 3
  Refine Design
  Publication # BU-08062 (2004)
  Suggested for Advanced Level

Members can:
• try out new patterns and fabrics
• make a bed covering and pillows
• create a computer printed design on fabric
• investigate careers in the textile industry

Helper's Guide for Sewing and Textiles 1–3
Sewing Helper's Guide
Publication # BU-08063 (2004)
Available by special order for all levels:
Let's Sew by Nancy Zieman
Publication # ME0208 (1991)

Computer Science

● Computer Science Introduction
  Newbie Know-How — Getting Started with Computers
  Publication # BU-08346 (2008)
  Suggested for Beginner 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
4-H Individual Projects

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

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

Crops and Soils

● Corn
  *Corn: Illinois 4-H Crops and Soils*
  Publication # MJ0101 (2006)
  Suggested for Grades 5–12
  **Level 1 and 2 members can:**
  • test corn germination
  • study growing degree-days
  • study production costs and market prices
  • experiment with soil tilth
  • compare pest management costs
  **Level 3 and 4 members can:**
  • cross-pollinate corn plants
  • figure drying time
  • learn about maintaining quality
  • compare pest management costs
  • determine harvest losses

● Small Grains
  *Small Grains — Wheat, Oats, Barley, and Rye: Illinois 4-H Crops and Soils*
  Publication # MJ0110 (2006)
  Suggested for Grades 5–12
  **Level 1 and 2 members can:**
  • study variety and selection
  • display stages of plant development
  • test seed germination and methods of seedling
  • learn about seasonal pests
  • determine pesticide hazards
  **Level 3 and 4 members can:**
  • take soil samples
  • learn to recognize diseases, pests, and weeds
  • study production costs and market prices
  • learn about necessary nutrients
  • determine field acreages

● Soybeans
  *Soybeans: Illinois 4-H Crops and Soils*
  Publication # MJ0120 (2006)
  Suggested for Grades 5–12
  **Level 1 and 2 members can:**
  • study seed selection and germination
  • discover the importance of cotyledons
  • experiment with planting depth
  • cook with soybeans
  • study disease-resistant factors
  **Level 3 and 4 members can:**
  • explore careers related to crops and soils
  • convert yields to 13 percent moisture
  • experiment with planting dates
  • identify plant diseases and pests
  • price soybeans

  [Crops and Soils Record]
  Publication # RJ0101 (2006)

Dairy Cattle

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

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

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

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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:

  [Illinois 4-H Livestock Record]
  Publication # RA0102
4-H Individual Projects

Dogs

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

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

Dog 3
Leading the Pack
Publication # BU-08168 (2005)
Suggested for Advanced Level
Members can:
• assess a dog’s vital signs
• explore careers working with dogs
• learn local dog laws and ordinances
• consider the needs of older dogs
• recognize the value of guide dogs and service dogs

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

Electricity

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

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

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

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

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

Entomology

Entomology 1
Teaming with Insects
Publication # #08440 (2011)
Suggested for Grades 3–5
Members can:
• build a compound eye and see how an insect sees
• identify insects and relatives
• use a pitfall trap to collect insects
• observe insects and record data

Entomology 2
Teaming with Insects
Publication # #08441 (2011)
Suggested for Grades 6–8
Members can:
• make an insect collection tool kit
• make insect traps and baits
• create a spreading board
• investigate invasive species

Entomology 3
Teaming with Insects
Publication # #08442 (2011)
Suggested for Grades 9–12

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The Illinois Clover, 2014–15
Members can:
• use the scientific methods to investigate
• create a dichotomous key
• measure insect diversity
• experiment with meal worms

**Helper's Guide for Entomology 1-3**
Entomology 1-3 Facilitator's Guide
Publication # 08443 (2011)

**Insect Identification Labels**
Publication # MH0401a (2001)

**Guide to Preserving and Mounting Insects for Display**

**Instructions for Insect Display Boxes**

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**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

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**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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**Forests of Fun 3**
*Explore the Deep Woods*
Publication # BU-08040 (2004)
Suggested for Grades 9–12

Members can:
• identify a tree using a tree key
• identify trees by their bark
• explore fruits from flowering trees
• identify how different cultures use forests

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**Geology**

**What on Earth — Geology Study Guide**
Publication # MH0602 (1999)
Suggested for Grades 3–12

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**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

