



LOOKING GOOD FEELING GREAT

## WELCOME

Welcome to the **Looking Good Feeling Great Project!** Please read through this guide carefully, as it contains information and suggestions that are important for your project. **4-H leaders can obtain a Leader Project Guide and other resources from the PEI 4-H Office.** Hopefully you, as a member, will "Learn to do by Doing" through hands-on activities that will encourage learning and enjoyment. If you have any questions, contact your District 4-H Officer or your 4-H project leader.

## 4-H YEAR COMPLETION

You complete a project by:

- completing the project Achievement Day requirements
- completing a communication project
- completing a community project
- completing an agriculture awareness project
- taking part in Achievement Day

**You must complete all of the listed aspects in order to show at Fairs and Exhibitions.**



## ACHIEVEMENT DAY REQUIREMENTS

1. Complete at least 4 modules
2. Complete one module display made using a presentation board
3. A Journal/scrapbook including pictures and journaling of the year's work (scrapbooking techniques are not required)

## EXHIBITION REQUIREMENT

One Module Activity Display on Presentation Board

**For this project, you must ...**

- Be at least 12 years of age
- Complete a minimum of four project modules

## BE A GOOD SPORT!

In the spirit of learn to do by doing, all those involved in 4-H are encouraged to practice good sportsmanship, use common sense at all 4-H activities, and the work in any 4-H project should be the member's own work.

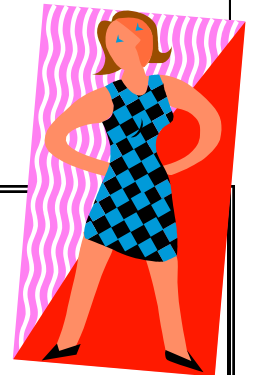
## Ages for 4-H members as of January 1st of the 4-H year:

Junior:	9-11 years
Intermediate:	12-14 years
Senior:	15-21 years

## HELPFUL RESOURCES!

[www.dressingwell.com](http://www.dressingwell.com)  
[www.fabriclink.com](http://www.fabriclink.com)  
[www.1001-hairstyles.com](http://www.1001-hairstyles.com)  
[www.virtualhaircare.com](http://www.virtualhaircare.com)  
[www.mannersinternational.com/etiquette](http://www.mannersinternational.com/etiquette)  
[www.emilypost.com](http://www.emilypost.com)  
[www.stylemakeovers.com](http://www.stylemakeovers.com)  
[www.haircareguide.com](http://www.haircareguide.com)  
[www.teenadvice.com](http://www.teenadvice.com)  
[www.free-beauty-tips.com](http://www.free-beauty-tips.com)  
[www.cosmeticsdiary.com](http://www.cosmeticsdiary.com)  
[www.kidshealth.org](http://www.kidshealth.org)  
[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

A variety of books and videos are available at the PEI 4-H Office which can be borrowed for a two week loan period. To book these, call 368-4833 or drop by the PEI 4-H Office at 40 Enman Crescent, Charlottetown.



**Check out the PEI 4-H Web Site**

[www.pei4h.pe.ca](http://www.pei4h.pe.ca)

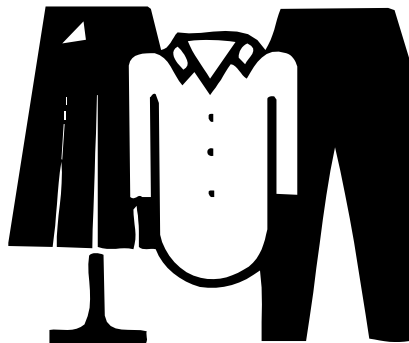
## \*Module Activity Display Achievement Day Requirements

In this 4-H project it is especially important to think about Achievement Day early. Your group should have some idea of what you wish to display and how to display it while you are planning the modules. This way, you can...

