Exploring 4-H Series
Adventure Into 4-H

Introduction

What is 4-H all about?
This project will show you how many great things you can learn and do in 4-H! You can choose 5 different projects to try ... and you can even take the project over again next year to try some more!

Adventure Into 4-H is suggested for all 8 year old members. Each member must complete Skill Builder 1, along with 5 of the remaining Skill Builders. By trying different projects, you'll have a good idea which ones you want to learn more about next

Meet our 4-H Members!
The 4-H members know lots of exciting facts! They will share and demonstrate information throughout your manual.

4-H in Canada started in Roland, Manitoba in 1913. You can become a 4-H member at the age of six years old and continue until you are 25 years old. Your leaders will help you learn lots of skills by doing your projects!

Did you know?
There are more than 200 4-H clubs throughout Manitoba and that there are over 2500 4-H members!

Table of Contents

<table>
<thead>
<tr>
<th>Table of Contents</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>1</td>
</tr>
<tr>
<td>Project Summary</td>
<td>2</td>
</tr>
<tr>
<td>Skill Builder 1: What is 4-H?</td>
<td>4</td>
</tr>
<tr>
<td>Skill Builder 2: Animals</td>
<td>6</td>
</tr>
<tr>
<td>Skill Builder 3: Crafts</td>
<td>8</td>
</tr>
<tr>
<td>Skill Builder 4: Fibres and Fabrics</td>
<td>10</td>
</tr>
<tr>
<td>Skill Builder 5: Agriculture</td>
<td>12</td>
</tr>
<tr>
<td>Skill Builder 6: Foods</td>
<td>14</td>
</tr>
<tr>
<td>Skill Builder 7: Woodworking</td>
<td>16</td>
</tr>
<tr>
<td>Skill Builder 8: Money and You</td>
<td>18</td>
</tr>
<tr>
<td>Skill Builder 9: Outdoor Living</td>
<td>20</td>
</tr>
<tr>
<td>Skill Builder 10: Photography</td>
<td>22</td>
</tr>
<tr>
<td>Skill Builder 11: Speaking Up</td>
<td>24</td>
</tr>
<tr>
<td>Skill Builder 12: Machines</td>
<td>26</td>
</tr>
<tr>
<td>Skill Builder 13: You are a Leader</td>
<td>28</td>
</tr>
<tr>
<td>Showcase Challenge</td>
<td>31</td>
</tr>
<tr>
<td>Portfolio Page</td>
<td>32</td>
</tr>
</tbody>
</table>

Learning is 3D!
To help you get the most out of your learning, each project meeting has the following parts:
- **Dream it!** Plan for success
- **Do it!** Hands on learning
- **Dig it!** What did you learn?
What Skills Will You Learn?

Each section or Skill Builder (or Builder) in this project has activities that will help your project group learn to do by doing while learning new skills and having fun!

To complete this project, you must:
- Complete Skill Builder 1 - and then complete at least five of the remaining Skill Builders.
- Complete the activities in each Builder or a similar activity that focuses on the same skills as you and your leader may plan other activities.
- Plan and complete the Showcase Challenge.
- Complete the Portfolio Page.
- Participate in your club’s Achievement (See the inside back cover for more information about 4-H Achievements).

<table>
<thead>
<tr>
<th>Skill Builder</th>
<th>Members will be able to...</th>
<th>Activities</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>What is 4-H?</td>
<td>4-H Pledge</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>• Recite the 4-H Pledge</td>
<td>4-H Matching</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>• Identify club officers and understand their role.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Recognize the 4-H logo and understand it’s meaning</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Animals</td>
<td>Animal fact list</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>• Identify the different animal projects available</td>
<td>What’s on the menu?</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>• Identify people who know about animals</td>
<td>Animal care</td>
<td>7</td>
</tr>
<tr>
<td>3</td>
<td>Crafts</td>
<td>Craft supplies word search</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>• Identify basic craft supplies</td>
<td>Pinecone reindeer</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td>• Follow instructions to create a craft</td>
<td>Tye-dye</td>
<td>9</td>
</tr>
<tr>
<td>4</td>
<td>Fibres and Fabrics</td>
<td>Fabrics</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>• Identify sewing equipment</td>
<td>Basting Stitch</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>• Learn to do a basting stitch</td>
<td>Pocket Apron</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sock Puppet</td>
<td>11</td>
</tr>
<tr>
<td>5</td>
<td>Agriculture</td>
<td>Agriculture jobs</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td>• Identify jobs that agriculture provides</td>
<td>Agriculture Crossword</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td>• Understand agriculture is more than just about food</td>
<td>Agriculture is.. Poster</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Match game</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Agriculture product</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Agriculture awareness</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Grow a plant</td>
<td>13</td>
</tr>
<tr>
<td>Skill Builder</td>
<td>Members will be able to...</td>
<td>Activities</td>
<td>Page</td>
</tr>
<tr>
<td>---------------</td>
<td>-----------------------------</td>
<td>------------</td>
<td>------</td>
</tr>
</tbody>
</table>
| 6             | Foods                       | • Food Group  
• Monster cookies  
• Pudding cones | 14  
15  
15 |
| 7             | Woodworking                  | • Tools fill-in-the-blanks  
• Woodworking jobs  
• Let’s Build! | 16  
17  
17 |
| 8             | Money and You                | • Earn Money  
• Be a Smart Shopper  
• Price Change  
• Let’s play a game! | 18  
18  
19  
19 |
| 9             | Outdoor Living               | • Outdoor activities  
• Take a hike  
• What to pack?  
• Where did you go?  
• Artifacts | 20  
20  
20  
21  
21 |
| 10            | Photography                  | • Name that part  
• Picture Precautions  
• Picture That! | 22  
23  
23 |
| 11            | Speaking Up                  | • Speak Up  
• Hand signals  
• Describe it  
• Charades | 24  
24  
25  
25 |
| 12            | Machines                     | • Get Into Gear  
• Bike Check-up  
• Then and Now  
• Creation  
• Safety first | 26  
27  
27  
27  
27 |
| 13            | You are a Leader             | • Leader qualities  
• Role Models  
• Making a Difference  
• Balloon Salute  
• Code of Practice Contract | 28  
28  
29  
29  
30 |

When you successfully complete your builders, you will showcase what you have learned.

