

Pitt County 4-H

LEARN
+
DO

GET STARTED, GET INVOLVED, MAKE A DIFFERENCE



WHAT IS A 4-H PROJECT?



HEAD



HEART



HANDS



HEALTH

Project work is an important part of 4-H. A 4-H project is simply a topic that the member chooses to explore during the year. Some youth may take an entire year to work on a project record. Others may complete a project record within a few months. Project work is self-paced and individual. The project the child chooses should reflect his/her/their interests.

Why complete a 4-H Project?

Through project work, youth develop life skills related to:

- Setting and completing goals
- Keeping Records
- Creative writing
- Organization
- Leadership
- Citizenship
- Community service

The Process

Choose a topic ---- Set Goals ---- Get Started!

The process begins when youth select one or more projects based upon their interests and age level. Youth should receive guidance from their parents or guardians when they select projects. Pitt County 4-H has many curriculum books available, or youth can choose their own topic. Use this guide to help you select a project of interest. It is recommended that new members select only one project; as a general guideline members should not select more than three projects each year.

Some projects have several levels. As members master the work at a beginning level, they are encouraged to advance to higher levels.

Check with the 4-H Office before purchasing project books! Many are available at the 4-H Office.

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HEART



HANDS



HEALTH

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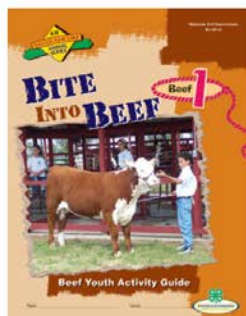
pitt.ces.ncsu.edu

Animal Science

Raising an animal properly takes dedication and passion. Give youth the tools they need to raise animals successfully, whether they be for show or as pets. With curriculum ranging from large cattle to the cutest covies, these accessible and fun activities open up a world of possibilities for the youth of all ages.



Animal Science



Beef

Grades 3-9

The Beef Skills for Life Series is packed with project information and fun, learn-by-doing activities for youth of all ages.

Level 1: Bite Into Beef **Grades 3-4** **08143** **\$5.75**

Youth engage in activities to identify breeds, locate parts, judge, halter break a calf, fit a steer, show a calf, recognize a healthy animal, select feed ingredients, and shop for beef and beef by-products. (40 pages)

Level 2: Here's the Beef **Grades 5-6** **08144** **\$5.75**

Youth engage in activities related to leg structure, presenting oral reasons in judging, feed ingredients, behavior, nose printing, parasites, fitting, ethical issues, beef carcass composition, and retail meat cuts. (40 pages)

Level 3: Leading the Charge **Grades 6-9** **08145** **\$5.75**

Youth deepen their learning in topics such as selection and judging, feeds, careers, health, reproduction, meats, and marketing. (40 pages)

Beef Helper's Guide **Facilitator** **08146** **\$5.75**

Helpers find a variety of group learning activities, including skillathons, quiz bowls, games, presentations, beef bingo, and several management skill activities. (40 pages)

Beef: Set of 4 **Grades 3-9** **08147** **\$19.50**

Includes one each of Levels 1-3 and the Helper's Guide.



Cat

Grades 3-12

Youth will enjoy and understand their cats more as they learn through the activities in this series.

Level 1: Purr-fect Pals **Grades 3-5** **08148** **\$5.75**

As youth begin their learning about cats, they engage in activities to select a cat, identify breeds, name the parts of a cat, handle and groom a cat, care for its health, and budget for its care. (40 pages)

Level 2: Climbing Up! **Grades 6-8** **08149** **\$5.75**

Youth step up their learning through activities on cat senses, the meaning of cat sounds, tricks they can teach a cat, signs of illness and health, emergency situations, feeding, special diets, traveling with a cat, and showing it. (40 pages)

Level 3: Leaping Forward **Grades 9-12** **08150** **\$5.75**

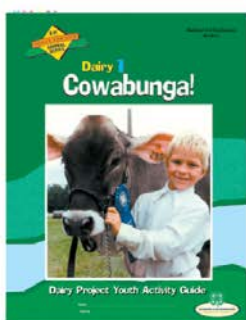
Youth explore veterinary procedures, cat body systems, diseases, reproduction, genetics, older cat needs, behavior, showmanship, community laws, animal welfare and personal strengths. (40 pages)

Cat Helper's Guide **Facilitator** **08151** **\$5.75**

Helpers will find the group activities in this guide an excellent way to involve everyone in learn-by-doing cat project sessions. (40 pages)

Cat: Set of 4 **Grades 3-12** **08152** **\$19.50**

Includes one each of Levels 1-3 and the Helper's Guide.



Dairy Cattle

Grades 3-12

Youth build their dairy knowledge and skills as they complete the activities in this series.

Level 1: Cowabunga! **Grades 3-5** **08161** **\$5.75**

Youth explore dairy cattle breeds, select calves, identify parts of dairy cattle, recognize desirable traits, identify stages of calving and care, pack a show box and groom and show a calf. (40 pages)

Level 2: Mooving Ahead **Grades 6-8** **08162** **\$5.75**

Youth deepen their learning by focusing on housing, hay quality, milking, keeping animals healthy, parasites, behavior and food safety. They explore ethical decision making, judging and careers. (40 pages)

Level 3: Rising to the Top **Grades 9-12** **08163** **\$5.75**

Advanced youth practice mastitis detection, balancing a ration, pregnancy detection, delivery of calf, body condition scoring, selecting cattle through records, promoting dairy products and exploring career opportunities. (40 pages)

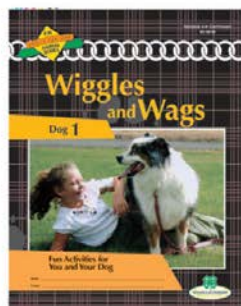
Helper's Guide **Facilitator** **08164** **\$5.75**

These activities will bring any meeting to life. Helpers guide youth as they play dairy bingo and participate in dairy quiz bowls, a dairy pyramid game and a dairy skillathon! (40 pages)

Dairy Cattle: Set of 4 **Grades 3-12** **08165** **\$19.50**

Includes one each of Levels 1-3 and the Helper's Guide.

Animal Science



Dog

Grades 3-12

Every youth who has a dog will enjoy this series. Not only are the activities fun and educational, but they also help the dog become a perfect member of the family.

Level 1: Wiggles and WagsGrades 3-5

Youth learn basic skills for dog care and training. Activities include knowing breeds, selecting a dog, knowing the parts of a dog, keeping a dog healthy and groomed, training and much more. (40 pages)

Level 2: Canine ConnectionGrades 6-8

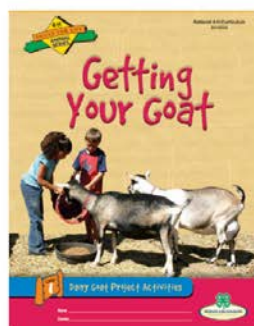
Youth explore more about dog health, nutrition, care, genetic problems, population control, showmanship, training, ethics, and budgeting. (40 pages)

Level 3: Leading the PackGrades 9-12.

Experienced youth investigate responsible breeding, diseases, caring for geriatric dogs, training, service dogs, dog roles, and careers related to dogs. This guide provides youth with numerous leadership opportunities. (40 pages)

Dog Helper's GuideFacilitator

Group games and activities provide helpers with ideas for facilitating learning. Service learning opportunities are encouraged. Training activities and resources are highlighted. (40 pages)



Dairy Goat

Grades 3-12

Whether it's exploring goat management, selection, health, reproduction, showing, judging products or careers, youth from novice to expert will expand their dairy goat knowledge, and skills.

Level 1: Getting Your Goat.Grades 3-5 08352\$5.75

Whether youth own a dairy goat or are just curious about goats, these activities provide enjoyable, hands-on experiences to introduce them to goats. Selection, feeding, management, fitting, showing, and responsible goat ownership are emphasized. (40 pages)

Level 2: Stepping OutGrades 6-8 08353\$5.75

Youth explore how to keep their goats healthy, feed them for maximum production, prepare for kidding, develop judging skills, milk a goat properly, and much more. Exciting activities for teams and individuals are included. (40 pages)

Level 3: Showing the WayGrades 9-12 08354\$5.75

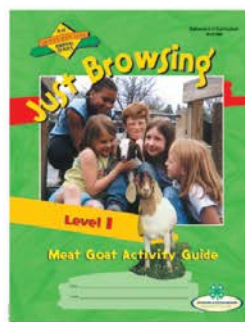
Experienced goat project youth will find these activities challenging and fun as they delve into genetics, careers, national industry issues, diseases, biosecurity, body condition scoring, linear appraisal, breeding programs, pedigrees, dystocia, quality assurance, and leadership opportunities. (40 pages)

Dairy Goat Helper's GuideFacilitator 08355\$5.75

Helpers will appreciate this resource as they plan group meetings to get youth involved and excited to learn about goats. Youth will enjoy playing goat-related games, conducting skillathons, giving demonstrations, participating in showmanship contests, and experiencing many other fun and educational group activities. (40 pages)

Dairy Goat: Set of 4Grades 3-12 08356\$19.50

Includes one each of Levels 1-3 and the Helper's Guide.



Meat Goat

Grades 3-12

This series engages youth in activities related to breeds, healthcare, grooming, production, reproduction, management, showmanship, marketing, and careers.

Level 1: Just BrowsingGrades 3-5 07909\$5.75

Youth will learn goat breeds and selection, feeding and management, goat health, goat body parts, record keeping, meat and dairy goat conformation, show preparations and sportsmanship. (40 pages)

Level 2: Get Growing With Meat GoatsGrades 6-8 07910\$5.75

Youth actively explore goat diseases, identify poisonous plants, determine body condition, learn about goat reproduction and kidding, and learn proper animal husbandry. (40 pages)

Level 3: Meating the FutureGrades 9-12 07911\$5.75

Youth discover how to select breeding sires, balance a ration, prevent diseases, control internal and external parasites, practice bio-security, practice sound ethics, conduct a meat goat judging clinic, judge goats, give oral reasons and explore meat goat products. (40 pages)

Meat Goat Helper's GuideFacilitator 07912\$5.75

This guide is packed with activities that involve the entire group. Youth enjoy planning a program, completing project records, developing a management calendar, conducting a meat quality assurance program, participating in quiz bowls, skillathons and tours, giving a presentation, and exploring goat related careers. (40 pages)

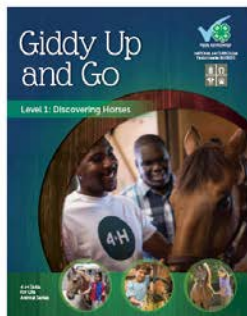
Meat Goat: Set of 4Grades 3-12 07913\$19.50

Includes one each of Levels 1-3 and the Helper's Guide.

Animal Science

Horse

Grades 3-12



These horse manuals provide an interactive curriculum for youth that is hands-on and grounded solidly in subject matter like horse behavior, breeds, safety, and more.

Level 1: Giddy Up & GoGrades 3-12..... 01518Y\$6.95
Youth who may or may not have a horse or pony of their own but want to learn about horses will enjoy *Giddy Up & Go*. They will learn the basics of horse behavior, breeds, and safety around horses through a variety of activities, including teaching others. (68 pages)

Level 2: Head, Heart & HoovesGrades 3-12..... 01519Y\$6.95
Youth learn more about acquiring and raising a horse including selecting a horse, horse nutrition and care, equine teeth and bones, judging, giving oral reasons, and much more. (72 pages)

Level 3: Stable RelationshipsGrades 3-12..... 01520Y\$6.95
Youth explore horse reproduction, diseases and health care, pasture management, providing appropriate shelter and building a financial plan. (64 pages)

Level 4: Riding the RangeGrades 3-12..... 01521Y\$6.95
Youth learn nine basic riding skills and ten horsemanship skills, training techniques, trail riding and selection and use of tack. (72 pages)

Level 5: Jumping to New HeightsGrades 3-12..... 01522Y\$6.95
Youth learn more advanced riding skills, the Quarter System, horse showmanship, ethics and leadership. (68 pages)

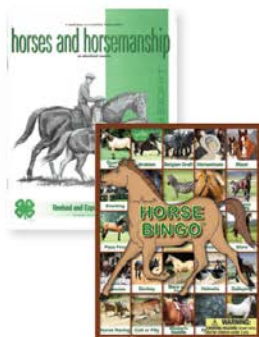
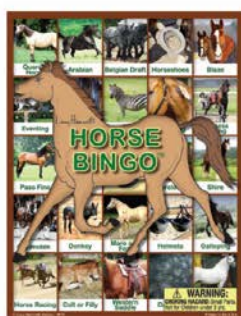
Horse Helper's GuideFacilitator 01523F\$6.95
Get everyone involved at group meetings using any of the 17 featured group activities. (84 pages)

Horse: Set of 6Grades 3-12..... 01523S \$34.95
Includes one each of Levels 1-5 and the Helper's Guide.

Educational Horse Bingo Game for 6 PlayersGrades 3-12..... 09177B\$19.95
This fun bingo game comes with enough pieces for 2-6 players and promises to make learning about horses fun! Players select picture boards and place a chip over the corresponding horse image as cards are read aloud by the caller.

10 Horse Level I Books & 10 Pins BundleGrades 3-12 01518B..... \$79.95
Features ten Level 1: *Giddy Up & Go* books (01518Y) and ten Horse Project Pins (M 9047). Order this bundle and save \$14 when compared to ordering these products separately.

Horse Curriculum & Horse Bingo BundleGrades 3-12..... 01518BB ... \$49.95
Includes Levels 1-5, the Helper's Guide, and the Educational Horse Bingo Game.



