

Name: \_\_\_\_\_

Homeroom: \_\_\_\_\_

School: \_\_\_\_\_

*Sevier County 4-H*

# 4TH GRADE

## **PROJECT BOOK**

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department, and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

Date Booklet Due: \_\_\_\_\_



# Welcome to 4-H

## What is 4-H?

Welcome to the largest youth organization in the world. We learn “by doing” through hands-on activities and community involvement to develop and strengthen life skills. Being a 4-H member is a great way to meet new friends, have lots of fun, and learn new skills. So welcome to an exciting year of 4-H!

## What are the 4-Hs?



## The 4-H Pledge:

**I Pledge my ...**  
*Head* to clearer thinking  
*Heart* to greater loyalty  
*Hands* to larger service  
*Health* to better living  
For my **club**, my **community**,  
my **country**, and my **world**.



4-H Motto:  
**To make the  
BEST BETTER!**

## 4-H Project Topics:

*Beef*  
*Citizenship*  
*Clothing & Textiles*  
*Communication/Public Speaking*  
*Companion Animals*  
*Computers & Technology*  
*Consumer Education*  
*Creative Arts & Design*  
*Dairy*  
*Electric*  
*Engineering & Safety Science*  
*Entomology & Beekeeping*  
*Entrepreneurship*  
*Food Science*  
*Forestry, Wildlife, & Fisheries*  
*Goat*  
*Horse*  
*Horticulture & Garden*  
*Leadership*  
*Outdoor Recreations & Shooting Sports*  
*Nutrition, Health, & Fitness*  
*Performing Arts & Recreation*  
*Personal Development*  
*Photography*  
*Plant Science*  
*Poultry*  
*Sheep*  
*Swine*  
*Veterinary Science*

**4-H Online: [sevier.tennessee.edu](http://sevier.tennessee.edu)**

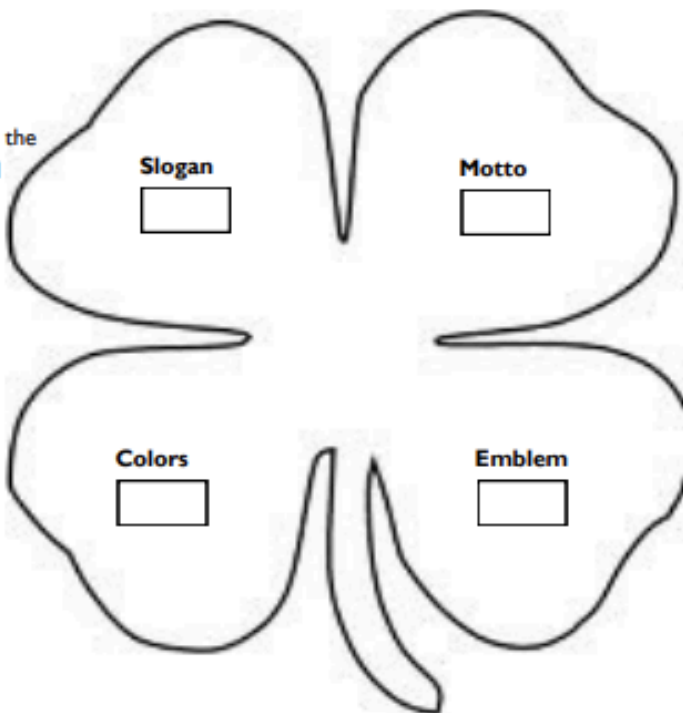


# Discover 4-H

Take this time to “discover” 4-H! First, match the letters in the box to the word that best fits! Then, take your crayons and color your clover.

**Match the letter to the word that best describes the following parts of the 4-H program:**

- A. “Learn by Doing”
- B. “To Make the Best Better”
- C. Green and white
- D. Four-leaf clover with white “H” in each leaf



**Putting the Four “H’s” Into Action**

The 4-H pledge encourages 4-H members to learn and serve others. 4-H activities help members develop their head, heart, hands and health. Now, put your 4-H pledge into action. Here is a list of activities that you can do that put the four “H’s” into action. Once you have completed the 4-H action, check it off. Add your own activities to each “H” as well.