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**Exploring Spaces, Going Places 2**
*On the Trail*
Suggested for Intermediate Level

Members can:
• collect geographic and geospatial data

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**4-H Individual Projects**

**4-H.illinois.edu**
• 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:
• learn goat management practices
• keep a goat herd healthy

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)
Illinois 4-H Livestock Record
Publication # RA0102

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

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

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

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Helper's Guide for Meat Goat 1–3
Meat Goat Helper's Guide
Publication # BU-07912 (2003)
Illinois 4-H Livestock Record
Publication # RA0102

Horse and Pony

Horse 1
Giddy Up & Go
Publication # BU-08053 (2004)
Suggested for Beginner Level
This project may be completed without having a horse.
Members can:
• learn the basics of horse behavior
• practice safety around horses
• learn about horses without owning a horse
• assess horse health

Horse 2
Head, Heart & Hooves
Suggested for Intermediate Level
This project may be completed without having a horse.
Members can:
• learn about horse anatomy
• understand horse health, nutrition, and grooming
• select bedding material
• practice horse judging

Horse 3
Stable Relationships
Publication # BU-08055 (2004)
Suggested for Intermediate to Advanced Level
This project may be completed without having a horse.
Members can:
• understand breeding and genetics
• learn about diseases and health care
• design a horse health program
• explore the financial side of showing horses
Horse 4
*Riding the Range*
Publication # BU-08056 (2004)
Suggested for Advanced Level
Members can:
- practice basic riding skills
- learn horsemanship skills
- use training techniques
- explore trail riding

Horse 5
*Jumping to New Heights*
Publication # BU-08057 (2004)
Suggested for Advanced Level
Members can:
- learn advanced riding skills
- evaluate horsemanship skills
- learn about ethics and competition
- teach horsemanship and safety

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**Helper's Guide for Horse 1–5**

**Horse Project Helper's Guide**
Publication # BU-08058 (2004)
Available by special order:

**Horses and Horsemanship**
Publication # CO 200 (2001)

**Horse Science**
Publication # CO 201 (2001)

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**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

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**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

**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

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

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

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

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

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

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 Outdoor Adventures 1–3
Outdoor Adventures Group
Activity Helper's Guide
Publication # BU-08046 (2004)

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

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

Wildlife A

4-H Wildlife Manual Level A
Publication # 4-H 903P (2003)
Suggested for Grades 3–4

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

Wildlife B

4-H Wildlife Manual — Illinois Wildlife Project Supplement
Publication # MH0400 (2004)

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

Wildlife C

4-H Wildlife Manual — Illinois Wildlife Project Supplement
Publication # MH0400 (2004)

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

Photography

Photography 1

Focus on Photography
Publication # PC-1 (2007)
Suggested for Beginner Level

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

Photography 2

Controlling the Image
Publication # PC-2 (2007)
Suggested for Intermediate Level

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

Photography 3

Mastering Photography
Publication # PC-3 (2007)
Suggested for Advanced Level

Members can:
• try wide angle and telephoto lenses
• create different lens filters
• use a light meter
• use exposure to create a mood and tell a story
Plant and Soil Science

● Plants and Soils 1
It's More Than Just Dirt
Publication # 380-020 (2007)
Suggested for Beginner Level
Members can:
• collect soil and discover what animal life is present
• demonstrate how plants prevent soil erosion
• compare the effect of different soil types on plant growth
• learn how to do a soil test and understand the results

● Plants and Soils 2
Stems and Stamens
Publication # 380-021 (2007)
Suggested for Intermediate Level
Members can:
• identify stages of plant's life cycle
• recognize plant parts and their function
• experiment with different seed germination methods
• propagate plants through various methods

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

Poultry

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

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

● Poultry 3
Flocking Together
Publication # BU-6365 (2001)
Suggested for Advanced Level
Members can:
• manage a small laying flock
• learn to process a chicken
• determine inheritance in chickens
• learn about poultry biotechnology

Rabbit

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

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

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

Helper's Guide for Rabbit 1–3
Rabbit Helper's Guide
Publication # BU-08083 (2004)

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.