Horse (cont.)

Grades 3-12

4-H Horse Program: Horses & HorsemanshipGrades 6-12..... CO 200 \$6.50
Incredible information on horse breeds, judging, showing, western horsemanship, grooming, training, equipment, and safety. (64 pages)

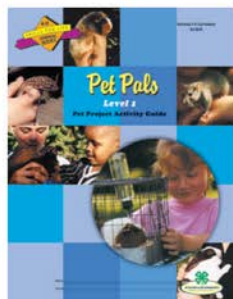
4-H Horse Program: Horse ScienceGrades 6-12..... CO 201..... \$6.50
In depth information on horse behavior, anatomy, reproduction, feed nutrients, health & sanitation, disease, and parasites. (64 pages)

Horse Science: Set of 2Grades 6-12..... CO203.....\$10.95
Includes *Horses & Horsemanship* (CO 200) and *Horse Science* (CO 201).

Horse Science Curriculum & Horse Bingo BundleGrades 3-12..... CO203B ... \$26.95
Includes *Horses & Horsemanship* (CO 200), *Horse Science* (CO 201), and the Educational Horse Bingo Game (09177B).

Pets

Grades 3-9



From gerbils to snakes and frogs to ferrets, youth will find that these action-packed activity guides make learning about pets fun and exciting.

Level 1: Pet PalsGrades 3-4 06359\$5.75
Youth learn about pets through activities such as selecting a pet, identifying pet parts, pet art, handling pets, providing the right kind of housing and meeting the daily needs of pets. (40 pages)

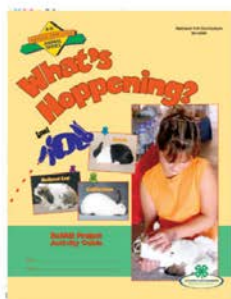
Level 2: Scurrying AheadGrades 5-7..... 06360\$5.75
Youth develop planning and decision-making skills as they practice feeding and caring for their pets, observing pet behavior, exhibiting pets, debating pet sayings and creating a story about a pet. (40 pages)

Level 3: Scaling the HeightsGrades 6-9 06361.....\$5.75
Through these activities, youth explore genetics, pet issues, reproduction, caring for newborns, starting a business and entering exciting careers. (40 pages)

Pet Helper's GuideFacilitator 06362\$5.75
Project helpers will find many fun and engaging group games and activities to further expand the pet project experience for youth. (40 pages)

Pets: Set of 4Grades 3-9..... 06374\$19.50
Includes one each of Levels 1-3 and the Helper's Guide.

Animal Science



Rabbit

Grades 3-12

Any youth who likes rabbits will find fun and enjoyment as they use these activity guides to learn more and develop skills.

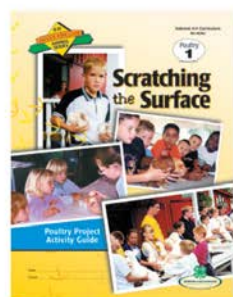
Level 1: What's Hopping?**Grades 3-5** **08080****\$5.75**
Youth learn selection, handling, breeds, parts, management, equipment, feeding, health, breeding, and kindling. (40 pages)

Level 2: Making Tracks**Grades 6-8** **08081****\$5.75**
Through activities, youth learn to select a rabbit, detect diseases, tattoo their rabbit, keep records, show rabbits, and judge rabbits, including giving oral reasons. (40 pages)

Level 3: All Ears**Grades 9-12** **08082****\$5.75**
Advanced youth fully explore rabbit management practices through breeding, genetics, culling, designing a rabbitry, marketing rabbits, preventing diseases, and registering a rabbit. (40 pages)

Rabbit Helper's Guide**Facilitator** **08083****\$5.75**
15 exciting rabbit group activities make group learning fun and educational. (40 pages)

Rabbit: Set of 4**Grades 3-12** **08084****\$19.50**
Includes one each of Levels 1-3 and the Helper's Guide.



Poultry

Grades 3-9

Youth with an interest in poultry will find lots to learn and lots to do through the poultry activity guides.

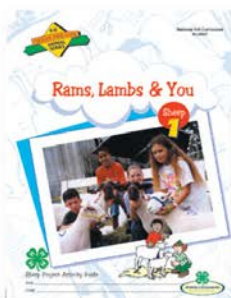
Level 1: Scratching the Surface**Grades 3-4** **06363****\$5.75**
Youth participate in activities such as identifying poultry species and breeds, selecting poultry, feeding and handling, washing and showing poultry, exploring an egg and cooking eggs. (40 pages)

Level 2: Testing Your Wings**Grades 5-7** **06364****\$5.75**
Youth select layers, keep their poultry healthy, identify pecking order in a flock, read a feed tag, explore retail products, identify poultry bones, grade carcasses, use the Standard of Perfection to evaluate poultry, make a budget and examine an egg using an egg candler. (40 pages)

Level 3: Flocking Together**Grades 6-9** **06365****\$5.75**
Youth develop leadership skills by managing a flock, processing chickens, exploring careers, planning a judging clinic, conducting poultry games and discussing values and ethics. (40 pages)

Poultry Helper's Guide**Facilitator** **06366****\$5.75**
Helpers learn to guide youth as they participate in 15 learn-by-doing group activities. (40 pages)

Poultry: Set of 4**Grades 3-9** **06375****\$19.50**
Includes one each of Levels 1-3 and the Helper's Guide.



Sheep

Both youth and volunteers will enjoy these experientially-based project materials as they explore the world of sheep.

Level 1: Rams, Lambs, & You**Grades 3-4** **06367****\$5.75**
Youth are introduced to a wide variety of fun and challenging activities including identifying parts of a lamb, selecting a project lamb, identifying lamb cuts, selecting feed, and showing sheep. (40 pages)

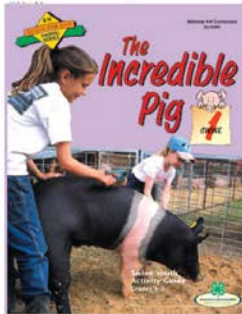
Level 2: Shear Delight**Grades 5-7** **06368****\$5.75**
Youth learn to present oral reasons, determine yield grades, compare digestive systems, explore a feed tag, deliver a lamb, treat parasites, and discuss ethical decision making. (40 pages)

Level 3: Leading the Flock**Grades 6-9** **06369****\$5.75**
Youth engage in activities related to judging, budgeting, web surfing, reproduction and genetics, surveying consumers, career exploration, marketing products, and teaching others. (40 pages)

Sheep Helper's Guide**Facilitator** **06370****\$5.75**
Helpers will enjoy involving youth in sheep skillathons, sheep bingo, sheep pyramid, developing a management calendar, and many more activities. (40 pages)

Sheep: Set of 4**Grades 3-9** **06376****\$19.50**
Includes one each of Levels 1-3 and the Helper's Guide.

Animal Science



Swine

Grades 3-12

Youth will participate in activities and lessons that engage them in the world of raising swine.

Level 1: The Incredible Pig Grades 3-5 08065 \$5.75
Naming breeds, learning body parts, judging market hogs, exploring a digestive system, examining a healthy pig, identifying pork cuts, practicing fitting, and showing are just a few of the activities featured in this guide. (40 pages)

Level 2: Putting the Oink in Pig Grades 6-8 08066 \$5.75
Exciting challenges for youth include managing baby pigs, balancing a ration, exploring swine diseases, preparing pork, discovering swine careers, and packing a show box. (40 pages)

Level 3: Going Whole Hog Grades 9-12 08067 \$5.75
Advanced youth plan a breeding system, judge breeding gilts, design a swine operation, and complete a job application, among other activities. (40 pages)

Swine Helper's Guide Facilitator 08068 \$5.75
Group activities such as quiz bowls, skillathons, glossary games, swine pyramid, exploring a meat counter, and understanding quality assurance keep youth involved. (40 pages)

Swine: Set of 4 Grades 3-12 08069 \$19.50
Includes one each of Levels 1-3 and the Helper's Guide.



Exploring Swine Health & Husbandry

Exploring Swine Health & Husbandry Grades 6-8 08456 \$24.95

This curriculum is designed as a guide for the project facilitator. The activities and background information in this curriculum will help youth develop the requisite knowledge and skills associated with raising and showing swine. Activities include opportunities for the application of knowledge and skills at three different levels of experience: beginner, intermediate, and advanced. Designed for grades 6-8 but may be used for younger or older youth as appropriate. (194 pages)

Topics Include:

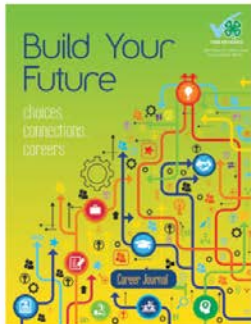
- bio-security risk assessment and mitigation strategies.
- budgeting decisions associated with raising and housing swine.
- dietary needs of pigs at different life stages.
- elements of swine conformation.
- pre-show preparation, showmanship and judging.
- strategies for crossbreeding swine.
- ethical decision making in caring for and showing swine.
- tip-to-tail health assessments.

Citizenship and Civic Education

4-H is founded on the idea that youth can and should be civically engaged in their community for good. But where to start? The 4-H curriculum focused on Citizenship and Civic Education gives kids the tools they need to find their strengths and apply them in the real world. Help youth learn about career paths, financial management, leadership, and more.



Citizenship & Civic Education



Build Your Future

Grades 9-12

From exploring potential jobs to starting their own businesses, the Build Your Future curriculum helps teens develop skills and knowledge in career exploration.

Youth Notebook (Career Journal) **Grades 9-12** **08561** **\$10.95**

Through nine engaging activities, teens learn about their choices, make important connections, and plan successful and meaningful careers. Participants develop a business plan, compete in a quiz bowl, create a portfolio, analyze case studies, and discuss questions that reflect on their experiences.

Facilitator Guide **Facilitator** **08562** **\$13.95**

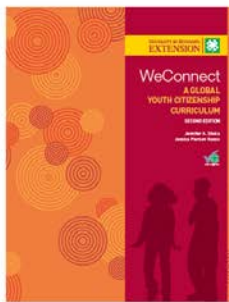
This book features comprehensive plans for facilitators to lead activities featured in the *Youth Notebook*.

Build Your Future: Set of 2 **Grades 9-12** **08563** **\$23.95**

Includes one copy of the *Youth Notebook* and one copy of the *Facilitator Guide*.

Build Your Future: Set of 6 **Grades 9-12** **08564** **\$58.95**

Includes one copy of the *Facilitator Guide* and five copies of the *Youth Notebook*.



WeConnect: A Global Youth Citizenship Curriculum

Grades 6-8

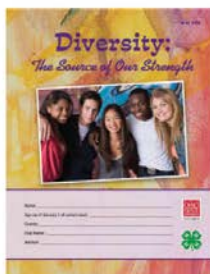
Introducing WeConnect: A Global Citizenship Curriculum, 2nd Edition! The 2nd edition features enhancements to some of the original lessons, as well as updated links and resources. WeConnect prepares youth to thrive in our culturally diverse world.

WeConnect 2nd Edition (Facilitator Guide) **Grades 6-8** **01501F** **\$20.95**

The *WeConnect* curriculum is designed to show youth that they are participants in a global society, inspiring a sense of understanding and confidence in relating and connecting to other people. Perfect for afterschool programs, clubs, camps, and cultural exchanges, the curriculum includes 20 lessons in four sections: exploring, stretching, challenging, and connecting. The curriculum is designed for middle school aged youth but can be adapted for both younger and older audiences. (42 pages)

WeConnect 2nd Edition & 10 Pins Bundle **Grades 6-8** **01501C** **\$30.99**

Features one WeConnect 2nd Edition Facilitator Guide (01501C) and ten Citizenship & Civic Education Project Pins (M 9078). Order this bundle and save \$14 when compared to ordering these products separately.



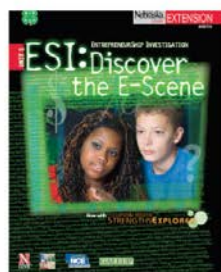
Diversity: The Source of Our Strength

Grades 6-12

Diversity: The Source of Our Strength **Grades 6-12** **4H372** **\$8.95**

This book is designed for the 4-H member and is appropriate for the advanced skill level. Youth will explore the many forms diversity takes in daily life. See life from various perspectives and have fun learning about new situations and people who are different. Youth will show what they have learned with a capstone project in a creative format of their choice. (41 pages)

Citizenship & Civic Education



EntrepreneurShip Investigation

Grades 6-12

EntrepreneurShip Investigation (ESI) is an exciting, interactive, and comprehensive curriculum project designed for youth ages 10-19. ESI uses a variety of tools to help participants develop their entrepreneurial skills and find their business niche.

EntrepreneurShip Investigation 1: Discover the E-Scene Grades 6-12. 4H2110. \$11.95
Youth investigate businesses in their communities, discover the traits of an entrepreneur, and take a skills test to see if they have these entrepreneurial traits.

EntrepreneurShip Investigation 2: The Case of ME Grades 6-12. 4H2120. \$11.95
Youth explore the core values of their business and learn how to give back to the community. Time management skills, ethics and legal considerations, professionalism, and relationship building are all themes within Unit 2.

