



# Publications and Projects







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# How Do I join? Sign me up!

Are you wondering how to find out more about 4-H? Are you curious about what 4-H can offer you? As a youth? As a potential leader? Contact your County Extension Office for more information about 4-H programs and how to join 4-H. A listing of Washington State Extension county offices begins on page 2. Enrollments are done through 4HOnline which can be found at <http://wa.4honline.com>.

Membership is open to anyone who has reached their 5<sup>th</sup> birthday through those who have not reached their 19<sup>th</sup> birthday before October 1<sup>st</sup> of the current year for most programs. Adult volunteers are always welcomed. Extension offers a variety of adult classes and training to get you started.

## 4-H on the Web

4-H information on the Internet is growing daily. Many county Extension offices have Web pages that list activities, events, and general information about programs offered. Visit the Washington State 4-H home page at [extension.wsu.edu/4h](http://extension.wsu.edu/4h).

## What kinds of things can I do in 4-H?

4-H offers a wide variety of projects and activities, including workshops, conferences, camps, community service projects, and leadership development opportunities for both youth and adults at local, district, state, national, and international levels. Many projects and related curriculum are detailed in this guide. More may be available locally. There are eight major project areas:

- Animal Sciences
- Engineering and Technology
- Environmental Stewardship
- Expressive Arts
- Family and Consumer Sciences
- Interdisciplinary
- Plant Sciences
- Social Sciences

## How do I choose 4-H projects?

Club or group leaders will help youth choose projects according to their interests and ages. Some projects or publications are recommended for specific grade levels and are coded accordingly. Watch for the following symbols throughout this catalog:

Cloverbud (5–7) ♦

Junior (8–10) ♥

Intermediate (11–13) ♣

Senior (14–less than 19) ♠

## How do I get 4-H publications/curricula?

4-H curriculum is available to everyone. The collection of resources for 4-H experiential learning is constantly expanding. You don't have to be part of a traditional club to use materials developed for 4-H.

Many publications recommended by WSU Extension 4-H may be purchased from National 4-H, <https://shop4-h.org/collections/curriculum>. Others may be ordered from WSU Extension at [pubs.wsu.edu](http://pubs.wsu.edu). Some publications may be on hand at your local Extension office. Publication numbers that include an "E" at the end denotes an electronic only file—*no printed copies are available*. Publications may be subject to charge and availability.

## General 4-H Learning Objectives

- ✓ keep and understand records
- ✓ make informed judgments and explain the reasoning behind those judgments
- ✓ practice leadership skills
- ✓ hone communication skills
- ✓ exercise planning and organizational skills
- ✓ learn respect for self and others
- ✓ demonstrate responsible citizenship
- ✓ develop integrity and sportsmanship
- ✓ practice public speaking
- ✓ explore career, job, and productive leisure opportunities
- ✓ learn and use science processing skills
- ✓ plan and prepare for exhibits and shows
- ✓ practice effective teamwork
- ✓ exercise skills in empathy
- ✓ learn to organize and interpret data
- ✓ practice creativity and improve the ability to reason
- ✓ learn to set and achieve goals
- ✓ learn to function effectively in multi-cultural communities
- ✓ engage youth and their families and their communities in mutual goals and objectives
- ✓ serve as mentors to younger youth, peers, families, and communities
- ✓ strengthen self-confidence

# County Extension Offices

**ADAMS COUNTY**

205 W. Main,  
Ritzville 99169  
(509) 659-3209

**ASOTIN COUNTY**

PO Box 9, 135 2nd St., Courthouse Rm. B107,  
Asotin 99402-0009  
(509) 243-2009

**BENTON/FRANKLIN COUNTIES**

404 West Clark,  
Pasco 99301  
(509) 545-3511

**CHELAN/DOUGLAS COUNTY**

400 Washington St.,  
Wenatchee 98801  
(509) 667-6540

**CLALLAM COUNTY**

223 E. 4th St., Suite 15,  
Port Angeles 98362-3025  
(360) 417-2279

**CLARK COUNTY**

1919 NE 78th St.,  
Vancouver 98665-9752  
(360) 397-6060

**COLUMBIA COUNTY**

137 E. Main,  
Dayton 99328-1327  
(509) 382-4741

**COLVILLE RESERVATION EXTENSION**

PO Box 150, 22 Nespelem San Poil Ave.,  
Nespelem, WA 99155  
(509) 634-2304

**COWLITZ COUNTY**

1946 3rd Ave.,  
Longview 98632  
(360) 577-3014

**FERRY COUNTY**

350 E. Delaware Ave. #9,  
Republic 99166-9747  
(509) 775-5225

**GARFIELD COUNTY**

PO Box 190, 757 Main St.,  
Pomeroy 99347-0190  
(509) 843-3701

**GRANT COUNTY**

1525 E. Wheeler Rd.,  
Moses Lake 98837  
(509) 754-2011, Ext. 4313

**GRAYS HARBOR COUNTY**

32 Elma-McCleary Rd., PO Box 3018,  
Elma 98541-3018  
(360) 482-2934

**ISLAND COUNTY**

406 N. Main St.,  
Coupeville 98239-5000  
(360) 240-5558

**JEFFERSON COUNTY**

121 Oak Bay Rd.,  
Port Hadlock 98339  
(360) 379-5610

**KING COUNTY**

1000 Oakesdale Ave. SW, Ste. 140  
Renton 98057-5212  
(206) 263-1919

**KITSAP COUNTY**

345 6th St., Suite 550,  
Bremerton 98337-1874  
(360) 337-7157

**KITTITAS COUNTY**

901 E 7th Ave, Ste. 2,  
Ellensburg 98926  
(509) 962-7507

**Klickitat County**

228 W. Main, MS-CH-12,  
Goldendale 98620-9597  
(509) 773-5817

**LEWIS COUNTY**

351 NW North,  
Chehalis 98532-1900  
(360) 740-1212

**LINCOLN COUNTY**

303 6th St., PO Box 399,  
Davenport 99122-0399  
(509) 725-4171

**MASON COUNTY**

303 N. 4th St.,  
Shelton 98584-3417  
(360) 427-9670, Ext. 680

**OKANOGAN COUNTY**

149 3rd N. Rm. 101, PO Box 391,  
Okanogan 98840-0391  
(509) 422-7245

**PACIFIC COUNTY**

1216 W. Robert Bush Dr., PO Box 88,  
South Bend 98586-0088  
(360) 875-9331

**PEND OREILLE COUNTY**

227 Garden Ave., PO Box 5045,  
Newport 99156  
(509) 447-2401

**PIERCE COUNTY**

3602 Pacific Ave., Ste. 200,  
Tacoma 98418  
(253) 798-7180

**SAN JUAN COUNTY**

221 Weber Way, Ste. LL,  
Friday Harbor 98250  
(360) 378-4414

**SKAGIT COUNTY**

11768 Westar Lane, Ste. A,  
Burlington 98233  
(360) 428-4270

**SKAMANIA COUNTY**

710 SW Rock Creek Dr., PO Box 369,  
Stevenson 98648-0790  
(509) 427-3932

**SNOHOMISH COUNTY**

600 128th St. SE,  
Everett 98208-6353  
(425) 338-2400

**SPOKANE COUNTY**

222 N. Havana,  
Spokane 99202-4799  
(509) 477-2048

**STEVENS COUNTY**

986 S. Main Ste. D,  
Colville 99114-2662  
(509) 684-2588

**THURSTON COUNTY**

3054 Carpenter Rd. SE,  
Olympia 98503  
(360) 687-2151

**WAHKIAKUM COUNTY**

25 River St. Suite E, PO Box 278,  
Cathlamet 98612-0278  
(360) 795-3278

**WALLA WALLA COUNTY**

328 W. Poplar,  
Walla Walla 99362-2830  
(509) 524-2685

**WHATCOM COUNTY**

1000 N. Forest St., Ste. 201,  
Bellingham 98225-5594  
(360) 778-5800

**WHITMAN COUNTY**

310 N. Main Rm. 209,  
Colfax 99111-1894  
(509) 397-6290

**YAKIMA COUNTY**

2403 S. 18th St., Ste. 100,  
Union Gap 98903  
(509) 574-1600

Find your county Extension office by visiting <http://extension.wsu.edu/locations>

# General Materials

For 4-H Members, Leaders, Clubs, & Staff

## CEREMONIES

EM3411E	Display and Use of the Flag
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## CERTIFICATES

C0920E	4-H Leadership Certificate
C0922E	Achievement Certificate
C0923E	Appreciation Certificate
C0924E	Advancement Certificate
C0925E	Completion Certificate

## CLUBS OR GROUPS

C0227	Club or Group Planning Book
C0231	Treasurer's Book
C0240	Secretary's Book
C0958E	How You Can Help Your Child in 4-H
C1059E	Leader's Guide to Handling Funds in the 4-H Youth Development Program
C1130E	Financial Summary Statement
EM4487E	Welcome to 4-H: New Member's Information
EM4721E	Officers' Handbook
EM4875	Parliamentary Procedure Made Easier
EM4866E	A Guide to Effective Youth/Adult Partnerships on Councils, Associations, and Committees

## CONTESTS & ACTIVITIES

### CLOTHING & CONSTRUCTION

C1065E	4-H Quilt Entrant Questionnaire
C1077E	Creative Consumers of Fashion Activity Information Sheet
C1078E	Creative Consumers of Fashion Activity Information for Judges
C1079E	Creative Consumers of Fashion Data Sheet
EM0682E	Fashion Revue Personal Data Sheet
EM4224E	Writing 4-H Style Revue Commentary

### FOODS & NUTRITION

C0803	Canned Food Label (sheet of 12)
C0804	Dried Food Label (sheet of 12)
C0946E	Judging Preserved Foods
C1075E	4-H Table Setting Activity

## CONTESTS & ACTIVITIES

C1097E	4-H Food Activity Scoresheet Evaluation Criteria
C1098E	4-H Food Activity Scoresheet
C1099E	4-H Food Activity Worksheet
EM4733E	4-H Food Activity Guidelines
EM4748E	Judging Baked Products

## COUNTY RESOURCES

### National 4-H Professional Resources

07901	Heads-on, Hands-on: The Power of Experiential Learning Teaching Package
08450	A Guide to Bully Prevention Programs



Order online at: <https://shop4-h.org>

4H0259L	Active Teaching—Active Learning
C0747E	Request for Organizations to Use the 4-H Name and Emblem
C0897E	4-H Order Form for Member Materials
C0985E	WA 4-H Council Recommendation Form
C1000E	A Valuable Partnership (behavior guidelines to be signed by volunteers)
C1001E	Child Abuse: Information for WSU Extension Faculty, Staff, and Volunteers
VI960	Targeting Life Skills Models (pads of 50)