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

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

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

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**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

<table>
<thead>
<tr>
<th>Members can:</th>
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<tbody>
<tr>
<td>• complete an income and expense budget</td>
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<tr>
<td>• identify pork by-products</td>
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</tbody>
</table>

● 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

<table>
<thead>
<tr>
<th>Members can:</th>
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<tbody>
<tr>
<td>• learn about swine genetics and breeding</td>
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<tr>
<td>• practice baby pig management</td>
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<tr>
<td>• design a farrowing facility</td>
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<tr>
<td>• prevent swine diseases</td>
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**Helper's Guide for Swine 1–3**
*Swine Helper's Guide*
Publication # BU-08068 (2004)

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**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

<table>
<thead>
<tr>
<th>Members can:</th>
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<tr>
<td>• learn about different animal species</td>
</tr>
<tr>
<td>• explain roles animals have in society</td>
</tr>
<tr>
<td>• learn about body systems and organs</td>
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<tr>
<td>• understand animal behaviors</td>
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● Tractor B
*Tractor Operation: Gearing Up for Safety*
Publication # 4-H-962 (2005)
Suggested for Intermediate Level

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**Veterinary Science**

● Veterinary Science 1
*From Airedales to Zebras*
Publication # BU-08048 (2004)
Suggested for Grades 3–5
Members can:
• learn about farm and tractor safety
• learn about different fuels
• learn about an engine cooling system

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

Video
● Filmmaking Studio

Filmmaking Studio & Workshop
(2009)

Online Project ONLY:
4-h.org/resource-library/curriculum/
4-h-filmmaking-studio-and-workshop

Suggested for Grades 7–12

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 Grades 7–12

Members can:
• learn basics of woodworking, including measuring and cutting a board
• select and use hand tools
• learn to use a hammer; drive and pull nails
• learn to apply glue and select wood finishes

● Woodworking 2

Making the Cut
Publication # BU-6876 (2003)
Suggested for Intermediate Level

Members can:
• learn about wood species
• learn how to select the proper type of wood
• use a combination square, cut on an angle, and sand wood
• build a bird house, letter holder, or foot stool

● Woodworking 3

Nailing It Together
Publication # BU-6877 (2002)
Suggested for Intermediate to Advanced Levels

Members can:
• learn about various hinges, clamps, and joints
• learn how to figure angles and stain wood
• learn how to use a T-bevel

● Woodworking 4

Finishing Up
Publication # BU-6878 (2002)
Suggested for Advanced Level

Members can:
• use a table saw, router, circular saw, and scroll saw
• expand their capabilities with joining techniques
• experiment with adhesives and chemical wood strippers

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

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

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

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

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.
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 map-making 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**

**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

**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 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, beef, dairy, meats, poultry, and forages. Helps prepare members for 4-H livestock 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

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 9–14) 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).

FIRST® is an organization that hosts robotics competitions throughout the world. Youth aged 9–14 compete in FIRST® LEGO League (FLL) where teams of up to 10 youth identify a real world problem, research the problem, decide on a solution, and then build and program LEGO Mindstorms® robots. Teams are judged on their research, teamwork, robot design, and robot performance.

Sheep
Livestock E-Quiz
Online quiz about horses, swine, sheep, dairy, beef, meats, poultry, and forages. Helps prepare members for 4-H livestock events.

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
**Shooting Sports**

Regional 4-H shooting competitions are available to all county 4-H shooting sports programs. Age divisions for archery and air rifle are: Juniors 8–11; Intermediate 12–14; and Seniors 15–19. For shotgun and .22 rifles, the age divisions are: Intermediate 10–14 and Seniors 15–19. A state shooting sports competition and the National 4-H Invitational are planned.

Visit the Illinois 4-H Shooting Sports website at web.extension.illinois.edu/shootingsports

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**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.

Visit the Illinois 4-H Shooting Sports website at web.extension.illinois.edu/shootingsports

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**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

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**Video/Filmmaking**

**Illinois 4-H Filmmaker Website**

web.extension.illinois.edu/4hfilmmakers

Includes links to filmmaking tools and tutorials, examples of youth-created videos and more.

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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

Applications should be submitted at least 4–6 weeks before the club begins meeting.

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**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.

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4-H.illinois.edu
If your club members would like to work on a project together, they can select a “4-H club project.”

Many individual projects can be used as a club project, for example, cooking, robotics, Passport to the World, or gardening.

The 4-H Club Project section lists projects that are intended for members to do as a club.