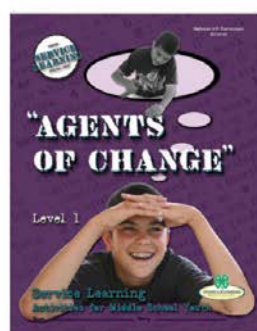
EntrepreneurShip Investigation 3: Your Business Inspection Grades 6-12. 4H2130. \$17.95
Unit 3 continues youths' entrepreneurial journeys with the "nuts and bolts" of starting a business. Youth create a Business Plan and plan a marketing strategy.

EntrepreneurShip Investigation: Leader's Guide Facilitator 4H2140. \$16.95
The Leader's Guide describes the activities, provides answers to questions, provides a list of supplies needed for each activity, shows the National and State Education Standards, and describes the success indicator for each lesson.

EntrepreneurShip Investigation: Set of 4. Grades 6-12. 4H2150. \$52.95
Includes Units 1, 2, and 3 and the Leader's Guide of the EntrepreneurShip Investigation series!

EntrepreneurShip Investigation: Camp Guide with Clifton Youth StrengthsExplorer Grades 6-12. 4H2170. \$21.95
This book is a compilation of activities from the ESI Unit 1 with Strengths, Unit 2, and Unit 3 books. We have combined the "most often used" camp activities into one book to save you time and dollars for your camp experiences. This product includes the Clifton Strengths Explorer, an assessment tool to help identify youths' talents.

EntrepreneurShip Investigation 1: Discover the E-Scene with Clifton Youth StrengthsExplorer Grades 6-12. 4H2180. \$19.95
This product includes one Level 1 ESI book and the Clifton Strengths Explorer, an assessment tool to help identify youths' strengths.



Service Learning

Grades 6-12

Service learning engages young people in actively giving back to the community and reflecting thoughtfully on the implications of service. Young people organize personalized journeys into service learning and discover their own abilities to make the world a better place.

Level 1: Agents of Change Grades 6-8 08182 \$5.75
Youth become "special opportunities agents" as they follow a series of exciting activities that engage them in their community. Youth identify community needs, plan a service project and execute their idea. (40 pages)

Level 2: Raise Your Voice Grades 9-12. 08183 \$5.75
This no-nonsense guide engages older youth as young leaders. Voices of real young people engaged in service inspire youth and connect them with others who made an impact. Youth plan and implement their own service project. (40 pages)

Service Learning Helper's Guide Facilitator 08184 \$5.75
This exciting guide for leaders offers group service learning activities like community mapping, identifying group roles and journaling. It offers advice for mentors seeking to guide youth through enriching learning experiences. (40 pages)

Service Learning: Set of 3 Grades 6-12 08185 \$14.50
Set includes Level 1, Level 2, and the Helper's Guide.

Communication Arts

Allowing young people to create is of the utmost importance. We can spark their imagination, let their minds run wild, and give them the tools they need to bring their ideas into reality. 4-H Creative Arts Curriculum sets the foundation for exploration in photography, theatre, filmmaking, and more.



Communication Arts



Communications

Grades 3-12

In today's world communication is so important—from interpersonal relationships to cultural understanding, speech making, safety in online spaces, and job interviews. Experiential activities in this curriculum provide opportunities for youth to practice and gain confidence communicating in a variety of situations. Activities support the Common Core State Standards for English Language Arts and Literacy. This curriculum is written as a Facilitator Guide. Minimal supplies and materials needed. Offered in print and as digital downloads.

Module 1 (Digital Download) Grades 3-5 08644DD . . . \$7.99

Module 1 Grades 3-5 01508F . . . \$6.95

Topics in this book include communication preferences, active listening, identifying aggressive communication, using visual aids, making introductions, and writing letters and songs. (42 pages)

Module 2 (Digital Download) Grades 6-8 08645DD . . . \$7.99

Module 2 Grades 6-8 01509F . . . \$6.95

Topics in this book include conflict resolution, online communications, and social media, cultural differences in communication, writing thank you notes, press releases, and speeches, and careers in communications. (64 pages)

Module 3 (Digital Download) Grades 9-12 08646DD . . . \$7.99

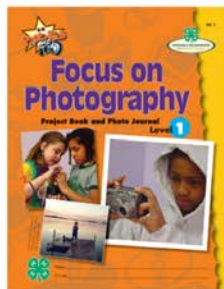
Module 3 Grades 9-12 015010F . . . \$6.95

Topics in this book include understanding interpersonal electronic communication usage, evaluating advertisements, writing resumes and cover letters, safety in online communication, leadership and teamwork, and digital storytelling. (60 pages)

Set of 3 (Digital Download) Grades 3-12 08647DD . . . \$19.99

Set of 3 Grades 3-12 015010S . . . \$18.95

Includes Modules 1-3.



Photography

Grades K-8

This curriculum opens the world of photography to youth. With more than 40 fun activities, this best-selling curriculum helps youth understand the basics of photography, build their skills, and master sophisticated techniques to take even better photos.

Level 1: Focus on Photography Grades K-4 PC 1 \$6.95

Youth will focus on equipment basics, taking sharper pictures, the concepts of lighting and flash, photo composition approaches, sequencing, and evaluating photographs. (80 pages)

Level 2: Controlling the Image Grades K-8 PC 2 \$6.95

Youth will explore depth of field, aperture and shutter speeds, hard and soft lighting, silhouettes and flash techniques. Youth will also learn to evaluate composition using the Rule of Thirds, the Golden Triangle and the Golden Rectangle, use different viewpoints and understand positive and negative space. Additional topics include taking candid photos, adjusting shutter speeds, panning techniques and taking close-ups and panoramas. (80 pages)

Level 3: Mastering Photography Grades K-8 PC 3 \$6.95

Youth will understand the use of wide-angle and telephoto lenses, filters and special film, light meters, shooting photos with different light sources and the use of natural and artificial lighting for effect. Youth will also learn to shoot reflections, using framing and viewpoints, still-life, formal and informal portraits, symmetry, patterns and texture, color composition, pictures with a purpose and much more. (80 pages)

Photography: Set of 3 Grades K-8 PC 4 \$18.95

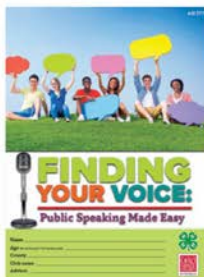
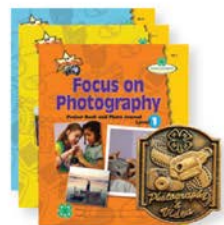
This set includes *Focus on Photography* (PC 1), *Controlling the Image* (PC 2), and *Mastering Photography* (PC 3).

Photography Curriculum & 10 Pins Bundle Grades K-8 PC 4B \$28.95

Features the set of three photography books (PC 1, PC 2, and PC 3) and ten Photography & Video Project Pins (M 9009). Order this bundle and save nearly \$15 when compared to ordering these products separately.

Photography Master Pin Grades K-8 MP 8004 . . . \$3.95

This master pin is for the 4-H'er who has demonstrated a high degree of competence, skill, or expertise in photography. Celebrate achievements by awarding this pin to 4-H'ers who have accomplished all levels of curriculum and project requirements in photography.



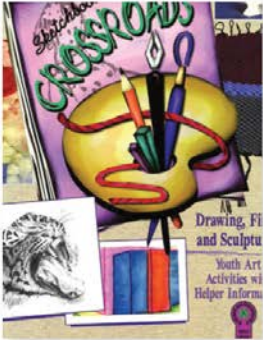
Public Speaking

Grades 3-12

Finding Your Voice: Public Speaking Made Easy Grades 3-12 4H377 \$8.95

The Public Speaking book is designed for the 4-H member and is appropriate for the beginner skill level and all ages. This project shows members with little or no public speaking experience how to prepare and deliver speeches in front of crowds, large and small, with confidence. Youth will take a look at how the pros manage this skill, then learn how to handle various speaking situations, deliver different types of speeches, and resolve problems they may experience along the way. (40 pages)

Communication Arts



Visual Arts

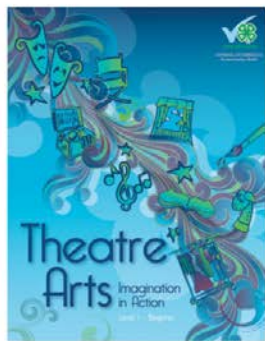
Grades 6-8

Developed by the Consortium for National Arts Education Associations, this visual arts curriculum is designed to assist youth in developing artistic skills and talents for a lifetime of use. Focused heavily on the principle of experiential learning, this curriculum features step-by-step guidance through art activities as well as information for art helpers, or teenage and adult artists who can assist youth in their completion of the projects.

Level 1: Advanced Visual Arts: Sketchbook Crossroads.....Grades 6-8 08140\$7.50
Sketchbook Crossroads features three units for youth to explore - Drawing, Fiber Arts, and Sculpture - and contains 23 step-by-step activities in total, including Perspective Drawing, Inkle Loom Weaving, and Sculpting with Cardboard. (72 pages)

Level 2: Advanced Visual Arts: Portfolio Pathways.....Grades 6-8 08141\$7.50
 Features three units for youth to explore - Painting, Printing, and Graphic Design - and contains 25 step-by-step activities in total, including Painting a Self-Portrait, Plexiglas Etching, and Typography. (76 pages)

Visual Arts: Set of 2Grades 6-8 08142\$14.50
 Includes *Sketchbook Crossroads* (08140) and *Portfolio Pathways* (08141).



Theatre Arts: Imagination in Action

Grades 5-8

These materials offer extended activities in communication, improvisation, pantomime, script writing, cultural and historical influences, stage design, and costume design. Life skills and workforce development concepts are woven throughout the curriculum, as youth master more sophisticated theatre techniques and ideas. The books are written for the Facilitator.

Level 1: BeginnerFacilitator 08445\$6.95
 Topics include verbal improvisation, collaborative storytelling, creating characters, monologue, styles of delivery, and puppetry. (48 pages)

Level 2: IntermediateFacilitator 08446\$6.95
 Topics include communicating emotions, contrasting points of view, body movements, playwriting, costume design, stage positions, and masks. (48 pages)

Level 3: AdvancedFacilitator 08447\$6.95
 Topics include dialogue and resolving conflict, dramatizing a memory, character enactment, directing scenes in different genres, and directing actors. (48 pages)

Theatre Arts JournalGrades 5-8 08448Y\$4.95
 The *Theatre Arts Journal* is a great companion piece to our Theatre Arts Curriculum written by university experts! This notebook is designed as a place for youth to jot down ideas and craft projects as directed by the Theatre Arts books.

Theatre Arts: Set of 4Grades 5-8 08448\$24.95
 This set of four include one each of the beginner (08445), intermediate (08446), and advanced (08447) books and, one youth journal (084484Y).



The Writer in You (Creative Writing)

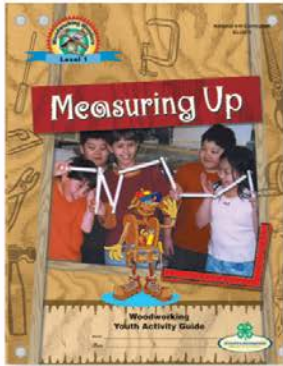
Grades 3-12

The Writer in YouGrades 3-12 4H588\$8.95
 Youth will explore the art of writing. Youth explore why to write, where to get ideas, theme, character, plot and setting, word choice, imagery, and dialogue. Youth keep it all in one place to create the year's portfolio. This book is designed for the 4-H member and is appropriate for the intermediate skill level and all ages. (45 pages)

Communication Arts

Woodworking Wonders

Grades 2-12



Youth create and construct using wood and woodworking tools. From the basics of a tape measure and hammer to advanced equipment like routers and table saws, there's something for everyone. Youth develop life skills like decision-making, planning, organizing, and problem-solving while making fun and useful items.

Level 1: Measuring Up Grades 2-4 06875 \$5.75

Youth will develop the basic skills that woodworkers use, such as measuring, squaring and cutting a board, driving nails, and using clamps and screws. The final project may be a picture frame, a letter holder, a box or an airplane. (40 pages)

Level 2: Making the Cut Grades 4-6 06876 \$5.75

More experienced youth who have used basic hand tools will measure, cut, sand, drill, use advanced hand and power tools, apply paint, and use bolts and staples. Woodworking project choices include building a sawhorse, birdhouse, tool box or stool. (40 pages)

Level 3: Nailing It Together Grades 6-8 06877 \$5.75

Youth who are competent with hand tools and have used power tools practice measuring angles and cutting dado and rabbet joints. Youth also use circular, table, and radial arm saws, smooth lumber with a hand planer, and sand and stain wood. (40 pages)

Level 4: Finishing Up Grades 9-12 06878 \$5.75

Youth who are experienced with a table saw, radial arm saw, drill press, and jig saw will learn specific woodworking skills including using a router, portable planer, and jointer, making blind mortise and tenon joints, making dovetail joints, and experimenting with adhesives and various chemical wood strippers. (40 pages)

Woodworking Helper's Guide Facilitator 06879 \$5.75

This guide provides the helper with a variety of group activities that help youth broaden their understanding of the basic woodworking concepts. Each chapter contains ideas to reinforce a life skill. For example, Chapter Three has a variety of games that youth can play which promote communication. (40 pages)

Woodworking Wonders: Set of 5 Grades 2-12 06887 \$26.95

Includes one each of Levels 1-4 and the Helper's Guide.

Woodworking Master Pin Grades 2-12 MP 8003 \$3.95

This master pin is for the 4-H'er who has demonstrated a high degree of competence, skill, or expertise in woodworking. Celebrate achievements by awarding this pin to 4-H'ers who have accomplished all levels of curriculum and project requirements in woodworking.