## DISPLAYS

C0632	4-H Clover Display Card 6" x 6" (pad of 25)
C0641	4-H Clover Display Card 11" x 11" (pad of 10)

## ENROLLMENT

C1028	WA 4-H Ethics Statement Card
EM2778	4-H Publications and Projects Catalog

## FAIR ENTRY FORMS/SHOW CARDS

C0236	Rabbit and Cavy Show Card (bundle of 10)
C0530	Washington 4-H Exhibit Stall Card (pad of 10)
C0531	Poultry Show Card (bundle of 25)
C0673	4-H Entry and Claim Tag

**FAIR ENTRY FORMS/SHOW CARDS**

C0944	WA State 4-H Fair Entry Form/Activities & Still Life (Green)
C0945	WA State 4-H Fair Entry Form/ Animal (Blue)
C1033	4-H Quality Assurance Stickers 3" (sheet of 6)
C1034	4-H Quality Assurance Stickers 1½" (sheet of 24)

**JUDGING CONTEST MATERIALS**

C0048	Summary Card, 4-H Judging Contest, Salmon (pad of 50)
C0049	Registration Card, 4-H Judging Contest, Green (pad of 50)
C0050	Registration Card, 4-H Judging Contest, Yellow (pad of 50)
C0051	Placing Card, 4-H Judging Contest, Yellow (pad of 50)
C0052	Placing Card, 4-H Judging Contest, Pink (pad of 50)
C0053	Placing and Oral Reasons Card, Green (pad of 50)
C0074	4-H Oral Reasons Scorecard, Buff (pad of 50)
C0091	Registration Card, 4-H Judging Contest, Salmon (pad of 50)
C0117	4-H Tabulation Chart (pad of 25)
C0734	Intermediate 4-H Judging Placing Card (8½" x 11") (pad of 50)
C0735	Junior 4-H Judging Placing Card (8½" x 11") (pad of 50)
C0736	Senior 4-H Judging Placing Card (8½" x 11") (pad of 50)
C0737	Intermediate Oral Reasons (pad of 50)
C0738	Junior Oral Reasons (pad of 50)
C0739	Senior Oral Reasons (pad of 50)
C0740	Intermediate Registration Card, 4-H Judging Contest (pad of 50)
C0741	Junior Registration Card, 4-H Judging Contest (pad of 50)
C0742	Senior Registration Card, 4-H Judging Contest (pad of 50)
C0743	Intermediate Written Reasons Card (pad of 50)
C0744	Junior Written Reasons Card (pad of 50)
C0745	Senior Written Reasons Card (pad of 50)
EM4647E	Learning through 4-H Judging
EM4789E	Teaching 4-H Oral Reasons

**LEADERS**

C0505	4-H Leader Folder
C0985E	Washington 4-H Council Recommendation Form

**LEADERS**

EM4851E	4-H & You: Volunteers and Extension
EM4866E	A Guide to Effective Youth/Adult Partnerships on Councils, Associations, and Committees
EM4872E	Leaders R Us
EM4878E	Steps to Positive Behavior

**4-H Volunteer Training:**

<http://extension.wsu.edu/4h/for-volunteers/volunteer-training>

**PROJECT SCORECARDS****ART & NEEDLEWORK SCORECARDS**

C0075E	Needlework Project Exhibit Scorecard
C0220E	Creative Arts Scorecard

**CLOTHING & CONSTRUCTION SCORECARDS**

C0065E	Clothing Exhibit Scorecard
C0153E	Fashion Revue Scorecard
C1063E	Quilt Scorecard
C1065E	4-H Quilt Entrant Questionnaire
C1080E	Creative Consumer of Fashion Activity Scorecard
C1083E	Embellishment and Wearable Art Scorecard

**DAIRY GOAT SCORECARDS**

C0542E	ADGA Dairy Goat Scorecard
C0544E	ADGA Dairy Goat Showmanship Scorecard

**DOG SCORECARDS**

C1086E	Long Sit/Long Down Group Examination Chart
C1087E	Utility Score Sheet
C1088E	Pre-Novice Score Sheet
C1089E	Novice Score Sheet
C1090E	Advanced Novice Score Sheet
C1091E	Graduate Novice Score Sheet
C1092E	Open Score Sheet
C1093E	Graduate Open Score Sheet
C1094E	Veterans Modified Score Sheet
C1095E	Showmanship Scorecard
C1096E	Showmanship Group Scorecard
C1102E	Pre-Novice TEAM Score Sheet
C1103E	Novice TEAM Score Sheet
C1104E	Advanced Novice TEAM Score Sheet
C1106E	Guidelines for Judging the WA State 4-H Dog Obedience Program
C1140E	ALL Dog Scorecards

**FOODS & NUTRITION SCORECARDS**

C0066E	Angel Cake Scorecard
C0067E	Shortened Cake Scorecard
C0069E	Yeast Bread Scorecard



PROJECT SCORECARDS	
C0095E	Cookie Scorecard
C0203E	Canned Fruits, Tomatoes, and Vegetables Scorecard
C0204E	Canned Meat, Seafood, and Poultry Scorecard
C0534E	Biscuit Scorecard
C0535E	Quick Breads, Muffins Scorecard
C0536E	Pie Scorecard
C0537E	Canned Pickles and Pickled Products Scorecard
C0538E	Dried Foods and Leathers Scorecard
C0539E	Canned Fruit Spreads Scorecard
C0614E	On-the-Spot Judge's Scoresheet
C1061E	Flavored Vinegar Scorecard
C1062E	Scorecard for Evaluation of Canned Salsa
C1076E	4-H Table Setting Activity Scorecard
C1120E	4-H Home Canned Specialties Scorecard
C1121E	4-H Mixes in a Jar Scorecard
C1131E	Specialty Yeast Breads Scorecard
C1132E	Specialty Quick Breads Scorecard
C1133E	Other Bread Products Scorecard
C1134E	Candy Scorecard
C1135E	Decorated Cakes Scorecard
GARDENING SCORECARDS (pads of 50)	
C0070E	Garden Exhibit Scorecard
C1122E	4-H Fresh Fruit and Vegetable Exhibit Scorecard
C1123E	4-H Container Garden, Houseplant, and Dish Garden Exhibit Scorecard
C1124E	4-H Flower Arrangement Exhibit Scorecard
C1125E	4-H Bouquet Exhibit Scorecard
C1126E	4-H Fresh-cut Herb Exhibit Scorecard (Horticulture Class)
C1127E	4-H Fresh-cut Flower Exhibit Scorecard (Horticulture Class)
POULTRY SCORECARDS (pads of 50)	
C0433	Shell, Interior Quality Egg Grading Card
C0434	Ready-to-Cook Poultry Grading Card
C0435	Shell, Exterior Quality Egg Grading Card
C0658	Culling Card
C0782	4-H Poultry Judging Breed ID Card
C1128E	4-H External Egg Scorecard

PROJECT SCORECARDS	
MISCELLANEOUS SCORECARDS	
C0060E	Entomology Exhibit Scorecard
C0063E	Woodworking Exhibit Scorecard
C0064E	Photography Exhibit Scorecard
C0679E	Educational Display Scorecard
C0973E	Child Care Exhibit Scorecard
C1041E	Digital Photography Scorecard
C1042E	Photojournalism Exhibit Scorecard
C1045E	Aerospace Exhibit Scorecard
C1046E	Self-Determined Project Scorecard

PUBLIC PRESENTATIONS	
C0430E	Judging Public Presentations
C0431E	4-H Public Speaking Scorecard
EM4787E	How to Do a 4-H Public Presentation, Member Manual
EM4788E	Public Presentations, Demonstrations, and Illustrated Talks, Leader Guide
EM4903E	Public Speaking, 4-H Member Manual

PUBLICITY	
C0817E	What is 4-H?
C0863	Nametag—Washington State 4-H (10 strips/4 ea.)
C0864	You Are Someone Special (4-H note and tent cards)
EM4487E	Welcome to 4-H: New Member's Information

RECORDS	
C0650	4-H Member Folder
C0932	4-H Record Book, Level 1
C0933	Permanent 4-H Record, Level 1
C0934	4-H Record Book, Level 2
C0935	Permanent 4-H Record, Level 2
C0947	Project Record, Level 2
C0954E	4-H Leader Guide Record Keeping
C0957	Project Record, Level 1



# Animal Sciences

## Amphibians



### Amphibians ♥♣♠

#### Objectives:

- ✓ discover native amphibians and their value to the ecosystem
- ✓ learn to identify native amphibians
- ✓ learn to conduct field research

#### Recommended Publications

4H5140 Amphibians & You, Leader Guide  
4H5150 Amphibians & You, Student Journal

Order online at:  
<https://shop4-h.org/collections/curriculum>



## Beef



### Beef ♥♣♠

#### Objectives:

- ✓ select, feed, and house a market steer
- ✓ select cattle based on breed characteristics
- ✓ fit, show, and market a steer
- ✓ feed, breed, winter, fit, and show cattle
- ✓ evaluate a carcass
- ✓ manage a herd

#### Recommended Publications

08143 1—Bite Into Beef  
08144 2—Here's the Beef  
08145 3—Leading the Charge  
08146 Beef Helper's Guide  
08455 Exploring Beef Health and Husbandry (Leader Guide) (Grades 5–8)

Order online at:  
<https://shop4-h.org/collections/curriculum>



#### Member Publications

C0728E	Market Livestock Record ♥
C0729E	Breeding Livestock Record ♥
C0914E	Animal Science Record ♣♠

#### Member Publications

C1054E	Producer Affidavit & Market Beef Health Record
C1113E	Supplemental Animal Affidavit & Health Record
EM3125E	4-H Advanced Livestock Science Manual
NEEC20594	Livestock Judging Guide
PNW593	Youth Beef Quality Assurance: Program Manual for the Pacific Northwest
PNW669	Judging Beef Cattle & Oral Reasons 101

#### Leader Publications

C0016	Beef Chart
4-H104	How to Make a Rope Halter
EB1460E	Washington Steer of Merit
FS048E	Meating the Grade: Raising Market Ready 4-H Beef Projects

## Cat



### Cat ♦♥♣♠

#### Objectives:

- ✓ learn about cats and their characteristics
- ✓ exercise responsible pet care and ownership
- ✓ study cat care, nutrition, health, breeding, and anatomy

