

4-H Communications Programs

We exchange messages in many different ways every day of our lives. We can communicate with words (verbally) without words (nonverbally), and by listening, writing and teaching. In 4-H, you can strengthen your communication skills by giving presentations and working exhibits, writing newspaper articles, giving reports to your club, talking on the radio, entering a poster contest, keeping records, talking to a judge about your exhibit, and even by participating in a 4-H meeting. There are many ways to practice your communication skills at the county level too. This sheet explains the **5 Communication Contests** that are held at the county and state level.

4-H Educational Presentations

Every Mahaska County 4-H'er has the opportunity and the responsibility of giving an Educational Presentation to their 4-H club each year. An Educational Presentation includes:

- Catchy Title
- Introduction
- Body
- Conclusion



Once you have shared your Educational Presentation with your 4-H club, why not enter the county contest at fair!

4-H Working Exhibits

In a Working Exhibit, YOU are the teacher. You get to show and tell other people how to do something informally. The audience is walking by and it is your job to get them to stop and learn something. People at your display will want to be involved in hands-on activity.



Working Exhibits are given on **Wednesday** of County Fair. Registrations for this event are due on May 30.

4-H Poster Contest

The Poster Contest gives 4-H'ers the opportunity to communicate without speaking. Each year there are 5 themes that you can choose from when designing your poster. These themes will be listed in the fairbook and in the 4-H newsletter.

Show what the theme means to you by using paint, crayon, charcoal, or any other materials. Posters must be 14" x 22" in dimension.

Bring your poster to be judged on Monday of County Fair with the rest of your fair exhibits. There is no pre-entry.

4-H Share the Fun



Share the Fun acts can be performed by individual 4-H members, small groups, or the entire 4-H club.

4-H'ers can sing, dance, play the piano or other musical instrument, tell jokes, give a dramatic reading, or put on a skit. The Mahaska County Contest is on **June 12**. Deadline to sign up is May 30. Acts may be selected to advance to the Iowa State Fair. Get your club together to entertain others.

4-H Extemporaneous Speaking

This contest is for senior 4-H'ers in grades 10 - 12. Participants will select one of three 4-H related topics and have 30 minutes to prepare a four to six minute speech. The Extemporaneous Speaking Contest is held on June 12 and deadline to sign up is May 30.



4-H Presentation or Working Exhibit Ideas

How to Apply for a Job
Haircuts
Make Up - Do's & Don'ts
How to give a Manicure
How to (and not to) break an egg
Etiquette
Health
Physical Fitness
Aerobic Exercise
Personal Hygiene
Severe Weather Safety
Do's & Don'ts of Halloween
Costumes
First Aid
Farm Safety
Snowmobile Safety
Gun Safety
Bicycle Safety
Water Safety
Motorcycle Care
Tractor Safety
Knot Tying
Energy Saving Techniques
Animal Care
Beef Breeds
Cross Breeding
Showmanship
Livestock Judging
Cattle Production Testing
Artificial Insemination
Diseases & Their Controls
Livestock Grooming & Handling
Chicken & Egg Production
Wool Production
How to Make a Necktie
A Camp I attended
Astrology
Indian Language
Foreign Culture
Aerospace
Fishing
Travel
A Collection I Have
Arc Welding
Pet Care
Marketing Grain & Livestock
Swine Ear Notching
Swine Backfat Probing
How to Measure
Flower Arranging
Transplant a Flower
Terrariums
Mounting a plant Specimen
Mounting an Insect Specimen
Identification of --
Weeds, Insects, Flowers, Trees, Wood,
Leaves, Seeds, Animal Tracks

How a Plant grows
Soil Types & Testing
Fertilizers & Chemicals (use safely)
How a TV Works
How a Radio Works
How to use a Square Measurer
Small Engines
Grain Testing for Wetness
Soil Conservation
Weed Control
Entomology
Child Care/Baby-sitting
Making Homemade Games (Toys)
Music
The American Hat Dance
Square Dancing
Folk Dancing
Internet Safety
Geology
Self Defense
Judo/Yoga
Recreation (games/sports)
Ecology
Gift Wrapping Techniques
Procedure on Voting Registration
How to decorate a cake/cookies
Buying Food
Baking Bread
Food Pyramid
Identifying Meat Cuts
Preparing Foreign Foods
Outdoor Cookery
Meal Planning
Low Calorie Cooking
Uses for different pots & pans
Dieting
Food Preparation or Nutrition
How to set a Dinner Table
Napkin Folding
Food Safety
Hand Washing
Reading Food Labels
Packing a Picnic Basket
Redecorating
Interior Designing
Stamp Art
Trash to Treasurers (recycling)
Art Principles
Elements of Design
Needlepoint
Care of Sewing Machines
Making Clothes
Sew on a Button
Photography
Rule of Thirds
Parts of a Camera

Tie Dying
Decoupage
Cane Seat Weaving
Knitting
Crocheting
Re-upholstering
Buying Furniture
Making Furniture
Biodegradable Substances and
what they do
Household Electronics:
Wiring/appliances
Fixing a leak
How to train a dog
Building a model
Changing oil in a car
Bicycle parts
Cleaning a saddle
How to use sandpaper
How to plant a garden

Read through your project
manuals....Be creative!