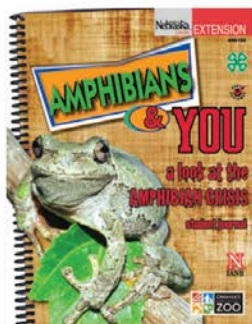


Environmental Science

With screens everywhere, it's easy to forget the wondrous world that surrounds us. Get kids out of the house and onto trails and into parks where they can see nature first hand. 4-H's Environment & Outdoor Science Curriculum, with topics ranging from entomology to water conservation, gives youth the tools to not only enjoy the outdoors, but to understand its importance.



Environmental Science



Amphibians & You

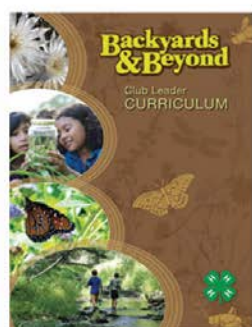
Grades 5-12

Encourage youth in your community to discover native amphibians and their value to the ecosystem. Students will learn how to identify native amphibians and conduct field research. Youth will feel a sense of accomplishment and pride knowing that they are contributing data to local herpetologists that will aid in the conservation of these magnificent creatures.

Amphibians & You: Leader's Guide **Facilitator** **4H5140** **\$12.95**
Provides objectives, instructions, materials needed, and national and state standards for each activity.

Amphibians & You: Student Journal **Grades 5-12** **4H5150** **\$12.95**
Includes worksheets for each activity, pages for journal entries, and additional information about the topics discussed.

Amphibians & You: Set of 2 **Grades 5-12** **4H5160** **\$21.95**
Includes one each of the *Amphibians & You Leader's Guide* (4H5140) and the *Student Journal* (4H5150).



Backyards & Beyond

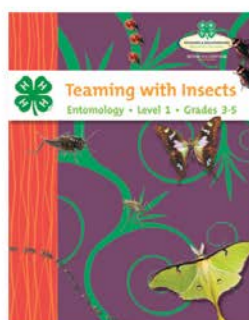
Grades 5-9

Backyards & Beyond connects youth with the outdoors through creative, active, and meaningful experiences in nature.

Tool Kit **Grades 5-9** **4HAZBB1** ... **\$5.00**
The Tool Kit is intended for club leaders or others who would like to organize and start a club in their neighborhood. It includes A Club Leader Welcome, Five Steps to Start a Neighborhood Nature Club, Go Outside Tips, Club Explorers' Commitment Pledge, Nature Event Calendar and Club Leader Forms. (20 pages)

Explorers' Journal **Grades 5-9** **4HAZBB2** ... **\$10.00**
The journal is a collective-learning tool for Club Explorers to document their discoveries, reflections, and questions that arise from their time outdoors. (92 pages)

Leader Curriculum **Facilitator** **4HAZBB3** ... **\$15.00**
The *Backyards & Beyond* Club Leader Curriculum is designed as a network of neighborhood "nature trails" with outdoor activities that are led by the Neighborhood Nature Club Leader. It includes four units with eight trails that progressively advance the connections youth make with the outdoors. (84 pages)



Entomology: Teaming with Insects

Grades 3-12

Teaming with Insects increases youth science literacy using insects and their relatives. Each manual has age-appropriate activities in the following categories: Be an Entomologist, Biodiversity, Invasive Species, Integrated Pest Management and Forensic Entomology. Because science is interconnected, many of the activities show interrelationships among insects, plants and the environment.

Level 1 **Grades 3-5** **08440** **\$6.95**
Level 1 introduces the world of insects. Activities focus on how they look and move and provide some background for studying important entomology topics. (44 pages)

Level 2 **Grades 6-8** **08441** **\$6.95**
Level 2 shows youth how to make insect collection tools and expands on the basic concepts of biodiversity, invasive species, integrated pest management and forensic entomology. (56 pages)

Level 3 **Grades 9-12** **08442** **\$6.95**
Level 3 delves even deeper into the basic concepts and encourages youth to take control of their learning by doing their own research using the scientific method and reference materials. (36 pages)

Facilitator Guide **Facilitator** **08443** **\$6.95**
Helpful information on exploring insect study, the contribution of insects to biodiversity, how to manage pests, invasive species and forensic entomology. (52 pages)

Teaming with Insects: Set of 4 **Grades 3-12** **08444** **\$26.95**
Includes one each of Levels 1-3 and the Helper's Guide.

Environmental Science



Exploring Your Environment

Grades 6-9

This environmental science curriculum focuses on water conservation, energy use, climate change, recycling, natural resources stewardship and air quality.

Level 1: Ecosystem ServicesGrades 6-9 08410\$6.95

Youth will have the opportunity to engage in hands-on activities that focus on how living and non-living organisms interact within the ecosystem and provide benefits for humans and other living beings. (56 pages)

Level 2: Earth's CapacityGrades 6-9 08411\$6.95

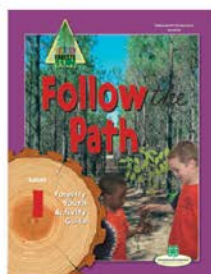
Focusing on environmental stewardship, youth will learn scientific research techniques, responsible practices and innovative technologies that positively address environmental issues such as air and water quality, land use, carrying capacity, product life cycle and ecological sustainability. (64 pages)

Facilitator's GuideFacilitator 08412\$6.95

The Facilitator's Guide will provide training, supplemental activities and resources to ensure the high quality delivery of the curriculum to individual youth and groups of young people. (68 pages)

Exploring Your Environment: Set of 3Grades 6-9 08413\$19.95

Includes one *Ecosystem Services* book (08410), one *Earth's Capacity* book (08411), and one Facilitator Guide (08412).



Forests of Fun

Grades 3-12

The *Forests of Fun* curriculum opens the world of forestry to youth. Youth engage in activities to learn about trees, forests, forest ecology and human reliance on forests. Youth discover forest resources near home and around the world.

Level 1: Follow the PathGrades 3-5 08038\$5.75

Youth explore types of trees and tree parts, characteristics of various forests, what forests need to grow and thrive, and the products people get from trees and forests. (40 pages)

Level 2: Reach for the CanopyGrades 6-8 08039\$5.75

Youth take a closer look at the inner-workings of trees, explore forest change, learn about forest health concerns and discover the health benefits that trees have on people. (40 pages)

Level 3: Explore the Deep WoodsGrades 9-12 08040\$5.75

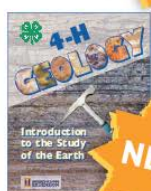
Youth examine and distinguish types of trees, look at forests on a global scale, learn to care for trees and think about how to conserve forests. (40 pages)

Forestry Helper's GuideFacilitator 08041\$5.75

This guide provides useful forest information, group youth activities and practical tips for helpers. Using this curriculum, youth develop a life-long appreciation for forests and have loads of fun in the process. (40 pages)

Forests of Fun: Set of 4Grades 3-12 08042\$19.50

This set includes one each of *Follow the Path* (08038), *Reach for the Canopy* (08039), *Explore the Deep Woods* (08040), and the Helper's Guide (08041).



Geology: Introduction to the Study of the Earth

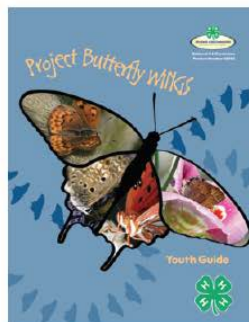
Grades 3-12

Geology is the science that studies the earth. It includes the study of materials that make up the earth, the processes that change it, and the history of how it evolved — including life on earth. The study of geology is filled with the mystery and adventure of what happened to former lands and seas, and to plants and animals that lived on or in them millions of years ago.

Geology: Introduction to the Study of the EarthGrades 3-12 01706Y\$19.95

In this project youth will look at the story of the earth to gain a better understanding of the earth and the sources of the minerals youth use each day. The Geology project is divided into four levels, which are all contained in this manual: Pebble Pups 1, Pebble Pups 2, Rockhound 1, and Rockhound 2.

Environmental Science



Project Butterfly WINGS

Grades 4-8

In Project Butterfly WINGS, youth explore the outdoors through guided inquiry, learn to identify the butterfly families and common butterflies, and contribute to science.

Butterfly WINGS Youth Guide (Digital Download) Grades 4-8 08392DD . . . \$3.99

Youth explore butterfly habitats, learn how to identify common butterflies, become a citizen scientist and contribute data as they enter their findings on the web site. Youth create investigations to answer questions or solve problems and share their findings with others.

Butterfly WINGS Leader Guide (Digital Download) Facilitator 08393DD . . . \$3.99

Provides supplemental information and tips for facilitating the Youth Project activities, including in-depth answers to questions. Engaging group activities are provided for each chapter and can be adapted to 4-H project groups, clubs, after-school programs, camps or other youth groups.

Butterfly WINGS Set of 2 (Digital Download) Grades 4-8 08394DD . . . \$6.99

Includes one WINGS Youth Guide (08392DD) and one WINGS Facilitator Guide (08393DD).



Rain to Drain: Slow the Flow (Stormwater Management)

Grades 5-8

Rain to Drain - Slow the Flow is a hands-on stormwater education curriculum. This experiment style series of activities leads youth and adults to a better understanding of the movement of stormwater in natural and developed communities. It's also a great introduction to green infrastructure and stormwater management best practices.

Rain to Drain: Slow the Flow Grades 5-8 4H0076 . . . \$14.95

Learn how water moves naturally and how it can be changed, how green communities are designed, and how you can have an impact on water and the environment. Each youth should have his/her own project book.

Rain to Drain: Slow the Flow (Set of 10 Books) Grades 5-8 4H0076S . . \$139.95

This item is a set of 10 *Rain to Drain* books (4H0076). Purchase the set and save \$1 per book!

Wildlife Science

Grades 3-12

The Wildlife Science curriculum is for youth who enjoy learning about wildlife and exploring their habitats. Learn about mammals, birds, fish, and herptiles and the role humans play in conservation and wildlife management. These items are Digital Downloads.

Wildlife Science Level 1 (Digital Download) Grades 3-5 4H1044DD . . . \$7.99

Level 1 introduces the world of insects. Activities focus on how they look and move and provide some background for studying important entomology topics. (44 pages)

Wildlife Science Level 2 (Digital Download) Grades 6-8 4H1046DD . . . \$7.99

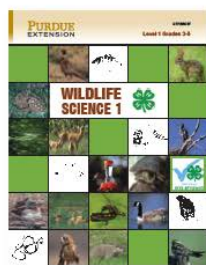
Level 2 shows youth how to make insect collection tools and expands on the basic concepts of biodiversity, invasive species, integrated pest management and forensic entomology. (56 pages)

Wildlife Science Level 3 (Digital Download) Grades 9-12 4H1048DD . . . \$7.99

Level 3 delves even deeper into the basic concepts and encourages youth to take control of their learning by doing their own research using the scientific method and reference materials. (36 pages)

Facilitator Guide (Digital Download) Facilitator 4H1042DD . . . \$7.99

Helpful information on exploring insect study, the contribution of insects to biodiversity, how to manage pests, invasive species and forensic entomology. (52 pages)

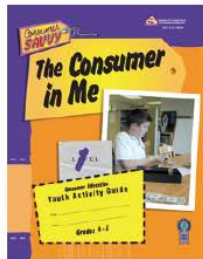


Family and Consumer Science

Talk to many young adults today, and it's apparent that school may have given them a great education, but they still have other interests and hobbies. That's where a few of our 4-H Family and Consumer Science skills come in handy.! We call them Practical Skills!



Family and Consumer Science



Consumer Savvy

Grades 4–12

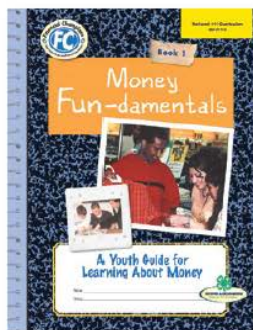
Youth consume more than \$175 billion of goods and services each year. Through *Consumer Savvy*, youth will become informed and responsible consumers in today's dynamic marketplace. Digital Downloads.

Level 1: The Consumer in Me (Digital Download) **Grades 4–5** **08030DD** **\$3.99**
Youth experience what it means to be a consumer through saving, spending, and sharing. (40 pages)

Level 2: Consumer Wise (Digital Download) **Grades 6–8** **08031DD** **\$3.99**
Youth realize the influence of peer pressure and the power of advertising as they learn to make independent decisions when shopping. (40 pages)

Level 3: Consumer Roadmap (Digital Download) **Grades 9–12** **08032DD** **\$3.99**
Teens navigate potholes in the marketplace en route to becoming savvy consumers. (40 pages)

Consumer Savvy Helper's Guide (Digital Download) **Facilitator** **08033DD** **\$3.99**
This guide includes resources for helpers as well as numerous group activities that help youth develop essential life skills as they pursue their interest in consumer education. (40 pages)



Financial Champions

Grades 7–9

Youth learn about needs and wants, money personalities, and values. Digital Downloads.

Level 1: Money FUNdamentals (Digital Download) **Grades 7–9** **07710DD** **\$3.99**
Youth learn money management skills, including deciding whether to make a purchase, determining whether they can afford it, and living within a spending plan. (32 pages)

Level 2: Money Moves (Digital Download) **Grades 7–9** **07711DD** **\$3.99**
Youth learn about wants and needs, values, goal-setting, communications, ways to use and save money, the benefits and drawbacks of credit, advertising influences, consumer decision-making and how to select financial services. (44 pages)

Financial Champions Helper's Guide (Digital Download) **Facilitator** **07712DD** **\$3.99**
Youth participate in group experiences and financial activities. An interactive Web-based game reinforces the concepts learned in this curriculum. (48 pages)



STEAM Clothing

Grades 3–12

Take sewing to the next level and learn about the Science, Technology, Engineering, Art, and Math involved in textile science!