#### Recommended Publications

08148 1—Purr-fect Pals  
08149 2—Climbing Up  
08150 3—Leaping Forward  
08151 Cat Helper's Guide

Order online at:  
<https://shop4-h.org/collections/curriculum>



#### Member Publications

C0793E	Cat Record
EM4289E	Cat Anatomy & Physiology, Unit 3 ♠
EM4809E	4-H Cat Project, Unit 1
EM4810E	Cat Fitting and Showmanship
EM4900E	4-H Cat Project, Unit 2 ♣♠

- ♦ recommended for cloverbuds (ages 5–7)
- ♥ recommended for juniors (ages 8–10)
- ♣ recommended for intermediates (ages 11–13)
- ♠ recommended for seniors (ages 14–19)

## Cavy



### Cavy ♦♥♣♠

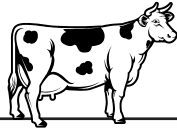
#### Objectives:

- ✓ select and judge cavies
- ✓ feed, house, and keep cavies healthy
- ✓ groom and show cavies

#### Leader Publications

PNW573	4-H Cavy Project Guide
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## Dairy Cattle



### Dairy Cattle ♥♣♠

#### Objectives:

- ✓ select and care for a calf
- ✓ obtain quality milk using proper sanitation and milking practices
- ✓ manage and care for, feed, breed, and house a producing cow
- ✓ groom and show a producing cow

#### Recommended Publications

08161	1—Cowabunga!
08162	2—Mooving Ahead
08163	3—Rising to the Top
08164	Dairy Cattle Helper's Guide

Order online at:  
<https://shop4-h.org/collections/curriculum>



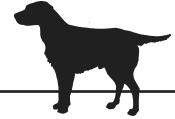
#### Member Publications

C0234E	4-H Dairy Certificate
C0809E	Dairy Record
C0914E	Animal Science Record ♣♠
C1053E	Producer Affidavit & Dairy Heifer Health Record
C1113E	Supplemental Animal Affidavit & Health Record
EM4877E	Dairy Cattle & Dairy Goat 4-H Member Advancement

#### Leader Publications

4H104E	How to Make a Rope Halter
C0229	Dairy Cow Anatomy Chart
EM4873E	Dairy Cattle & Dairy Goat 4-H Member Advancement, Leader Guide
FS048E	Meating the Grade: Raising Market Ready 4-H Beef Projects

## Dog



### Dog Care & Training ♦♥♣♠

#### Objectives:

- ✓ exercise responsible pet care and ownership
- ✓ practice methods of dog obedience training
- ✓ recognize characteristics of dogs
- ✓ study care, nutrition, health, breeding, and anatomy

#### Recommended Publications

08166	1—Wiggles & Wags
08167	2—Canine Connection
08168	3—Leading the Pack
08169	Dog Helper's Guide

Order online at:  
<https://shop4-h.org/collections/curriculum>



#### Member Publications

C0794E	Dog Record
C1084E	Rabies Vaccination Certificate
C1085E	Agility Release Form
C1106E	Guidelines for Judging the WA State 4-H Dog Obedience Program
MISC580	The Complete Dog Book for Kids

See PROJECT SCORECARDS, pg. 5, Dog Scorecards.

### Service Dog ♦♥♣♠

#### Objectives:

- ✓ house, feed, and care for a puppy
- ✓ detect common ailments and apply treatments
- ✓ raise, socialize, train, and protect a service puppy

#### Member Publications

C0961E	Service Dog/Puppy Project Record
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- ♦ recommended for cloverbuds (ages 5–7)
- ♥ recommended for juniors (ages 8–10)
- ♣ recommended for intermediates (ages 11–13)
- ♠ recommended for seniors (ages 14–19)

### ADDITIONAL CURRICULUM

Washington 4-H has made an agreement with the American Kennel Club to allow members and leaders to use AKC educational materials.

Members, to receive publications, send a postcard to AKC with the following message:

"I am a 4-H Dog Project member in Washington State. I understand that one (1) copy of each of the following materials is free. Please send me a copy of each of the following. Thank you."

- Obedience Regulations
- Junior Showmanship
- Dogs—A General Information Booklet
- Canine Summer Safety
- Winter Care for Canines
- Getting Started Series
- Rules Applying to Dog Shows

Print your name, address, city, state, and zip code, and send the postcard to:

American Kennel Club  
5580 Centerview Drive, Suite 200  
Raleigh, NC 27606-3390

Leaders may request one free copy of each of the AKC publications listed above, and the following:

- AKC Order Form
- Canine Good Citizen Program Information

### Member & Leader Publications (all Horse Projects)

C0015	Light Horse Chart
EB1612E	Feeding the Performance Horse
EM4849E	Equestrian Helmet Safety
PNW575	Horse Judging Guide
PNW587	4-H Horse Project Manual
PNW614	Pasture and Grazing Management in the Northwest
See also Exploring Your Environment Series, pg. 16	

### Equine Science ♦♥♣♠

#### Objectives:

- ✓ learn how to apply scientific learning to contexts beyond equine science and/or to raise questions and identify problems to be addressed using scientific inquiry
- ✓ develop an animal care ethic and learn to select, care for, feed, and provide for the health of an animal
- ✓ learn about equine science and how it applies to the aspects of STEM science
- ✓ learn about different aspects of the equine science for career and/or college prep
- ✓ learn about responsible horse activities related to environment, pasture management, water quality, and other ecosystems
- ✓ demonstrate an understanding of the components of environmental stewardship as related to equines

## Equine



### General Objectives:

- ✓ develop an appreciation of horseback riding (age 8 by October 1st of the current year and older) as a healthy and wholesome form of recreation
- ✓ promote greater love for animals and a human attitude toward them
- ✓ develop an animal care ethic

### Recommended Publications

- 01518Y 1—Giddy Up & Go
- 01519Y 2—Head, Heart, & Hooves
- 01520Y 3—Stable Relationships
- 01521Y 4—Riding the Range
- 01522Y 5—Jumping to New Heights
- 01523F Horse Helper's Guide

Order online at:  
<https://shop4-h.org/collections/curriculum>



### Horseless Horse ♦♥♣♠

#### Objectives:

Youth must be at least 8 before October 1st of the current year to ride, handle, or work around equine.

### Member Publications

EM4715E	Horses are Fun
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### Horsemanship ♥♣♠

#### Objectives:

- ✓ develop understanding of the responsibilities of taking care of equine
- ✓ increase knowledge of safety precautions to prevent injury to themselves, others, and their mounts
- ✓ learn skills in horsemanship and an understanding of horse behavior, competition etiquette, and sportsmanship

- ♦ recommended for cloverbuds (ages 5–7)
- ♥ recommended for juniors (ages 8–10)
- ♣ recommended for intermediates (ages 11–13)
- ♠ recommended for seniors (ages 14–19)

- ✓ learn and appreciate the value of all aspects of riding, including performance, western games, dressage, driving, trail riding, and other disciplines of riding
- ✓ learn to ride, train, and handle a horse safely
- ✓ understand horse behavior, colors and markings, proper riding seat, and correct use of the aids
- ✓ learn to catch, groom, practice horsemanship, and handle and ride a horse safely

### Member & Leader Publications

EM2790	4-H Horse Member Advancement Checklist
EM4842E	Beginning Horsemanship
EM4869	4-H Horse Advancement (Leader Guide)
PNW229	4-H Driving Manual
PNW488	Hunt Seat Manual
PNW574	4-H Horse Contest Guide
PNW608	4-H Dressage Manual

### Other Publications

C0233E	4-H Horse Certificate
C0856E	Individual Horse Record
C0857E	Horse Management Record
C0858E	Horse Production Breeding Record
C1114E	Groom Squad Contest Rules
DVD131	Every Time...Every Ride DVD
DVD132	Ground Handling Horses Safely DVD
EM4874E	4-H Horse Bowl Contest Rules
MISC581	Ground Handling Horses Safely Facilitators Guide and Lesson Plan
MISC582	Equine Awareness Youth Education Program

## Exploring Animal Science

### Explore the World of Small Animals ♦

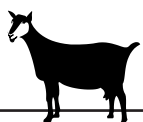
#### Objectives:

- ✓ develop an appreciation for and understanding of animal well-being

### Leader Publications

PNW554	Explore the World of Small Animals
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## Goat



### Dairy Goat ♥♣♠

#### Objectives:

- ♦ recommended for cloverbuds (ages 5–7)
- ♥ recommended for juniors (ages 8–10)
- ♣ recommended for intermediates (ages 11–13)
- ♠ recommended for seniors (ages 14–19)

- ✓ demonstrate proper goat management and health practices
- ✓ develop goat fitting and showing skills
- ✓ promote goat products and the goat industry
- ✓ comprehend national and international goat-related issues

### Recommended Publications

08352	1—Getting Your Goat!
08353	2—Stepping Out
08354	3—Showing the Way
08355	Dairy Goat Helper's Guide

Order online at:

<https://shop4-h.org/collections/curriculum>



### Member Publications

C0790E	Dairy Goat Record ♥
C0914E	Animal Science Record ♣♠
EM4894E	Your Dairy Goat

### Meat Goat ♥♣♠

#### Objectives:

- ✓ select a quality project animal
- ✓ feed an animal properly
- ✓ protect and monitor animal's health
- ✓ learn to care for an animal and their environment
- ✓ learn about meat goat projects and marketing

### Recommended Publications

07909	1—Just Browsing
07910	2—Get Growing with Meat Goats
07911	3—Meating the Future
07912	Meat Goat Helper's Guide

Order online at:

<https://shop4-h.org/collections/curriculum>



4-H Meat Goat Resource:

<http://4h.ansci.cornell.edu/animal-programs/goats/meat-goats>

### Novelty Goat ♥♣♠

### Pygmy Goat ♦♥♣♠

(Cloverbuds may enroll in Pygmy Goat Project.)

