



4-H Personal Development Resource List

The following are available from each county Extension office or can be ordered online at <https://www.extension.iastate.edu/store/>.

Camping/Outdoor Adventures

- Club Camping, 4H-803
- Birds, Beasts, Bugs and Us, 4H-808-B
- Hiking Trails, Grades 3-5, 4H 805A
- Camping Adventures, Grades 6-8, 4H 805B
- Backpacking Expeditions, Grades 9-12, 4H 805C
- Group Activity Helper's Guide—Outdoor Adventures, Grades 3-12, 4H-805 LDR

Citizenship

- Me, My Family and Friends, Unit I, 4H 282A junior members
- My Neighborhood, Unit II, 4H 282B
- My Clubs and Groups, Unit III, 4H 282C junior members
- My Government, Unit VI, 4H 282F senior members
- My World, Unit VII, 4H 282G senior members
- Citizenship Adventures Kit—Public Adventures, 4H 285
- Citizenship Guide's Handbook—Public Adventures, An Active Citizenship Curriculum for Youth, Leader's Guide, 4H 285LDR
- Walk in My Shoes—Aging Awareness Project, 4H 248
- Walk in My Shoes, Leader's Guide, 4H 248 LDR

Communications

- See communications section of this Handbook

Leadership & Self Determined

- Create Your Own 4-H Project, 4H 696, available to download and print at <http://www.extension.iastate.edu/Publications/4H696.pdf>
- Create Your Own 4-H Project, Leader Guide, 4H 696 LDR

Music

- Music Project Guide, 4H 620 MP PDF only at <http://www.extension.iastate.edu/Publications/4H620MP.pdf>

Recreation

- So You're the Club Recreation Leader, 4H 71G

Safety

- Safety Project Guide, 4H 692 MP, PDF only at <http://www.extension.iastate.edu/Publications/4H692MP.pdf>