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4-H Day Edition
Tips and Guidelines

K-STATE
Research and Extension



What is 4-H Day?

4-H Day has taken on many faces over the years. It started in 1925 as a model meeting contest at 4-H Round-up, then music events were added and in 1937 it became Spring Festival. It was called 4-H Club Days in the 50's and now we call it County 4-H Day or 4-H Day. Top placing presentations at County 4-H Day advance to Regional 4-H Day.

The goal of 4-H Day is to give youth an opportunity to share their talent and to learn something from a conference with a judge. The more often 4-H members give a public presentation such as a project talk, demonstration, or a show n' tell, the more they will learn about their project and hopefully the longer they will remain in 4-H work.

AGE

Age is determined by age of 4-H members on January 1, of the current 4-H year.

Junior Division is 12 and younger

Senior Division is 13 and older

All entries will receive a blue, red or white ribbon rating. The Top presentations in each event will be awarded purple ribbons and will advance to Regional 4-H Day. The chart of "4-H Day Guidelines" shows the number of presentations that can advance on to Regional. The counties involved in Regional are Barton, Rice, Stafford, Pawnee, Ellsworth and Russell. Regional has been held in Great Bend for the past 15 years.

INSIDE THIS ISSUE

Types of Presentations	2
Presentation Tips	2
Parts of a Presentation	3
Using Posters.....	3
Talk Topics	4
Catchy Titles	5
Using Notecards	5
4-H Day Event Guidelines	6
Guidelines , cont.	7
4-H Day Entry Form	9

H  AD

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Supplies needed for Good Talks

- Easel to hold posters
- Posters
- A pointer (to point out things on the posters)
- Note cards
- Tablecloth that matches theme or topic.
- Washcloth, apron, hair pulled back if food demo.
- Tray to hold supplies
- A smile on your face!!!

IF you plan to use a Power-Point please plan ahead. Many places where you will present may not have Wifi available to the public. Save your presentation either on your computer or on a flash drive. Arrive early to check if your saved presentation is compatible with the equipment provided. You may bring all your own equipment

TYPES OF PRESENTATIONS

4-H members are expected to give project talks, illustrated talks or demonstrations after they have completed their first year. As 4-H'ers get older they may give a public speech.

SHOW & TELL is for first or second year members unless they may have joined 4-H when they were older. They bring something that they have made or done in 4-H and talk about it for no more than 5 minutes.

PROJECT TALK tells about a specific project and the 4-H'ers experience in that project.

DEMONSTRATION shows how to do something by actually doing it and a finished product should be available.

ILLUSTRATED TALK tells how to do something using posters or visual aids and a finished product may or may not be available.

PUBLIC SPEAKING is intended to assist older, more experienced members to further develop confidence and skill in speaking before an audience. In public speaking, members may speak on any topic of their interest. Visuals may be used only if necessary.

Talking about your steer would be a project talk. Telling how to select a steer using a chart and identifying the points to consider would be an illustrated talk. Making a show halter would be a demonstration. Talking about the total beef industry would be a public speech.

EXTEMPORANEOUS SPEECH is one in which no prior preparation is done. A topic is drawn and the 4-Her has 15 minutes in which to compile a speech on that topic. The speech is then given in 3-5 minutes. Remember that if you plan to apply for the Key Award as a 16 year old, one of the requirements is to give a planned, prepared presentation and the Extemporaneous speech does not count for the requirement.

Presentation Tricks that will Keep you organized!

- Use large size models so your audience can see
- Pre-measure all but one ingredient, show how to measure that one ingredient so that the audience knows you know how to measure.
- Place glue upside down in a glass so you don't have to wait for it to come out.
- For a demonstration - have steps for each process especially if there is dry time or a step takes a lot of time.
- Cover labels, so you are not promoting brand names.
- Use a tray to place all supplies on.
- Use a second tray to place all the items on that you have already talked about. Then you will not forget that 1 tsp of salt., etc.
- When the first tray is empty place the second tray on top and place it behind you.
- Always wash your hands with a washcloth before starting a foods demonstration.
- For a demonstration, always have a finished item to show at the end.

Facts of a Good Presentation

- ★ Every talk should include:
 1. an opening,
 2. a body
 3. and a conclusion.
- ★ Tell what you are going to talk about,
- ★ Start with a catchy title that will get the audience's attention.
- ★ Use posters to give your audience a visual.
- ★ Note cards, are just notes, not your entire talk written out.
- ★ No Gum
- ★ Speak loudly
- ★ Make eye contact with audience
- ★ Smile - it actually helps you relax
- ★ Practice, Practice, Practice!

