



15502 The Perfect Fit

What you can do in this project:

- explore communication careers
- write a resume
- develop a presentation
- learn to deal with anxiety

Printed Materials:

- CCS8158 Communications 3 — The Perfect Fit

For Leaders:

- CCS8159 Communications Helper's Guide

Suggested Age: **Advanced**

16102 Theatre Arts 2

What you can do in this project:

- make various kinds of puppets
- set up your own puppet stage
- discover the purpose of puppets

Printed Materials:

- CCS8071 Theatre Arts 2: Becoming a Puppeteer!

For Leaders:

- CCS8073 Theatre Arts Helper's Guide
(no Extension Specialist for this project)

Suggested Age: **Intermediate**

16202 Theatre Arts 3

What you can do in this project:

- practice dialogue and use props
- create sound effects for a story
- design and apply makeup

Printed Materials:

- CCS8072 Theatre Arts 3: Setting the Stage!

For Leaders:

- CCS8073 Theatre Arts Helper's Guide
(no Extension Specialist for this project)

Suggested Age: **Advanced**

Photography

18002 Focus on Photography

What you can do in this project:

- learn about the importance of lighting
- basic composition using a focal point
- exploring the camera

Printed Materials:

- PC1 Focus on Photography — Level 1

Suggested Age: **Beginner**

18102 Controlling the Image

What you can do in this project:

- learn about shutter speed and aperture
- capture hard and soft light to create moods
- the rule of thirds

Printed Materials:

- PC2 Controlling the Image — Level 2

Suggested Age: **Intermediate**

18202 Mastering Photography

What you can do in this project:

- learn about selecting a lens
- learn about special effects
- master composition

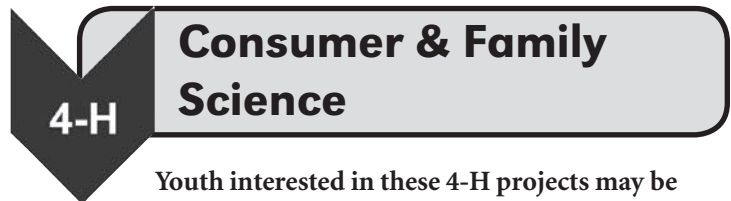
Printed Materials:

- PC3 Mastering Photography — Level 3

Suggested Age: **Advanced**

Photography Resources:

- <http://www.4hcurriculum.org/projects/photography>
- For online interactive resources, please visit our Cyber Fair Web site at www.4h.unl.edu/cyberfair



Youth interested in these 4-H projects may be interested in the following careers:

- Banking and Related Services
- Business Financial Management
- Extension Educator
- Family and Community Services
- Foods Product Development
- Professional Sales and Marketing
- Training Coordinator

Human Development

20102 The Sitter

What you can do in this project:

- learn skills and techniques of child care
- find out how to be a caring sitter
- learn to provide a safe environment for children

Printed Materials:

- 4H266 The Sitter

For Leaders:

- 4H266 The Sitter (Manuals are combined)

Suggested Age: **Beginner to Intermediate**

20202 Child Development: The Toddler

What you can do in this project:

- learn about children 18 months to 3 years old
- learn to feed and bathe a toddler
- make a toy a toddler will enjoy

Printed Materials:

- 4H309 The Toddler

For Leaders:

- 4H311 Infant and Toddler Leader Guide

Suggested Age: **For all Levels**

Pick-A-Project Online

<http://4hcurriculum.unl.edu>



20302 Child Development: The Infant

What you can do in this project:

- learn about children from birth to 18 months old
- learn to make an infant feel safe and secure
- make a toy an infant will enjoy

Printed Materials:

- 4H310 The Infant

For Leaders:

- 4H311 Infant and Toddler Leader Guide

Suggested Age: For all Levels

20402 Child Development: The Preschooler

What you can do in this project:

- learn about children from 3 to 6 years old
- learn to care for a preschooler
- choose play preschoolers enjoy

Printed Materials:

- 4H325 The Preschooler

For Leaders:

- 4H327 The Preschooler and Middle Childhood Leader Guide

Suggested Age: For all Levels

20502 Child Development: Middle Childhood

What you can do in this project:

- learn about children from 6 to 8 years old
- learn to care for children in middle childhood
- choose play 6- to 8-year-olds enjoy

Printed Materials:

- 4H326 Middle Childhood

For Leaders:

- 4H327 The Preschooler and Middle Childhood Leader Guide

Suggested Age: For all Levels

20702 Child Development, Growing All Together 1

What you can do in this project:

- explore how people grow and develop
- inspect toddler's toys
- learn about roles in life

Printed Materials:

- CCS8075 Child Development 1: Growing On My Own

For Leaders:

- CCS8078 Growing All Together Helper's Guide

Suggested Age: Beginner

20802 Child Development, Growing All Together 2

What you can do in this project:

- learn about self care, rules, responsibility and safety
- introduction to babysitting
- gain awareness of common dangers in the world

Printed Materials:

- CCS8076 Child Development 2: Growing With Others

For Leaders:

- CCS8078 Child Development Helper's Guide

Suggested Age: Intermediate

20902 Child Development, Growing All Together 3

What you can do in this project:

- explore child development careers
- gain experience as a teacher or coach
- participate in a community service project

Printed Materials:

- CCS8077 Child Development 3: Growing In Communities

For Leaders:

- CCS8078 Child Development Helper's Guide

Suggested Age: Advanced

Clothing and Textiles

22002 Sewing for Fun

What you can do in this project:

- choose, use and care for sewing equipment and sewing machine
- select fabrics and notions
- sew straight and curved seams and square corners
- make four different projects

Printed Materials:

- 4H167 Sewing for Fun
- 4H169 Sewing for Fun Packet

For Leaders:

- 4H168 Sewing for Fun Leader Guide

Suggested Age: Beginners

22202 Clothing 1

What you can do in this project:

- select a pattern
- choose fabric and notions
- sew something to wear

Printed Materials:

- 4H223 Clothing 1

For Leaders:

- 4H225 Clothing 1 and 2 Leader Guide

Suggested Age: Beginners

22302 Clothing 2

What you can do in this project:

- develop sewing skills
- explore pattern and fabric selection
- consider optical illusions of color, line and texture
- construct and model a complete outfit

Printed Materials:

- 4H224 Clothing 2

For Leaders:

- 4H225 Clothing 1 and 2 Leader Guide

Suggested Age: Beginner to Intermediate

*Available online at

4h.unl.edu/programs/curriculum/pickaproject
or
<http://4hcurriculum.unl.edu>



22402 Sewing for You

What you can do in this project:

- learn and/or improve three clothing construction skills
- work with different fabrics
- work with different patterns

Printed Materials:

- 4H304 Challenging Patterns
- 4H306 Challenging Fabrics

For Leaders:

- 4H305 Challenging Patterns Leader Guide
- 4H307 Challenging Fabrics Leader Guide

Suggested Age: Intermediate to Advanced

22602 Tailoring

What you can do in this project:

- select a pattern for a tailored garment
- construct this garment, using tailoring techniques

Printed Materials:

- 4H335 Tailoring

Additional Clothing Materials:

- PNW197 Quality Standards in Clothing Construction

Suggested Age: Advanced

Clothing References, Forms and Supplies

- CCS7198 Let's Sew: A Beginning Sewing Guide by Nancy Zieman

22902 Quilt Quest

What you can do in this project:

- Learn about design elements, design principles, and applications
- Construct a quilt from start to finish
- Explore quilt science applications in other media

Printed Materials:

- 4H1300 Quilt Quest

Suggested Age: Intermediate to Advanced

22102 Decorate Your Duds

What you can do in this project:

- develop original, wearable art designs
- use techniques such as applique, fabric painting, patchwork and tie dye

Suggested Age: For all Levels

24402 Attention, Shoppers!

What you can do in this project:

- learn to give and receive compliments
- mix and match a wardrobe for a trip
- compare three pairs of jeans
- learn to do basic clothing first aid

Printed Materials:

- 4H449 Attention, Shoppers!

Suggested Age: Beginners (under 12)

24002 Shopping in Style

What you can do in this project:

- identify your body shape and select clothing to enhance it
- learn how clothing prices are determined and how to comparison shop
- analyze advertising
- understand a clothing label
- experiment with removing stains

Printed Materials:

- 4H435 Shopping in Style

Suggested Age: Intermediate to Advanced (12 and over)

22802 Crocheting

What you can do in this project:

Beginner:

- learn stitches such as chain, slip stitch, yarn over, single and double crochet
- select yarn/thread for crocheting
- learn about blocking
- read and follow crochet patterns

Intermediate:

- learn new stitch patterns such as texture, shell and cluster
- learn to change colors
- make a matched pair

Advanced:

- learn advanced stitch patterns such as afghan, broomstick and hairpin lace
- crochet buttonholes and hems
- design a new stitch or pattern
- work with other media such as leather, wood and beads

Printed Materials:

- 4H406 ABC of Crochet for Right-handed People
- 4H407 ABC of Crochet for Left-handed People

For Leaders:

- 4H370 4-H Crochet Leader Guide (This guide is for all levels.)

