



# Exploring 4-H Project



This project is for first- and second-year members. It's a great way for members to explore a variety of 4-H projects throughout the year without the commitment of having to enroll in each individual project. Members will be able to explore numerous project areas in their interests with the guidance of older members and adult volunteers. Members are encouraged to explore different project areas of interest if enrolling in the Exploring project for more than one year.

## Starting Out *First-Year Explorer*

- Learn about the 4-H projects that are available for you to explore.
- Pick one to three projects in your interests to investigate.
- Attend club project meetings related to your project choices.
- Pair up with an experienced 4-H member within each project to learn about their project work.

## Learning More *Second-Year Explorer*

- Choose the project(s) you wish to continue to learn about from year one Exploring and enroll in your choices.
- Learn about additional 4-H projects that are available for you to explore.
- Pick one to three projects different than year one to investigate.
- Attend club project meetings related to your project choices.
- Pair up with an experienced 4-H member within each project to learn about their project work.

## Inspire Kids to Do

### Explore

#### **"I might like to do this."**

Youth who explore a variety of interests before high school, through experiences like 4-H camps and educational events, can develop early interest in a career path and improve their academic performance.

### Learn

#### **"I can do this."**

4-H project-based learning, guided by adult volunteers, improves youth understanding of skills and concepts, as well as their ability to problem-solve and collaborate.

### Practice

#### **"I'm interested in this."**

Youth who have participated in sustained hands-on learning and engaged with professional mentors and volunteers before entering high school are more likely to explore studies and potential career paths.

### Experience

#### **"I will be this."**

Real-world application is key — 91% of Kansas 4-H members have a plan for reaching their goals. Youth that have been active participants in hands-on learning, combined with strong decision-making skills, are more able to effectively navigate life.

## Exploring 4-H Project

### Expand Your Experiences!

*There are four mission mandates that Kansas 4-H emphasizes. As you explore your project interests, how can you incorporate each area into your project work and learning.*

#### Healthy Living

Healthy Living includes nutrition, fitness, social-emotional health, and making good choices.

- What kind of movement is required in projects you've explored?
- What choices do you have to consider in making positive decisions?
- How have you connected with others during your project explorations?

#### Science and Agriculture

Some level of science is incorporated into all 4-H projects.

- Did you recognize aspects of agriculture within your project exploration? If so, what?
- How was your project exploration related to science?

#### Community Vitality

Community Vitality incorporates leadership and citizenship.

- What are some leadership roles within the projects you've explored?
- What are ways to give back to others within your Exploring project areas?
- What club service projects did you complete?
- Have you identified older 4-H members or adults as leaders within your Exploring project areas?

#### Communication and the Arts

Did you share your project interests and learning with others?

- Project Talk or Demonstration
- Show and Share at 4-H Club Day or a club meeting

## Career Development

- All of the project areas have career opportunities.
- What are some career possibilities you have discovered within your project explorations?
- Each 4-H Project Info Sheet includes Career Development information. Find the pages for your project interests for continued career exploration.

## Local Contact Information

Resources and Events	Curriculum and Resources	4-H Record Keeping	Project Exhibit Ideas
<p>Participating in educational events and learning opportunities will expand your knowledge and skills in the project area. Contact your local K-State Research and Extension office for local opportunities.</p> <ul style="list-style-type: none"><li>• Club meetings</li><li>• Project Meetings</li><li>• 4-H Club Day</li><li>• 4-H Project Info Sheets</li><li>• Clover Classroom Challenge</li></ul>	<p>Project materials to assist youth in learning may be available through your local 4-H office or you can order directly.</p> <ul style="list-style-type: none"><li>• <a href="#">The Big Book of 4-H Cloverbud Activities</a></li><li>• <a href="#">Exploring 4-H: Cloverbud Activity Bundle</a></li><li>• <a href="#">All About Pets Cloverbud Activity Bundle</a></li><li>• <a href="#">All About Insects Cloverbud Activity Bundle</a></li><li>• Additional curriculum related to specific project interests.</li></ul>	<p>Learning to keep accurate records is a life skill. The following forms can help you:</p> <ul style="list-style-type: none"><li>• <a href="#">Setting 4-H Project Goals (4H1100)</a></li><li>• <a href="#">Kansas 4-H Record Keeping</a></li></ul>	<ul style="list-style-type: none"><li>• Give an educational presentation at 4-H Club Day or County or 4-H Fair</li><li>• Visit with your local Extension Office or leader on local exhibit opportunities within the 4-H Exploring Project.</li></ul>