Head	Heart	Hands	Health
<input type="checkbox"/> Do math homework. <input type="checkbox"/> Learn 4-H pledge. <input type="checkbox"/> Do you know being in 4-H makes you a student of UT or TSU? <input type="checkbox"/> Help friend with school work. <input type="checkbox"/> Select a 4-H project. <input type="checkbox"/> _____	<input type="checkbox"/> Talk to a family member. <input type="checkbox"/> Make a new friend. <input type="checkbox"/> Write a thank-you note or a birthday card. <input type="checkbox"/> Make a gift for friend. <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Take out the trash. <input type="checkbox"/> Clean your room. <input type="checkbox"/> Rake leaves. <input type="checkbox"/> Help wash dishes. <input type="checkbox"/> Put clothes away. <input type="checkbox"/> Take care of pet. <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Play outside. <input type="checkbox"/> Try a new vegetable. <input type="checkbox"/> Brush teeth. <input type="checkbox"/> Wash your hands before eating. <input type="checkbox"/> Have a medical or dental checkup. <input type="checkbox"/> _____ <input type="checkbox"/> _____



# SEVIER COUNTY 4-H GOLDEN EAGLE



*The Golden Eagle is an award for students in Sevier County who fully participate in the 4-H program.*

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

4-H Teacher: \_\_\_\_\_ School: \_\_\_\_\_

1. At the local club meeting, I entered the following contests (To qualify, you must participate in EACH month's activities):

November: \_\_\_\_\_ Speech  
January: \_\_\_\_\_ Poster  
February: \_\_\_\_\_ Essay  
March: \_\_\_\_\_ Photography

2. To qualify you must participate in at least ONE county event\* (see the 4H Calendar Year page for ideas!)

I attended the following County Event: \_\_\_\_\_

3. I helped someone by participating in at least ONE club Service-Learning Project:

The project I participated in was: \_\_\_\_\_

By Participating in a service-learning project, I learned \_\_\_\_\_  
\_\_\_\_\_.

4-Her's Signature \_\_\_\_\_ Teacher's Signature \_\_\_\_\_

T-shirt size in ADULT sizes (circle one): Small, Medium, Large, X-Large, 2XL

**The 4-H staff will pick up your completed project book at your last club meeting in March.**

# 4-H CALENDAR YEAR

As a 4-H member you have the opportunity to participate in activities all year! The following is a year-long list of activities created for Sevier County 4-Hers and their families.

## September

- 4-H Enrollment Begins
- Fall Judging Day
- Participate in and/or attend the Tennessee State or Valley Fair
- Grill Master Challenge
- Sheep Expo
- River and Roads Clean Up with Keep Sevier Beautiful
- Junior Master Gardeners
- Mo Character, Mo Leads

## October

- Officers Workshop
- Storytelling Workshop
- Appalachian Heritage Day
- Mo's All Sports Camp
- JR Sheep Expo
- Public Speaking Workshop
- Junior Master Gardeners
- FCS Boot Scoot

## November

- \*4-H Speech at Club Meeting**
- Fall Floral Workshop
- Gingerbread House Workshop
- Junior Master Gardeners

## December

- \*County Speech Contest**
- Chick-Chain Order Due**
- County & Regional Hog Show
- Christmas Craft Workshop
- Cookie Swap

## January

- \*4-H Posters Due at Club Meeting**
- State Hog Show
- Horse Bowl/Hippology Competition
- Livestock Judging Teams Begin
- Records Workshop
- Companion Animal Workshop
- Wildlife in the Smokies Workshop

## February

- \*Keep Sevier Beautiful Essay Contest Due at Club Meeting**
- Regional Public Speaking Contest
- Photography Workshop
- All About Chocolate Workshop
- Shooting Sports Begin
- Junior Master Gardeners
- Yarn Workshop

## March

- Photography Contest Photos Due at Club Meeting**
- PROJECTS BOOKS Due at Club Meeting**
- Gardening Workshop
- Air Rifle State Competition
- Livestock Judging Competition
- Junior Master Gardeners

## April

- Summer Camps Registration Opens**
- Horse Judging Competition
- Archery State Competition
- Junior Master Gardeners
- Tomato Project

## May

- Golden Eagle Awards**
- Shotgun State Competition
- Achievement Day
- Wildlife Judging Competition
- Horse Show
- Junior Master Gardeners

## June

- JR 4-H Camp**
- 4-H Overnight Camps**
- County 4-H Day Camps**
- Beef Expo
- Horse Show
- JMG Day Camp (week-long)

## July

- County 4-H Day Camps**
- FCS Skil-a-thon Competition
- JMG Mornings in the Garden

## August

- Chick-Chain Show**
- Participate in/or attend the
- Sevier County Fair
- Appalachian Fair

The schedule may change as the year progresses. Be sure to read your monthly newsletter and check our website or Facebook page for additional information.