#### Objectives:

(Fiber, and all other Goats)

- ✓ feed and care for the project goat
- ✓ select animals based on ancestry, physical appearance, and production
- ✓ groom and show the project goats
- ✓ practice responsible animal ownership



## Utility Goat ♥♣♠

### Objectives:

(Harness and Pack Goats)

- ✓ feed and care for the project goat
- ✓ select animals suitable for their use in harness or as pack animals
- ✓ practice responsible animal ownership

Pack Goat site: <http://www.northwestpackgoats.com/>

### Member Publications (all Goat Projects)

C0542E	ADGA Dairy Goat Scorecard
C0544E	ADGA Dairy Goat Showmanship Scorecard
C0895E	4-H Dairy Goat Certificate
C1051E	Producer Affidavit & Market Goat Health Record
C1113E	Supplemental Animal Affidavit & Health Record
EM4877E	Dairy Cattle and Dairy Goat 4-H Member Advancement

### Leader Publications

C0541	Dairy Goat Chart
EM4425E	Goat Project, Leader Guide
EM4781E	Dairy Goat Show Procedures
EM4873E	Dairy Cattle and Dairy Goat 4-H Member Advancement, Leader Guide

Recommended project materials are available online:  
4-H Goat Resource site: <http://www.goats4h.com>

## Llama



### Llama ♥♣♠

#### Objectives:

- ✓ select, feed, and care for a llama
- ✓ fit and show a llama

### Member Publications

EM4890	Youth Llama Project
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### Leader Publications

EM4891E	4-H Llama Leader Manual
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## Pets



### Pets ♥♣♠

#### Objectives:

- ♦ recommended for cloverbuds (ages 5–7)
- ♥ recommended for juniors (ages 8–10)
- ♣ recommended for intermediates (ages 11–13)
- ♠ recommended for seniors (ages 14–19)

- ✓ learn about selecting different types of pets
- ✓ provide proper housing for different pets
- ✓ identify and care for basic needs of pets
- ✓ observe pet behavior
- ✓ explore genetics and animal reproduction
- ✓ care for a newborn animal

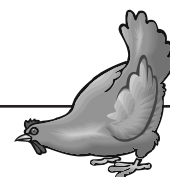
### Recommended Publications

06359	Pet Pals
06360	Scurrying Ahead
06361	Scaling the Heights
06362	Pet Helper's Guide

Order online at:  
<https://shop4-h.org/collections/curriculum>



## Poultry



### Poultry ♦♥♣♠

#### Objectives:

- ✓ learn and apply recommended principles of poultry production
- ✓ demonstrate a knowledge of sound breeding, feeding, and management practices
- ✓ identify breeds, types of poultry, and employ efficient marketing methods

### Recommended Publications

06363	1—Scratching the Surface
06364	2—Testing Your Wings
06365	3—Flocking Together
06366	Poultry Helper's Guide

Order online at:  
<https://shop4-h.org/collections/curriculum>



### Member Publications

C0780E	Poultry Record
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### Leader Publications

C0056	Pigeon Chart
C0791	Duck Chart
C0819	Chicken Chart
EM080E	Poultry Leader Guide Introduction
EM081E	Poultry Leader Guide Level 1
EM082E	Poultry Leader Guide Level 2
EM083E	Poultry Leader Guide Level 3
EM084E	Poultry Leader Guide Level 4
PNW494	Raising Ratites: Ostriches, Emus, and Rheas

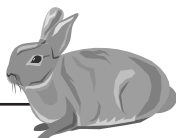
## ADDITIONAL CURRICULUM

- 4H460 National Poultry Judging Manual\*

Order from University of Nebraska at:

<https://marketplace.unl.edu/ne4h/4h460.html>

## Rabbit



### Rabbit ♦♥♣♠

#### Objectives:

- ✓ learn and apply recommended principles of rabbit production
- ✓ demonstrate a knowledge of sound breeding, feeding, and management practices
- ✓ identify types and varieties of rabbits and employ efficient marketing methods

#### Recommended Publications

- 08080 1—What's Hoppening
- 08081 2—Making Tracks
- 08082 3—All Ears
- 08083 Rabbit Helper's Guide

Order online at:

<https://shop4-h.org/collections/curriculum>



#### Member Publications

C0448E	Rabbit Project Hutch Record
C0832E	Rabbit Record

#### Leader Publications

EM075E	4-H Rabbit Project Leader Guide Introduction, Glossary, & References
EM076E	4-H Rabbit Project Leader Guide Level 1
EM077E	4-H Rabbit Project Leader Guide Level 2
EM078E	4-H Rabbit Project Leader Guide Level 3
EM079E	4-H Rabbit Project Leader Guide Level 4
EM4353E	Judging Rabbit Pelts
EM4502E	Judging Rabbits
OR4H1602L	Rabbit Chart

## Sheep



### Sheep ♥♣♠

#### Objectives:

- ♦ recommended for cloverbuds (ages 5–7)
- ♥ recommended for juniors (ages 8–10)
- ♣ recommended for intermediates (ages 11–13)
- ♠ recommended for seniors (ages 14–19)

- ✓ select, feed, and house a market lamb
- ✓ select, care for, fit, show, breed, and market sheep
- ✓ fit and show a lamb
- ✓ evaluate a carcass
- ✓ control insects and parasites
- ✓ market wool

#### Recommended Publications

- 06367 1—Rams, Lambs, & You
- 06368 2—Shear Delight
- 06369 3—Leading the Flock
- 06370 Sheep Helper's Guide

Order online at:

<https://shop4-h.org/collections/curriculum>



#### Member Publications

C0096E	Individual Ewe Record
C0728E	Market Livestock Record ♥
C0729E	Breeding Livestock Record ♥
C0914E	Animal Science Record ♣♠
C1052E	Producer Affidavit & Market Lamb Health Record
C1113E	Supplemental Animal Affidavit & Health Record
EM3125E	4-H Advanced Livestock Science Manual
NEEC20594	Livestock Judging Guide

#### Leader Publications

EB1462E	Washington Lamb of Merit
OR4H1422L	Sheep Chart

## Swine



### Swine ♥♣♠

#### Objectives:

- ✓ improve swine care and management by following good health, nutrition, and handling practices
- ✓ educate youth about the relationship of food safety and animal well-being
- ✓ prevent drug residues
- ✓ ensure a wholesome pork product
- ✓ promote consumer confidence in the swine animal well-being and pork products

#### ADDITIONAL CURRICULUM

- "Raising Better Rabbits & Cavies"

Available at:

[http://store.raising-rabbits.com/RBA-Official-Guide-Book-Raising-Better-Rabbits-and-Cavies\\_p\\_109.html](http://store.raising-rabbits.com/RBA-Official-Guide-Book-Raising-Better-Rabbits-and-Cavies_p_109.html)

## Recommended Publications

#04827 A Champion's Guide to Youth Swine Exhibition: Biosecurity and Your Pig Project\*

#03639 PQA Plus Education Manual\*

\*Publications available from: [www.porkstore.pork.org](http://www.porkstore.pork.org)

08065 1—The Incredible Pig  
08066 2—Putting the Oink in Pig  
08067 3—Going Whole Hog  
08068 Swine Helper's Guide  
08456 Exploring Swine Health & Husbandry (Leader Guide)

Order online at:  
<https://shop4-h.org/collections/curriculum>



- ✓ educate others about caring for animals
- ✓ prevent diseases of animals
- ✓ describe traits of good veterinarians and their roles in society
- ✓ describe the range of veterinary careers
- ✓ prepare for a career in veterinary medicine

## Recommended Publications

08048 1—From Airedales to Zebras  
08049 2—All Systems Go  
08050 3—On the Cutting Edge  
08051 Veterinary Science Helper's Guide  
08744DD Vet Science 1: Animal Behavior, Facilitator Guide  
08745DD Vet Science 2: Animal Vital Signs, Facilitator Guide  
08746DD Vet Science 3: Disease Transmission, Facilitator Guide

Order online at:  
<https://shop4-h.org/collections/curriculum>



## Member Publications

C0728E	Market Livestock Record ♥
C0729E	Breeding Livestock Record ♥
C0914E	Animal Science Record ♠♠
C1055E	Producer Affidavit & Market Swine Health Record
C1113E	Supplemental Animal Affidavit & Health Record
EM3125E	4-H Advanced Livestock Science Manual
NEEC20594	Livestock Judging Guide

## Leader Publications

EB1461E	Washington Hog of Merit
OR4H1432L	Swine Chart

## Veterinary Science



### Veterinary Science ♥♣♠

#### Objectives:

- ✓ recognize the value of animals to humans
- ✓ accept responsibility for animals' welfare

## Member Publications

C0802E	Animal Record Sheet
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## Self-Determined Animal Science



### Self-Determined Animal Science Objectives:

*Learning goals are determined by the member, parent, and leader.*

## Member Publications

EM2956E	Make Up Your Own Mind
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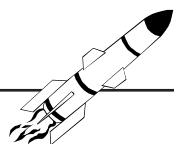
## Leader Publications

EM2957E	Working with Members in Self-Determined Projects
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- ♦ recommended for cloverbuds (ages 5–7)
- ♥ recommended for juniors (ages 8–10)
- ♣ recommended for intermediates (ages 11–13)
- ♠ recommended for seniors (ages 14–19)

# Engineering & Technology

## Aerospace



### Aerospace ♦♥♣♠

#### Objectives:

- ✓ develop skills and knowledge in the areas of aviation space, kites, hot air balloons, weather, and aerospace careers
- ✓ connect youth with aerospace educational resources and opportunities
- ✓ explore current issues related to aerospace

#### Recommended Publications

- 06842 1—Pre-Flight
- 06843 2—Lift-Off
- 06844 3—Reaching New Heights
- 06845 4—Pilot in Command
- 06846 Aerospace Helper's Guide

Order online at:  
<https://shop4-h.org/collections/curriculum>



#### Member Publications

C0994E	Certificate of Flight
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## Bicycle



### Bicycle ♥♣♠

#### Objectives:

- ✓ select a bicycle based on individual size and needs
- ✓ demonstrate safe bicycle handling and traffic navigation
- ✓ ride safely as part of a group of cyclists
- ✓ plan a bicycle trip/route
- ✓ develop bicycle maintenance and repair skills
- ✓ practice off-road etiquette
- ✓ recognize the connection between cycling and engineering, fitness, textiles, and transportation

#### Recommended Publications

- 08334 1—Bicycling for Fun
- 08335 2—Wheels in Motion
- 08336 Bicycle Helper's Guide
- 08399 Don't Get Stuck: Fix It DVD

Order online at:  
<https://shop4-h.org/collections/curriculum>



## Computers



### Computer ♥♣♠

#### Objectives:

- ✓ use computer technology to enhance a public presentation
- ✓ learn the basics of building and repairing computers
- ✓ understand and apply the basics of how networks operate and construct a local area network
- ✓ build and sustain a community computer lab with public service goals

#### Recommended Publications

- 08346 Newbie Know-How
- 08347 1—Inside the Box
- 08348 2—Peer to Peer
- 08349 3—Teens Teaching Tech