- **Showcase & Portfolio**  
  - Explain success in using the skills listed above  
  - Showcase Challenge  
  - My Portfolio Page  
  | 31  
  | 32 |
Skill Builder 1: What is 4-H?

In Adventure into 4-H you will try lots of different kinds of projects. We hope you will find some favorites that you will want to do later. To keep your projects fun, get together with some other members who are new to 4-H. There are over 16 project topics listed in the “PROJECT CATALOGUE” or on the Manitoba Agriculture website: www.gov.mb.ca/agriculture/rural-communities/4h Adventure Into 4-H is your introduction to a few of them!

Skills Checklist
- Recite the 4-H Pledge
- Identify club officers and understand their role.
- Recognize the 4-H logo and understand it’s meaning

Dream it!

4-H members are part of a 4-H club. Your club is where you will learn about meetings, public speaking, and helping out in your community. One of the first things to learn is the 4-H Pledge, so you can say it with the other members at the start of club meetings.

Discuss with your leader and project group what the pledge means. Match the pictures below to Head, Heart, Hands, and Health.

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.
The **4-H logo** is used all over Canada. The letter “H’s” in the clover leaf stand for the words you learned in the pledge: head, heart, health, and hands. The green represents agriculture and youth, and the white represents purity.

The **4-H Grace** can be said before lunch is served at meetings, achievement, etc. The grace can also be sung using the tune to *Auld Lang Syne*. The grace goes as follows:

*We thank thee, Lord, for blessings great*

*On this our own fair land.*

*Teach us to serve Thee joyfully*

*With head, heart, health, and hands*

---

<table>
<thead>
<tr>
<th>4-H Achievement</th>
<th>Leaders and Parents</th>
</tr>
</thead>
<tbody>
<tr>
<td>is... a 4-H club celebration when members have completed their projects. Achievements are planned by the club to give recognition to members and leaders for their accomplishments in their 4-H projects and club activities.</td>
<td>play an important role in 4-H clubs. They are volunteering their time and are there to help answer questions.</td>
</tr>
</tbody>
</table>

An important part of belonging to a 4-H club is learning about **meetings**. 4-H clubs have regular meetings with all of their members every month. Meetings let 4-H members decide on which special events the club will have, such as parties, field trips, tours, or how Achievement will be celebrated. Each club is does not have to elect club officers, but some of the executive positions include, president, secretary, treasurer, and news reporter.

---

**Do it!**

Match the following executive positions with their role they play in a 4-H Club.

<table>
<thead>
<tr>
<th>a) President</th>
<th>b) Secretary</th>
<th>c) Treasurer</th>
<th>d) News Reporter</th>
<th>e) Vice-President</th>
</tr>
</thead>
<tbody>
<tr>
<td>___ Promotes 4-H to the community,</td>
<td>___ Runs 4-H club meetings and is the 4-H club spokesperson</td>
<td>___ Takes notes of the meeting, and is the official club record keeper.</td>
<td>___ Runs meetings in the absence of the president.</td>
<td>___ Keeps track of the 4-H club’s money and keeps financial records of the club.</td>
</tr>
</tbody>
</table>

Think of some things that you enjoy doing and want to learn more about. Now flip back to pages 2 and 3 and take a couple of minutes to go over the Skills Checklist. Discuss with your leader and project group and decide which Builders you will complete. Check the ✓ column beside the 5 Builders you plan to complete.

**Dig it!**

Don’t be afraid to join in with other members saying the pledge at meetings, to learn to do by doing! What are you looking forward to in 4-H this year? Write in the box below.
Skill Builder 2: Animals

Lots of 4-H members enjoy taking animal projects. It's easy to like animals; however, taking care of animals is a big job and there is work to do every day. 4-H offers a wide assortment of projects on animals, including beef, horse, and small animals.

Skills Checklist:
- Identify the different animal projects available
- Identify people who know about animals

Dream it!

Pick an animal – list 3 facts about the animal and where you found the information.

Animal: _____________________
1. ______________________________________________________________________________
2. _____________________________________________________________________________
3. _____________________________________________________________________________

Do it!

Choose one of the following activities or another one similar.

Each hungry animal is checking its menu for tasty treats. But wait...there's a mixup!! Unscramble the letters and help each animal find its favorite foods.

Rabbit
terwa ______
ratoni ______
garss ______
vgeeis ______

Cattle
ligase ______
ragss ______
yah _______
roinra ______
taerw ______

Horse
rionta ______
toas ______
yha _______
tewar ______
rsasg ______

Sheep
ahy_______
raonti ______
argss ______
tearw ______

Pig
leybar ______
rtoina ______
wtrea ______

Goat
tionra ______
srags ______
twera ______

Important Words
Watch for these important words throughout the builder:
Veterinarian, Beef, Small Animals, Horse

Word Bank
Hay Oats
Water Grass
Silage Barley
Ration Veggies

Did you know?
Rations are mixtures of ground up grain with vitamins and minerals - different for each animal.
Brainstorm a couple of questions you have about taking care of the animal of your choice. Be sure to share your questions with the rest of your group to ensure there aren’t any repeat questions.

