Participate in the Instructors Junior Apprentice different disciplines are held in the fall and spring. Local certified shooting sports coordinators and their assistants will guide you through the basics such as shooting safety and care and safety of shooting sports equipment, and provide an opportunity to participate in local, county, and district events. State matches for the different disciplines include BB Gun, Air Rifle, Air Pistol, and Mini Gun. Practice, talks, demonstrations, and events to help you learn more about dog management, care, and training. Whether you have a dog or hope to get one, this project will help you learn more about dogs, from basic care and grooming to training commands. Learn about different dog breeds and choose the best breeds for your family. Explore dog behavior, health, and wellness, and obedience training. Learn about proper nutrition to keep your dog happy and healthy.

Dog Show and Breeding

Show your dog at county shows and the State 4-H Dog Show at the Kansas State Fair. Members will learn about dog show procedures and the rules, and other activities that do not require dog ownership, such as the State 4-H Dog Conference.

Energy Management

Energy Management includes the Electric/Electronics, Small Engines, and Power Management projects. These projects will help you understand how to power the world today and think creatively about how to conserve energy. Learn about

Electric/Electronics

Learn important general electrical concepts as you experiment with light switches and circuits, test voltages and even build motors. The 4-H project will help you learn more about dog show procedures and the rules. This project will also help you learn about dog show procedures and the rules.
Entomology

Have you chattered butterflies or caught a ladybug to get a closer look? Do you think collecting bugs is fun? Then the Entomology project is right for you. You’ll learn the body parts of an insect. Make an insect farm, learn to design and build a wind powered boat; design and build wind turbines; discover where and why the wind blows; and discover the wind in art and literature.

Power of the Wind

Discover the power of the wind. Learn how wind can be used for sailing, lifting, pumping water, and express emotions. Observe child behavior. Observe and measure temperature.

Fiber Arts

Have you looked at a quilt and wondered how it was made? Have you wondered how someone crocheted a scarf or embroidered the pillowcases? Have you ever wondered how someone spun sheep’s wool into yarn? Have you picked up a twist of yarn and wondered what it could be used for? You can also learn the heritage of many foods and cultures that have been passed on throughout Kansas and in other states.

Ethnic Arts

Learn to identify trees; determine differences between needs and wants; develop a savings plan for a specific goal; practice comparison shopping; learn to make decisions; and partake in the purchase of a home. Do your feelings in a positive way; learn to cope with change; know that family forms change; learn physical consequences of aging and being in a relationship.

Health and Wellness

Learn behaviors that develop friendships; respect others and their belongings; understand and partake in family rules; express feelings in a positive way; learn to cope with change; know that family forms change; learn physical consequences of aging and being in a relationship.

Arts

Learn the parts and cycles of energy. Observe and measure temperature; study effects of employment on income’s electrical usage; measure electric usage; determine differences between needs and wants; develop a savings plan for a specific goal; practice comparison shopping; learn to make decisions; and partake in the purchase of a home. Do your feelings in a positive way; learn to cope with change; know that family forms change; learn physical consequences of aging and being in a relationship.

Learn to cope with change; know that family forms change; learn physical consequences of aging and being in a relationship.

Horse

Horse Show at the Kansas State Fair. Visit a stable or farm; participate in the State Horse Panorama, horse presentations and hip- poly, and district and state horse shows.

Leadership

Are you ready to step up to leadership? Learn the skills it takes to be a leader or as: understanding yourself, considering others’ feelings, being responsible, communicating, making decisions, and managing and working with groups.

Meat Goats

The rabbit project will help you learn how to raise, care for, and show your rabbits. Learn the care and handling of your animals. Develop the skills you’ve learned. Donate items you’ve created to hospitals, shelters, or nursing homes.

Horticulture

Participate in the Kansas 4-H State Wheat Show; Crops Identification Contest at the Kansas State Fair; Family Life and Consumer Science Contest; and Regional and Judging Competitions.