Level 1: FUNdamentals **Grades 3–5** **4H2210** **\$12.95**
In *STEAM Clothing 1: FUNdamentals*, youth gather the tools they'll need to begin sewing, understand textiles through fun science experiments, learn beginning math and engineering techniques in clothing construction, and investigate businesses, service learning projects, and modeling.

Level 2: Simply Sewing **Grades 5–7** **4H2220** **\$12.95**
In *STEAM Clothing 2: Simply Sewing*, youth prepare for more advanced sewing techniques and projects, conduct more advanced textile science experiments, focus on advanced engineering techniques, add finishing touches and style to garments, and market and calculate prices of products.

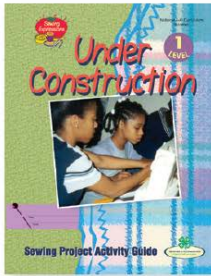
Level 3: A Stitch Further **Grades 7–12** **4H2230** **\$12.95**
In *STEAM Clothing 3: A Stitch Further*, youth learn the advanced couture techniques used by designers to create unique garments. Youth take the science of textiles a step further by learning to sew garments with challenging patterns and fabrics, couture sewing techniques, and how to sell their professional-looking garments and accessories.

Maker's Guide to Sewing Stuff **Grades 3–7** **4H2240** **\$12.95**
Youth will use the skills learned in *STEAM Clothing 1 & 2* to make stuff! Youth will create items to use and wear while they practice their beginning sewing skills. Activities in this manual are for beginning and intermediate sewers looking to improve their skills before progressing into using patterns to make garments.

Beyond the Needle (Activity Manual) **Grades 3–12** **4H2250** **\$12.95**
In *Beyond the Needle*, youth will learn all about the 'A' in STEAM Clothing -- the Art! This youth manual includes activities for three skill levels: beginner, intermediate, and advanced. Youth will learn the design basics and create a portfolio to exhibit samples made to practice specific techniques.

STEAM Clothing: Set of 5 **Grades 3–12** **4H2260** **\$62.95**
This set includes all five books in the *STEAM Clothing* series: *FUNdamentals* (4H2210), *Simply Sewing* (4H2220), *A Stitch Further* (4H2230), *Maker's Guide to Sewing Stuff* (4H2240), and *Beyond the Needle* (4H2250).

Family and Consumer Science



Sewing Expressions

Youth learn to be smart clothing consumers and discover avenues for creating unique garments and costumes.

Level 1: Under Construction **Grades 3-12** **08060** **\$5.75**
Youth have opportunities to create garments and unique costumes. (40 pages)

Level 2: Fashion Forward **Grades 3-12** **08061** **\$5.75**
Youth develop buying strategies, accessorizing, apparel design, and recycling skills. (40 pages)

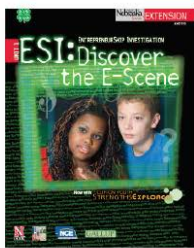
Level 3: Refine Design **Grades 3-12** **08062** **\$5.75**
Advanced youth learn about starting a business and the social and psychological influences of clothing. (40 pages)

Sewing Expressions Helper's Guide **Facilitator** **08063** **\$5.75**
A wide range of experientially based activities provides methods for helpers to motivate youth to learn sewing while developing critical life skills. (40 pages)

Sewing Expressions: Set of 4 **Grades 3-12** **08064** **\$19.50**
This set of four includes one each of *Under Construction* (08060), *Fashion Forward* (08061), *Refine Design* (08062), and the Helper's Guide (08063).

Sewing Set of 4 & Pillow Craft Bundle **Grades 3-12** **08064B** **\$25.95**
This bundle contains three youth activity books, one adult helper's guide, and a complete pillow craft kit that contains canvas squares, thread, and a pattern. Just add stuffing!

Sewing Set of 4 & 4-H Fabric Bundle **Grades 3-12** **08064F** **\$29.95**
We've bundled two of our best-selling sewing products into this fun Sewing Curriculum and Fabric kit for 4-H youth to master this skill! In each kit, you'll receive three youth activity books (08060, 08061, 08062), one adult helper's guide (08063), and a yard of 4-H fabric to use for sewing projects.



EntrepreneurShip Investigation

Grades 6-12

EntrepreneurShip Investigation (ESI) is an exciting, interactive, and comprehensive curriculum project designed for youth ages 10-19. ESI uses a variety of tools to help participants develop their entrepreneurial skills and find their business niche.

EntrepreneurShip Investigation 1: Discover the E-Scene **Grades 6-12** **4H2110** **\$11.95**
Youth investigate businesses in their communities, discover the traits of an entrepreneur, and take a skills test to see if they have these entrepreneurial traits.

EntrepreneurShip Investigation 2: The Case of ME **Grades 6-12** **4H2120** **\$11.95**
Youth explore the core values of their business and learn how to give back to the community. Time management skills, ethics and legal considerations, professionalism, and relationship building are all themes within Unit 2.

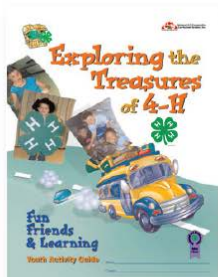
EntrepreneurShip Investigation 3: Your Business Inspection **Grades 6-12** **4H2130** **\$17.95**
Unit 3 continues youths' entrepreneurial journeys with the "nuts and bolts" of starting a business. Youth create a Business Plan and plan a marketing strategy.

EntrepreneurShip Investigation: Leader's Guide **Facilitator** **4H2140** **\$16.95**
The Leader's Guide describes the activities, provides answers to questions, provides a list of supplies needed for each activity, shows the National and State Education Standards, and describes the success indicator for each lesson.

EntrepreneurShip Investigation: Set of 4 **Grades 6-12** **4H2150** **\$52.95**
Includes Units 1, 2, and 3 and the Leader's Guide of the EntrepreneurShip Investigation series!

EntrepreneurShip Investigation: Camp Guide with Clifton Youth Strengths Explorer **Grades 6-12** **4H2170** **\$21.95**
This book is a compilation of activities from the ESI Unit 1 with Strengths, Unit 2, and Unit 3 books. We have combined the "most often used" camp activities into one book to save you time and dollars for your camp experiences. This product includes the Clifton Strengths Explorer, an assessment tool to help identify youths' talents.

EntrepreneurShip Investigation 1: Discover the E-Scene with Clifton Youth Strengths Explorer **Grades 6-12** **4H2180** **\$19.95**
This product includes one Level 1 ESI book and the Clifton Strengths Explorer, an assessment tool to help identify youths' strengths.



Exploring the Treasures of 4-H

Grades 2-4

Exploring the Treasures of 4-H is designed to introduce children in grades 2-4 to the incredible world of 4-H using an appealing, learn-by-doing approach. Use activities to help youth embark on a personal journey to discover the exciting opportunities available through 4-H.

Youth Activity Guide **Grades 2-4** **08171** **\$5.75**
This youth activity guide provides a "treasure hunt" for youth to explore the joys of 4-H by discovering their interests, potential 4-H projects, and finding 4-H where they live with the guidance of parents or other adult helpers. (40 pages)

Helper's Guide **Facilitator** **08172** **\$10.00**
This activity-packed guide is designed for teachers, volunteer leaders and other educators. The activities help groups of youth explore the many treasures of 4-H. Activities are organized into eight categories linked to national education standards with suggestions provided for continued study in related 4-H projects. (128 pages)

Exploring 4-H: Set of 2 **Grades 2-4** **08173** **\$14.95**
Set contains one copy of the *Exploring the Treasures of 4-H Youth Activity Guide* and one copy of the *Helper's Guide*.

Family and Consumer Science

My Financial Future

Grades 5-12

From organizing finances to learning about savings, risk management, and consumer breadcrumbs, the *My Financial Future* curriculum helps middle and high school youth develop critical skills and knowledge in money management. Participants learn about financial literacy concepts through case studies and real-life scenarios.

Beginner Youth Notebook **Grades 5-8** **01441Y** **\$11.95**

Topics covered in this curriculum include defining wants vs. needs, setting SMART goals, creating spending plans, determining money personalities, learning about compound interest, writing checks, and using credit cards.

Advanced Youth Notebook **Grades 9-12** **01442Y** **\$11.95**

Topics covered in this curriculum include identifying sources of income, using different methods of payment, evaluating investment alternatives, and managing debt.

My Financial Future Facilitator's Guide **Facilitator** **01443F** **\$15.95**

The Facilitator's Guide corresponds to both the Beginner and Advanced levels. It includes tips for leading each lesson as well as the answer key for all of the activities in the Youth Notebooks.

My Financial Future: Set of 3 **Grades 5-12** **01444S** **\$32.95**

Includes the Beginner Youth Notebook (01441Y), the Advanced Youth Notebook (01442Y), and the Facilitator Guide (01443F).

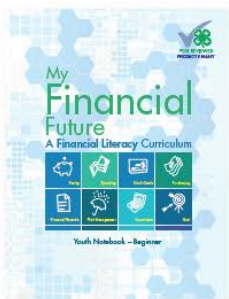
My Financial Future: Risk Management Guide

(Digital Download) **Grades 9-12** **01445DD** **\$7.99**

This guide covers a variety of important topics such as health insurance, liability insurance, property insurance, car insurance, life insurance, and disability insurance.

My Financial Future Curriculum & 10 Pins Bundle **Grades 5-12** **01445B** **\$39.95**

Set that features one copy each of the *My Financial Future* Beginner Youth Notebook, Advanced Youth Notebook, and Facilitator Guide, as well as ten Money Management project pins (M 9091). Order this bundle and save nearly \$25 when compared to ordering these products separately.



Reading Makes Cents

Grades 3-5

Reading Makes Cents (Digital Download) **Grades 3-5** **08389DD** **\$9.99**

Reading Makes Cents has 53 experiential activities developed around money including saving, spending, sharing, earning, borrowing, and lending. The literature, concepts about money, and activities were selected to appeal to children in grades 3-5. Digital Download.



The Laundry Project

Grades 3-12

The Laundry Project **Grades 3-12** **4H405** **\$8.95**

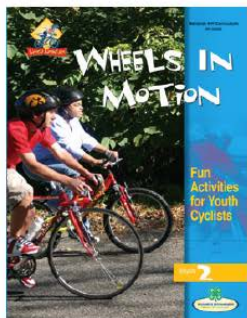
Youth learn about laundry machines and products, how to be environmentally friendly in the laundry room, and how to sort and clean laundry items. Conduct an experiment to learn how heat affects different types of fibers too!

Healthy Lifestyles

Build stronger kids with 4-H curriculum focused on healthy living. From fitness to nutrition, emotional health to responsible decision making, the vast array of 4-H Healthy Living & Foods Curriculum gives educators the tools they need to grow flourishing, resilient kids.



Healthy Lifestyles



Bicycle Adventures

Grades 3–8

Activities in this series are designed for youth bicycle enthusiasts and volunteers starting a bicycle club or improving an existing bike program.

Level 1: **Bicycling for Fun** **Grades 3–5** **08334** **\$5.75**

Beginning riders learn the essentials for getting started safely and successfully. This guide contains creative hands-on activities and connections to DVD and Web resources. Youth begin exploring the basics toward lifelong cycling. Activities help youth learn safety, road rules and planning for a pleasant ride. (40 pages)

Level 2: **Wheels in Motion** **Grades 6–8** **08335** **\$5.75**

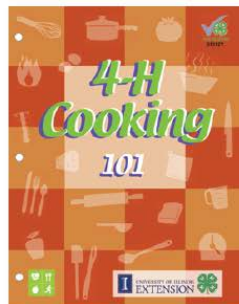
Youth who are riding learn advanced skills as they explore their surroundings. Youth choose a bike that's right for them and practice bike maintenance and road rules to make their ride safe and fun. (40 pages)

Bicycle Helper's Guide **Facilitator** **08336** **\$5.75**

The helper's guide is designed to provide engaging and fun group activities for cycling enthusiasts. It contains information and activities related to basic bicycle handling, traffic skills, bicycle events, and activities the whole group will enjoy. (40 pages)

Don't Get Stuck: Fix It DVD **Grades 3–8** **08399** **\$10.00**

This DVD showcases preventive maintenance and repair tips. Features eleven different segments from fitting a helmet to adjusting brakes; each segment is color coded so youth can quickly locate just the segment needed.



Cooking

Grades 3–12

Cooking is for everyone! The 4-H Cooking series teaches youth about food preparation, food safety, food selection, and food science.

Cooking 101 **Grades 3–4** **01512Y** **\$10.50**

Among other topics, youth learn how to use MyPlate, avoid spreading germs while cooking, measure and mix ingredients, test baked goods for doneness, brown meat, and set the table for a family meal.

Cooking 201 **Grades 5–7** **01513Y** **\$10.50**

Topics include understanding and preventing foodborne illnesses, thawing frozen foods, proper knife techniques, how to read Nutrition Facts labels, and how to make soups, rice, pasta, and other foods.

Cooking 301 **Grades 8–9** **01514Y** **\$10.50**

Youth practice making bread, grilled meats, vegetables, fruit, and butter. Youth learn about yeast, gluten, and different types of fats.

Cooking 401 **Grades 10–12** **01515Y** **\$10.50**

Youth learn about herbs and spices and how to make ethnic foods. Youth also practice making cakes, candy, pastries, and pies.

