Arkansas 4-H Project Tip Sheet

**4-H**

Making the Best Better

**Head:**
To think, to plan, and to reason:
- Record Keeping
- Goal Setting
- Problem Solving
- Decision Making

**Heart:**
To be kind, true, and sympathetic:
- Feeling
- Caring
- Sportsmanship
- Responsibility

**Hands:**
To be useful, helpful, and skillful.
- Working
- Community Service
- Giving
- Teamwork

**Health:**
To resist disease, enjoy life, and to make for efficiency:
- Personal Safety
- Self-esteem
- Character
- Responsibility

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**Citizenship**

In this project youth will....

- Get involved in their communities.
- Learn about the democratic processes.
- Perform services for others.
- Learn how to make a positive difference in their community.
- Develop life skills that are essential for an individual to become an active, responsible citizen.

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<tr>
<th>Beginner</th>
<th>Intermediate</th>
<th>Advanced</th>
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<tbody>
<tr>
<td>Get to know club members and their interests.</td>
<td>Learn the history of your town.</td>
<td>Learn Parliamentary Procedure.</td>
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<td>Lead the Pledge of Allegiance &amp; 4-H Pledge</td>
<td>Give a talk on a citizenship related topic.</td>
<td>ID an issue in your community &amp; take action.</td>
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<td>Learn the duties of club officers.</td>
<td>Coordinate a service project.</td>
<td>Teach your club about city, county, &amp; state government.</td>
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<td>Participate in a service project.</td>
<td>Be a leader in your club.</td>
<td>Attend Citizenship Washington Focus.</td>
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<td>Tour the state Capitol.</td>
<td>Learn the duties of city, county, and state elected officials.</td>
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Experience  ~  Share  ~  Generalize  ~  Apply

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**University of Arkansas System**
Healthy Living

- Coordinate a walk-a-thon or 5K benefitting a local charity.
- Conduct a scavenger hunt to collect healthy snacks for a women’s shelter, backpack for kids, afterschool program, etc.

Science, Technology, Engineering, and Mathematics

- Design & build a community garden.
- Record Public Service Announcements thanking elected officials.

Citizenship and Leadership

- Coordinate a Government Appreciation Day.
- Give a talk at a club meeting.
- Share with your Quorum Court details of a community service project.
- Apply to be a page in the state legislature.
- Attend National 4-H Conference.

Opportunities

- Citizenship
- Washington Focus Tour
- Teen Leader Conference
- District & State O-Ramas
- Job shadow a public official
- Participate in 4-H county Council, local workshops, activities, and events.

Curriculum

- 4-H Citizenship: Government is Us!
- Arkansas History and Government
- National History & Government
- Citizenship Adventure Kit
- Agents of Change
- Raise Your Voice

4-H Record Keeping

4-H records allow members to develop record keeping and goal setting skills.

Members record learning experiences and activities in their 4-H projects, leadership, and community service involvement, 4-H promotion, awards, and accomplishments.

Resources

National 4-H Curriculum
University of Arkansas Extension Publications
www.4-H.org
4H.uaex.edu

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