An example of a question that members may ask is - What type of bedding is best for my animal? Discuss with your leader about who you could talk to that would be able to answer your questions and why these people would be able to answer your questions.

**Dig it!**

How did you work together as a group coming up with questions to ask about caring?

Why is knowing about caring for animals important?

What was the most fun about doing this Skill Builder?
Skill Builder 3: Crafts

Do you like making things? If you do, you could have a lot of fun doing 4-H crafts projects. Making things is what Crafts is about. Doing a craft you enjoy is a great hobby.

Sometimes when doing a craft, you start with something that is already made and add decorations. Other times, you take basic material and create a whole new item.

Dream it!

Before you start picking which craft that you want to do, there are some things that you need to think about. First, think about how much time you have to make the craft and how much time the craft will actually take. Secondly, you need to make sure that you have all of the materials and tools that you will need to make the craft. Make sure to think about the cost of materials and where you can get them.

Do the word search below that contains some of the craft supplies you may use while making your project.

```
K H G S P I B I Y S B S T E W W U G S U
E C Z N U I B O R E D U M U N I L L D Y
J C I P I G P O K C I H T J Y U N I A U
A J X T N R S E I N N W V T E A R T E W
Q O J Z S S T X C E Z S P G O W S T B T
C U J C Q N U T T Q G N V R N H S R U U
S O S X I Z N L B E C L E A N E R S Q L
N E T A P E K B G S E B N O B B I R I W
G L P R G V S C V E Z N W I X W B J C O
```

Glue stick
Tape
Ribbon
Scissors
Buttons
Sequences
Beads
String
Glitter
Paint
Glue gun

Skills Checklist
- Identify basic craft supplies
- Follow instructions to create a craft

Important Words
Watch for these important words throughout the builder:
Instructions, Materials
Do it!

Choose a craft that will be quick and easy to do. Below are some craft ideas provided that you and your leader can choose from. Be sure to save your project(s) to display at your 4-H Club Achievement Have fun doing crafts.

<table>
<thead>
<tr>
<th>Pinecone Reindeer</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Materials:</strong></td>
</tr>
<tr>
<td>• 3 pine cones</td>
</tr>
<tr>
<td>• 4 brown pipe cleaners</td>
</tr>
<tr>
<td>• Hot glue gun and 2 sticks of glue</td>
</tr>
<tr>
<td>• Mini red pompom</td>
</tr>
<tr>
<td>• Scissors</td>
</tr>
<tr>
<td><strong>Instructions:</strong></td>
</tr>
<tr>
<td>1. Glue two of the pine cones from point to point. Glue the third pine cone with the point facing outward on the edge of two pine cones already glued.</td>
</tr>
<tr>
<td>2. Cut two pipe cleaners in half. Glue the 4 pieces in the bottom of the pine cone body, where legs are normally.</td>
</tr>
<tr>
<td>3. Cut little pieces of pipe cleaner and twist them onto half a pipe cleaner, forming antlers. Do this step twice. Glue these to the head.</td>
</tr>
<tr>
<td>4. Glue the red pompom at the end of the point to make a nose.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tye-dye - Some ideas are t-shirts, socks, or cotton pillow cases</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Materials:</strong></td>
</tr>
<tr>
<td>• piece of material (socks, t-shirt, pillowcase)</td>
</tr>
<tr>
<td>• rubber gloves</td>
</tr>
<tr>
<td>• garbage bags</td>
</tr>
<tr>
<td>• dye</td>
</tr>
<tr>
<td>• elastic bands</td>
</tr>
<tr>
<td>• empty margarine containers (to mix dye in)</td>
</tr>
<tr>
<td><strong>Instruction:</strong></td>
</tr>
<tr>
<td>1. Lay your material out flat and fold and tie with elastics as desired.</td>
</tr>
<tr>
<td>2. Cover your work area so the dye doesn’t go everywhere. Lay out garbage bags for a quick clean up.</td>
</tr>
<tr>
<td>3. Prepare your die as directed by the manufacturer. Be sure to wear rubber gloves to protect your hands.</td>
</tr>
<tr>
<td>4. It is usually best to start with the lightest color if you are using more than one color.</td>
</tr>
<tr>
<td>5. When dying is complete, make sure to clean all containers with hot soapy water.</td>
</tr>
<tr>
<td>6. Be careful when washing your projects. Wash them in cold water and with like colors for the first few washings.</td>
</tr>
</tbody>
</table>

Dig it!

Discuss the following questions with your leader and project group.
- What crafts did you make?
- Can you think of a time where being creative would be helpful?
Skill Builder 4: Fibres and Fabrics

If you learn to sew, you can make your own clothes, stuffed animals, pillows or other decorations for your room.

4-H members who take clothing projects also learn what to look for when buying clothes and shoes.

Skills Checklist
- Identify sewing equipment
- Know how to do a basting stitch

Dream it!

Look around you. How many things do you see that are made from fabric. List some of the things in the box below.

In the 4-H Fibres and Fabrics project, you will learn the basics of sewing, such as parts of a sewing machine, different stitches, different textures and fabrics, knitting techniques, and measuring.

You will need the following tools if you are taking Fibres and Fabrics:
- pair of sharp scissors or shears
- steel pins (ones with colored heads are easiest to spot)
- thread (try #50 or #60 mercerized cotton thread)
- sewing machine (optional)
- medium-length needles
- small ruler
- pin cushion
- stitch ripper

Do it!