Cooking Helper's Guide **Facilitator** **01516F** **\$6.50**

The Helper's Guide provides best practices for a 4-H cooking club, learning objectives for cooking projects, and additional activities.

Cooking: Set of 5 **Grades 3–12** **01516** **\$43.95**

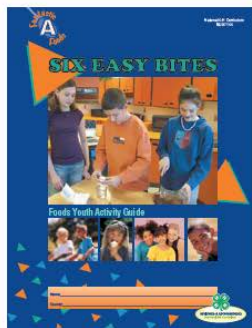
Set contains *Cooking 101–401* plus the *Cooking Helper's Guide*.

Cooking Master Pin **Grades 3–12** **MP 8001** **\$3.95**

This master pin is for the 4-H'er who has demonstrated a high degree of competence, skill, or expertise in cooking. Celebrate achievements by awarding this pin to 4-H'ers who have accomplished all levels of curriculum and project requirements in cooking.



Healthy Lifestyles



Foods

Grades 3-12

The *Foods* curriculum features several exciting hands-on activities. This curriculum is designed around major themes: healthy food selection, smart food purchasing, food safety and science, food preparation, food preservation, careers and foods around the world. Digital Downloads.

Level A: Six Easy Bites (Digital Download)Grades 3-4 07144DD.....\$3.99

Youth learn the importance of nutrients, how to measure, how to read food labels, proper freezing techniques, and the source of sugar in different foods. Among other delectable treats, youth make fruit kabobs, pancakes, ice cream, and muffins.

Level B: Tasty Tidbits (Digital Download)Grades 5-6 07146DD.....\$3.99

Youth learn about grains and vegetables, determine costs and quantities when deciding how to purchase food, and learn how to rehearse leftovers, among other topics. Youth make yogurt, cocoa mix, lasagna, biscuits, meatballs, and pasta.

Level C: You're the Chef (Digital Download)Grades 7-9 07148DD.... \$ 3.99

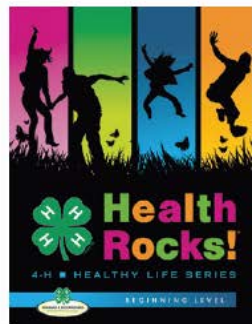
Youth learn to evaluate fad diets, connect emotions to eating habits, and can foods. Youth enjoy making crazy casseroles, breadsticks, banana bread, and an oven-baked chicken dinner.

Level D: Foodworks (Digital Download)Grades 10-12 07150DD.....\$3.99

Youth learn to alter recipes, plan menus, marinate meat, and plan and cater a party. Recipes include bean burritos, meat loaf, jelly, baklava, and pies.

Foods Helper's Guide (Digital Download).....Facilitator 07730DD\$3.99

Helpers will find additional information and suggested group activities for each of the lessons.



Health Rocks!®

Grades 3-9

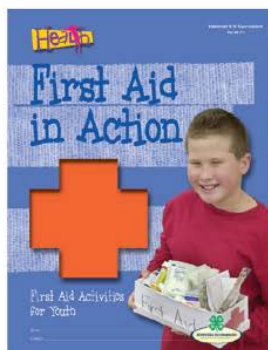
Health Rocks! is a leader's curriculum for a healthy living program aimed at youth ages 8-14, with the goal of bringing youth, families, and communities together to reduce tobacco, alcohol, and drug use by youth. It helps youth develop life skills in the areas of critical thinking, decision-making, communication, managing feelings, stress management, and goal-setting to help them resist risky behaviors. It also provides accurate health information regarding norms and consequences of youth tobacco, alcohol and drug usage. The curriculum is designed for teen/adult facilitation. Teaching tips and key health messages are embedded within the activities.

Beginning LevelGrades 3-7 08380.....\$9.95

Through 21 activities, youth learn basic facts about drugs and alcohol, how to deal with difficult situations, and how to understand technology and media messages. Each chapter includes a learning assessment. Additional resources, a retrospective impact evaluation, a glossary, a training outline, and teaching tips are included in the appendix. An accompanying CD-ROM provides resources for teen and adult leaders and youth participants. (142 pages)

Intermediate LevelGrades 7-9 08381\$9.95

Through 25 activities, youth learn statistics about drug usage, the cycle of addiction, stress, and how to make informed decisions. They also learn about influences ranging from personal contacts to advertising. Each chapter includes a learning assessment. Additional resources, a retrospective impact evaluation, a glossary, a training outline, and teaching tips are included in the appendix. An accompanying CD-ROM provides resources for teen and adult leaders and youth participants. (196 pages)



Keeping Fit and Healthy

Grades 3-12

First aid and fitness safety are of utmost importance to all youth. This health and fitness curriculum provides learn-by-doing opportunities for youth to become engaged with self-care and safe living.

Level 1: First Aid in Action.Grades 3-12..... 08174.....\$5.75

Youth practice first aid skills to treat cuts, scrapes, nosebleeds and bee stings. They learn how to respond to someone who is choking or has broken a bone, assemble a first aid kit, and they interview members of the medical profession. (40 pages)

Level 2: Staying HealthyGrades 3-12..... 08175.....\$5.75

Youth use a self-assessment tool to identify personal talent areas, explore hygiene, nutrition, and physical activities, and share what they discover with a new appreciation of personal interests and talents. (40 pages)

Level 3: Keeping FitGrades 3-12..... 08176.....\$5.75

Youth design their own personal fitness plan and track it using their own fitness file. Through interviews and personal experiences, youth discover the benefits to being fit as they practice making decisions, managing themselves, and speaking with others. (40 pages)

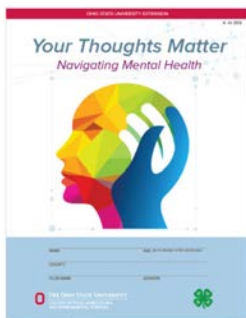
Keeping Fit and Healthy: Set of 3Grades 3-12..... 08177.....\$14.50

Includes one each of Levels 1-3.

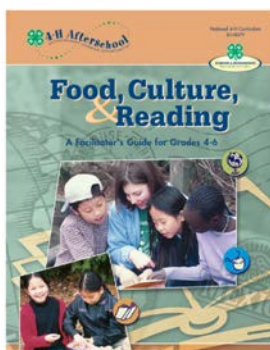
Healthy Lifestyles



GEM: Get Experience in Mindfulness is an Awareness and Acceptance Stress Management Program for ages 10 and up – adults too! This program places an emphasis on stress management taught through practical and interactive mindfulness-based activities to facilitate experiential learning.

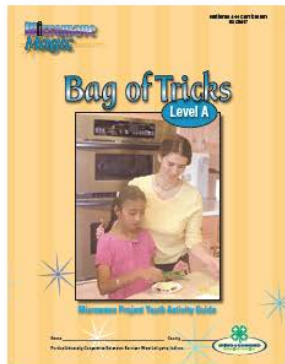


Your Thoughts Matter: What does mental health really mean? How many people are affected by mental health issues such as anxiety and depression? Be part of the solution by learning the answers to those questions and more. Intended for advanced-level youth who are interested in learning more about mental health, why it is important to overall well-being, and steps that promote understanding and action. This project is not intended as a resource for those in crisis.



Food, Culture and Reading is a nutrition education curriculum that uses literature to learn about food, healthy living, and different cultures through experiential activities, youth will be able to recognize a variety of healthful foods, taste new foods from other cultures, explore the similarities of food, and develop an understanding and appreciation of cultures that are different than their own.

Healthy Lifestyles



Microwave Magic

Grades 3-12

The *Microwave Magic* series contains exciting youth activities that focus on using the microwave to prepare everything from simple snacks to complete meals. Digital Downloads.

Level A: Bags of Tricks (Digital Download) Grades 3-4 08087DD . . . \$3.99

Youth engage in activities to understand how the microwave works, learn to use the microwave safely and prepare foods such as scrambled eggs, apples, popcorn treats, fudge and desserts. (40 pages)

Level B: Micro Magicians (Digital Download) Grades 5-6 08088DD . . . \$3.99

Youth learn about watts and prepare foods such as potatoes, vegetables, pudding bar cookies, beans, upside-down cake and brownies. (40 pages)

Level C: Amazing Rays (Digital Download) Grades 7-9 08089DD . . . \$3.99

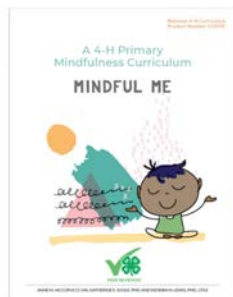
Through activities, youth practice more advanced microwave techniques such as shielding, defrosting and browning. (40 pages)

Level D: Presto Meals (Digital Download) Grades 10-12 08090DD . . . \$3.99

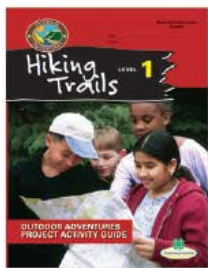
Youth learn techniques such as adapting recipes for the microwave, blanching fruits and vegetables and stacking whole meals. (40 pages)

Microwave Magic Helper's Guide (Digital Download) Facilitator 08091DD . . . \$3.99

This guide for helpers includes group activities and answers to the questions posed in the youth guides. (28 pages)



Mindful Me: A 4-H Primary Mindfulness Curriculum, introduces cloverbud youth members to basic concepts in mindfulness practices. The program promotes mindful practices that lead to improvements in managing one's own goals, developing a sense of self, time management, stress management, emotional regulation, and mindful eating practices.



Outdoor Adventures

Grades 3-12

Youth experience the fun and excitement of the outdoors as they explore the activities in the *Outdoor Adventures* series. They progress from day hikes to overnight camping trips and finally to extended backpacking expeditions as they work through the three activity guides. Featured are experiences related to food, shelter, Leave No Trace ethics, safety, navigation, equipment and camp management.

Level 1: Hiking Trails Grades 3-5 08043 \$5.75

Youth learn shelter selection, Leave No Trace camping skills, outdoor cooking and environmental awareness and appreciation. (40 pages)

Level 2: Camping Adventures Grades 6-8 08044 \$5.75

Youth experience planning and taking a day hiking trip. Activities include clothing needs, what to pack in a daypack, reading topographic maps and orienteering skills. (40 pages)

Level 3: Backpacking Expeditions Grades 9-12 08045 \$5.75

Through these activities, youth focus on being on the trail for an extended period of time. They consider clothing needs, setting up tents, using backcountry stoves, basic nutritional needs, menu planning for multi-day hikes, personal hygiene and basic first aid. (40 pages)

Outdoor Adventures Helper's Guide Facilitator 08046 \$5.75

This guide enables helpers to facilitate the teaching of the three levels of the Outdoor Adventures curriculum. Activities include risk management, the role of a leader, trip planning, health-care planning, menu planning, Leave No Trace camping ethics, adapting programs to special needs populations and evaluation of programs. (40 pages)

Outdoor Adventures: Set of 4 Grades 3-12 08047 \$19.50

This set includes one each of *Hiking Trails* (08043), *Camping Adventures* (08044), *Backpacking Expeditions* (08045), and the Helper's Guide (08046).

Healthy Lifestyles



Fishing for Adventure

Grades 3-12

The National 4-H Curriculum sportfishing materials take youth on a journey that includes the old time favorite of fishing.

Level 1: Take the Bait **Grades 3-5** **07598** **\$5.75**

Youth have fun tying knots, casting to a target, rigging various lines, selecting tackle, identifying where the fish are, using different baits and lures, identifying fish, cooking fish, and naming internal and external fish parts. (40 pages)

Level 2: Reel in the Fun **Grades 6-8** **07599** **\$5.75**

Youth locate fishing information on the Web, cast using a spinning rod, fly rod, and bait casting reel, practice responsible citizenship, research fishing regulations, decorate a lure, sew a fly wallet, tie an artificial fly and test a water sample. (40 pages)

Level 3: Cast into the Future **Grades 9-12** **07600** **\$5.75**

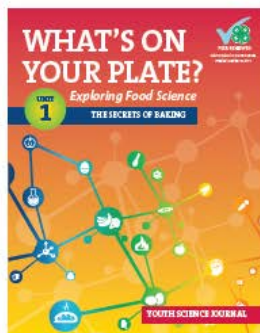
Youth develop their leadership and fishing skills as they take a friend fishing, demonstrate how to disassemble and reassemble a fishing reel, design and conduct a sportfishing skillathon, make artificial flies, design and craft a lure, customize tackle, build and use a kick net, respond to ethical situations and interview a professional fisherman. (40 pages)

Fishing for Adventure Helper's Guide (Digital Download) **Facilitator** **0760IDD** **\$3.99**

For the helper looking for activities that will involve the entire group, this guide is an excellent resource. Youth work together to identify fish characteristics, plan the club year, design a fish print T-shirt, powder paint a jig head, make a plastic worm, tie knots, complete a boat safety checklist, plan and conduct a fishing trip, play PERCH Bingo, organize a sportfishing quiz bowl and conduct a fishing skillathon.

Educational Fishing Bingo Game for 6 Players **Grades 3-12** **07177B** **\$19.95**

This fun bingo game comes with enough pieces for 2-6 players and promises to make learning about fishing fun! Players select picture boards and place a chip over the corresponding fishing image as cards are read aloud by the caller. Each card has educational facts about a type of fish or fishing terminology.



What's On Your Plate? Exploring Food Science

Grades 6-9

Hands-on activities focus on the building blocks of food science using chemistry, biology, and math in a "kitchen laboratory" setting.