For questions please contact:  
Sami Albright samialbright@utk.edu  
Melanie Hill mhill94@utk.edu  
Mo Smith msmit380@utk.edu

# 4-H

# Public Speaking

## Tips for Public Speaking

### HELPFUL HINTS:

- Select a topic that is interesting to you.
- Gather information from different sources.
- Organize your information.
- Make eye contact with your audience while giving your speech.
- Stand with a good posture.
- Speak loudly and clearly.
- You may use note cards if your speech is not memorized.
- NO props or visual aids are allowed for speeches.

### Step 1 — Planning

**Your speech should be 2-3 minutes long.**

1. Decide on a Topic
  - Select something that you like.
  - Select something that you can find information about.
  - Select something that 4-H can be included in.
2. Decide on a Purpose -Your speech should entertain, inform, stimulate, or persuade.
3. Brainstorm Ideas for your Topic
  - Write out ideas on notebook paper.
  - Research info from 4-H office, libraries, internet, interviews, etc.

### Step 2 — Organization

Look at the Graphic Organizer on the next page

### Step 3 — Practice, Practice, Practice!

There are several good ways to practice your speech. The more you practice, the better your speech will be!

- Practice in front of a mirror.
- Practice in front of friends and family.
- Record yourself speaking and listen to/watch the recording.

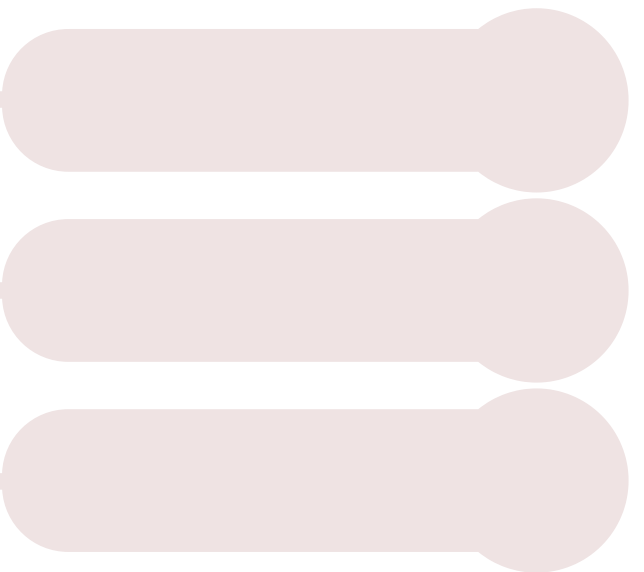
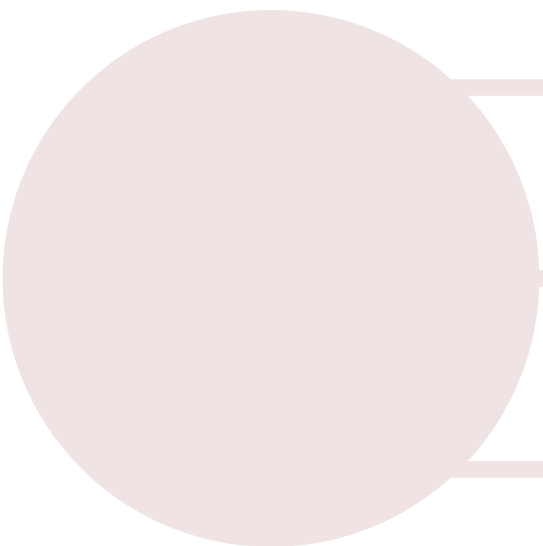
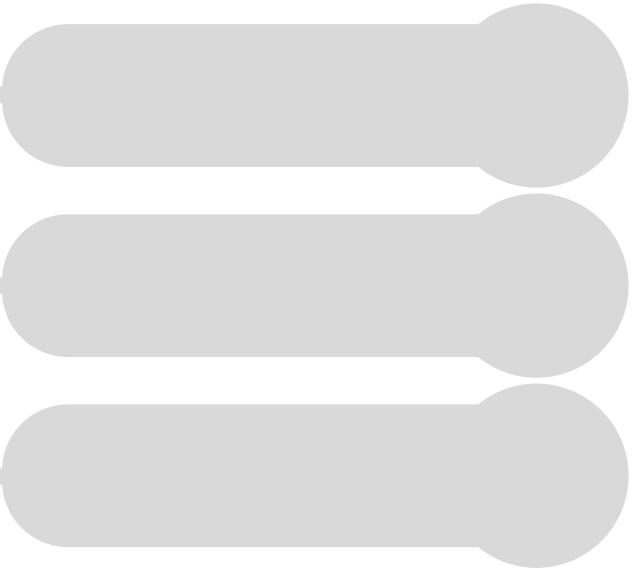
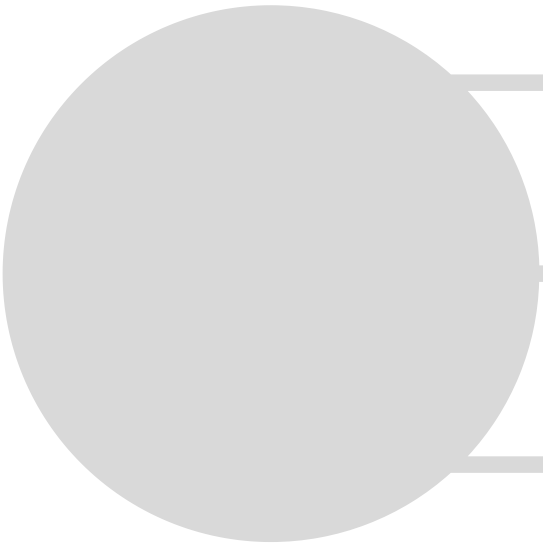
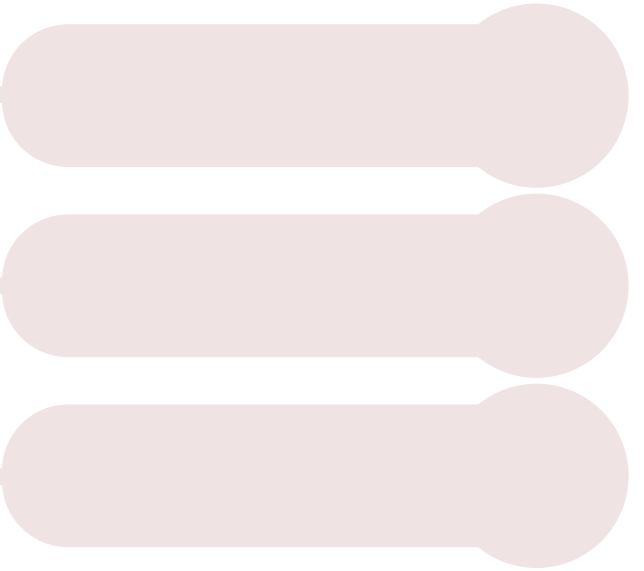
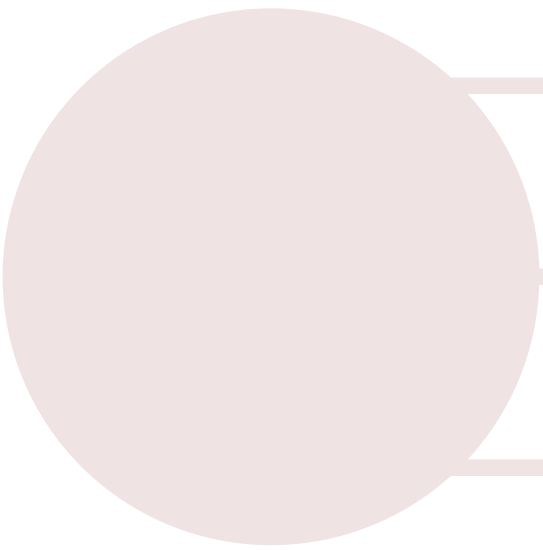
### Step 4 — Giving Your Speech