Citizenship

- **Public Adventures**
  **Youth Adventure Kit**
  Publication # MI-7329 (2001)
  Suggested for Grades 4–12
  Youth can:
  - learn what being an active citizen in a democracy is all about
  - plan and conduct a project that will create change in the community
  - record achievements on a passport and journal personal progress
  —
  **Helper’s Guide for Public Adventures**
  **Public Adventures Guide’s Handbook**
  Publication # BU-7330 (1999)

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

- **Service Learning 2**
  **Raise Your Voice**
  Publication # BU-08183 (2005), includes Service Learning CD
  Suggested for Grades 9–12
  Youth can:
  - plan and conduct a service project
  - conduct a walk-about to observe needs and assets in a community
  - survey community members about needs
  - identify solutions to meet a specific need
  - journal the experience
  —
  **Helper’s Guide for Service Learning 1–2**
  **Service Learning Helper’s Guide**
  Publication # BU-08184 (2005)

Exploratory

- **Exploring 4-H Group Activities**
  **Exploring the Treasures of 4-H: Fun, Friends, & Learning Youth Guide**
  Publication # BU-08171 (2005)
  Suggested for Grades 2–4
  Youth can:
  - learn all about 4-H
  - discover personal interests
  - learn more about their friends and family
  - explore the community
  - enjoy a project hunt
  —
  **Helper’s Guide for Exploring 4-H Group Activities**
  **Exploring the Treasures of 4-H**
  **Helper’s Guide**
  Publication # BU-08172 (2005)
**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
  You can:
  - Learn about geospatial organization
  - Use navigation tools such as GPS, compasses, maps, and globes
  - Identify locations
  - Measure distances

- **Exploring Spaces, Going Places 2**
  **On the Trail**
  Suggested for Intermediate Level Youth
  You 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
  You 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 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.

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**Health and Fitness**

- **Get Up & Move!**
  Suggested for Grades 3–12
  Get Up & Move! is a series of resource materials that 4-H clubs 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
  - 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.

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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.
**Horticulture**

- **Junior Master Gardener**

  The Junior Master Gardener (JMG) program helps young people learn to garden, care for the environment, and be of service to others.

  **Members can:**
  - make plantable greeting cards
  - discover the world of worms
  - learn about soil aggregates
  - discover how plants clean water
  - create an ethnic vegetable garden

  Contact the local Extension office about availability of JMG facilitator’s guide. Or it is available for purchase from Texas A & M University at [http://jmgkids.us](http://jmgkids.us).

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**Intercultural**

- **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](http://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

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

Walk in My Shoes: A 4-H Awareness Project is now available online at http://urbanext.illinois.edu/wims

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

urbanext.illinois.edu/wims

University of Illinois Extension

Walk in My Shoes
A 4-H Awareness Project

Introduction
Supply List
How Old is Old?
Changing Attitudes
Choosing a Helper
All Old Folks Are Not the Same
Making Sense of Sensory Change
Youth Reading List

Credits

Urban Programs Resource Network
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
Natural Resources

Citizen Scientist
If your club members enjoy science, spending time outdoors, or discovering new information, check out the Citizen Scientist project. As a Citizen Scientist, youth collect and report data to support scientific research, such as the water quality of local streams. Contact your local Extension office for more information.

Shooting Sports

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

Hunting and Outdoor Skills
Hunting/Wildlife Member Record Book
Publication # 754
Suggested for ages 8–18
Only offered in certified counties
Members can:
• learn hunting safety
• learn history, wildlife management, and ethics
• learn of wildlife and hunting equipment
• learn hunting skills and techniques
• compete in local, regional, state and national events

Rifle .22 Caliber

Air 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

Shotgun
Shotgun Member Record Book
Publication # 752
Suggested for ages 10–18
Only offered in certified counties
Members can:
• learn the components of shotguns and equipment
• learn shotgun safety
• compete in local, state, or national events
Theatre Arts

- **Theatre Arts 1**
  *Theatre Arts: Imagination in Action*
  *Level Beginner Facilitator’s Guide*
  Publication # 08445 (2013)
  Suggested for Grades 5–8
  **Youth can:**
  - recognize non-verbal communication
  - practice improvisation
  - learn cultural and historical influences
  - create stage design

- **Theatre Arts 2**
  *Theatre Arts: Imagination in Action*
  *Level Intermediate Facilitator’s Guide*
  Publication # 08446 (2013)
  Suggested for Grades 5–8
  **Youth can:**
  - use non-verbal communication
  - write scripts
  - create costume design
  - explore careers in theater

- **Theatre Arts 3**
  *Theatre Arts: Imagination in Action*
  *Level Advanced Facilitator’s Guide*
  Publication # 08447 (2013)
  Suggested for Grades 5–8
  **Youth can:**
  - plan and perform plays
  - develop characters in scripts
  - create costumes to enhance characters
  - job shadow theater professionals
The 4-H Cloverbud program is for youth ages 5–7, as of September 1. Most Cloverbud projects are leader-guided and do not use member books. These projects need minimal reading and writing skills. Some projects do provide manuals and are intended for older Cloverbud members.