Level 1: The Secrets of Baking (Youth Science Journal) **Grades 6-9** **01411Y** **\$9.95**

Youth learn about the gluten generated by different types of flour, experiment with different varieties of leavening, and explore how different ingredients and mixing techniques affect the final results of baked goods. (44 pages)

Level 1: Facilitator Guide **Facilitator** **01415F** **\$12.95**

Provides additional background information and tips for teaching. Pages from the Youth Science Journals with suggested responses are included. Tutorial online videos created by the authors provide additional suggestions for implementation. (60 pages)

Level 2: The Power of Protein Chemistry (Youth Science Journal) **Grades 6-9** **01412Y** **\$9.95**

Activities include cracking, separating, and cooking eggs, using egg whites to make soufflés, and making Queso Fresco, a fresh cheese. (44 pages)

Level 2: Facilitator Guide **Facilitator** **01416F** **\$12.95**

Provides additional background information and tips for teaching. Pages from the Youth Science Journals with suggested responses are included. Tutorial online videos created by the authors provide additional suggestions for implementation. (60 pages)

Level 3: The Inner Mysteries of Fruits and Vegetables (Youth Science Journal) **Grades 6-9** **01413Y** **\$9.95**

Activities delve into the causes and solutions to browning in various fruits and vegetables and explore osmosis and diffusion in preserving and preparing fruits and vegetables. Youth also experiment with various methods of cooking. (48 pages)

Level 3: Facilitator Guide **Facilitator** **01417F** **\$12.95**

Provides additional background information and tips for teaching. Pages from the Youth Science Journals with suggested responses are included. Tutorial online videos created by the authors provide additional suggestions for implementation. (60 pages)

Level 4: Be a Food Scientist (Youth Science Journal) **Grades 6-9** **01414Y** **\$9.95**

Learners look at a day in the life of a food scientist, as well as practice being one as they create a new beverage and learn a basic food science skill: crystallization. (36 pages)

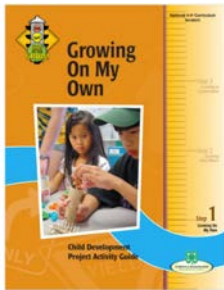


Personal Development and Leadership

Build stronger kids with 4-H curriculum focused on healthy living. From fitness to nutrition, emotional health to responsible decision making, the vast array of 4-H Healthy Living & Foods Curriculum gives educators the tools they need to grow flourishing, resilient kids.



Personal Development and Leadership

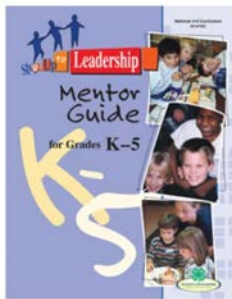


This child development series is aimed at youth in grades 3-10. It focuses on learning about the whole child, their total growth and development.

Level 1: Growing on my Own

Level 2: Growing with Others

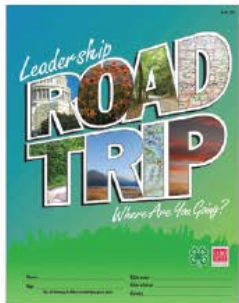
Level 3: Growing in Communities



This guide provides the mentor with ideas and suggestions for working with youth as they follow the activities in the Grades 3-5 workbook or the K-2 activities. The K-2 activities are mentor driven and are only available in this mentor guide. The student workbook for grades 3-5 is

Level 1: My Leadership Workbook.

Level 2: My Leadership Portfolio

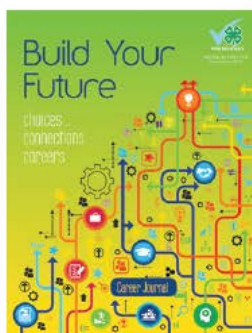


Leadership Road Trip: Where Are You Going?

Grades 6-12

Leadership Road Trip: Where Are You Going? Grades 6-12. 4H375 \$8.95

The Leadership Road Trip book is designed for the 4-H member and is appropriate for the intermediate skill level. This book is intended for youth old enough to explore the nature of leadership. Youth begin their leadership adventure by answering questions about themselves and the people close to them, by setting goals, by practicing communication, and by making a commitment to lead. (44 pages)



Build Your Future

Grades 9-12

From exploring potential jobs to starting their own businesses, the Build Your Future curriculum helps teens develop skills and knowledge in career exploration.

Youth Notebook (Career Journal) Grades 9-12. 08561 \$10.95

Through nine engaging activities, teens learn about their choices, make important connections, and plan successful and meaningful careers. Participants develop a business plan, compete in a quiz bowl, create a portfolio, analyze case studies, and discuss questions that reflect on their experiences.

Facilitator Guide Facilitator 08562 \$13.95

This book features comprehensive plans for facilitators to lead activities featured in the *Youth Notebook*.

Build Your Future: Set of 2 Grades 9-12 08563 \$23.95

Includes one copy of the *Youth Notebook* and one copy of the *Facilitator Guide*.

Build Your Future: Set of 6 Grades 9-12. 08564 \$58.95

Includes one copy of the *Facilitator Guide* and five copies of the *Youth Notebook*.

Plant Science



Plant Science

Gardening

Grades 3-12

Youth who like to work outdoors and get their hands dirty, plant seeds, and watch them grow will enjoy this series. The popular 4-H Gardening Curriculum was revised in 2016.

Level A: See Them Sprout **Grades 3-4** **4HI037** **\$6.95**

Level A introduces basic plant science, garden friends and foes, tool safety, using the vegetable harvest, and horticulture-related careers.

Level B: Let's Get Growing **Grades 5-6** **4HI038** **\$6.95**

Topics include building a plant maze, making a worm box, judging vegetables, and composting. Level B also introduces integrated pest management.

Level C: Take Your Pick **Grades 7-9** **4HI039** **\$6.95**

Youth learn different planting methods, how to improve soil, and how to extend the growing season. They explore photosynthesis, hybrid vs. standard forms, herb gardening and preservation, plant companions, and storing and saving seeds.

Level D: Growing Profits **Grades 10-12** **4HI040** **\$6.95**

Youth further explore integrated pest management and horticulture-related careers. Activities include using garden-planning software and apps, investigating the effects of pollution, growing hydroponic plants, and conducting a cultivar trial.

Gardening Helper's Guide **Facilitator** **4HI041W** **\$6.95**

The Leader/Helper's Guide provides additional information for adult volunteers to expand upon topics covered in the youth manuals.

Gardening Exhibit Guide **Grades 3-12** **4H970W** **\$1.50**

This publication provides examples and ideas on what to exhibit for 4-H garden projects. The publication includes some "do's and don'ts" for exhibiting vegetables as well as standards for preparing vegetables garden exhibits.

Gardening: Set of 6 **Grades 3-12** **4HI042S** ... **\$34.95**

Includes one copy each of Levels A, B, C, D, the Helper's Guide, and the Exhibit Guide.

Gardening Curriculum, Gloves & Tote Bag Bundle **Grades 3-4** **4HI037BB** .. **\$21.95**

Includes 1 of Level A: See Them Sprout, 1 set of Gardening Gloves, and 1 Tool Tote (8x8 bag).

Educational Gardening Bingo Game for 6 Players **Grades 3-12** **07677B** **\$19.95**

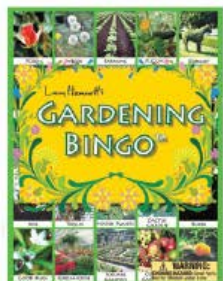
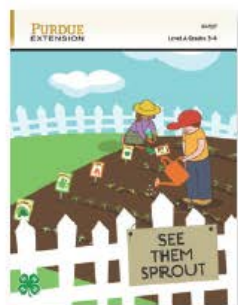
This fun bingo game comes with enough pieces for 2-6 players and promises to make learning about gardening fun! Players select picture boards and place a chip over the corresponding garden image as cards are read aloud by the caller. Each card has educational facts about a type of flower or plant terminology.

Gardening Curriculum & Gardening Bingo Bundle **Grades 3-12** **4HI042B** ... **\$52.95**

Includes Levels A, B, C, D, Helper's Guide, Exhibits Guide, and Gardening Bingo.

10 Level A Gardening Books & 10 Pins Bundle **Grades 3-4** **4HI037B** ... **\$79.50**

Includes 10 copies of Level A: See Them Sprout and 10 Gardening Pins.

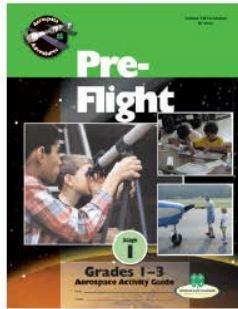


Science and Technology

Science, technology, engineering, and math are the keys to building our future. The world needs kids who excel at and enjoy building and creating the world they envision. In topics ranging from electricity to robotics, 4-H STEM books and materials kits open up a world of possibilities for youth of all ages.



Science and Technology



Aerospace Adventures

Grades I-12

The awesome experiences of flying an airplane, launching a rocket, conquering space and becoming an astronaut or pilot come alive as youth explore *Aerospace Adventures*. Through fun and challenging activities, youth learn about flying, kites, hot air balloons, remote-control airplanes, gliders, and rockets as they develop important life skills.

Level 1: Pre-Flight **Grades 1-3** **06842** **\$5.75**
Youth build a marshmallow rocket, learn about different careers in aviation and space, and explore how an airplane works. 4 activities total. (20 pages)

Level 2: Lift-Off **Grades 3-5** **06843** **\$5.75**
Youth build a straw rocket, learn about weather conditions, make a paper hot air balloon, and learn the International Phonetic Alphabet. 13 activities total. (40 pages)

Level 3: New Heights **Grades 6-8** **06844** **\$5.75**
Youth make a shuttle on a string, a Japanese kite, a hang glider, and learn about the control panel of an aircraft. 12 activities total. (40 pages)

Level 4: Pilot in Command **Grades 9-12** **06845** **\$5.75**
Youth create an altitude tracker, determine fuel efficiency for a commercial aircraft, explore pilot certification, evaluate navigation systems, and learn about airport issues. 12 activities total. (40 pages)

Aerospace Adventures Helper's Guide **Facilitator** **06846** **\$5.75**
Answers the questions in the activity guides and provides facilitators with discussion points and questions for youth. (40 pages)

Aerospace Adventures: Set of 5 **Grades I-12** **06881** **\$26.95**
Includes Levels 1-4 and the Helper's Guide.



Discovering Computer Science & Programming through Scratch

Grades 6-8

This curriculum introduces young people to five fundamental principles of computer programming, providing a foundation for exploring and creating. Scratch is a project of the Lifelong Kindergarten Group at the MIT Media Lab. Each youth in a group should have his or her own guidebook.

Level 1: Youth Guide **Grades 6-8** **01606Y** **\$10.95**
In *Discovering Computer Science & Programming through Scratch*, youth interact with a series of tutorials and challenges within the Scratch environment. Young people can work on the activities individually, with partners, or in a guided instructional setting.

Level 2: Youth Guide **Grades 6-8** **01801Y** **\$11.95**
This book delves deeper into important principles of computer science such as generalization and modularity, and introduces some additional features of Scratch such as clones and lists. Going through this book should strengthen youth's programming skills, help them write better programs, and provide interesting ideas for further exploration.

Level 3: Youth Guide **Grades 6-8** **01802Y** **\$11.95**
This book focuses on a powerful and important technique called recursion. A recursive program is one which "calls itself". Recursion makes solving many problems easier, and also allows one to do some things that would be very difficult to do without it, such as drawing intricate fractals.

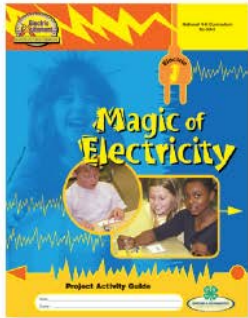
Level 1: Facilitator Guide **Facilitator** **01607F** **\$10.95**
This facilitator guide further explains the activities introduced in the youth guide. It suggests many "unplugged" activities. It also includes discussion questions, previews of skills and blocks introduced, and hints or suggestions to help youth better understand each activity and concept.

Discovering Computer Science & Programming: Set of 2 **Grades 6-8** **01607S** **\$19.95**
This set includes one each of the Level 1 Youth Guide (01606Y) and the Level 1 Facilitator Guide (01607F).

Discovering Computer Science & Programming: Set of 4 **Grades 6-8** **01803S** **\$41.95**
This set includes one each of the Level 1 Youth Guide (01606Y), the Level 1 Facilitator Guide (01607F), the Level 2 Youth Guide (01801Y), and the Level 3 Youth Guide (01802Y). Note that there are not separate Facilitator Guides for Levels 2 & 3.



Science and Technology



Electric Excitement

Grades 4-12

Youth demystify the "magic" of electric circuits, magnetism, motors, and electronics. From making educated guesses (forming hypotheses) and testing them to learning how to select stereo and other consumer items, these activity guides contain dozens of hands-on, useful and fun projects. These materials promote technical and scientific literacy while teaching communication and decision-making skills.