- Take before and after pictures
- Chart your progress
- Display the steps of the technique or method that you have learned
- Plan for demonstrations
- Display articles you have made

Ideas for Achievement Day are included on the next page and with each module in your leader's Resource Manual. They are intended to start you thinking. You can come up with your own ideas on how to display what you have learned in Looking Good Feeling Great.

**Please note: Each member in your project group must have their own two Module Displays/Activities for Achievement Day. These can not be done as a group effort.**



### Looking Good, Feeling Great!

If you feel great, you look good, and if you look good, you feel great. That's what this 4-H project is all about. It can teach you how to put your best foot forward, learn more about your strong points and how to make the best of them.

With the help of your leader, your group will plan the project together. This project is more fun and worthwhile if taken as a group. If you are the only one in your club planning to take this project, check for friends who might like to learn more about looking good and feeling great, even if they have not been in 4-H before.

Choose the topics and activities that will interest you and your group. Here are the modules that you can explore. Put a check mark by at least four that interest you:

- |                                  |                           |
|----------------------------------|---------------------------|
| ◇ I'm Somebody                   | ◇ Clothing Care           |
| ◇ Steps to Better Communications | ◇ Staging a Fashion Show  |
| ◇ Building a Wardrobe            | ◇ Lifestyle and Nutrition |
| ◇ Colour Counts                  | ◇ Skin Care               |
| ◇ Accessories                    | ◇ Hairstyling and Care    |
| ◇ A Style of Your Own            | ◇ Etiquette               |

### Planning Your Project

After your group selects the modules they are interested in, review with your project leader the module outlines in the project resource manuals. It includes a variety of activities that will help you get the most from the modules you choose. You do not need to follow the activities in the book exactly. If you have other ideas or activities that you would like to try, include them in your plan.

# Module Activity Display Ideas

## Module 1 - I'm Somebody

- Draw your family tree or make a family heritage poster
- Use pictures and posters to show how image can be projected through appearance
- Make an adjective wardrobe for your group. Use cutouts of clothing for visual effect.

## Module 2 - Steps to Better Communication

- Use posters or an illustrated talk to depict: How messages are sent and received, What you can learn from body language, How body language affects communications, Communication barriers, How to speak up in public, and How to prepare a speech or demonstration.

## Module 3 - Building a Wardrobe

- Do before and after pictures of closet clean-out activities.
- Show how you have changed or updated your wardrobe to turn Group 2 clothing into Group 1 clothing.
- Show how you have coordinated outfits based around what you have in your closet or using photographs or the real thing.
- Show a wardrobe inventory and/or a wardrobe map.

## Module 4 - Colour Counts

- Demonstrate with pictures or fabric the concepts of hue, value and intensity. This may be done with a display, posters or a talk.
- Show how different colours create illusions on the body.
- Show how colours affect each other, or how they affect different persons.
- Display current fashion colours, along with their interesting names.

## Module 5 - Accessories

- Display the effect of accessories on an outfit. Using actual garments or photographs, show how accessories may be used to change the look of any outfit.

- Demonstrate how to tie scarves, or have a display.
- Display any accessories members have made.
- Demonstrate how various sizes and types of accessories affect a person's appearance.

## Module 6 - A Style of Your Own

- Create a solid background using posterboard or fabric on a mannequin. Use contrasting ribbon or yarns to make lines on the background to divide the body and create a different appearance.
- Use pictures and/or articles of clothing to show what is meant by line, colour, texture and how these affect your appearance.
- Display various fabrics and discuss the effects their textures have on figure size.
- Illustrate the principles of balance, proportion, rhythm, unity and emphasis by finding good and bad examples of each.

## Module 7 - Clothing Care

- Make a poster or demonstrate proper laundry procedures.
- Explain care labels and their use.
- Display your stain removal kit and/or make a poster showing the different steps in stain removal.
- Show how you have improved your storage and clothing care with before and after pictures of a closet make-over.
- Display any closet accessories you have made.
- Display or demonstrate how a suitcase is packed for a specific trip.