Poultry

This project is designed to help you learn about chickens and other poultry. You will learn about the care and handling of hens, how to handle eggs, and how to care for and handle your birds. Learn how eggs are formed; learn how to select judge broilers; make an egg candle; learn about pecking orders; lead younger members in egg incubation; learn how to make a chicken bed for food; and learn about biotechnology and poultry careers.

Learning by Doing:

Participate in the Poultry Judging Contest at the Kansas State Fair.

Rabbits

Learning by Doing:

Join a 4-H Rabbit judging team; start with a doe and build your project by selling rabbits.

Reading

Do you enjoy a good book? This project encourages you to harness your love of reading to help you discover new topics, or entertain yourself. As Dr. Seuss wrote, “The more that you read, the more worlds you discover.” Do you know that more than you learn, the more places you’ll go!”

Trellis

This program will help you learn about different fruits and vegetables; study a specific topic; read for pleasure; share a book review with others; and read with younger siblings in your elementary school or after-school program.

Self Determined

The self-determined project is just that — you decide what you do or do not study. Is there something you have a passion for that is not included in the 4-H project listing? This is your opportunity.
Exploring 4-H

This project is for first- and second-year members. It’s a great way to explore 4-H projects and ideas. Your project will be exposed to numerous project areas with the guidance of older members and adult volunteers.

Family Studies

Learn about growing and maintaining a healthy family. In Family Studies projects, you’ll learn about child development, building family strengths, and managing a household. Give it a try.

Nutrition

Learn what children grow and develop physically, socially, mentally, and emotionally. Observe the effects of good nutrition. Identify good eating habits and build a healthy diet. Design and build a wind powered boat; design and build wind turbines; discover where the wind blows; and discover the wind in art and literature.

Entomology

Have you chasselled butterflies or caught a ladybug to get a closer look? Do you think collecting bugs is fun? Then the Entomology project is right for you. You’ll learn the body parts of an insect. Make an insect collection for exhibit at the fair; study how insects move and learn about insects. Make an insect net. Collect, pin, label, and identify an insect. Learn to stitch, tie, and design quilts.

Consumer Skills

Discover the power of the wind. Learn how wind can be used for sailing, lifting, pumping water, and creating electricity. You’ll get to know wind turbines; learn about the importance of clean air to an engine and business or career. Start by learning the parts and cycles of engines; explore the importance of clean air to an engine and business or career.

Health

Learn to love how to make snacks that are healthy and good for you. Learn about food in your diet. Identify key health areas; learn about food and health; learn basic first aid practices; and learn about adverse conditions.

Horse

Love horses? Want to learn to safely handle, care for, and ride a horse? Members may own or lease their own horse as a part of the 4-H horse project. You can also learn the heritage of many foods and consumer buying skills. Learn about food preservation. Use filters. Learn to use a light meter. Express yourself by creating and presenting a book review with others; and read with younger members.

Home Environment

Learn to make decisions between needs and wants; develop a savings plan for a specific goal; practice comparison shopping; learn to make a budget; plan and prepare a meal; learn to manage a check account; recognize advertising; identify consumer rights; and learn the value of employer and retail relationships.

Horticulture

Find your way using a compass, GPS, or landform map. Participate in Youth Meat Goat Day at K-State, with the increasing demand for meat products. Weaving. Weaving. Weaving. Weaving. Weaving. Weaving. Weaving. Express yourself by creating and presenting a book review with others; and read with younger members.

Musical Arts

Learn factors to use when choosing a cat. Practice cat grooming techniques. Study cat breeds; explore starting a small engines business or career. Start by learning the parts and cycles of engines; explore the importance of clean air to an engine and business or career.

Poultry

Learn about growing flowers, forestry, and field crops. This project involves working with trees, people, and communities. Learn about different types of recreation; identify personal areas of strength; and learn the heritage of many foods and consumer buying skills. Learn about food preservation. Learn to make decisions between needs and wants; develop a savings plan for a specific goal; practice comparison shopping; learn to make a budget; plan and prepare a meal; learn to manage a check account; recognize advertising; identify consumer rights; and learn the value of employer and retail relationships.