Basting Stitch
Basting is a temporary stitch used to hold pieces of material together until permanent stitching is complete. The stitches are longer than running stitches.

Secure the thread with two small stitches. Make stitches of uniform length, about one-quarter of an inch long, on both sides of the fabric. Secure thread at the end with two stitches.
Here are some ideas for things you could sew. Remember, you only need to choose one project.

### Pocket Apron

<table>
<thead>
<tr>
<th>Materials</th>
<th>Instructions:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• A cotton dish towel</td>
<td>• Cut the ribbon in half. Sew each piece to a corner of the towel, using firm stitches. Stitch twice if using a sewing machine.</td>
</tr>
<tr>
<td>• Ribbon or twill tape to make ties that are about 2.5 cm (1 inch) wide</td>
<td>• Fold the bottom half of the towel about 15 cm (6 inches).</td>
</tr>
<tr>
<td>• A needle or sewing machine and thread</td>
<td>• Stitch along each side through both layers, and stitch again, down the middle. Now the apron has pockets. (At the top edge of the pocket, stitch in a triangle pattern to make it stronger.</td>
</tr>
<tr>
<td>• Fabric paint to add decorations (optional)</td>
<td>• Add decorations using fabric paint or buttons (if you want).</td>
</tr>
</tbody>
</table>

### Goofy Gator Sock Puppet

<table>
<thead>
<tr>
<th>Materials</th>
<th>Instructions:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• White felt</td>
<td>• To form the mouth,</td>
</tr>
<tr>
<td>• Red felt</td>
<td>- Cut along the toe seam of your sock.</td>
</tr>
<tr>
<td>• Stuffing material (quilt batting)</td>
<td>- Sew a red felt oval to the opening.</td>
</tr>
<tr>
<td>• Thread</td>
<td>- Sew the jagged white felt around the edges</td>
</tr>
<tr>
<td>• Sewing tools (listed on page 10)</td>
<td>• To form the eyes, tail, and nose,</td>
</tr>
<tr>
<td>• Sock</td>
<td>- Cut a 4 x 3 inch strip of material from the matching sock. Make a cylinder shape with the material. Sew the sides together, as well as one end. Stuff the cylinder-shape with batting. Stitch on the tail.</td>
</tr>
<tr>
<td>• Googly eyes</td>
<td>- Cut 2 sets of 2 circles - one set bigger than the other. Bring the edges together, making a little bag with each circle. Stuff them with batting. Stitch the larger set of 'balls' on top of the head to illustrate eyelids. Stitch the smaller set of 'balls' on the nose of the gator, to illustrate nostrils.</td>
</tr>
</tbody>
</table>

**Dig it!**

How many types of fabric did you see when you looked around in Dream It? 

What other sewing projects would you like to make?
Skill Builder 5: Agriculture

Agriculture is the business of growing crops and raising animals. The farm is the first step. Agriculture is also getting food products ready for people’s use. Agriculture is important because it creates food and jobs. Manitoba farmers produce fresh fruits and vegetables; grains to make flour, cooking oil and other products; milk and meat; poultry for meat and eggs; and other products such as honey.

Skills Checklist
- Be able to identify jobs that agriculture provides
- Understand agriculture is more than just about food

Dream it!

Agriculture is important to everyone because it provides not only food, but also many job opportunities and non-food items. Can you think of three jobs that are linked to agriculture?

1. _____________________________________________________________
2. _____________________________________________________________
3. _____________________________________________________________

Work with your group project to finish the crossword on agriculture by-products

Down
1. You blow your nose with these. (two words)
2. When you are sick you take this.

Across
1. Presents go under this in December. (two words)
2. You give this to your pets when they are hungry. (two words)
3. This is used for diabetes.
4. This music instrument has 88 of these. (two words)

Word Bank
christmas tree, insulin, facial tissue, piano keys, medicine, animal feed
Do it!

Choose at least one of the following activities:

1. Make an “Agriculture is...” poster. Use magazine or newspaper pictures, your own drawings, actual objects, or labels to tell you what agriculture is all about. Try to include as many different areas that you can, such as jobs and things you use around the house.

2. Play a matching game. Talk to your 4-H leader about products that come from agriculture. Collect as many products (real or pictures) as possible. Have your fellow 4-Hers, parents, brothers or sisters, and friends guess what the product is made from or if it is grown in Manitoba.

3. Make something from an agricultural product. An example is:
   • Beeswax candles

4. Choose a job that deals with agriculture. Talk with your leader about arranging a tour of the work place or have someone come and talk about their job. Then answer the following question: How does agriculture play a part of picking what you want to be when you grow up?

5. Grow/start a plant. Discuss with your group if you know anyone who grows a garden? Why do you think people grow gardens? Ask your leader for assistance in planting a seed of your choice. Keep track of the changes by the seed you planted

<table>
<thead>
<tr>
<th>Type of seed</th>
<th>Date seed was planted</th>
<th>First poking out of soil</th>
<th>First leaf</th>
<th>Ready to transplant</th>
<th>Any problems?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ex. Tomato</td>
<td>May 14</td>
<td>May 22</td>
<td>May 29</td>
<td>June 7</td>
<td></td>
</tr>
</tbody>
</table>

Dig it!

What surprised you about agriculture?

Why is it important to know where your food comes from?

What was hard about trying to start your own plant from seed?
Skill Builder 6: Foods

Cooking, eating and food safety are what you will learn in the different 4-H foods projects. These projects are also a great way to learn about the foods grown in Manitoba.

Skills Checklist

- Identify the different food groups
- Know how to follow a recipe

Dream it!