Order online at:  
<https://shop4-h.org/collections/curriculum>



#### Member Publications

C0861E	4-H Computer Project Record
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## Electricity



### Electricity ♥♣♠

#### Objectives:

- ✓ develop electrical skills and knowledge
- ✓ learn electrical terminology
- ✓ calculate electrical loads on circuits
- ✓ perform home maintenance electrical repairs
- ✓ be able to detect electrical hazards

- ♦ recommended for cloverbuds (ages 5–7)
- ♥ recommended for juniors (ages 8–10)
- ♣ recommended for intermediates (ages 11–13)
- ♠ recommended for seniors (ages 14–19)



- ✓ construct simple electrical connections
- ✓ identify types of electrical equipment
- ✓ help educate others about electrical concepts and skills

### Recommended Publications

- |       |                             |
|-------|-----------------------------|
| 06848 | 1—Magic of Electricity      |
| 06849 | 2—Investigating Electricity |
| 06850 | 3—Wired for Power           |
| 06851 | 4—Entering Electronics      |
| 06852 | Electricity Helper's Guide  |

Order online at:  
<https://shop4-h.org/collections/curriculum>

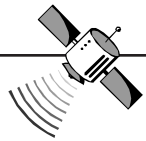


## Geospatial Science

### Geospatial ♥♣♠

#### Objectives:

- ✓ explore geographic positions
- ✓ use navigational tools
- ✓ measure distance
- ✓ create maps
- ✓ assess community problems
- ✓ solve complex problems using technology



### Recommended Publications

- |       |                                   |
|-------|-----------------------------------|
| 08358 | Exploring Spaces, Going Places CD |
|       | 1—Getting Out                     |
|       | 2—On the Trail                    |
|       | 3—Reaching Your Destination       |
|       | Geospatial Helper's Guide         |

Order online at:  
<https://shop4-h.org/collections/curriculum>

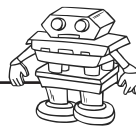


## Robotics

### Robotics ♥♣♠

#### Objectives:

- ✓ build an understanding of basic science concepts related to robotics
- ✓ apply the processes of scientific inquiry and engineering design
- ✓ learn about robotics arms, hands, and grippers
- ✓ learn about moving, power transfer, and locomotion



- ✓ learn about the connection between mechanical and electronic elements

### Recommended Publications

- |       |                                      |
|-------|--------------------------------------|
| 08431 | Give Robots a Hand, Facilitator Gde. |
| 08432 | Robots on the Move, Facilitator Gde. |
| 08433 | Mechatronics, Facilitator Gde.       |
| 08435 | Robotics Youth Notebook              |

Order online at:  
<https://shop4-h.org/collections/curriculum>



## Small Engines



### Small Engines ♥♣♠

#### Objectives:

- ✓ learn to service and maintain small engines
- ✓ understand engine principles and fundamentals
- ✓ use proper personal safety practices
- ✓ gain job skills associated with a small-engine related business and marketable skills for the workplace

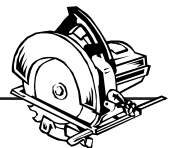
### Recommended Publications

- |       |                              |
|-------|------------------------------|
| 08186 | 1—Crank It Up                |
| 08187 | 2—Warm It Up                 |
| 08188 | 3—Tune It Up                 |
| 08189 | Small Engines Helper's Guide |

Order online at:  
<https://shop4-h.org/collections/curriculum>



## Wood Science



### Woodworking ♥♣♠

#### Objectives:

- ✓ mark, measure, cut, drill, and sand various kinds of wood
- ✓ use hand and power tools
- ✓ use nails, screws, bolts, staples, glue, hinges, and brackets appropriately
- ✓ construct various kinds of joints
- ✓ apply paints, stains, finishes, adhesives, and strippers
- ✓ use safety practices when working with wood
- ✓ understand lumber dimensions and enlarge a wood plan

- ♦ recommended for cloverbuds (ages 5–7)
- ♥ recommended for juniors (ages 8–10)
- ♣ recommended for intermediates (ages 11–13)
- ♠ recommended for seniors (ages 14–19)

### Recommended Publications

06875	1—Measuring Up
06876	2—Making the Cut
06877	3—Nailing It Together
06878	4—Finishing Up
06879	Woodworking Helper's Guide

Order online at:  
<https://shop4-h.org/collections/curriculum>



## Self-Determined Engineering & Technology



### Self-Determined Engineering & Technology Project Objectives:

*Learning goals are determined by the member, parent, and leader.*

### Member Publications

C0913E	Wood Sciences Record
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### Member Publications

EM2956E	Make Up Your Own Mind
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### Leader Publications

EM2957E	Working with Members in Self-Determined Projects
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## Environmental Stewardship

### Environmental Stewardship



#### Backyards and Beyond ♦♥♣♠

##### Objectives:

- ✓ learn how to start a neighborhood nature club
- ✓ record sights, sounds, and discoveries in nature
- ✓ practice protecting and enjoying nature

### Recommended Publications

4HAZBB1	Backyards and Beyond, Neighborhood Nature Clubs, Organizational Tool Kit
4HAZBB2	Backyards and Beyond, Club Explorers' Journal
4HAZBB3	Backyards and Beyond Leader Curriculum

Order online at:  
<https://shop4-h.org/collections/curriculum>



- ✓ increase awareness of career potential in environmental science
- ✓ develop an understanding of the components of Ecosystem Services
- ✓ demonstrate an understanding of the components of Environmental Stewardship
- ✓ affect change in local community by having a voice in environmental issues

### Recommended Publications

08410	Ecosystem Services
08411	Earth's Capacity
08412	Exploring Your Environment Facilitator Guide

Order online at:  
<https://shop4-h.org/collections/curriculum>



#### Exploring Your Environment ♣

##### Objectives:

- ✓ use scientific thinking and abilities to explore natural and man-made environments

#### Forestry ♥♣♠

##### Objectives:

- ✓ respect and protect the forest environment
- ✓ learn to be a steward of our forests
- ✓ learn the basics of forest management
- ✓ learn the use of forest products
- ✓ explore forestry-related careers

- ♦ recommended for cloverbuds (ages 5–7)
- ♥ recommended for juniors (ages 8–10)
- ♣ recommended for intermediates (ages 11–13)
- ♠ recommended for seniors (ages 14–19)

## Recommended Publications

- 08038 1—Follow the Path  
08039 2—Reach for the Canopy  
08040 3—Explore the Deep Woods  
08041 Forestry Helper's Guide

Order online at:  
<https://shop4-h.org/collections/curriculum>



- ✓ become aware that all energy comes originally from the sun and that it can be transformed in many ways
- ✓ learn how geography affects available wind power capacity
- ✓ explore wind power projects in various parts of the US
- ✓ consider the factors necessary for a successful wind power project
- ✓ share what has been learned with community leaders

## Sportfishing ♥♣♣

### Objectives:

- ✓ learn fishing skills and use sportfishing equipment
- ✓ foster ethical fishing behavior
- ✓ appreciate and understand a commitment to natural resource stewardship
- ✓ provide knowledge of the ecological and social bases of fisheries management
- ✓ appreciate and understand the cultural, ecological, and socio-economic values of fish and fishing

## Recommended Publications

- 07598 1—Take the Bait  
07599 2—Reel in the Fun  
07600 3—Cast Into the Future  
07601 Fishing for Adventure Helper's Guide

Order online at:  
<https://shop4-h.org/collections/curriculum>



## Recommended Publications

- 08483 The Power of the Wind  
08384 The Power of the Wind Facilitator's Guide

Order online at:  
<https://shop4-h.org/collections/curriculum>



## Shooting Sports



*County 4-H shooting sports leaders must be trained and certified in the discipline they are teaching, at the county level. Counties without trained and certified leaders are not eligible for member enrollment.*

## Archery ♥♣♣

### Objectives:

- ✓ practice safe and responsible use of bows and arrows
- ✓ understand the principles of wildlife management
- ✓ develop marksmanship and ethical behavior

## Member Publications

C1110E	4-H Archery Record
EM4426E	Washington 4-H Archery
PNW517	Big Game from Hunt to Home

## Black Powder/Muzzle Loading ♥♣♣

### Hunting ♥♣♣

### Pistol ♥♣♣

### Riflery ♥♣♣

### Shotgun ♥♣♣

### Objectives:

- ✓ practice safe and responsible use of firearms
- ✓ understand the operations, functions, and fundamentals of firearms
- ✓ understand the principles of wildlife management
- ✓ develop marksmanship and ethical behavior

## There's No New Water ♠

### Objectives:

- ✓ explore the natural water cycle
- ✓ explore human interventions that affect water quality and quantity
- ✓ examine the effects of the urban/rural interface on water quality and quantity
- ✓ map watershed
- ✓ implement service learning projects that address local water conservation issues

## Recommended Publications

- 08420 There's No New Water

Order online at:  
<https://shop4-h.org/collections/curriculum>



## Wind Energy ♠

### Objectives:

- ✓ learn about the wind and how its energy is used to do work and produce electricity

- ♦ recommended for cloverbuds (ages 5–7)
- ♥ recommended for juniors (ages 8–10)
- ♣ recommended for intermediates (ages 11–13)
- ♠ recommended for seniors (ages 14–19)

### Member Publications

C1111E	4-H Shooting Sports Record Book
PNW517	Big Game From Hunt to Home

### Leader Publications

Shooting Sports leaders receive the project curriculum after completing required training. Training is offered 2–3 times per year. Contact the State 4-H Office, WSU Spokane, 509-358-7960, for training dates.