Suggested Age: For all Levels

22702 Knitting

What you can do in this project:

Beginner:

- learn about types of yarn and yarn weights
- learn how to make purl and knit stitches
- develop basic knitting skills
- read and follow a knitting pattern

Intermediate:

- learn new stitch patterns such as diamond, block and twist
- learn the importance of using the correct gauge
- knit by changing yarn colors
- demonstrate your knitting skills to a beginning knitter



Advanced:

- learn advanced stitch patterns such as cable and tamerna
- knit in buttonholes
- combine knitting with garment making
- knit with double-pointed needles

Printed Materials:

- 4H413 ABC of Knitting - Right Hand
- 4H414 ABC of Knitting - Left Hand
- 4H415 Knitting Made Easy CD-Rom
- 4H416 Knit Together Leader's Guide (This guide is for all levels.)

Suggested Age: For all Levels

Consumer Management

24402 Attention, Shoppers!

What you can do in this project:

- learn to give and receive compliments
- mix and match a wardrobe for a trip
- compare three pairs of jeans
- learn to do basic clothing first aid

Printed Materials:

- 4H449 Attention, Shoppers!

Suggested Age: Beginner (under 12)

24002 Shopping in Style

What you can do in this project:

- identify your body shape and select clothing to enhance it
- learn how clothing prices are determined and how to comparison shop
- analyze advertising
- understand a clothing label
- experiment with removing stains

Printed Materials:

- 4H435 Shopping in Style

Suggested Age: Intermediate to Advanced (12 and over)

24602 Becoming Money Wise

What you can do in this project:

- develop a budget
- keep records
- find out where your money goes

Printed Materials:

- 4H813 Becoming Money Wise

For Leaders:

- 4H813 Becoming Money Wise

Suggested Age: Beginner

24702 Financial Champions 1

What you can do in this project:

- think about needs versus wants
- learn to talk about money with others
- set financial goals
- keep a spending journal

Printed Materials:

- BU7710 Financial Champions 1: Money FUNDamentals

For Leaders:

- BU7712 Financial Champions Helper's Guide

Suggested Age: Intermediate

24802 Financial Champions 2

What you can do in this project:

- explore options for handling your money
- learn the cost of using credit
- evaluate advertising to make good purchases
- learn to make good decisions while shopping

Printed Materials:

- BU7711 Financial Champions 2: Money Moves

For Leaders:

- BU7712 Financial Champions Helper's Guide

Suggested Age: Advanced

Entrepreneurship

53102 ESI: Discover the E-Scene

What you can do in this project:

- learn about entrepreneurs
- take Entrepreneur Skills Assessment
- investigate the risks

Printed Materials:

- 4H2110 ESI: Discover the E-Scene—Unit 1

For Leaders:

- 4H2140 ESI Leader's Guide

Suggested Age: 6th-8th Grade

53202 ESI: The Case of ME

What you can do in this project:

- learn about the importance of reputation
- sell your product or idea
- learn about a business plan

Printed Materials:

- 4H2120 ESI: The Case of ME—Unit 2

For Leaders:

- 4H2140 ESI Leader's Guide

Suggested Age: 6th-8th Grade

53302 ESI: Your Business Inspection

What you can do in this project:

- develop a concept
- find resources
- learn about business start up

Printed Materials:

- 4H2130 ESI: Your Business Inspection—Unit 3

*Available online at

4h.unl.edu/programs/curriculum/pickaproject

or

<http://4hcurriculum.unl.edu>

**For Leaders:**

- 4H2140 ESI Leader's Guide

Suggested Age: 6th-8th Grade

Entrepreneurship Resources:

- Visit our Web site at www.4h.unl.edu/esi
- Coming soon CD-ROM with interactive activities
- For online interactive resources, please visit our Cyber Fair Web site at www.4h.unl.edu/cyberfair

Heritage**10402 Family Folklore****What you can do in this project:**

- learn about the origins of a family or tradition
- find the stories in family photographs
- identify family keepsakes

Printed Materials:

- 4H1330 Family Folklore (*Manual out-of-print; limited supply of manuals available*)

Suggested Age: For all Levels

10602 Foodways**What you can do in this project:**

- learn more about the traditional foods your family eats
- find out about the foods available in your community
- explore food traditions

Printed Materials:

- 4H1329 Foodways (*Manual out-of-print; limited supply of manuals available*)

Suggested Age: For all Levels

Heritage References and Forms

- PD4H748 Genealogy: Tracing Your Family Tree
Online Purdue materials at http://www.four-h.purdue.edu/4-H_search/4h_searchresult.cfm?group_letter=g
- 4H748Pbw-W Pedigree Charts
- 4H748fb-w Family Group Sheets
- 4H748ibw-W Information Worksheets
- For online interactive resources, please visit our Cyber Fair Web site at www.4h.unl.edu/cyberfair

Home Environment**26002 Sketchbook Crossroads****What you can do in this project:**

- practice drawing, fiber arts, and sculpting
- develop artistic talents and skills
- understand the visual arts in relation to history and culture

Printed Materials:

- CCS8140 Sketechbook Crossroads
- BU7597 A Palette of Fun with Art Helper's Guide
(Note: This is an idea manual only)

Suggested Age: Intermediate to Advanced

26102 Portfolio Pathways**What you can do in this project:**

- learn painting, printing, and graphic design techniques
- make connections between visual arts and other disciplines

Printed Materials:

- CCS8141 Portfolio Pathways
- BU7597 A Palette of Fun with Art Helper's Guide
(Note: This is an idea manual only)

Suggested Age: Intermediate to Advanced

25102 Home Building Blocks**What you can do in this project:**

- apply color and design principles using different materials to make and display objects for your home
- develop original designs
- plan a comfortable, clean, attractive home

Printed Materials:

- 4H195 Home Building Blocks - Year 1
- 4H196 Home Building Blocks - Year 2
- 4H197 Home Building Blocks - Year 3

For Leaders:

- 4H245 Home Building Blocks Leader Guide

Suggested Age: Beginner

25502 Furnishings on a Shoestring**What you can do in this project:**

- create a low-cost item to solve a home environment problem
- learn to get the most value from resources
- recycle or reuse items in new and creative ways

Suggested Age: Intermediate to Advanced

25602 Heirloom Treasures**What you can do in this project:**

- recognize factors that make antiques valuable
- refurbish and restore heirloom or heritage furnishings and accessories
- preserve family heirlooms

Heirloom References:

- Safety in 4-H Art, Home Environment & Woodworking Projects*
- Additional Heirloom Treasures References to be announced

Suggested Age: Intermediate to Advanced

25702 Design Decisions**What you can do in this project:**

- pull together an attractive color scheme
- use fabric to create a canopy, dust ruffle, coverlet or pillow for your bed
- develop a budget for redoing your space
- create a wall arrangement

Printed Materials:

- 4H440 Design Decisions

Suggested Age: Intermediate to Advanced



Home Environment Resources:

- For online interactive resources, please visit our Cyber Fair Web site at www.4h.unl.edu/cyberfair

4-H Environmental Education & Earth Sciences

Youth interested in these 4-H projects may be interested in the following careers:

- Biologist
- Extension Educator
- Natural Resources Systems
- Plant Systems
- Seed, Fertilizer, or Chemical Sales
- State and Federal Regulatory Agencies
- Travel and Tourism

Conservation

36102 Environment 1

What you can do in this project:

- learn the four elements of life
- build your own ecosystem
- construct a food web
- compost to reduce waste
- learn about habits

Printed Materials:

- BU7704 Environment 1: Eco-Wonders

For Leaders:

- BU7707 Exploring Your Environment Helper’s Guide

Suggested Age: Beginner

36202 Environment 2

What you can do in this project:

- describe the soil profile
- identify the basic parts of a flower
- explore life cycle of a product or food
- identify common animal tracks

Printed Materials:

- BU7705 Environment 2: Eco-Adventures

For Leaders:

- BU7707 Exploring Your Environment Helper’s Guide

Suggested Age: Intermediate

36302 Environment 3

What you can do in this project:

- describe the six major biomes of the world
- make and use equipment for assessing water quality
- state causes and consequences of soil erosion
- explore how your transportation choices have impact
- compare biodiversity of two sites

Printed Materials:

- BU7706 Environment 3: Eco-Actions

For Leaders:

- BU7707 Exploring Your Environment Helper’s Guide

Suggested Age: Advanced

Entomology

80102 Entomology 1

What you can do in this project:

- make an insect collection
- learn where to look for insects
- learn how to identify and classify insects

Printed Materials:

- CCS6853 Entomology 1: Creepy Crawlies

For Leaders:

- CCS6856 Entomology Helper’s Guide

Suggested Age: Beginner

80202 Entomology 2

What you can do in this project:

- complete an insect collection table
- plan an insect collection trip
- raise meal worms
- explore insect legs and collect insects with an extractor

Printed Materials:

- CCS6854 Entomology 2: What’s Bugging You?

For Leaders:

- CCS6856 Entomology Helper’s Guide

Suggested Age: Intermediate

80302 Entomology 3

What you can do in this project:

- test ant food preferences
- conduct honey bee learning experiments
- record insect observations
- identify insect mouth types

Printed Materials:

- CCS6855 Entomology 3: Dragons, Houses and Other Flies

For Leaders:

- CCS6856 Entomology Helper’s Guide

Suggested Age: Advanced

Entomology References, Forms and Supplies

- Order Insect pins*
- For online interactive resources, please visit our Cyber Fair Web site at www.4h.unl.edu/cyberfair

Forestry

32002 Tree Identification

What you can do in this project:

- learn to use a dichotomous key to classify trees
- identify common Nebraska trees

Printed Materials:

- 4H332 Tree Identification

Suggested Age: For all Levels