There are four different groups in the Canada Food Guide. The four groups are Grain products, Vegetables & Fruit, Milk and Alternatives, and Meat & Alternatives. Health Canada has set up suggestions of the food people should be eating in portions. A copy of the Canada Food Guide can be found on the Health Canada website.

Make a list of what you had to eat yesterday. Put the food items into the different food guide groups. Ask your leader if you are unsure as to which group a food item belongs to.

Important Words

Watch out for these important words throughout the builder:

Ingredient, Food group, Seed

Do it!

Before getting started on your cooking project:

- Make sure to wash your hands well before starting to cook. Also, be sure to wash hands in between handling raw meats and other foods to avoid cross-contamination.
- Read the recipe through carefully before you begin.
- Put out all ingredients, pans and bowls that you will need before starting.

Some ideas that you and your project group can make are Monster Cookies or pudding cones.
**Dig it!**

Identify the different food groups that are used in your cooking project. What did you make? Were any of your ingredients locally produced? If so, which ones?

What advice would you give to somebody who wants to learn how to cook?
Dream it!

A hammer is not very useful without nails. Everybody knows what a nail looks like. It has a head, too - that’s the flat part on top.

Wood, also called lumber, comes in all shapes and sizes. You’ve probably heard of plywood. Plywood is made up of layers of wood glued together. When you look at plywood from the side, it looks like an ice cream wafer. In order for a piece of wood to be just the right size for a job, it often has to be cut with a saw to shape.

There are too many different types of saws to describe in this project, but more likely your parent or 4-H leader will be cutting wood for you until you learn the safety on handling saws.

Sandpaper is another important woodworking tool. Sandpaper is a very hard type of sand glued to a very strong paper backing. Sandpaper is rubbed back and forth along a piece of wood to make it smooth before it is painted.

You should always sand with the grain of the wood. Your 4-H leader will show you what this means. If you sand against the grain, or in a circle, you might scratch the wood.

Fill in the blanks from the Word Bank below to name the tools being described.
1. What woodworking tool has both a head and a claw? ____________________
2. The turns on a screw are called: ____________________
3. A _______________ is for cutting wood
4. When sanding wood, always sand along the _______________ of the wood.
5. ____________________ is the name of a kind of lumber made from layers of wood glued together.

Word Bank
threads, hammer, plywood, saw, grain
Can you think of anyone who might be able to give information about woodworking? What types of questions might you ask the workers?

Do it!

Now that you know the basics, it’s time to get busy making something out of wood. Here is an idea of something that you could make. You and your leader may choose a different basic woodworking item to make.

Ring Toss Game

Materials you will need:
- One piece of plywood or particle board about 40-50 cm, or 16-20 inches square.
- 9 screw-in cup hooks
- Stick on numbers (1 to 9)
- One picture-hanging bracket
- Sandpaper (medium to fine)
- 3 rubber rings
- The following tools: hammer, small nails, sanding block, a paint brush.

Instructions:
1. Sand your board well on one side and along the edges.
2. Paint the sanded side and edges.
3. After the paint dries, measure and mark spots for the hooks. They should be evenly spaced around the square.
4. Screw the hooks into the board.
5. Stick the numbers under the hooks.
6. Mount the hanging bracket on the back side of the board in the top corner
7. Have fun playing your new game. (The rules of the game are simple. Each player has three tosses per round. The scores are totaled after each round. The first player to reach 100 point wins the game.)

Dig it!

What project did you make?

Look around you, what else do you see that is made of wood?
Did you know that some 4-H’ers are learning about money? They keep records of how much money they get and how they use it. They make plans to use their money, so they can buy some of the things they really want or need. Every project in 4-H has record keeping and cost records.

Skills Checklist
- Identify ways to make money
- Recognize how prices change over time

Dream it!

Here are some ways 4-H members make money: entries at the fair, selling produce that they grew, and selling their 4-H animals. What are ways you can use your skills to make money?

Do it!

Spending money is easy. It’s much harder to save for the important things you need or want. Choose one of the activities below that will help you learn more about working with money.

1. **Be a Smart Shopper.** You will need newspaper grocery ads, scissors, glue, paper, and a pen or pencil.
   - Cut out your favorite foods from the ads
   - Glue them onto paper
   - Go to two grocery stores and write the prices of your favorite foods beside the pictures
   - Are the prices the same? If not, talk with other 4-H members about why they might be different.

The 4-H Members say...

You can use your skills to help community groups raise money, too. Schools, 4-H Clubs, churches and other groups all rely on their members to share their time and talents to make the money they need to operate.
2. Talk to an older person (a grandparent or other senior citizens in your community) to find out how much some things cost when they were your age. Write these prices down and find pictures to go with them. Find out what the items cost now, comparing prices then and prices now. Show this list at Achievement.

3. Let's play a game! Play Monopoly or The Game of Life. Budgeting and saving your fake money is important in both of these games.

**Dig it!**

Draw a picture in the box below of some of the things that you would like to save for and buy. How much does each item cost and how will you save that amount of money?
Skill Builder 9: Outdoor Living

Learning to live with nature is just one part of outdoor living. Doing things outdoors is fun whether it’s summer or winter. Camping, hiking, skiing, building shelters, cooking over a fire, and learning about nature are all part of outdoor living.

Skills Checklist
- Identify proper clothing to wear for outdoor activities
- Know safety in the outdoors

Dream it!

What outdoor activities have you tried? Which ones were your favorites and why?

Do it!

Now let’s go for a nature walk!

Discuss with your leader what types of things you should do before going on a hike.