- **Cloverbud Series 1 and 2**
  These projects contain activities from eight areas: science/technology, expressive arts, healthy lifestyles, environment, personal development, citizenship, consumer/family science, and plants and animals. The program guides have enough activities to use over several years.

- **Cloverbud Series 1**
  **Cloverbud Program: Curriculum Instructional Materials**
  Publication # 4H 710 GPM (Reprinted 2003)
  Recommended for all new Cloverbud groups
  
  W Spanish version available at www.ohio4h.org/youth/cloverbud/handbook/seriesone/esp/frontpage.htm

- **Cloverbud Series 2**
  **Cloverbud Program: Series 2 Curriculum Instructional Materials**
  Publication # 4H 711 GPM (2000)
  Recommended for all new Cloverbud groups
  
  Helper's Guide for Cloverbud Series 1–2
  **Illinois 4-H Cloverbud Leader's Guide**
  Publication # LE0140 (2005)

- **Aerospace 1**
  **Pre-Flight**
  Publication # BU-6842 (2003)
  Suggested for Grades 1–3
  **Members can:**
  - build an edible rocket
  - compare birds and airplanes
  - identify aerospace careers
  - design and make a spacecraft

  Helper's Guide 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

  **Helper's Guide for Bicycle 1–2**
  **Bicycle Helper's Guide**
  Publication # BU-08336 (2006)

- **Embryology 1**
  **Hatching Classroom Projects Helper's Guide**
  Publication # BU-07595 (2002)
  Suggested for Grades 2–5
  **Members can:**
  - identify parts of an egg
  - incubate eggs
  - build candlers and examine eggs
  - plan and build a brooder box

- **Exploring 4-H Group Activities**
  **Exploring the Treasures of 4-H: Fun, Friends, & Learning Youth Guide**
  Publication # BU-08171 (2005)
  Suggested for Grades 2–4
  **Members can:**
  - learn all about 4-H
  - discover personal interests
  - learn more about friends and family
  - explore the community
  - enjoy a project hunt

  **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

**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

**Project Support for All Cloverbud Projects**

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

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

- **My 4-H Cloverbud Story Level 3**
  *My 4-H Cloverbud Story Level 3*
  Publication # R90317 (1999)
Awards & Recognition

Recognition for Excellence

Opportunities for 4-H Members

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 Graduation 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 Illinois 4-H Website.

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:

Rating Accomplishment

Blue Award Project meets standards
Red Award Project needs some improvement
White Award Project needs much improvement

Members' efforts are evaluated by achievement of project standards, not by competing against other youth. Conference judging allows 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

Age	Award
15	Key Ring
16	Sportspack
17	Cooler
18	Umbrella

**Standards to Achieve:**

- 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.

[Links to Illinois 4-H Award Application (2007)]

The University of Illinois Extension 4-H Key Award recognition is for older 4-H members who exhibit outstanding 4-H leadership, community service, and service as a mentor. Applicants must be 4-H members, 16–18 years of age by September 1, 2013. Each Extension unit annually may submit a maximum of three applications for award consideration. Each year a maximum of 30 4-H members will receive the UIE 4-H Key Award. Awards are presented at the Illini Summer Academies. Local Extension offices must submit applications to the State 4-H Office, postmarked no later than March 1. Applications are available from your local Extension office or online.

**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 search 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 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 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 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 in the state based on information provided on the Illinois 4-H Club Report Form.

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

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

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

Club Report Forms are due in the State 4-H Office no later than August 31, 2015.
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 2015 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, 2014. Members must also be no older than 18 by January 1, 2015. 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, 2014 to compete for the 2015 trips. Finalists must participate in a 4-H interview.

Applications are due to the state in early January 2015. Interviews will be conducted in Spring 2015, with final selections made by mid-June.

