K-STATE Research and Extension

Explore Your Spark!

Health and Wellness Project



A healthy lifestyle means taking care of your body and mind through smart choices, positive habits, and active living. In this project, you'll explore physical activity, healthy eating, mental health, first aid, sports, and recreation. You'll build skills like decision-making, self-discipline, and goal setting, and become Beyond Ready to lead a balanced, resilient life. Whether you're making nutritious meals or finding ways to manage stress, or helping others in your community, this project helps you grow confidence and well-being.

Starting Out
Beginner

- Explore hygiene, healthy eating, and physical activities.
- Learn about fitness and injury avoidance.
- Explore the benefits of less screen time and more outdoor time.
- Learn alternative ways to increase physical activity.
- Explore healthy eating using the MyPlate guide.
- Discover ways to take care of your feelings and manage stress.

Learning More
Intermediate

- Assemble a first aid kit and practice treating common injuries.
- Choose the right bike and safety equipment. Go for a safe ride.
- Understand why avoiding substance use is important.
- Explore ways to manage stress and support mental wellness.
- Complete a wellness-focused service project in your community.

Expanding Horizons
Advanced

- Create and track a personal fitness plan.
- Explore how physical activity supports mental wellness and stress.
- Learn about key nutrients and recommended food group servings.
- Practice decision-making and self-management through healthy living.
- Lead a health-related service project or mentor younger youth.

Beyond Ready

Ready to Lead

Youth involved in 4-H are **two times more likely to have the goal of becoming a leader.** Through real-world experiences and the guidance of caring mentors, they develop the confidence, communication, and decision-making skills needed to lead in today's changing world.

Ready to Serve

Youth who participate in 4-H are **three times more likely to engage in community service.** Service learning provides them with purpose and connection at a time when **more than 53% of Gen Z report feeling lonely.** Through 4-H, youth are empowered to serve with compassion and make a meaningful impact.

Ready to Build

With nearly **10 million unfilled jobs and 77% of employers seeking real-world skills,** 4-H helps youth build what matters. Through hands-on projects and career exploration, youth gain adaptability, problem-solving, and workforce readiness.

Ready to Conquer

While 52% of young people feel like they're failing at life goals, 4-H youth rise with resilience. Backed by research and supported by caring adults, they learn to overcome challenges, set goals, and take charge of their future with confidence.

Building a Ready Generation in a World of Change!

Health and Wellness Project

Expand Your Experiences!

Healthy Living

- Set goals, support friends, and practice habits that strengthen mental health.
- Stay active with movement you enjoy to keep your body energized.
- Choose healthy foods by reading labels and preparing meals at home.
- Practice mindfulness or breathing techniques to reduce stress and refocus.

Science and Agriculture

- Grow a themed garden and explore how food choices start from the soil.
- Compare food labels to make informed nutrition decisions.
- Learn how movement like gardening or yard work supports physical wellness.
- Explore how nutrients affect your body. Track what you eat and how you feel.

Community Vitality

- Promote healthy choices. Lead a wellness activity like "Rethink Your Drink".
- Share your garden harvest through a cooking demonstration or service project.
- Encourage healthy habits in your club, school, or local community.
- Volunteer at a community health event or support a local food pantry.

Communication and the Arts

- Create and present a health-focused demonstration using MyPlate or fitness tips.
- Tell your wellness story through photography, poster displays, or social media.
- Teach younger youth a physical activity or healthy snack they can share at home.
- Design an educational poster or PSA encouraging healthy living habits.

Career Exploration

- Job shadow a personal trainer to see how they motivate others.
- Job shadow a nurse, doctor, CNA, or EMT to explore health careers.
- Take a Certified Nurse's Aide (CNA) class to gain real-world experience.
- Explore college/trade school programs in health and wellness.
- Talk with a counselor, therapist, or school psychologist to learn about careers in mental health care.
- Create a real/conceptual product or service business and participate in a YEC (Youth Entrepreneurship Challenge) competition.
- Explore cybersecurity jobs in Health & Wellness careers.

Contact Information

Kansas 4-H
201 Umberger Hall
1612 Claflin Road
Manhattan, KS 66506
Email: kansas4h@ksu.edu
Website: kansas4-h.org

Resources and Events

Build confidence, resilience, and real-world skills through hands-on activities that support healthy living. These experiences build practical life skills and prepare youth to make healthy choices for themselves and others.

- Participate in local and state 4-H Family and Consumer Sciences Judging.
- Join Walk Kansas to build healthy habits.
- Explore mental wellness through 4-H Health Rocks! or mindfulness workshops.
- Participate in 4-H Camps.
- Volunteer at a local food drive or lead a wellness service project.

Curriculum and Resources

- Contact your local Extension office.
- Go to https://shop4-h.org/pages/curriculum for curriculum resources
- Go to Kansas 4-H website https://www.kansas4-h.org/projects/consumer-family-sciences/health-wellness.html
- Go to K-State Extension Bookstore https://bookstore.ksre.ksu.edu/topic/4-h-youth-development/health-and-wellness

4-H Record Keeping

Learning to keep accurate records is a life skill. The following forms can help you:

- Setting 4-H Project Goals (4H1100)
- Kansas 4-H Record Keeping
- Complete a Healthy Living Journal that tracks:
  - Daily mood
  - Stress Level
  - Sleep
  - Mindfulness activities
  - Physical activity with resting & active heart rate
  - Community service helping others
  - Water intake
  - Fruits & vegetables eaten

Project Exhibit Ideas

- Create a poster about coping strategies for stress or anxiety.
- Create a display showing how different activities affect heart rate.
- Create a poster on "Helping Others is Helping Yourself."
- Display a "Re-Think Your Drink" sugar cube visual.
- Share a notebook about different types of recreation and the benefits for your body.
- Create a comparison display of homemade smoothies vs. fast-food drinks (sugar, calories, cost).

K-STATE Research and Extension

Kansas State University Cooperative Extension Service
Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Director of Extension, Kansas State University, County Extension Councils, Extension Districts. Kansas State University is an equal opportunity provider and employer.
4H1108 rev. August 2025