Hiking Checklist:

☐ Plan your hike
☐ Dress for the weather and the trail
☐ Prepare your day pack
☐ Respect nature
☐ Be Safe

Can you think of some items you should pack to go on a hike? List them below.
Sketch a map of the trail. Mark the places where you stopped with an ‘X’. Draw the map alone or with your project group.

Display the leaves, plants, or other items you collected on your hike. Use heavy paper to paste your pictures and treasures. Be sure to label what each item is.

**Dig it!**

What did you learn about the outdoors that you didn’t know?

The 4-H members say...

When going exploring in the wilderness always make sure an adult is with you.

What other outdoor activities would you like to try?

The 4-H members say...

Active living helps people learn better and it’s a good way to meet new people.
Skill Builder 10: Photography

Have you ever taken a picture or thought about becoming a photographer? Here is your chance. This project takes a closer look at the world of photography.

Skills Checklist
- Identify the different parts of a camera
- Know how to take a picture

Dream it!

A camera is made up of different components. Can you fill in the diagram with the missing names? The picture below shows camera with its basic parts.

The lens collects light and focuses it on the film. The hole behind the lens controls how much light will be coming in to that box at one time. The shutter controls the quantity and length of light. The viewfinder helps you aim the camera.

Do it!

How a camera works –

When using a digital camera, you can either find the picture through the viewfinder or else you may just look at the screen. In a digital camera, the light strikes a digital sensor array, instead of a piece of film. These sensors are computer “chips,” which is made up of millions of tiny sensor points called “pixels” (which is short for picture elements). The more megapixels the better your picture will turn out. Digital camera’s use memory cards to store pictures.
Think some of the things you should consider before taking pictures. Make a list of two to three ideas to think about before taking a picture, an example is making sure you can see the faces of everyone in the picture.

Talk with your leader about going somewhere, such as a school event, the park, or a family fun day. Be creative when you take pictures, thinking outside of the box. Before taking pictures, don’t forget to look at the list of ideas you came up with above.

**Dig it!**

In this picture I want you to notice  ___________________________________________
**Skill Builder 11: Speaking Up**

4-H members get special chances to speak up. For example, you might be asked to phone and tell others about a 4-H event. At 4-H meetings speaking up happens when you make or second a motion, give your opinion, introduce a guest, thank someone, report on what your Adventure Into 4-H project group is doing, or perform a skit or speech.

**Dream it!**

**Skills Checklist**
- Identify situations where people speak up
- Understand ways to communicate

**Important Words**
Watch out for these important words throughout the builder: Speak, Listen, Speech, Visual Presentation

By taking part in public speaking and visual presentations 4-H members are practising speaking up. Someday, you might represent your club at a competition.

What are some other ways that can help you learn to communicate?

1. ______________________________________________________________
2. _______________________________________________________________

**Do it!**

Speaking is sending a message. Words need to be clear and understandable. To mean anything, someone has to receive the message. When we speak, someone else has to “turn on” their ears.

Have you heard of the saying, “actions speak louder than words?” There are many ways that people can show their feelings with each other without saying one word. Can you label what the following hands gestures mean?

<p>| | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>[image]</td>
<td>[image]</td>
<td>[image]</td>
<td>[image]</td>
<td>[image]</td>
<td>[image]</td>
</tr>
<tr>
<td>means:</td>
<td>means:</td>
<td>means:</td>
<td>means:</td>
<td>means:</td>
<td>means:</td>
</tr>
</tbody>
</table>
Choose one of the following projects

- Draw three of your own hand signals
- Pick your favorite object and describe it to your group. Explain why you like your item so much.
- Play a game of charades. Remember, you aren’t allowed to speak if you are the one acting out the clues.

**The 4-H member says...**

Many 4-H Clubs have a public speaking event. Members either do a written speech or a visual presentation. A speech is telling something to your audience. A visual presentation is telling something and showing something to your audience. Ask your leader about the different age groups and time limits.

**Juniors - Ages 8 to 11 years**

<table>
<thead>
<tr>
<th>One Person Visual Presentation</th>
<th>Written Speech</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 - 6 minutes</td>
<td>2 - 3 minutes</td>
</tr>
</tbody>
</table>

Two Person Visual Presentation

Combined ages equal 22 or less = 5-7 minutes

Find communication resources at a Manitoba Agriculture GO Office or go online:

www.gov.mb.ca/agriculture/rural-communities/4h

**Dig it!**

What would you do if you are talking and no one seems to be listening to you? Would you stamp your foot, raise or lower your voice, draw a picture while you talk, show them something or do something completely different? What technique would you use to get others to listen to you?

Why is it important to be able to share your ideas with other people?

What did you learn today that you will be able to use in school?
Skill Builder 12: Machines

Have you ever wondered what makes machines go, how motors work, or if you could build a go-cart? Then you might enjoy doing a 4-H machine project.

Skills Checklist
- Understand the concept of a gear and how it works
- Identify safety precautions

Dream it!

Learning to fix and take care of machines takes some time. Each motor is different, so there is a lot to learn. Let’s start by looking at wheels. Machines, such as bikes, often ride on wheels. Did you know there are “wheels” inside machines too?

Special toothed wheels are called gears. Gears of different sizes make things work more quickly or slowly. Each time a large gear turns once, it can turn a smaller wheel several times.

Look for gears on machines, such as bicycles or clocks. If you mark the gears with a marker pen, you will be able to count how many turns the small wheel makes for each turn of the big wheel.

Can you think of 2 or 3 things that use gears? Draw pictures or write their names in the boxes.

Do it!

