

# My 4-H Planning and Activity Guide for 20\_\_

Name \_\_\_\_\_



Your 4-H Planning and Activity Guide will help you to **PLAN** what activities you want to do, **RECORD** what you do, and **REVIEW** what you have learned. When you participate in 4-H educational activities at the local, county, regional, state, or national levels, this guide will help you record your accomplishments for the activities you complete. Remember to save these records for future reference. When completed, this guide can be submitted for judging. 4-H makes awards available to members who have done a good job and kept good records. Ribbons are awarded at 4-H fairs; medals and certificates are awarded by the state; and scholarships are awarded at the National 4-H Congress.

In between are many other opportunities to receive recognition for your accomplishments. You not only learn from your project (s), but from many other things you do in 4-H, such as club meetings, trips, and fairs. If an activity is listed below that you are not familiar with, ask your 4-H leader or teacher to explain them to you.

Take some of your time now to record what you have done and what you learned in 4-H this year. You may be surprised how quickly your activities add up. Turn your completed 4-H Planning and Activity Guide into your leader or teacher for judging.

PENNSSTATE



College of Agricultural Sciences • Cooperative Extension

**This is my \_\_\_\_\_ year in 4-H.**

**Responsibilities I had in my club:**

Office I held \_\_\_\_\_

Committee(s) I was a member of \_\_\_\_\_

Committee(s) I was chairman of \_\_\_\_\_

Presentation(s) given—includes show and tells, demonstrations, public speaking:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Other responsibilities I had: \_\_\_\_\_

**Club activities in which I participated:**

(Example:  Roundup nutrition skit = I went to Club Roundup and I was in the nutrition skit.)

Club picnic \_\_\_\_\_

Roundup \_\_\_\_\_

Community service \_\_\_\_\_

Other \_\_\_\_\_

**County activities in which I participated:**

Day camp \_\_\_\_\_

Long-term camp \_\_\_\_\_

County-wide roundup or fair \_\_\_\_\_

County picnic \_\_\_\_\_

Citizenship \_\_\_\_\_

Leadership \_\_\_\_\_

Other \_\_\_\_\_

## My 4-H Project

In your own words, write what you **1)plan to do, 2)what you did,** and **3)what you learned** in your 4-H project. You should write what you want to do with what you learned. Here is one example of a 4-H story:

1. I want to learn how to grow and care for plants so that I can start my own garden.
2. I completed “Meet the Plants.” I sprouted seeds for food and made cuttings from Mom’s house plants.
3. I learned different parts of plants and how they grow. I also learned about many of the uses of plants. I want to grow house plants and vegetables.

**Now, use the space below to write your own 4-H story.**

**What I plan to do:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What I did:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What I learned:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name \_\_\_\_\_

Street address \_\_\_\_\_

City, state \_\_\_\_\_ Zip code \_\_\_\_\_

Parent's name \_\_\_\_\_ Phone \_\_\_\_\_

4-H leader/teacher \_\_\_\_\_

4-H club/school \_\_\_\_\_

**4-H projects I have completed:**

19 \_\_\_\_\_

19 \_\_\_\_\_

19 \_\_\_\_\_

19 \_\_\_\_\_

**4-H Pledge**

I pledge  
my **head** to clearer thinking,  
my **heart** to greater loyalty,  
my **hands** to larger service,  
my **health** to better living,  
for my club, my community,  
my country, and my world.

**4-H Motto**

To make the best better

**4-H Colors**

Green and white

**For more information about 4-H programs, contact:**

Developed by Timothy J. Rollins, former assistant professor of Agricultural and Extension Education.

Visit Penn State's College of Agricultural Sciences on the Web: <http://www.cas.psu.edu>

Penn State College of Agricultural Sciences research, extension, and resident education programs are funded in part by Pennsylvania counties, the Commonwealth of Pennsylvania, and the U.S. Department of Agriculture.

This publication is available in alternative media on request.

The Pennsylvania State University is committed to the policy that all persons shall have equal access to programs, facilities, admission, and employment without regard to personal characteristics not related to ability, performance, or qualifications as determined by University policy or by state or federal authorities. It is the policy of the University to maintain an academic and work environment free of discrimination, including harassment. The Pennsylvania State University prohibits discrimination and harassment against any person because of age, ancestry, color, disability or handicap, national origin, race, religious creed, sex, sexual orientation, or veteran status. Discrimination or harassment against faculty, staff, or students will not be tolerated at The Pennsylvania State University. Direct all inquiries regarding the nondiscrimination policy to the Affirmative Action Director, The Pennsylvania State University, 328 Boucke Building, University Park, PA 16802-5901, Tel 814-865-4700/V, 814-863-1150/TTY.

Produced by Information and Communication Technologies in the College of Agricultural Sciences