Specific deadlines will be provided to local Extension offices in 2014.

Categories for State 4-H Award Winners:
- Achievement
- Animal Sciences
- Community Involvement & Global Awareness
- Engineering & Technology
- Environment & Natural Resources
- Food, Nutrition & Health
- Home & Family
- Personal Development
- Plants & Soils

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 2015 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 5, 2015.
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, Sportfishing, 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.

**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, 2014).
- 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, 2015). 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, 2015.**
- 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.
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 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 organization, overseeing the structure and operation, and serving as the club’s contact with Extension staff and county/unit volunteers. They involve and coordinate activities of other volunteers who support the club.

Project and activity leaders help members plan and conduct projects and club 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 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 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.
• All volunteer applicants will be checked against the list of Registered Sex Offenders maintained by the National...
Registered Sex Offender website. All volunteer names are checked annually against the registry.

- 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, then he/she can be enrolled as a 4-H volunteer through the 4-H enrollment system at the local Extension office. He/she must complete a 4-H Individual Enrollment Form on an annual basis. Rescreening of all volunteers occurs on a five-year rotation.

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

Resources found on the Illinois 4-H Website:

- Extension Volunteer Application Publication # 90109 (2013)
- Extension Volunteer Application — Spanish Publication # 90109S (2012)
- CANTS Check Authorization Form (2012)
- Conviction Information Name Check Request Form (2013)
- 4-H Individual Adult Enrollment Form (2013)
- 4-H Individual Adult Enrollment Form — Spanish (2012)
- Volunteer Reference Form
- Volunteer Reference Form — Spanish

An Extension Pledge: Keeping Youth Safe
All 4-H and Extension volunteers are required to complete the Illinois Extension Child Protection Training — An Extension Pledge: Keeping Youth Safe. Volunteers can complete the online training on their own or in a group setting where the training is conducted by an Extension staff member. Failure to comply with this policy will result in volunteer dismissal. For additional details on training, contact your Unit Extension staff.

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

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

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

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

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

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

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

4-H Overnight Chaperone Orientation
All 4-H volunteers who chaperone youth in an overnight setting are required to complete the 4-H Overnight Chaperone Orientation.

An Extension Pledge: Keeping Youth Safe
All 4-H and extension volunteers are required to complete the Illinois Extension Child Protection Training — An Extension Pledge: Keeping Youth Safe.
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.

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

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

3. Make all reasonable effort to assure that 4-H youth programs are accessible to youth without regard to race, color, religion, sex, marital status, arrest record status, pregnancy, disability, national origin, citizenship status, ancestry, order of protection status, genetic information, and sexual orientation including gender identity.

4. Recognize that verbal and/or physical abuse and/or neglect of youth is unacceptable in 4-H youth programs and report suspected abuse to the authorities. See the University’s Protection of Minor’s Policy for more information.

5. Do not participate in or condone neglect or abuse, which happens outside the program to 4-H youth participants and report suspected abuse to authorities. See the University’s Protection of Minor’s Policy for more information.

6. Treat animals humanely and teach 4-H youth to provide appropriate animal care.

7. Operate motor vehicles (including machines or equipment) in a safe and reliable manner when working with 4-H youth, and only with a valid operator’s license and the legally required insurance coverage.

8. 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.

9. Use of technology and social media in safe and appropriate ways. See Illinois 4-H Volunteer Support at http://web.extension.illinois.edu/state4h/volunteers/support_leader.cfm

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 online.

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.

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.

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.
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.

Training Topics

A variety of training topics is available through the local Extension office. Topics that may be available include:

- 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
- 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.

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.

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.

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.

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.

Resources found on the Illinois 4-H Website:

4-H Science Competency Overview and Self-Assessment Tool

Experiential Learning

Online learning modules increase volunteer’s knowledge and skills to achieve learning outcomes, reflect on the learning process, and integrate into learning activities. Modules include:

- Learning by Doing
- Reflecting on Learning — A Question of Curiosity
- Connecting the Learning — Making it Stick

Using Inquiry to Engage Youth in 4-H Science Programs

Online videos prepare volunteers and staff to use inquiry-based learning for 4-H Science programs. Modules include:

- Lesson 1: Why should I include inquiry-based learning in experiential learning activities?
- Lesson 2: How do I use inquiry-based learning with youth?

Lesson 3: How can I better facilitate inquiry-based learning?