Now you are ready for the speech contest! Here are a few pointers to make your speech a success:

- Relax - Take a deep breath before you speak, and have fun with your speech!
- Appearance - Stand up straight and tall, and don't lean on the podium.
- Notes - Use your notes, but don't read them or hold them in front of your face.
- Eye Contact - Be sure to look up at your audience as you give your speech.
- Voice - Speak in a loud, clear voice that your audience can understand.

**Date of your speech:** \_\_\_\_\_

# Types Of Speeches



# SPEECH WRITING OUTLINE

## Introduction

Attention Grabber:

What are you going to talk about?

## Body

Main idea about your topic:

Detail/example:

Detail/example:

## Conclusion

Restate your topic in a different way:

Final thought about your topic:



# 4-H Poster Contest

## 4-H Poster Contest - Two Options, One Contest

PHYSICAL POSTER or DIGITAL POSTER

focusing on one of the 4-H projects from the 4-H Project Selection Guide

### Contest Rules

1. Only one poster entry will be accepted per 4-H member.
2. Physical Posters must be 14 x 22 inches. This is a one-half sheet of poster board.
3. Digital Posters must be in a PDF format sent to samialbright@utk.edu.
4. Design your poster horizontally.
5. NO GLITTER.
6. The theme should relate to 4-H, promoting 4-H or encouraging someone to join 4-H.
7. You must promote 4-H and include the 4-H emblem.
8. No 3-D objects that extend more than 1/8 inch.
9. Nothing should be placed on or blocking the 4-H emblem (clover).
10. The stem of the leaf of the clover should always turn to the right
11. The 4-H emblem should not be placed under words or graphics
12. Use the whole 4-H emblem, do not distort or warp the dimensions.
13. No copyrighted cartoon characters, such as Mickey Mouse, SpongeBob, etc.
14. Back of the Poster - put your first and last name, school, grade, teacher's name, home address, and parent email. If you do not have this information on the back of your poster, IT WILL NOT JUDGED.