Machines with motors help people do many jobs, but they can be dangerous too. Moving parts can cut, crush, or twist anything that gets in their way. Moving machines can’t look out for you; you need to look out for them.

There are some helpful tips you can do to avoid an accident:
- No riders - Tractors and lawn mowers have only one seat and there is no safe place for a passenger.
- Do not accept rides on machinery from anyone and do not play near or on machinery
- Always stay a safe distance from running or moving machinery or vehicles. People using machines are busy and may not see or hear you.
- Do not try to start or drive a machine before someone teaches you how.
- Be sure that you are big and strong enough to drive a machine before you use it.
- Wear proper clothes for the job. Loose clothes get caught more quickly and are not safe.
- Safety means wearing a helmet on bikes, dirt bikes, and ATVs.

Important Words
Watch out for these important words throughout the builder:
Wheel, Gears, Safety
Do at least one of the following activities:

**Bike Check-up**
Have a bike check-up. Ask a bike service person to visit your group to show you how to adjust your bike for the best fit, and how to keep it oiled, how to check tire pressure and change a tire. Take pictures and do a report.

**Creation**
Create a machine or creature out of machine parts. You can create using Meccano sets or plastic blocks. Nuts, bolts, and small parts of old machines could be glued (or screwed) together to create a creature.

**Then and Now**
Talk with your project group or family about how you use machines and motors to get work done and for fun. If there is an older person in your family (an example would be a grandparent), ask them how jobs like mowing grass, harvesting grain, milking cows or making bread were done before machines were used.

**Safety First**
Perform a safety check-up with your family. This might include a safety inspection of your home, shop area, garage, yard or farmyard. Your home economist or 4-H specialist can tell you where to get more safety information.

The 4-H members say...
Whenever you are working with machines, always make sure an adult is helping you.

What was hard about learning how a gear works?

Why is learning about safety around machines important?
Skill Builder 13: 
You are a Leader

When you think about a leader, what pops into your head? A team captain? Your mom or dad? How can you be a leader within your friends or team? We will explore the idea of a “leader” and what qualities a leader may have.

Skills Checklist
- Identify leader qualities
- Recognize leaders of all ages
- Plan ahead

Dream it!

There are many qualities leaders have. Match the words with the description

A. Responsibility 1. ___ Follow the rules, treat everyone the same.
B. Respect 2. ___ Think before we act, be reliable, set good examples
C. Caring 3. ___ Work together.
D. Trust 4. ___ Love, help, give and be kind to other living things.
E. Honesty 5. ___ You earn this by showing you are honest, loyal, and keep promises.
F. Loyalty 6. ___ Protect and support the interests of people who trust you.
G. Fairness 7. ___ Be truthful and fair in everything we say or do.
H. Teamwork 8. ___ Treat others as they want to be treated.

Do it!

Role Models

Think of someone you want to be like when you grow up. Why do you want to be like this person? What do you like about them?

________________________________________________________

________________________________________________________

________________________________________________________

Important Words
Watch out for these important words throughout the builder:
Goals, Leader, Teamwork
Making a Difference

What do you do everyday at school, at home, or in your 4-H club that makes you the best person you can be? Look at the qualities list in Dream it! for some ideas.

   Ex. Feed, water and walk my dog every day

   ____________________________________________

   ____________________________________________

   ____________________________________________

21 Balloon Salute

Whenever we speak and whenever we act, we are either showing respect or disrespect. In the military, a 21 Gun Salute signifies respect being given. Think of someone you have respect for, or someone you think acts in a respectful way. You are going to a 21 Balloon Salute to honor some of the people you respect. Depending on your group size will depend on what you can call the activity. If you only have 6 member in your group, the activity will be called 6 balloon salute. Ask your leader what to do next.

Dig it!

Discuss or write in the box below one thing you will do to become a better leader.

Code of Practice Contract

On the following page, read the Code of Practice Contract. Discuss with your leader any of the point that you do not understand. Sign the contract stating that you will do the best you can do to be the best leader possible.
Winding It Up

Way to go! You have finished your 4-H project. You have done many new activities since you started at the beginning of this project.

Did you enjoy 4-H this year? Take some time to think about what 4-H project you would like to take next year.

Was there one special section in this project that you would really like to learn more about? Turn to page 2 and 3, and look at the list of the project completion conditions page at the front of this book, and then put a star beside the section you enjoyed the most. Talk to your leader for more information on the project you have chosen. Remember, you may do more than one project at a time.

Now when 4-H starts up next year you will be ready to go. Have fun!

Code of Practice Contract

The following describes general responsibilities of ___________________________ for his or her ability to become a better leader.

- Encourage others to work towards their goals
- Be open to suggestions and ideas
- Will respect peers
- Listen to and respond to others’ ideas and suggestions
- Compliment others and give credit for their achievements
- Be a positive role model for others
- Have a positive attitude
- Won’t quit if something is getting hard
- I will help others

I have read, understand and commit to the above statements.

______________________ 4-H Member
______________________ 4-H Leader
______________________ Parent/Guardian
Now that you have finished this project, it is time to think about how you will share your experiences and knowledge with others. You may put your new skills to work by helping at a community event or at your club Achievement or teaching others about your topic. The goal of the Showcase Challenge is to help highlight your new skills and help you understand how you can use them. It can be an opportunity to receive feedback from others on your project. So go back through your manual and find some highlights of your learning (what you are proud of) and think about how you will “showcase” it.

Dream It!

Here are some Showcase Challenge Suggestions:

- Demonstrate something you made or learned about
- Make a poster or display
- Make a pamphlet
- Make a computer presentation (e.g. PowerPoint)
- Give a speech
- Write a report
- Use your new skills to help with the Club Achievement plans
- Or come up with your own idea. It is up to you and your leader!