## Module 8 - Staging a Fashion Show

- Take pictures of the steps you will go through to organize your fashion show, or of a fashion show that is to be held with Achievement Day.
- Organize a fashion show for your club Achievement Day.

## Module 9 - Lifestyle and Nutrition

- Develop a display focusing on one of the many areas of nutrition and fitness. Ideas include...body image and desirable weight for optimum health, energy balance, what makes a balanced diet, evaluating diets, what's wrong with fad diets, food choices for the busy teen, why good nutrition is important to looking good and feeling great, eating disorders.

The list is almost limitless so choose one that is of interest to you.

## Module 10 - Skin Care

- Do before and after pictures of makeup and skin care routines.
- Using photos or pictures from magazines, do a picture story of the steps of good skin care.
- Do a picture story of the steps in a manicure and/or pedicure.
- Show different skin types and appropriate cleansing products for those skin types.
- Demonstrate the use of makeup products and tools.

## Module 11 - Hairstyle and Care

- Explain various hair types and/or styles with the use of pictures and posters.
- Display various hair care and grooming products and discuss their uses.
- Demonstrate a particular method of styling hair.

## Module 12 - Etiquette

- Set a table for a formal family dinner.
- Use posters or pictures to illustrate some of the rules of etiquette for...Getting along with family, Introducing people, Introducing speakers, Acting as M.C., Using the right cutlery, How to eat certain foods.
- Display different types of invitations and thank-you cards.
- Do a skit, role play or demonstration of good manners.

More ideas can be found in your leader's project resource material.

## PROJECT MEETING AND ACTIVITY RECORD

*(Copy and complete one of these records for each of the four of the project modules you completed.)*

Module: \_\_\_\_\_

What I hope to learn from this module: (Complete this statement before you begin the module.)

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Date: \_\_\_\_\_

What I did at this module's meetings and activities:

Date: \_\_\_\_\_ Description: \_\_\_\_\_

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What I learned from this module: \_\_\_\_\_

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Changes I've made (if any) because of the new things that I discovered during this module:

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Things I wouldn't change, even after taking this module: \_\_\_\_\_

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Changes I would still like to make (if any): \_\_\_\_\_

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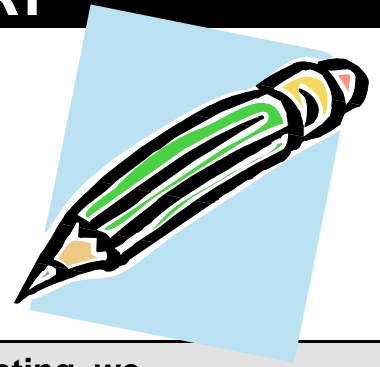
Time spent on this module: \_\_\_\_\_





# PROJECT MEETINGS DIARY

*Most projects will require at least six to eight project meetings to complete the project.*



Meeting Date	Location	Time	At this meeting, we...

# Community and Agriculture Awareness Projects

## COMMUNITY PROJECT

Each year you are encouraged to provide a service to your community as a 4-H member. This introduces you to the responsibilities of citizenship. You must participate in your club's plan for a community project and you should have a role to play. Describe your involvement with your club's community project this year.



*Our Community Project was* \_\_\_\_\_

*I helped by* \_\_\_\_\_

*It was beneficial because* \_\_\_\_\_

*I learned* \_\_\_\_\_

## AGRICULTURE AWARENESS PROJECT

Agriculture is one of PEI's main industries. You are expected to participate with your club to complete a project (or provide a service) which helps your club or others become aware of the importance of agriculture in our lives. As in the community project, you should actively participate.



*Our Agricultural Awareness Project was* \_\_\_\_\_

*I helped by* \_\_\_\_\_

*It was beneficial because* \_\_\_\_\_

*I learned* \_\_\_\_\_