



EXPLORING 4-H

WELCOME

Welcome to the Exploring 4-H 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 Project Leader 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.

This is your first year in 4-H and it will be an exciting one! You are now a member of Canada’s premier rural youth program. 4-H is a hands-on program where you will:

- Have fun getting together with other 4-H members;
- Work on projects that you have chosen yourself;
- Take part in club and district activities, tours and events;
- Learn many skills such as decision making, public speaking, meeting procedures and leadership.

Through 4-H you will:

- Train your HEAD to think, plan and reason through project and club activities;
- Train your HEART to be kind and true, to work with others, and to be good winners and graceful losers;
- Train your HANDS to be useful, helpful and skillful in your project work and community service work;
- And by being HEALTHY you can accomplish all of the above with a strong body and mind.

This project is designed so that **youth 9 and 10 years of age**, who have never been in 4-H, can learn more about the program and experience some different projects. Sometimes choosing the project that you would be most interested in can be difficult for new 4-H members, if you do not have enough information. Through the Exploring 4-H Project, you will become familiar with a variety of projects and learn what is involved in being a 4-H member. You will learn a great deal about 4-H.

Going into great depth with all the projects is impossible because there is just not the time. Exploring 4-H members will explore at least six (6) different projects which must include “Let’s Explore 4-H” and “Let’s Explore Communications”. On Achievement Day you will display four (4) items from the six project areas covered. The items do not have to be as in depth as regular project items. For example, a potted plant for “Let’s Explore Gardening”, a pin cushion for “Let’s Explore Sewing”, or visit a farm for “Let’s Explore Animals”. In this project there is a variety of fun-filled, hands-on learning activities to help you ... “Explore 4-H”.

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.



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 |

Check out the PEI 4-H Web Site

www.pei4h.pe.ca

ACHIEVEMENT DAY REQUIREMENTS

Four Project Items (25 marks each)

100 Marks



EXHIBITION REQUIREMENT

Exploring 4-H members are invited to select one project item for display to enter at the various 4-H fairs and exhibitions. Be sure to select an item that is sturdy and will travel well. This item will not be judged, but participating members will receive a small prize from the various exhibitions.

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.



HELPFUL RESOURCES

A variety of books 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.

THE 4-H PLEDGE

I Pledge
My HEAD to clearer thinking
My HEART to greater loyalty
My HANDS to larger service
My HEALTH to better living
For my club, my community and my country.

4-H MOTTO

"Learn To Do By Doing"

Did You Know This About 4-H?

- The four H's in 4-H stand for Head, Heart, Hands and Health;
- The 4-H colors are green and white, representing agriculture and youth;
- The symbol representing 4-H is the four-leaf clover;
- The 4-H Program began in Prince Edward Island in 1918;
- The program in PEI has approximately 700 members;
- Hundreds of 4-H members and leaders from across PEI have travelled both nationally and internationally on 4-H travel programs;
- You can gain many unique opportunities through 4-H simply by being an active participant at Club, District and Provincial levels.



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 _____

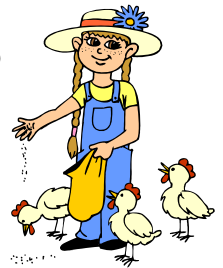
I helped by _____

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 _____