Level 1: Magic of Electricity Grades 4-5 06848 \$5.75

Electricity is everywhere. Youth explore why certain things insulate from electricity better than others, how magnets affect various substances, how to build a flashlight, how to build and test a compass, and how to build an electromagnet and electric motor. (40 pages)

Level 2: Investigating Electricity Grades 6-7 06849 \$5.75

Decoding circuit diagrams, sending messages by Morse code, and building three-way switches are featured. Youth build circuits, test voltages, and build a rocket launcher as they practice decision making and communication. This unit is designed for youth who understand magnetism, electron flow, and circuit design. (40 pages)

Level 3: Wired For Power Grades 8-9 06850 \$5.75

Youth build on skills learned in Levels 1 and 2, plus learn some new ones, such as measuring electrical usage, replacing electrical switches, and determining electrical loads. Youth also evaluate different light bulbs and test for electrical power. (40 pages)

Level 4: Entering Electronics Grades 10-12 06851 \$5.75

Youth learn about diodes, transistors, LEDs, photocells, SCRs, ICs, and amplifiers. This guide is designed for intermediate to advanced learners. An understanding of DC circuits, voltage, amperage, current flow, polarity, and some soldering is needed. (44 pages)

Electric Excitement Helper's Guide Facilitator 06852 \$5.75

The Helper's Guide includes a variety of exciting group activities such as Electric Bingo, Electric Quiz Bowl, Hunting for Hazards, and Conducting an Electric Skillathon. Activities can be organized quickly and are designed for groups of three to fifteen youth. (40 pages)

Electric Excitement: Set of 5 Grades 4-12 06882 \$26.95

Includes one each of Levels 1-4 and the Helper's Guide.

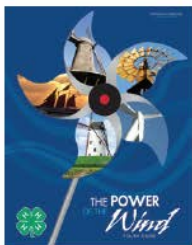
Level 1 Materials Kit for 5 Groups of Youth Grades 4-5 83505 \$199.00

This kit includes all the basic and not-so-common materials for Level 1 of the Electricity curriculum (Magic of Electricity). This kit contains the hands-on materials used to study electrical circuits, magnetism, and electromagnetism. Youth will make series and parallel circuits, create an electromagnet, build a galvanometer, and make a working electric motor. Material kits are designed to accommodate 10-25 youth (five groups of 2-5 youth each). See the website for a full list of items included in the kit.

Level 1 Materials Kit and Curriculum Books

for 5 Groups of Youth Grades 4-5 83505B .. \$225.00

This kit contains the hands-on materials used to study electrical circuits, magnetism, and electromagnetism. In addition, five Level 1: *Magic of Electricity* books and 1 Helper's Guide are included with this kit.



The Power of the Wind

Grades 6-8

The Power of the Wind curriculum is designed for middle school aged youth to learn about wind and its uses. Youth work with members of a team to design, create, build, and test wind-powered devices and are given opportunities to explore wind as a potential energy source in their communities.

The Power of the Wind Youth Guide Grades 6-8 08383 \$5.75

Youth work with members of a team to design, create, build, and test a wind powered device. The device must solve a problem and requires the designers to balance options and constraints. Participants are guided to make adjustments and retest until the vehicle or machine solves the original problem.

The Power of the Wind Facilitator Guide Facilitator 08384 \$5.75

Provides guidelines for challenges and tips for facilitators.

The Power of the Wind: Set of 2 Grades 6-8 08385 \$10.50

Includes the *Youth Guide* (08383) and the *Facilitator Guide* (08384).

Materials Kit for 5 Groups of Youth Grades 6-8 83504 \$210.00

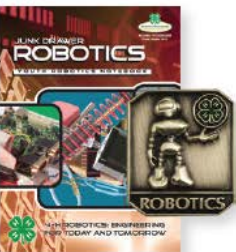
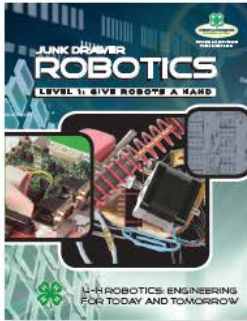
This kit includes all the basic and not-so-common materials for *The Power of the Wind* curriculum. This comprehensive kit contains materials for youth to practice engineering skills to construct wind powered machines and various wind turbines. Youth use their turbine designs to lift a load and produce electricity. Youth learn how generators work using motors and multimeters. Material kits are designed to accommodate 10-25 youth (five groups of 2-5 youth each). See the website for a full list of items included in the kit.

Materials Kit and Curriculum Books for 5 Groups of Youth Grades 6-8 83504B... \$245.00

Includes Materials Kit, one *Facilitator Guide*, and five *Youth Guides*.



Science and Technology



Junk Drawer Robotics: Engineering for Today and Tomorrow

Grades 4–12

This curriculum focuses on basic physical science concepts related to robotic systems, the scientific inquiry process, the engineering design process, technology tools used for learning and communications, and the exploration of science, engineering and technology careers.

Level 1: Give Robots a Hand Facilitator GuideFacilitator 08431\$7.95

Youth explore and learn about robot arms. Concepts covered include pneumatics, arm designs, and three-dimensional space. Big ideas include form and function, scientific habits of mind, and engineering design. This guide is for facilitators to use with youth grades 4-12. (78 pages)

Level 2: Robots on the Move Facilitator GuideFacilitator 08432\$7.95

Youth learn about robots that move on land and under water. Concepts covered include friction, basic electrical power and motors, engineering constraints, gear systems and buoyancy. This guide is for facilitators to use with youth grades 4-12. (76 pages)

Level 3: Mechatronics Facilitator Guide.....Facilitator 08433\$9.95

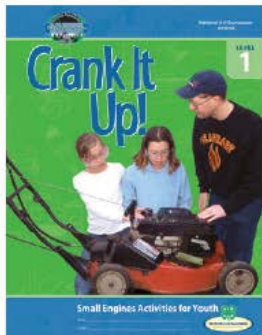
Youth explore sensors and analog and digital systems. This level introduces simple electronic components; youth will build basic circuits to see how the components work. They will investigate elements of programming and instructions for robotic computer control. This guide is for facilitators to use with youth grades 4-12. (92 pages)

Youth Robotics Notebook.....Grades 4-12..... 08435\$6.95

This notebook encourages youth to think and act like scientists and engineers. In their notebook, they will record their ideas, collect data, draw designs and reflect on their experiences. It also provides specific information for the challenges. Each youth should have their own notebook. Corresponds to all three levels of the *Junk Drawer Robotics* curriculum.

Junk Drawer Robotics: Set of 4Grades 4-12..... 08436 \$29.95

Includes one each of Level 1: *Give Robots a Hand*, Level 2: *Robots on the Move*, Level 3: *Mechatronics*, and the *Youth Robotics Notebook*.



Small Engines

Grades 3–12

Lawn mowers, snow blowers, personal watercraft, go carts, model airplanes and ATVs are just a few of the literally hundreds of machines powered by small engines. With more than 60 fun activities, the *Small Engines* curriculum helps youth understand how small engines work and how to keep them working.

Level 1: Crank It UpGrades 3-12 08186\$5.75

Youth focus on basic small engine knowledge, study external engine parts, discover tools of the trade and learn about the concepts behind what makes small engines work. They explore the uses of small engines and safety issues. (40 pages)

Level 2: Warm It Up.....Grades 3-12 08187.....\$5.75

Youth explore the internal parts of engines, learn about engine sizes, compression ratios, seasoning their engines, and safety issues. Youth also learn about occupational possibilities and starting their own businesses. (40 pages)

Level 3: Tune It Up.....Grades 3-12 08188\$5.75

Youth tear down and rebuild an engine, use diagnostic tools, research rules and regulations about using small engine machines and select replacement engines. (40 pages)

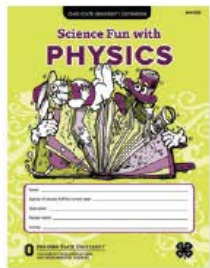
Small Engines Helper's Guide.....Facilitator 08189\$5.75

The Helper's Guide includes group activities and helpful hints for each activity in the three youth guides and additional small engine project meeting ideas. (40 pages)

Small Engines: Set of 4.....Grades 3-12 08190\$19.50

Includes one each of Levels 1-3 and the Helper's Guide.

Science and Technology

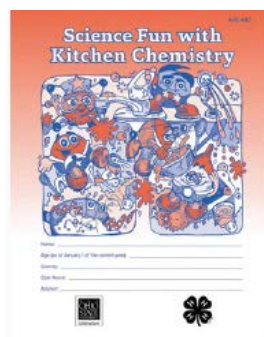


Science Fun with Physics

Grades 3-12

Science Fun with Physics Grades 3-12 4H500 \$8.95

Uncover the mysteries of physics in daily life. The amazing magician Franco Newtoni guides you through this project. As you try each experiment you'll see the forces of nature, energy, and the power of physics at work—or is it magic? Designed for beginners, but appropriate for all levels. (40 pages)

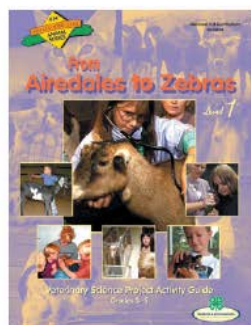


Science Fun with Kitchen Chemistry

Grades 3-12

Science Fun with Kitchen Chemistry Grades 3-12 4H493 \$8.95

Join the Terrestrial Alien Defense Academy and figure out how to outsmart the aliens by doing experiments in your kitchen. Learn about what matter is and how it changes form, explore the different properties of matter, find out about acids and bases, and discover how everyday items and kitchen ingredients can be used in cool tests! Designed for beginners, but appropriate for all levels. (36 pages)



Veterinary Science

Grades 3-12

This series will lead youth through an exploration of the exciting world of veterinary science.

Level 1: From Airedales to Zebras Grades 3-5 08048 \$5.75

Youth learn about the normal animal, basic anatomy and systems, elementary principles of disease, and careers with animals. (40 pages)

Level 2: All Systems Go Grades 6-8 08049 \$5.75

Youth examine health and disease topics, normal and abnormal conditions in animals, and veterinary careers. (40 pages)

Level 3: On the Cutting Edge Grades 9-12 08050 \$5.75

Youth investigate normal and abnormal systems, prepare for college, and explore the diversity of the veterinary profession. (40 pages)

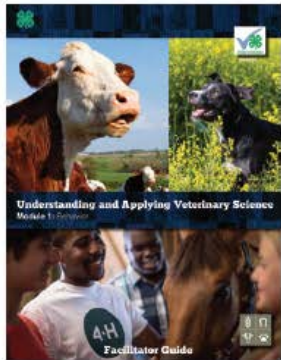
Veterinary Science Helper's Guide Facilitator 08051 \$5.75

These supplemental materials provide helpers with activities to facilitate learning for various ages of youth. Numerous group activities help youth develop essential life skills as they pursue their interest in veterinary medicine. (40 pages)

Veterinary Science: Set of 4 Grades 3-12 08052 \$19.50

Includes one each of Levels 1-3 and the Helper's Guide.

Science and Technology



Understanding and Applying Veterinary Science

Grades 9-12

Topics include basic animal care concepts as well as emerging issues in biomedical research and food safety. The activities in the curriculum were designed to be facilitated in a small group-learning environment. Learners construct understanding through inquiry, observations, and personal reflection. This curriculum is written as a facilitator guide. Digital Downloads.

Module 1: Behavior (Digital Download)Grades 9-12..... 08744DD\$7.99

Provides tips for facilitators, lesson plans, and additional resources to guide youth through observing, measuring, interpreting, and applying animal behavior. (40 pages)

Module 2: Vitals on Vitals (Digital Download).....Grades 9-12..... 08745DD\$7.99

Provides data sheets and guides on how to measure and record basic health information and statistics. (54 pages)

Module 3: Understanding Disease Transmission and Risks (Digital Download)Grades 9-12 08746DD\$7.99

Youth learn about disease and disease transmission and are offered several risk assessment practice scenarios. (27 pages)

Module 4: Principles of Bio-Security (Digital Download)Grades 9-12 08748DD\$7.99

Youth learn about the important topic of bio-security; topics addressed include disease risk, risk assessment, and strategies for risk mitigation. (30 pages)

Module 5: Advanced Concepts in Animal Care (Digital Download)Grades 9-12 08749DD\$7.99

Youth learn about advanced concepts in animal care practices, including animal welfare and ethical decision making. (24 pages)

Understanding and Applying Veterinary Science: Set of 3 (Digital Download)Grades 9-12 08747DD ...\$19.99

Includes Modules 1-3.

Understanding and Applying Veterinary Science: Set of 5 (Digital Download)Grades 9-12 08750DD.. \$34.99

Includes Modules 1-5.

Find more curriculum online
at shop4H.org

Upcoming Programs

Throughout 2021 the Pitt County 4-H office will host a variety of educational programs that coincide with the project books listed above. These programs will be held in person and virtually, as allowed. Programs will feature lessons or activities from selected curricula to help aid youth in the completion of a project book. To register for a program please log in to your 4-H Online account under **EVENTS** and select **LEARN+DO Programs**. You will be able to select the programs you wish to participate in !



Just Grow It

Coming May 2021.

Youth will work with Extension staff to learn basic plant science, garden friends and does, toll safety, using the vegetable harvest, and horticulture related careers!



Rabbits - What's Hopping

Coming September 2021.

Youth will work with Extension staff and senior 4-H'ers to learn all about rabbits! Youth will discover how to identify breeds, handle and show rabbits, identify rabbit parts and equipment, recognize a healthy rabbit, read a pedigree and kindle a litter.



Finding YOUR Voice

Coming October 2021.

This project shows members with little or no public speaking experience how to prepare and deliver speeches in front of crowds with confidence. Take a look at how the pros manage this skill, then learn how to handle various speaking situations, deliver different types of speeches, and resolve problems you may experience along the way.



Food, Culture, and Reading

Coming November 2021.

Youth 9-12 will work with Extension staff to learn about Food, Culture, and Reading utilizing the curriculum by the same name. This will be a nutrition education curriculum that uses literature to learn about food, healthy living, and different cultures.