IOWA STATE UNIVERSITY
University Extension

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FUN & FRIENDS

(HAVING FUN WITH YOUR FRIENDS – DOES IT GET ANY BETTER?)

DO YOU WANT TO...

- MAKE NEW FRIENDS THAT LIKE THE SAME THINGS YOU LIKE?
- HAVE FUN GOING ON FIELD TRIPS WITH YOUR FRIENDS?
- DO COOL STUFF AND HANG WITH YOUR FRIENDS?

MORE

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VOICE & CHOICE

(YOUR VOICE & YOUR CHOICE MATTER TO US)

- GOT SOMETHING YOU WANT TO SAY?
- WANT GROWNUPS TO LISTEN?
- WANT TO MAKE YOUR OWN CHOICES?
- HOW ABOUT LEARNING ABOUT TOTALLY DIFFERENT THINGS IN NEW WAYS?

MORE

(THE POSSIBILITIES ARE ENDLESS)

possibilities

imagine

A WORLD OF 4-H WITH YOU IN IT

projects

PICK YOUR ADVENTURE

WWW.EXTENSION.IASTATE.EDU/4H/PROJECTS

WHAT LOOKS GOOD TO YOU?

PICK WHAT INTERESTS YOU
- Find a few areas that you want to try.
- Learn from a variety of resources; adults, friends, family, online, or even the library.
- As you start, think about what you want to learn and do. Then, keep track of it so you can share it with others in a fair exhibit or a presentation.

CHOOSE A CLUB
- Maybe you have a friend who's in 4-H, or there may be a club that's close to home.
- Don't know what club you want to join? Talk to someone at your county Extension office, and they'll be happy to find you a club that fits you and your adventure!

GET INVOLVED
- Contact the club leader and visit a meeting in your area.
- Don't be shy—the club leaders and the older kids in the club will be happy to answer your questions and help you fit in.

LET THE ADVENTURE BEGIN!
- Go to your club meetings.
- Participate in the club activities.
- Learn about the things that interest YOU!
- If you really enjoy what you do in your project this year, plan to expand your horizons even more next year!

ANIMALS

☐ **BEEF |** Here's the beef! Pick out a calf, then feed it, groom it and watch it grow.

☐ **DAIRY CATTLE |** Got milk? Take good care of your cows and make your own milk, cheese and ice cream.

☐ **DAIRY GOATS |** Got GOAT milk? Take good care of your dairy goats and you'll be rewarded with milk and cheese.

☐ **DOGS |** There's no better friend than a dog. Learn to feed and care for your furry friend, and teach it some new tricks.

☐ **HORSE & PONY |** Giddy-up! Jump in the saddle and run wild with a Horse & Pony project. You don't even need your own horse!

☐ **MEAT GOATS |** Select, feed, and care for your own goats.

☐ **PETS |** Is your pet a Hamster, a Hedgehog, or a Himalayan cat? Maybe it's not one of the four H's, but it still needs food, water, shelter, and love.

☐ **POULTRY |** Don't chicken out. Start a Poultry project to learn how to care for cheepers, peepers, quackers and gobblers.

☐ **RABBIT |** Hop on over to the Rabbit project and find out about raising bunnies.

☐ **SHEEP |** Lead the flock in the Sheep project by choosing, feeding, and caring for your own breeding or market sheep.

☐ **SWINE |** Go whole hog! Find out where a pork chop on a stick comes from while you choose, feed, and care for your own pigs.

☐ **VETERINARY SCIENCE |** Learn everything you need to know about keeping animals healthy, and maybe find your true calling as a veterinarian.

CREATIVE ARTS

☐ **MUSIC |** Write a song, join a band, play an instrument or try out for American Idol... even if it's just in the shower.

☐ **PHOTOGRAPHY |** Plan a shot, frame a picture, create a video, and jazz it up on your computer.

☐ **VISUAL ART |** Make a masterpiece with paint, chalk, clay, metal, wood... the possibilities are endless.

AGRICULTURE & NATURAL RESOURCES

☐ **CROP PRODUCTION |** Get your hands dirty! Find out all about soil, bugs, beetles and other stuff, and how they affect the crops we grow.

☐ **ENVIRONMENT & SUSTAINABILITY |** Go Green! Discover how choices you make every day affect your whole world forever.

☐ **HORTICULTURE |** Plant it, dig it, grow it, show it.

☐ **OUTDOOR ADVENTURES |** There s'more to outdoor adventures than marshmallows! Go backpacking, hike a trail, build a campfire, ride a bike, or reel in the big one.

☐ **SAFETY & EDUCATION IN SHOOTING SPORTS |** Hit your target with a bow, rifle, or shotgun.

FAMILY & CONSUMER SCIENCES

☐ **CHILD DEVELOPMENT |** Taking care of children is more than bottles and blankies. Find out how children grow, and how you can be the BEST babysitter.

☐ **CLOTHING |** Now you're stylin! Put it on and make a statement about who you are.

☐ **CONSUMER MANAGEMENT |** Learn how to be smart with your money so you can get the things you want.

☐ **FOOD & NUTRITION |** Are you a carrot or a cupcake? Find out why it's true that "you are what you eat."

☐ **HEALTH |** Learn how to take care of yourself and others by learning first aid and how to make healthy choices.

☐ **HOME IMPROVEMENT |** Room makeover! Discover simple and inexpensive ways to make your space say, "this is who I am."

☐ **SEWING |** Stitch This! Make clothes, pillowcases, horse blankets, or anything else you can sew.

PERSONAL DEVELOPMENT

☐ **CITIZENSHIP |** Make the world a better place, starting with your little corner of it.

☐ **COMMUNICATION |** Sing it, dance it, speak it, text it.

☐ **LEADERSHIP |** Make the best better! Leadership is building relationships, being a good role model, and helping others.

☐ **SELF DETERMINED |** Blaze your own trail with a Self Determined project. Set your own limits by choosing your passion, finding your information, and sharing what you learned.

SCIENCE, ENGINEERING, & TECHNOLOGY

☐ **MECHANICS |** Love it when things work the way they're supposed to? Restore dad's muscle car, bring grandpa's 4020 back to life, keep your clunker running, or light up your life with electricity.

☐ **WOODWORKING |** Build something fun with wood: birdhouse, treehouse, swingset, table. The possibilities are really endless.

☐ **SCIENCE, ENGINEERING, & TECHNOLOGY** Challenge your mind by exploring the world around you with hands-on science and math experiments. The sky's the limit.
- AEROSPACE
- BIOLOGICAL & CHEMICAL SCIENCES
- COMPUTERS & NETWORKING
- DIGITAL STORYTELLING
- EARTH & CLIMATE
- GEOSPATIAL MAPPING (GPS/GIS)
- ROBOTICS
- SCIENCE IN OUR EVERYDAY LIVES

FIND OUT MORE!

MORE DETAILS ABOUT PROJECTS
WWW.EXTENSION.IASTATE.EDU/4H/PROJECTS

LOCAL EXTENSION OFFICE

HOW TO JOIN 4-H
WWW.EXTENSION.IASTATE.EDU/4H/JOIN

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4H200A August 2010