C1119E	Starting a 4-H Shooting Sports Project
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**National Shooting Sports web site:**  
[www.4-hshootingsports.org/](http://www.4-hshootingsports.org/)

## Self-Determined Environmental Stewardship



### Self-Determined Environmental Stewardship Objectives:

*Learning goals are determined by the member, parent, and leader.*

### Member Publications

EM2956E	Make Up Your Own Mind
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### Leader Publications

EM2957E	Working with Members in Self-Determined Projects
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## Expressive Arts

### Communication Arts



#### Communications ♥♣♠

##### Objectives:

- ✓ interpret verbal and nonverbal information
- ✓ enhance writing and spoken communication
- ✓ defend a point
- ✓ design a presentation

#### Recommended Publications

08156	Picking Up the Pieces
08157	Putting It Together
08158	The Perfect Fit
08159	Communications Helper's Guide
08644DD	Communications Level 1, Facilitator Guide, Grades 3–5
08645DD	Communications Level 2, Facilitator Guide, Grades 6–8
08646DD	Communications Level 3, Facilitator Guide, Grades 9–12

Order online at:  
<https://shop4-h.org/collections/curriculum>



### Performing Arts



#### Performing Arts ♦♥♣♠

##### Objectives:

- ✓ develop an appreciation of one's talents
- ✓ determine appropriate goals for a talent project
- ✓ develop new skills, self-confidence, and poise

#### Theatre Arts ♥♣

##### Objectives:

- ✓ learn elements and power of non-verbal communication
- ✓ practice script writing, designing, and directing
- ✓ develop an understanding of cultural and historical influences on theatre arts
- ✓ develop stage and costume design skills

#### Recommended Publications

08445	Theatre Arts Level 1
08446	Theatre Arts Level 2
08447	Theatre Arts Level 3
08448Y	Theatre Arts Journal

Order online at:  
<https://shop4-h.org/collections/curriculum>



- ♦ recommended for cloverbuds (ages 5–7)
- ♥ recommended for juniors (ages 8–10)
- ♣ recommended for intermediates (ages 11–13)
- ♠ recommended for seniors (ages 14–19)



# Photography



## Photography ♦♥

### Objectives:

- ✓ recognize photography as a useful hobby and potential profession
- ✓ observe and appreciate surroundings through the eye of the camera
- ✓ develop and apply technical and artistic skills in film-based and digital photography
- ✓ learn about photography as an art, science, and communication tool
- ✓ record events, ideas, and situations for study or reference

### Recommended Publications

PC1	Focus on Photography
PC2	Controlling the Image
PC2	Mastering Photography

Order online at:  
<https://shop4-h.org/collections/curriculum>

**Photography/Filmmaking Resource:**  
 DVD/FILM 4-H Filmmaking DVD



### Member Publications

C0840E	Photography Record
C0890E	Photography Label

# Visual Arts



## Creative Arts ♦♥♣

### Objectives:

- ✓ express creativity
- ✓ use art as a leisure-time activity
- ✓ select appropriate materials for a project

## Latino Cultural Arts ♦♥♣

### Objectives:

- ✓ discover the Latino culture through hands-on activities
- ✓ develop an understanding of Latino people and their art forms
- ✓ get a taste of Latino celebrations, holidays, and traditions

### Recommended Publications

08180 ¡Qué Rico! La Cultura Bilingual Helper's Guide

Available online only at:  
<https://shop4-h.org/collections/curriculum>

## Visual Arts ♣♠

### Objectives:

- ✓ explore and apply elements of design
- ✓ develop artistic skills and talents
- ✓ practice art techniques
- ✓ gain an appreciation for art history and culture
- ✓ explore science principles in artistic challenges

### Recommended Publications

08140 Sketchbook Crossroads  
 08141 Portfolio Pathways

Available online only at:  
<https://shop4-h.org/collections/curriculum>



### Member Publications

EM4767E	Expressive Arts
EM4768E	Line, Expressive Arts Series
EM4769E	Shape, Expressive Arts Series
EM4770E	Form, Expressive Arts Series
EM4771E	Color, Expressive Arts Series
EM4772E	Texture, Expressive Arts Series

## Self-Determined Expressive Arts



### Self-Determined Expressive Arts Objectives:

*Learning goals are determined by the member, parent, and leader.*

### Member Publications

EM2956E	Make Up Your Own Mind
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### Leader Publications

EM2957E	Working with Members in Self-Determined Projects
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- ♦ recommended for cloverbuds (ages 5–7)
- ♥ recommended for juniors (ages 8–10)
- ♣ recommended for intermediates (ages 11–13)
- ♠ recommended for seniors (ages 14–19)

# Family & Consumer Sciences

## Clothing & Construction



The 4-H Clothing Program provides an opportunity for youth to practice a variety of life skills, while learning about sewing, clothing, and textiles subject matter.

### Clothing & Textiles ♦♥♣♠

#### Objectives:

- ✓ apply personal creativity and learn basic sewing skills
- ✓ practice good personal grooming skills
- ✓ learn about fabrics, textile science, and technology
- ✓ select appropriate color, line, and design
- ✓ apply wise shopping practices
- ✓ select appropriate care for personal clothing
- ✓ learn about the cultural influences of clothing

#### Recommended Publications

- |       |                                   |
|-------|-----------------------------------|
| 08060 | 1—Under Construction              |
| 08061 | 2—Fashion Forward                 |
| 08062 | 3—Refine Design                   |
| 08063 | Sewing Expressions Helper's Guide |

Order online at:  
<https://shop4-h.org/collections/curriculum>



#### Member Publications

C0675E	Clothing Construction Record
C0677E	Sewing Skills Checklist
EM4339E	Fashion Modeling Your 4-H Garment
EM4224E	Suggestions for Writing 4-H Style Revue Commentary
PNW197	Measuring Up: Quality Standards in Sewn Items

#### Leader Publications

EM014E	Interfacings
EM4789E	Teaching 4-H Oral Reasons
EM4870E	Sew Quick! Leader Guide
EM4916S	Costura Rapida!

### ADDITIONAL CLOTHING & CONSTRUCTION RESOURCES

- Bunkhouse Sewing:  
[www.bunkhousesewing.com](http://www.bunkhousesewing.com)
- Stain Removal:  
[http://www.cleaninginstitute.org/clean\\_living/stain\\_removal\\_chart.aspx](http://www.cleaninginstitute.org/clean_living/stain_removal_chart.aspx)

## Consumer Education



### Consumer Savvy ♥♣♠

#### Objectives:

- ✓ learn how being a consumer relates to saving, spending, and sharing
- ✓ realize the influence of peer pressure
- ✓ recognize the power of advertising
- ✓ understand basic economic principles at work in the marketplace

#### Recommended Publications

- |       |                               |
|-------|-------------------------------|
| 08030 | The Consumer in Me            |
| 08031 | Consumer Wise                 |
| 08032 | Consumer Roadmap              |
| 08033 | Consumer Savvy Helper's Guide |

Order online at:  
<https://shop4-h.org/collections/curriculum>



### Financial Literacy ♥♣♠

#### Objectives:

- ✓ distinguish between needs and wants
- ✓ consider money personalities and values
- ✓ learn ways to use and save money
- ✓ recognize the benefits and drawbacks of credit
- ✓ practice wise consumer decision-making
- ✓ learn how to select financial services

- ♦ recommended for cloverbuds (ages 5–7)
- ♥ recommended for juniors (ages 8–10)
- ♣ recommended for intermediates (ages 11–13)
- ♠ recommended for seniors (ages 14–19)

## Recommended Publications

### Financial Champions Series

- 07710DD 1—Money FUNdamentals  
07711DD 2—Money Moves  
07712DD Financial Champions Helper's Guide

### My Financial Future Series

- 01441Y My Financial Future, Beg. Notebook  
01442Y My Financial Future, Adv. Notebook  
01443F My Financial Future, Facilitator Guide  
01445DD My Financial Future, Risk Management Guide

Order online at:  
<https://shop4-h.org/collections/curriculum>



## Member Publications

C0885E	Adventures in Family Living Record
EM4766E	Adventures in Family Living, Member Manual

## Leader Publications

EM4765E	Adventures in Family Living, Leader Guide
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## Child Development ♥♣♠

### Objectives:

- ✓ develop child care skills
- ✓ learn self-sufficiency
- ✓ learn how to handle emergency situations
- ✓ relate appropriately to others of all ages

## Reading/Financial Literacy ♥ Objectives:

*An Afterschool Curriculum Guide for 3–5 Graders*

- ✓ introduce youth to basic money management concepts such as saving, sharing, spending, managing, earning, borrowing, and lending
- ✓ use children's literature as a tool to attract youth to the topic of financial management
- ✓ improve children's attitudes towards reading
- ✓ support literacy and literacy-related activities in the home
- ✓ provide opportunities for youth to practice important life and money skills

## Recommended Publications

08389DD Reading Makes Cents

Order online at:  
<https://shop4-h.org/collections/curriculum>



## Recommended Publications

- 08075 1—Growing on My Own  
08076 2—Growing with Others  
08077 3—Growing in Communities  
08078 Child Development Helper's Guide

Order online at:  
<https://shop4-h.org/collections/curriculum>



## Foods & Nutrition



## Food & Cultures ♥♣

### Objectives:

- ✓ recognize a variety of healthful foods with the food groups
- ✓ taste new items from other cultures
- ✓ explore the similarities of food
- ✓ develop an understanding and appreciation of different cultures

## Family Living



## Adventures in Family Living ♥ Objectives:

- ✓ fix snacks and simple meals
- ✓ construct at least two simple items such as a carry-all bag, pin cushion, or simple garment
- ✓ play finger games, sing action songs, and make books and toys that may aid in child care
- ✓ make room furnishings such as a bulletin board, wall hanging, mobile, wastebasket, or pillow

## Recommended Publications

08379 Food, Culture, Reading

Order online at:  
<https://shop4-h.org/collections/curriculum>



## Food & Nutrition ♥♣♠

### Objectives:

- ✓ learn about nutrition and MyPlate food groups
- ✓ plan and practice smart food purchasing
- ✓ practice food preparation skills
- ✓ learn how to handle food safely
- ✓ explore food science through experimentation
- ✓ demonstrate knowledge and skills to others

- ♦ recommended for cloverbuds (ages 5–7)
- ♥ recommended for juniors (ages 8–10)
- ♣ recommended for intermediates (ages 11–13)
- ♠ recommended for seniors (ages 14–19)

## Recommended Publications

### Food Curriculum Series

07144DD	A—Six Easy Bites
07146DD	B—Tasty Tidbits
07148DD	C—You're the Chef
07150DD	D—Foodworks
07730DD	Food Helper's Guide

### Cooking Curriculum Series

01512Y	4-H Cooking 101
01513Y	4-H Cooking 201
01514Y	4-H Cooking 301
01515Y	4-H Cooking 401
01516F	4-H Cooking Helper's Guide

Order online at:  
<https://shop4-h.org/collections/curriculum>



## Member Publications

C0771E	Food & Nutrition Record
C0889E	Bread Baking Record

## Food Preservation ♥♣♠

### Objectives:

- ✓ learn how to handle food safely
- ✓ use basic food preservation techniques
- ✓ choose foods suitable for freezing, drying, and canning
- ✓ choose appropriate food packaging for preservation methods
- ✓ make fruit leather
- ✓ use the boiling water-bath method of canning

## Member Publications

EM4920E	Getting Started in Food Preservation
C0781E	Food Preservation Record
PNW650	Freezing Project Manual
PNW651	Drying Project Manual
PNW652	Boiling Water Canning Project Manual
PNW653	Pressure Canning Project Manual