Rabbits

Learn about flowers, trees, and shrubs. We will learn to care for our outdoor rabbitry. Learn about factors when selecting a rabbit breed; learn about the care and feeding of a rabbit. Learn about the care and feeding of a rabbit. Learn about the care and feeding of a rabbit. Learn about the care and feeding of a rabbit.

Reading

Do you enjoy a good book? This project encourages you to harness your love of reading to learn more about the world of literature. Explore new topics, or entertain yourself. As Dr. Seuss wrote, “The more that you read, the more things you will know. The more that you learn, the more places you’ll go.”

Self Determined

The self-determined project is just that—you decide what you do or do not study. Is there something you have a passion for that is not included in the 4-H project listing? This is your opportunity.
to create your own project. Research a sport, hobby, or career—the sky is the limit.

Learning by Doing: Identify and pursue a personal passion or interest; set goals and evaluate the completion of your goals, and share your hobby, interest, or activity with others.

Sheep

The sheep project can be a great way to learn about the sheep industry. You may want to enroll in either market or breeding projects. Through your years in the sheep projects you will learn the parts of the animal, how to select and show sheep of different breeds of their use; and manage and train sheep for show; learn safety procedures and management practices for maintaining a flock; identify symptoms, causes, and treatment of common diseases; study nutritional requirements for various sheep breeds; understand reproductive and genetic functions of sheep; study technology’s impact on sheep production; and explore career opportunities in the sheep industry.

Market Sheep

Select, raise, and show a market sheep; member owns and shows the animal; market sheep will not be returned to a breeding flock.

Breeding Sheep

Select, raise, and show a breeding ewe; purchase a flock of breeding ewes.

Learning by Doing:
Participate in the Livestock Sweepstakes (includes livestock judging Contest, Quiz Bowl, Skillathon, and Meat Judging Contest); State Sheep Show at the Kansas State Fair; Youth Sheep Day at K-State.

Shooting Sports

Want to learn to shoot a rifle, shotgun, or bow and arrow? Check out the 4-H shooting sports project. This project teaches gun safety and care of your firearm, hunting practices, and opportunities to test your skills.

Join with your county or district extension office to learn more. Some counties may have this as a formal program in county. Local certified shooting sports coordinators can help you get started in this exciting discipline. Disciplines include BB Gun, Air Rifle, Air Pistol, Archery, Shotgun, Hunting Skills, Muzzle Loading, & Firearms Safety, Muzzle Loaders, Lone Hammer, Black Powder, and Western Heritage.

Learning by Doing:
Participate in the shooting sports project. Safe use of air rifle, shotgun, bow and arrow; practice, talk, demonstrations, and exhibits. Show shooting sports skills at local and district events. A variety of disciplines are held in the fall and spring. Participate in the Instructor’s Junior Apprentice Training program; accept assignments (Jags and Jetties). Brand names appearing in this publication are for product identification purposes only. No endorsement is intended, nor is criticism implied of similar products not mentioned.

SpaceTech

Build model rockets, robots, and explore space. Navigate your world with GPS and explore new horizons. Learn decisions using GIS. Learn about computers and how to repair them and network devices. Explore advanced concepts that offer you a chance to explore the field of science and technology.

Rocketry/Aerospace

Construct a model rocket; study equipment and procedures for a safe launch; learn the Model Rocket Safety Code; build and launch your own model rockets.

Astronomy

Study the history of telescopes; learn about the history of tools and uses of telescopes; build a simple telescope; learn planet order by making a ring keg bead string; view solar videos; build telescopes; direct light with simple prisms; and learn display tips and how to set up public viewings.

Learn about robot arms, legs, wheels, or under-water propulsion. Explore sensors, analog, and digital systems. Build and design a robot. Program a robot to do a task.

Geospatial

Learn to use Global Positioning Systems (GPS) to identify locations and measure distances. Make maps of local nature areas using Geographic Information Systems (GIS). Use maps to solve traffic problems, pin-point locations, reduce disease vectors, etc. Learn about computers.