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 (2014)

- 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

4-H.illinois.edu
Secretary's Record Book and Additional Resources (2012)
- Constitution template for 4-H clubs
- List of club members, leaders, and officers
- Record of minutes of meetings

4-H Club Constitution & Bylaws

4-H Club Member Writable Attendance List

Dissolution Clause

Helpful Hints for Secretary

Writable Secretary Book

Secretary Book - for those without internet access

Treasurer's Record Book and Additional Resources (2012)
- Record of club finances
- Inventory of 4-H club possessions

4-H Club Annual Financial Statement

Helpful Hints for Treasurer

Writable Treasurer Book

Treasurer Book - for those without internet access

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

Illinois 4-H Policies

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

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

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

A 4-H Mentor


4-H Club Fiscal Resources

4-H Fundraising Approval Form

Indication of Financial Activity Statement

4-H Club Annual Budget Worksheet

4-H Club Annual Financial Statement*

4-H Club Long Term Spending Plan

An Introduction to 4-H Club Finances: Budgets and Fundraising Fact Sheet

Receiving Donations
- 4-H clubs with Employer Identification Number (EIN) must submit an annual financial statement signed by club treasurer, leader, and fiscal review committee to local Extension office.
- New clubs should contact local Extension office to apply for an EIN and submit required forms.

Member Resources

Welcome to 4-H: An Introduction to 4-H (M90310-R14)
- Introduces new members to several 4-H projects
- New members do a mini-project, make a 4-H friend, learn about their 4-H club, and involve their family in 4-H
- Give to 4-Hers when they enroll to finish within the first three months

4-H Big Friend (L90310)
- Designed for 4-H members who have completed 2+ years and are willing to help a new member
- Provides information and support for a new 4-Her throughout the year
- Use along with Welcome to 4-H (M90310-R14)

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.

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

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

**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**

- **Photo, Video, and Audio Release Form — English & Spanish (2012)**
  • Required for any photo, video, or posted recording that will be used publically or published in a newsletter, brochure, or website.

- **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)
  - 4-H Shooting Sports (Adult/Spanish)

- **Other Information**
  - Child Safety Recommendations
  - Overnight Housing Recommendations

**Other Forms**
- 4-H Activity/Event Planning Checklist
- 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](http://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.

**4-H Club Constitution and Bylaws**
Constitution and bylaws in writable or PDF format.

**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.

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

**Public Presentations**
One of the greatest fears identified by many people is that of speaking in front of others! 4-H members can develop their communications skills through public presentations.
Helping You Help Youth Fact Sheet Series
The following series of fact sheets provide support for volunteer leaders.

Introduction to 4-H
Publication # L90501a-R14 (2014)
- Objectives and purposes of 4-H
- Life skills developed
- Ways youth can participate in 4-H
- Early history
- Pledge, motto, colors, and emblems

4-H Volunteer Leaders
Publication # L90501b (1999)
- Involve volunteers in clubs
- Organization, project, and activity leaders

Organizing a New 4-H Club
Publication # L90501c (2002)
- Contact potential members
- Recruit leaders

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

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

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

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

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

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

Enhance Social and Emotional Development (SED)
Publication # L90501n (2006)
- Learn about SED and why it’s important

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.
Cloverbud Volunteer Resources

These following resources for Cloverbud Volunteers are available at web.4-H.illinois.edu

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)
W 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
Helping You Help Youth: Transitioning 4-H Cloverbuds Meetings 1, 2
My 4-H Cloverbud Story Level 1 (R90315)
My 4-H Cloverbud Story Level 2 (R90316)
My 4-H Cloverbud Story Level 3 (R90317)

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

4-H.illinois.edu
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
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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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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 Illinois 4-H Club member with a 4-H Annual Organizer. They support new, cutting-edge 4-H programs that help youth explore the field of Science, Engineering, & Technology and provide opportunities for the new Teens as Teachers Initiative.

Project Partners also receive the following program benefits.

- Recognition in the 4-H Organizer and The Illinois Clover 4-H program guide
- Recognition in the Illinois 4-H Foundation CloverSeed magazine
- Recognition on the Illinois 4-H Foundation Website
- Recognition at the Illinois State Fair 4-H Family Event
- Company logo displayed at the College of ACES Salute to Agriculture tailgate
- “Proud Supporter of Illinois 4-H Youth Development Program” sign at the Farm Progress Show

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.