## Leader Publications

EM4921E	Getting Started in Food Preservation, Leader Guide
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## Additional Publications

C0803	4-H Canned Foods Exhibit Labels (sheet of 12)
C0804	4-H Dried Foods Exhibit Labels (sheet of 12)
C0946E	Judging Preserved Foods
C1117E	Food Preservation Resources

- ♦ recommended for cloverbuds (ages 5–7)
- ♥ recommended for juniors (ages 8–10)
- ♣ recommended for intermediates (ages 11–13)
- ♠ recommended for seniors (ages 14–19)

## Additional Publications

EB1665	Let's Preserve Jellies, Jams, Spreads
PNW172	Canning Vegetables
PNW194	Canning Seafood
PNW199	Canning Fruits
PNW214	Freezing Fruits and Vegetables
PNW296	Freezing Convenience Foods
PNW300	Canning Tomatoes & Tomato Products
PNW355	Pickling Vegetables
PNW361	Canning Meat, Poultry, and Game
PNW395	Salsa Recipes for Canning
PNW395S	Recetas Para el Envasado de Salsas
PNW397	Drying Fruits and Vegetables
PNW421	Using and Caring for Your Pressure Canner
PNW450	Home Canning Smoked Fish
PNW632	Making Jerky at Home Safely

## Microwave Magic ♥♣♠

### Objectives:

- ✓ discover how microwaves work
- ✓ learn how to use microwaves safely
- ✓ learn how to prepare a variety of foods
- ✓ learn techniques like shielding, defrosting, and browning
- ✓ adapt recipes for microwave use
- ✓ make gifts such as play dough, bird feeders, and dough ornaments

## Recommended Publications

08087DD	A—Bag of Tricks
08088DD	B—Micro Magicians
08089DD	C—Amazing Rays
08090DD	D—Presto Meals
08091DD	Microwave Helper's Guide

Order online at:  
<https://shop4-h.org/collections/curriculum>



## Native Foods ♥♣

### Objectives:

- ✓ learn about native foods of the Pacific Northwest
- ✓ safely prepare, preserve, store, and serve some of these foods
- ✓ learn about healthy eating and the importance of being active
- ✓ make tools and utensils used to harvest and preserve native foods

## Leader Publications

EB1966E	Native Foods: Linking the Past with the Present
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## STEPS to a Healthy Teen ♠♠

### Objectives:

- ✓ develop skills and knowledge in physical education
- ✓ learn components of a healthy diet
- ✓ identify strategies to make healthy choices

### Recommended Publications

- 08390 STEPS to a Healthy Teen, Youth Notebook
- 08391 STEPS to a Healthy Teen, Facilitator's Guide

Order online at:  
<https://shop4-h.org/collections/curriculum>



## What's On Your Plate? Exploring Food Science ♥♠

### Objectives:

- ✓ learn about secrets of baking through experiments with gluten, leavening agents, and ingredients in baked goods
- ✓ investigate protein chemistry through experiments with eggs and cheese
- ✓ explore the inner mysteries of fruits and vegetables
- ✓ learn about food science and food technology careers

### Recommended Publications

#### Youth Science Journals

- 01411Y 1—The Secrets of Baking
- 01412Y 2—The Power of Protein Chemistry
- 01413Y 3—The Inner Mysteries of Fruits and Vegetables
- 01414Y 4—Be a Food Scientist!

#### Facilitator Guides

- 01415F 1—The Secrets of Baking
- 01416F 2—The Power of Protein Chemistry
- 01417F 3—The Inner Mysteries of Fruits and Vegetables
- 01418F 4—Be a Food Scientist!

Order online at:  
<https://shop4-h.org/collections/curriculum>



### Member Publications (for ALL Food & Nutrition Projects)

C1097E	4-H Food Activity Scoresheet Evaluation Criteria
C1098E	4-H Food Activity Scoresheet
C1099E	4-H Food Activity Worksheet
EM3443E	Dinner is Served

### Member Publications (for ALL Food & Nutrition Projects)

EM4733E	Food Activity Guidelines
EM4808E	Sanitizing Dishes

### Leader Publications (for ALL Food & Nutrition Projects)

PNW250	You Can Prevent Foodborne Illness
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MyPlate Online Resources:  
[www.choosemyplate.gov](http://www.choosemyplate.gov)

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## EFNEP Youth Project

4-H Expanded Family and Nutrition Education Program is limited to youth enrolled in the EFNEP Youth Programs in these counties:

King  
 Snohomish  
 Yakima

Pierce  
 Spokane

Order EFNEP materials from your County Extension Office.

## SNAP-Ed

SNAP-Ed is funded, in part, by USDA Food and Nutrition Service and is conducted by some county Extension services. It includes youth programming such as Jr. Chef, Gardening, etc. Youth gain knowledge and skills to select, handle, and prepare foods based on nutritional and food safety standards.

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## Needle Arts



### Needle Arts ♥♠♠

#### Objectives:

- ✓ select yarn or thread based on its characteristics
- ✓ learn needle art abbreviations and knowledge needed to follow a pattern
- ✓ practice and perform basic skills
- ✓ use different types of needles, fabrics, equipment, and techniques to progress in ability

### Member Publications

C0676E	Needlework Record
C0678E	Needlework Skills Checklist

### Leader Publications

EM4720E	Standards of Quality in Crafts
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- ♦ recommended for cloverbuds (ages 5–7)
- ♥ recommended for juniors (ages 8–10)
- ♠ recommended for intermediates (ages 11–13)
- ♠ recommended for seniors (ages 14–19)

## ADDITIONAL NEEDLE ARTS RESOURCES

- New Stitch a Day:  
<http://newstitchaday.com/>
- Red Heart:  
[www.redheart.com/learn](http://www.redheart.com/learn)
- Lion Brand Learning Center:  
[www.lionbrand.com](http://www.lionbrand.com)

## Self-Determined Family & Consumer Sciences



### Self-Determined Family & Consumer Sciences

#### Objectives:

*Learning goals are determined by the member, parent, and leader.*

#### Member Publications

EM2956E	Make Up Your Own Mind
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#### Leader Publications

EM2957E	Working with Members in Self-Determined Projects
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## Interdisciplinary

### Adventure Education



#### Challenge ♣♣

#### Portable Challenge ♥♣♣

#### Objectives:

- ✓ explore the outdoors and appreciate the natural environment

#### Leader Publications

EM4901	4-H Challenge Course Technical Manual and Leader Guide
EM4917	4-H Challenge Rock Climbing Leaders Manual
EM2474E	Outdoor Navigation with Map and Compass
EM2872E	Outdoor Survival—Additional Information for Leaders

#### Outdoor Adventures ♥♣♣

#### Objectives:

- ✓ practice and develop the life skills of relating to others, making decisions, and communicating with others
- ✓ plan and safely conduct camping, backpacking, and wilderness excursions
- ✓ develop minimum impact skills according to Leave No Trace techniques

- ♦ recommended for cloverbuds (ages 5–7)
- ♥ recommended for juniors (ages 8–10)
- ♣ recommended for intermediates (ages 11–13)
- ♠ recommended for seniors (ages 14–19)

#### Recommended Publications

08043	1—Hiking Trails
08044	2—Camping Adventures
08045	3—Backpacking Expeditions
08046	Outdoor Adventures Helper's Guide



Order online at:  
<http://shop4-h.org/collections/curriculum>

### Ag in the Classroom



#### Ag in the Classroom ♣♣

#### Objectives:

- ✓ increase agricultural literacy
- ✓ develop understanding, appreciation, and application of science through agriculturally-based activities

#### Recommended Publications

08330	Acres of Adventures 1, Leader Guide
08331	Acres of Adventures 2, Leader Guide



Order online at:  
<http://shop4-h.org/collections/curriculum>

## Career Education

### Build Your Future: Choices...Connections...Careers ♠

#### Objectives:

- ✓ develop skills and knowledge in career exploration
- ✓ explore career pathways
- ✓ make career connections between goals and skills

#### Recommended Publications

- 08561 Build Your Future Career Journal  
08562 Build Your Future Facilitator's Guide



Order online at:  
<https://shop4-h.org/collections/curriculum>

## Plant Sciences

### Entomology



#### Butterfly WINGS ♥♣

#### Objectives:

- ✓ explore the outdoors through guided inquiry
- ✓ learn to identify butterfly families and their habitat
- ✓ contribute to butterfly science as a citizen scientist

#### Recommended Publications

- 08392 Butterfly WINGS Youth Guide  
08393 Butterfly WINGS Facilitator Guide



Order online at:  
<https://shop4-h.org/collections/curriculum>

#### Entomology ♥♣♠

#### Objectives:

- ✓ identify insects and make a collection
- ✓ learn about insect life cycles
- ✓ identify beneficial and destructive insects
- ✓ learn about chemical, biological, and other types of insect control
- ✓ learn about pesticides and their safe usage

#### Recommended Publications

- 08440 Teaming with Insects, Level 1  
08441 Teaming with Insects, Level 2  
08442 Teaming with Insects, Level 3  
08443 Teaming with Insects Facilitator Guide



Order online at:  
<https://shop4-h.org/collections/curriculum>

### Garden



#### Garden ♥♣♠

#### Objectives:

- ✓ plan, prepare, plant, and care for a garden
- ✓ select, harvest, and prepare vegetables or other plants for exhibit
- ✓ design and conduct an experiment

#### Recommended Publications

- 07162 Level 1—See Them Sprout  
07163 Level 2—Let's Get Growing  
07164 Level 3—Take Your Pick  
07165 Level 4—Growing Profits  
07166 Gardening Helper's Guide  
07167 Gardening Exhibit Guide



Order online at:  
<https://shop4-h.org/collections/curriculum>

#### Member Publications

- |        |               |
|--------|---------------|
| C0833E | Garden Record |
|--------|---------------|

#### Leader Publications

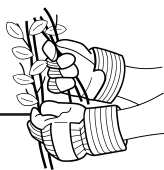
- |                                 |   |
|---------------------------------|---|
| EB0482E                         | Home Lawns  |
| EM057E                          | Home Vegetable Gardening in Washington (Home Garden Series) |
| EM2869E                         | Growing Flowers from Bulbs                                  |
| See Gardening Scorecards, pg. 6 |   |

- ♦ recommended for cloverbuds (ages 5–7)
- ♥ recommended for juniors (ages 8–10)
- ♣ recommended for intermediates (ages 11–13)
- ♠ recommended for seniors (ages 14–19)

## Master Gardener

Gardening project led by Master Gardener volunteers.