Learn the basics of a computer: learn the similarities and differences of personal and computerized software applications; learn internet safety. As you get older, learn to build, maintain, and repair computers. Learn programming languages and network security.

Learning by Doing:
Learn about computers and space tech skills to others. Or organize a GeoCaching activity for your 4-H club. Launch a rocket.

Swine

Want to learn about raising, caring for, and marketing your own market or breeding hog or enroll in the swine project where you can study pork production from farrow to finish. Through your years in the swine project you will learn how to accurately measure and mark hogs, how to use various tools and equipment, and how to properly handle hogs, parts of a hog; identify different swine breeds; learn types of feeds; identify symptoms, causes, and treatment of common diseases; study nutrition; understand systems and performance data; and explore career opportunities in the swine industry.

Market Swine

Select, raise, and show a market hog. Engage in a project that resembles raising and handling a herd.

Breeding Swine

Select and show a breeding gift. As you grow in the project, you might manage your own herd and sell market hogs to other farmers.

Learning by Doing:
Participate in Youth Swine Day at K-State; Live-stock Sweepstakes (includes Livestock Judging Contest, Quiz Bowl, Skillathon and Meats Judging Contest). State Swine Show at the Kansas State Fair.

Visual Arts

Encourage your creative skills in learning how to draw, paint, and work with different media. Learn art techniques, art study history and culture, or challenge yourself to discover new art techniques. The visual arts focus on artistic skills and the elements and principles of design.

Projects included within Visual Arts include: Ceramics, Leather, and other areas, depending on your local 4-H program.

Learning by Doing:
Practice drawing, painting and printing techniques in paper, pencil, chalk, charcoal or mixed media; learn about space; make something from wood, leather, paper, or clay; weave a basket or wall hanging; etch glass or metal; make a kite and write a story; create mosaics or nature crafts; discover new media. Enter your best work in the fair. Teachers can help you select the new skills you’ve learned.

Wildlife

Kansas is an important part of the state’s heritage and environment, ranging from suffused bluffs to fish to feed in this project. You’ll learn about wildlife behavior, habitat requirements, how wildlife species fit into nature’s balance, how they are managed, and how they relate to humans. Some counties also offer Sport Fishing as an additional project.

Learning by Doing:
Enter a sport fishing contest. Create wildlife habitat. Participate in the Hunting, Fishing & Fur Harvesting School under the Wildlife Habitat Evaluation Contest.

Woodworking

Whether you want to build a bookshelf or a whole house, the skills, tools, fasteners, and parts of woodworking are the same. In the woodworking project you’ll learn how to accurately measure and mark boards, how to use various tools and equipment, and how to properly handle boards, parts of a board; identify different wood species, and select wood based on grain. As you grow in the project, you might manage your own lumber yard and mill.

Learning by Doing:
Select and build an item to exhibit at the fair. Use your new skills to volunteer or help a community project. Teach other something you learn in the woodworking project.

Beef

The beef project is a great way to learn about raising, caring for, and managing beef cattle. Begin with a bucket calf and build your own herd. In this project, you’ll learn about different breeds of beef cattle; parts of the animal; how to keep your cow healthy; how to judge beef cattle for market and/or beef; how to produce high quality beef; and how to use data and technology in an efficient beef cattle operation.

Beef Bucket Calf

This project is open to 7- to 12-year-old youth. Calves may be purchased or orphaned but are to be bucket fed.

Market Beef

Select, raise, and show a market steer or heifer. Breeding Beef Select and raise a show beef heifer. Learn the value of performance data to make breeding decisions.

Learning by Doing:
Exhibit at local beef shows, State 4-H Livestock Sweepstakes at K-State (includes: Livestock Judging Contest, Quiz Bowl, Skillathon, and Meat Judging Contest); State Beef Show at the Kansas State Fair, and the Kansas Livestock Show.

Citizenship

In the Citizenship project you’ll learn about yourself, family, and friends and how to take an active role in your community, country, and world. This project will encourage you to meet people and learn to work with groups. You can also learn about local, state, and national government. You can also learn many new friends from other countries and cultures through exchanges.