My Showcase Challenge Plan

My showcase idea: ____________________________________________
_______________________________________________________________________
What materials and resources do I need? ________________________________
_______________________________________________________________________
Who do I need to help me? ____________________________________________
_______________________________________________________________________
When do I need to have things done by? _________________________________
_______________________________________________________________________
My 4-H Portfolio Page

Name: __________________  Date: _____________  Year in 4-H: ____
Club: ______________  Hours Spent on 4-H: ____ (Project and Other 4-H Activities)

Exploring 4-H Project Skills Chart
To be completed by the leader and the member based on observations and conversations throughout the project.

<table>
<thead>
<tr>
<th>Skill Builder</th>
<th>Members will be able to...</th>
<th>We know this because...</th>
</tr>
</thead>
</table>
| 1  | What is 4-H?  
- Recite the 4-H Pledge  
- Identify club officers and understand their role.  
- Recognize the 4-H logo and understand it’s meaning | Identify activities completed and record observations and information from discussions about activities. |
| 2  | Animals  
- Identify the different animal projects available  
- Identify people who know about animals | |
| 3  | Crafts  
- Identify basic craft supplies  
- Follow instructions to create a craft | |
| 4  | Fibres and Fabrics  
- Identify sewing equipment  
- Learn to do a basting stitch | |
| 5  | Agriculture  
- Identify jobs that agriculture provides  
- Understand agriculture is more than just about food | |
| 6  | Foods  
- Identify the different food groups  
- Know how to follow a recipe | |
| 7  | Woodworking  
- Identify woodworking tools  
- Understand the importance of safety | |
| 8  | Money and You  
- Identify ways to make money  
- Recognize how prices change over time | |
# Exploring 4-H Project Skills Chart

<table>
<thead>
<tr>
<th>Skill Builder</th>
<th>Members will be able to...</th>
<th>We know this because...</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Each Skill Builder had a Skills Checklist which identified the skill you will learn.</td>
<td>Identify activities completed and record observations and information from discussions about activities.</td>
</tr>
<tr>
<td>9</td>
<td>Outdoor Living</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Identify proper clothing to wear for outdoor activities</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Know safety in the outdoors</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Photography</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Identify the different parts of a camera</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Know how to take a picture</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Speaking Up</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Identify situations where people speak up</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Understand ways to communicate</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Machines</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Understand how a gear works</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Identify safety precautions</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>You are a Leader</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Identify leader qualities</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Recognize leaders of all ages</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Plan ahead</td>
<td></td>
</tr>
</tbody>
</table>

**Additional Comments/Activities:**

**Leader Point of Praise!**

I am most impressed by...

I acknowledge that the member has completed the 4-H project requirements.

Leader’s Signature: _______________________________
Above and Beyond!
In addition to project skills, 4-H also increases skills in meeting management, communications, leadership, community involvement through participation in club, area, or provincial 4-H events or activities. List below any activities you participated in this year in 4-H. (Some examples include Executive Positions Held, Workshops, Communication, Community Service, Rally, Bonspiels, Conferences, Judging, Camps, Trips, Awards, Representation to Area or Provincial Councils, etc)

_________________________________       __________________________________
_________________________________       __________________________________
_________________________________       __________________________________
_________________________________       __________________________________
_________________________________       __________________________________
_________________________________       __________________________________

**Feel Free to add additional pages that include awards, certificates, new clippings, photos or other items that describe your 4-H involvement.

Member Point of Pride!

What I learned...

What I need to improve on...

What I want others to notice...

Member’s Signature: _______________________________

Point of Praise! Another’s perspective on your achievements in 4-H.
(community professionals, 4-H club head leaders, friends of 4-H)

I am most impressed by...

I believe that you have learned...

In the future I encourage you to...

Signature: _______________________________
4-H Achievement

4-H Achievement is... a 4-H club celebration when members have completed their projects. Achievements are planned by the club to give recognition to members and leaders for their accomplishments in their 4-H projects and club activities.

A 4-H Achievement can take many different formats: from choosing a theme, to member project displays, to members using their new skills for the event (entertainment, food, decorating, photographer, etc.), to members presenting their project to the whole group, the options are endless and open to the creativity of the members and leaders in each club!

Clubs may also plan their Achievement to promote 4-H to the community or to recognize sponsors and others who have helped the club.

Members and leaders - be sure to check your project books for the project completion requirements, so you will be ready for your club’s Achievement celebration!

If you have any questions, comments or suggestions for this or other 4-H projects contact:

Manitoba 4-H Projects
Manitoba Agriculture
1129 Queens Avenue
Brandon, MB R7A 1L9

Email: 4h@gov.mb.ca
Phone: 204-726-6613
Fax: 204-726-6260

This manual is for educational use only and is not intended as professional advice.

For more information about 4-H and the many 4-H opportunities available please visit

www.gov.mb.ca/agriculture/rural-communities/4h
What is 4-H?

4-H is an international youth organization involving more than 7 million members in 80 countries around the world.

In Canada, 4-H began in 1913 in Roland, Manitoba as a community-based organization dedicated to growth and development of rural youth. Today’s 4-H program reaches both farm and non-farm youth across Canada. The motto of “Learn to Do by Doing” is embodied in the program, as 4-H focuses on skill development as well as personal development of life skills such as communications, leadership and citizenship.

4-H Motto

“Learn To Do by Doing”

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.

This manual is available in alternate format upon request.

Manitoba 4-H project material is developed by
Manitoba Agriculture