### Plant Science



#### Plant Science ♥♣

##### Objectives:

- ✓ explore plant growth and development
- ✓ learn the basics of botany
- ✓ explore the essentials of ecology
- ✓ use the scientific process to discover facts

## Self-Determined Plant Science



### Self-Determined Plant Science Objectives:

*Learning goals are determined by the member, parent, and leader.*

#### Member Publications

EM2956E	Make Up Your Own Mind
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#### Leader Publications

EM2957E	Working with Members in Self-Determined Projects
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## Social Sciences

### Citizenship



#### Citizenship ♥♣♠

##### Objectives:

- ✓ learn about local neighborhood, school, and community
- ✓ conduct meetings, elect officers, work on committees
- ✓ participate in community service
- ✓ learn about one's role as a citizen
- ✓ learn how local, state, and national governments are organized

#### Recommended Publications

08153	Citizenship Adventure Kit
08154	Citizenship Guide's Handbook

Order online at:  
<https://shop4-h.org/collections/curriculum>



- ✓ practice skills to communicate effectively within an intercultural context
- ✓ develop a sense of self and exhibit social responsibility

#### Recommended Publications

01501F	WeConnect: A Global Youth Citizenship Facilitator's Guide
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Order online at:  
<https://shop4-h.org/collections/curriculum>



#### Know Your Government ♣♠

##### Objectives:

- ✓ understand legislative processes
- ✓ experience parliamentary procedures
- ✓ practice responsible citizenship/participation in democracy
- ✓ develop skills in debate, persuasive speaking, conscientious listening, and leadership
- ✓ acquire knowledge of state legislative districts and the issues that affect them

*An opportunity for teens to experience hands-on learning by focusing on different aspects of government such as passing a bill, the judicial system, lobbying, the election process, creating a budget, and aspects of county, state, federal, and international government. Youth learn through relevant curriculum and culminate their experience by participating in the annual Washington 4-H Know Your Government Conference.*

#### Global Citizenship ♥♣♠

##### Objectives:

- ✓ inspire a sense of understanding and confidence in relating and connecting to other people
- ✓ develop and refine international thinking skills needed to thrive in a culturally diverse world—whether it be in a school, neighborhood, social, or workplace setting

- ♦ recommended for cloverbuds (ages 5–7)
- ♥ recommended for juniors (ages 8–10)
- ♣ recommended for intermediates (ages 11–13)
- ♠ recommended for seniors (ages 14–19)

## Service Learning ♥♣♠

### Objectives:

- ✓ become engaged with your community
- ✓ identify community needs
- ✓ be inspired by other youth who have made impacts
- ✓ plan, implement, and reflect on a service project

#### Recommended Publications

- 08182 1—Agents of Change
- 08183 2—Raise Your Voice
- 08184 Service Learning Helper's Guide

Order online at:  
<https://shop4-h.org/collections/curriculum>



#### Recommended Publications

- 08174 1—First Aid in Action
- 08175 2—Staying Healthy
- 08176 3—Keeping Fit

Order online at:  
<https://shop4-h.org/collections/curriculum>



## Entrepreneurship

### Entrepreneurship ♦♥♣♠

#### Objectives:

- ✓ practice skills needed to function successfully as an entrepreneur
- ✓ explore types of businesses
- ✓ learn the principles of products, pricing, marketing partnerships, agreements, and contracts
- ✓ create a business plan
- ✓ start a personal business

#### Recommended Publications

- 08035 Be the E
- 08036 Entrepreneurship Helper's Guide

Order online at:  
<https://shop4-h.org/collections/curriculum>



### Health Rocks ♠

#### Objectives:

- ✓ reduce youth smoking and tobacco use
- ✓ help youth build life skills which lead to healthy living choices
- ✓ help youth understand influences and health consequences of tobacco, drug, and alcohol use
- ✓ engage youth and adults in partnership to develop and implement community strategies that promote healthy living choices
- ✓ build positive, enduring relationships, with youth involved as full partners, through widely varying "communities of interest" to address youth risk behaviors

#### Recommended Publications

- 08380 Health Rocks! 1
- 08381 Health Rocks! 2

Order online at:  
<https://shop4-h.org/collections/curriculum>



## Health



### Health ♥♣♠

#### Objectives:

- ✓ promote health, exercise, and nutrition
- ✓ put together a first aid kit
- ✓ learn steps to take when faced with an emergency
- ✓ share with others a commitment to healthy living
- ✓ design and manage a personal fitness plan

### YA4-H! Youth Advocates for Health

#### Objectives:

- ✓ prepare youth to lead health-related change in their communities in partnerships with adults and other teens
- ✓ equip and empower teens as learners, teachers, researchers, and advocates to address critical health-related concerns
- ✓ provide opportunities for teens to develop and practice skills for the successful transition to young adulthood

#### Recommended Publications

- 01525F Youth Advocates for Health:  
Teens as Teachers

Order online at:  
<https://shop4-h.org/collections/curriculum>



- ♦ recommended for cloverbuds (ages 5–7)
- ♥ recommended for juniors (ages 8–10)
- ♣ recommended for intermediates (ages 11–13)
- ♠ recommended for seniors (ages 14–19)



## Introduction to 4-H

### Exploring 4-H ♦♦

#### Objectives:

- ✓ discover opportunities in 4-H
- ✓ explore personal interests through project areas
- ✓ experience 4-H through activity involvement

#### Recommended Publications

08171 Exploring the Treasures  
08172 Treasures of 4-H Helper's Guide

Order online at:  
<https://shop4-h.org/collections/curriculum>



### Just Outside the Door ♦

#### Objectives:

- ✓ learn about water, plants, insects
- ✓ learn observation skills

#### Leader Publications

EM4811E	Just Outside the Door Leader Guide
EM4840E	Just for Leaders Working with Primary 4-H Members

## Leadership

### Leadership ♦♥♣♠

#### Objectives:

- ✓ develop self-understanding
- ✓ develop interpersonal skills
- ✓ practice working with groups
- ✓ develop management skills

#### Recommended Publications

07905 1—My Leadership Workbook  
07906 2—My Leadership Journal  
07907 3—My Leadership Portfolio  
07908 Leadership Mentor Guide 1  
07909 Leadership Mentor Guide 2

Order online at:  
<https://shop4-h.org/collections/curriculum>



### Objectives for the 4-H Junior Leader:

- ✓ work under the direction of an adult or teen leader
- ✓ help young members get acquainted, select projects, enroll, get involved in club/county events, complete the year, and reenroll

### Objectives for the 4-H Teen Leader:

- ✓ work with adult leaders and other teen leaders
- ✓ teach project skills and information
- ✓ work with special club interests such as Community Pride
- ✓ recruit and enroll members
- ✓ supervise Junior Leaders

### 4-H County Ambassador Project

#### Objectives:

- ✓ work with county program personnel, adult leaders, County Leaders Council, and other Ambassadors
- ✓ help determine county 4-H program needs
- ✓ design and conduct 4-H promotion programs
- ✓ help plan and conduct county, district, and state events and activities
- ✓ become involved in political activity at county and state levels
- ✓ accept state and national leadership roles

## Self-Determined Social Science



### Self-Determined Social Science Project Objectives:

*Learning goals are determined by the member, parent, and leader.*

#### Member Publications

EM2956E	Make Up Your Own Mind
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#### Leader Publications

EM2957E	Working with Members in Self-Determined Projects
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- ♦ recommended for cloverbuds (ages 5–7)
- ♥ recommended for juniors (ages 8–10)
- ♣ recommended for intermediates (ages 11–13)
- ♠ recommended for seniors (ages 14–19)



## Wave That Clover Proudly!

Parents, grandparents, friends, and admirers of 4-H can all show their support for 4-H in Washington by purchasing a new “clover plate” when they renew their vehicle registration.

In 2012, then-Governor Christine Gregoire authorized Washington State license plates featuring the 4-H clover. These specialized plates can be purchased at Department of Licensing offices and online. Sales of these plates will raise money to support 4-H activities around the state and the plate fee is tax deductible. More information can be found online at:  
[www.dol.wa.gov/vehicleregistration/sp4h.html](http://www.dol.wa.gov/vehicleregistration/sp4h.html).

So far, the new 4-H license plates have been spotted on busy interstates, across highways, and on meandering country roads. They are popping up in suburbs, farm towns, and the state’s largest cities.

*“A 4-H license plate is a great way to let people know how much you appreciate and value the 4-H program. As you drive around town or across the state, people can see that you support 4-H. Whether you’re an adult 4-H volunteer helping a youth navigate a new skill, a corporate donor pledging support to further the 4-H mission, or a 4-H family taking part in a fun activity, you can be assured our program changes lives and inspires our next generation of leaders.”*

Learn more about 4-H

<http://extension.wsu.edu/4h/join-4-h>

Learn how to become a volunteer

<http://extension.wsu.edu/4h/for-volunteers>



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## ALPHABETICAL LIST OF 4-H PROJECTS

*Projects denoted with \* are popular projects within our state!*

### **A**erospace

Agriculture  
Amphibians  
ATV Safety

### **B**ackyards and Beyond

Beef\*  
Be SAFE  
Bicycle  
Build Your Future  
Bully Prevention  
Butterfly

### **C**at\*

Choose Health  
Citizenship  
Communications  
Computers  
Cooking 101  
Consumer

### **D**airy Cattle\*

Dog\*

### **E**lectricity

Entomology  
Entrepreneurship  
Exploring 4-H  
Exploring Your Environment

### **F**ilmmaking

Financial  
Fishing  
Food, Culture and Reading  
Foods  
Food Science  
Forestry

### **G**ardening\*

Geospatial Science  
Goat

### **H**ealth and Fitness

Health Rocks!  
Horse\*

### **L**atino Cultural Arts

Leadership

### **M**icrowave

My Financial Future

### **O**utdoor Adventures

### **P**ets

Photography  
Poultry

### **R**abbit

Robotics\*

### **S**cience Discovery

Self-Determined Projects  
Service Learning  
Sewing\*  
Sheep\*  
Shooting Sports\*  
Small Engine  
STEPS to a Healthy Teen  
Swine\*

### **T**heater Arts

### **V**eterinary Science

Visual Arts

### **W**ater Conservation

We Connect  
Wind Energy  
Workforce Readiness  
Woodworking

### **Y**outh Advocates for Health\* (YA4-H!)

*Not all clubs will offer all projects. Some projects listed here may be part of other, larger projects.*