Learning by Doing:
Volunteer in your community; attend Citizenship in Action in Topeka; attend Citizenship in Action in Washington, D.C.; participate in exchange trips or host youth from another country.

Clothing and Textiles

The Clothing and Textiles projects will introduce you to the worlds of clothing, fashion, fibers, and accesso-
ries. Learn to create and sew your own items in Clothing Construction or develop your sense of self expression through Fashion Design. These projects can build your confidence in managing your personal image, career in fashion.

Clothing Construction

The clothing construction project will teach you the basics such as sewing a shirt or putting a zipper in a pair of pants. Learn to select appropriate fabrics, use patterns, sew quality seams, and finish your garment. This practical project will help you to learn how to take the design of your choice and customize it for the perfect look.

Buymanship

Buymanship will give you that edge on knowing your wardrobe; planning a budget for an outfit; learning to select colors and styles that complement your body; learn the difference between choices; balance between different shades of colors; making decisions about clothing pur-
chases by comparing fit, cost, brand, and style; and analyzing clothing advertisements.

Learning by Doing:
Make fair exhibits; make items for community service; participate in Fashion Revue to model clothing constructions or buymanship items.

Communication

An essential tool for helping kids improve their communication skills. Be a better speaker, writer, or record keeper will help you through your life. The communication project will help you to learn to interpret verbal and nonverbal information, develop effective public speaking skills, write a thank-you note; run for an office in your club; complete a record book; present a speech.

Dairy Cattle

In this project you’ll learn about raising and managing dairy animals. 4-H members usually start with a heifer calf or yearling heifer, and participate or show. Along the way, you’ll learn about breeds of dairy cattle, parts of a cow, judging and presenting oral, and other activities that you can learn how to meet future energy needs.

Learning by Doing:
Participate in Youth Dairy Day at K-State; Live-stock Sweepstakes (includes Dairy Bucket Calf, Dairy Heifer, and Dairy Cow). The dairy bucket calf is a great animal project for smaller properties. Goats are easy to train and handle. Milk can be consumed by the family, fed to bucket calves, or is used as market animals. You might start with one doe, raised for milk and/or meat and eventually create a dairy goat herd. Throughout the project, you can learn about breeds of dairy goats, parts of a dairy goat and the care and welfare of animals, record keeping, and more.

Learning by Doing:
Participate in county and state dairy goat shows; join a regional dairy goat organization.

KANSAS 4-H PROJECT SELECTION GUIDE

This guide gives a brief description of each of the official state 4-H projects. Support for this project can vary depending on your local program and the volunteers available to help. Exploring your interests through 4-H projects develops skills and potential careers in the animal and other related fields. Materials can be ordered through your county or district extension office or online. Have a great time with your 4-H projects.

Dairy Goats

The Dairy Goat project is a great animal project for smaller properties. Goats are easy to train and handle. Milk can be consumed by the family, fed to bucket calves, or is used as market animals. You might start with one doe, raised for milk and/or meat and eventually create a dairy goat herd. Throughout the project, you can learn about breeds of dairy goats, parts of a dairy goat and the care and welfare of animals, record keeping, and more.

Learning by Doing:
Participate in county and state dairy goat shows; join a regional dairy goat organization.

Dog Care and Training

Whether you have a dog or hope to get one, this project will help you learn more about dogs, from basic care and grooming to advanced training commands. Learn about different dog breeds and choose the best breeds for your family. Explore dog behavior, breed selection, and obedience training. Learn about proper nutrition to keep your dog healthy and happy.

Learning by Doing:
Show your dog at county shows and the State 4-H Dog Show at the Kansas State Fair. Members may participate in this project as an individual or with other activities that do not require dog ownership, such as the State 4-H Dog Conference.

Energy Management

Energy Management includes the Electric/Electronics, Small Engines, and Power of the Wind projects. These projects will help you understand how to power the world today and think about future energy needs.

Electric/Electronics

Learn important general electrical concepts as you experiment with making light switches and circuits, test voltages and even build motors. Study energy use, magnetism, electronics and transistors.