### **What you need to do**

- Pick a 4-H related topic — see 4-H Project Selection Guide for some ideas.
- Decide who the poster is for — is it for kids, teachers, parents, 4-H members, non-members?
- Draw a picture that will get people interested. Use bright colors!
- Write a headline for the poster — nice and big so it gets attention.
- Put in your message — what you want people to do or remember about your topic.
- Now put your name and information on the BACK — it's your poster!

Additional information and the poster scorecard can be found here:

<https://4h.tennessee.edu/state-4-h-congress-award-programs/4-h-poster-art-contest/>

Posters are due at your January 4-H Meeting on \_\_\_\_\_.



# 4-H Essay Contest



Sponsored by: KEEP SEVIER BEAUTIFUL

On your essay include:

your name, address, grade, school, and the name of your teacher.

## Essay Prompt

After reading the two articles from ReadWorks  
“Fighting Invasive Plants” and  
“Planting Grasses to Clean a River,”  
use the information to write an informational essay. Use details  
from the passages to inform the readers of the possible impact  
introducing a new species can have on the balance of the  
ecosystem.

### Connected Science Standard:

4.LS2: Ecosystems: Interactions, Energy, and Dynamics

4. Develop and use models to determine the effects of introducing a species to, or removing a species from, an ecosystem and how either one can damage the balance of an ecosystem.

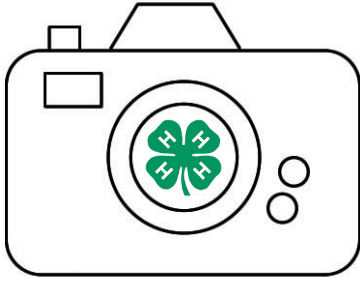
### **AWARDS:**

Each participant will receive a ribbon and earn participation points for your club score.

One winning essay will be selected from each grade.

Winning submissions will be announced in late March.

Essays are due at your February 4-H Meeting on \_\_\_\_\_.



# 4-H Photography Contest

Get out that camera and take your best shot! It's time to enter the Photography Contest!

## Rules

- The 4-H members must take all photos.
- Photos may not be over one year old.
- Color or Black and White photos may be entered.
- Photos should be mounted on paper or poster board with a caption or title under the photo.
- Each entry should be no larger than 8x10 inches including photo backing.
- Each photo should be mounted separately.
- No frames will be accepted.
- On the back of the mounting, write:
  - 4-H Member Name
  - Category for your picture
  - Address
  - School
  - Grade
  - Phone number
  - Guardian Email
- Each member may enter up to two categories with one picture per category (the same photo can not be used for two categories).

**Categories:** 4-H Project Area (include the project area on the back of the photo) People (group or individual) Landscapes, Floral, Animals or Birds, and Miscellaneous

Winning photos from each club will be collected at your March meeting and taken for the county-wide judging.

1st and 2nd place winners will be named in each category in early April.

The "Best of Show" photo will be one photo selected over all entries at the county contest.

Photos are due at your March 4-H Meeting on \_\_\_\_\_.



# 4-H Project Research



My Project Area: \_\_\_\_\_

<b>Goal</b> (What do you want to learn about your 4-H Project Topic?)	<b>Action</b> (How will you achieve your goal?)	<b>Looking Back</b> (Did you achieve your goal? Why or why not?)
<b>Example:</b> Learn the 5 basic coat colors of the horse.	<b>Example:</b> Research the basic horse coat colors and make flashcards.	<b>Example:</b> I used my computer to learn that the five basic coat colors of the horse are black, bay, brown, chestnut, and white.

## Career Scavenger Hunt

By asking others, researching on the internet, or reading a book or magazine, search for a job that uses the skills and knowledge related to your project and answer the following questions:

(ex. Horse Project - Farrier, Nutrition Project - Chef, Photography - Videographer, etc.)

Job Title: \_\_\_\_\_

Job Description: \_\_\_\_\_

Education Required: \_\_\_\_\_

Average Salary: \_\_\_\_\_



Sevier County 4-H is  
proudly sponsored by:



**SEVIER  
COUNTY**