THREE PARTS OF A PRESENTATION

The Opening – Gets Attention!

- Use a poem that is related to your presentation
- Use a story that catches your audience's attention.
- Tell about one of your own experiences.
- Ask a questions?
- Use a play on words.
- Tell what you are going to talk about.
- Introduce yourself (name, club, how many years in project)

The Body – The main part of your talk.

- Use an outline form, that helps with organization
- Think about what you are going to talk about.
- Map out your talk
- Identify 4-6 ideas you want to share about the project
- Example: Beef - cuts, shopping for beef, carcass info, by-products.
- Example: Crafts- supplies, steps, uses, display/gift

The Summary/Conclusion

- Tell in short form what you talked about.
- Sum it up with a poem or a story.
- Review supplies, steps, finished product
- So the next time you _____
- Ask for questions????

Posters with Pizzaz!

- ★ Plan them out before you make them.
- ★ Keep posters SIMPLE
- ★ Make posters NEAT
- ★ The more senses you can touch on, the better the poster.
- ★ Posters are used to draw attention to your presentation
- ★ Be Consistent

Ideas to consider to give posters PIZZAZ!

- Use pictures, if possible
- Think of color scheme and a theme
- Think about interactive posters.
- Think about borders.
- Add texture (burlap, feathers, etc)
- Use different font style (be careful not to use too many)

Talk and Demonstration Topics

- ★ How we can protect our forest
- ★ Where do rocks come from
- ★ Rock Identification
- ★ Sewing Box supplies
- ★ How to read a pattern
- ★ Buttons, Buttons, Buttons – Different Kinds of Buttons
- ★ Different kinds of guns
- ★ Gun Safety
- ★ Birds around us
- ★ Reptiles and amphibians
- ★ endangered species
- ★ Fish ID
- ★ Fishing Supplies
- ★ How to make a fish lure
- ★ Boat Safety
- ★ Bicycle Safety
- ★ Plant ID
- ★ Battery and Bulb Electricity
- ★ How to fix a frayed extension cord
- ★ Magnet fun
- ★ Rocket parts
- ★ How to assemble a rocket
- ★ Woodworking tools
- ★ How to build a birdhouse
- ★ What should be in a first aid kit
- ★ Care of Horse hooves
- ★ Care of Horse hooves
- ★ Horse breeds
- ★ Parts of a Saddle
- ★ How to make a rope halter
- ★ Meat cuts
- ★ Beef Body parts
- ★ Beef Show supplies
- ★ Dairy Breeds
- ★ Sheep Breeds
- ★ Dog Breeds
- ★ Dog Agility Demonstration
- ★ Dog Showmanship
- ★ How to care for _____
- ★ Different Kinds of feathers
- ★ Eggs
- ★ Rabbit Colors
- ★ Ear notching a pig
- ★ Livestock families (bull, cow, steer)
- ★ Different kinds of fabric
- ★ Different kinds of fabric
- Different kinds of fabric
- ★ How to read a care label
- ★ Different Hand stitches
- ★ How to measure for a pattern
- ★ Organizing a closet
- ★ Fashion Past, present, and Future
- ★ Cooking Utensils
- ★ How to read a food label
- ★ Food Pyramid
- ★ Different ways to store foods
- ★ How to measure food
- ★ Food safety tips
- Wool winding supplies
- Different phases of Ceramics
- My family tree
- Crafts
- Cultures- People around th world
- Camera Parts
- How to focus a photo
- Different Kinds of Cameras
- Camera History
- Bicycle parts
- How to properly hook a seatbelt
- Make cookies
- How to polish your shoes
- How to sort laundry
- How to model
- How to complete your outfit
- Beaded Bracelets
- My _____ Project
- William Allen White Award Books
- Insect Identification

Catchy Titles:

A title should catch the audience's attention. It can be a play on words, a question, or something to leave the audience wanting to hear what you have to talk about.

You should ALWAYS have a Title Poster!

Where's the Beef? (Beef cuts, body parts, etc)

And The Winner Is...
(reading awards-
Caldecott, William Allen
White)

Press as you Sew and Win
the Show (clothing demo)

What's Bugging You?
(entomology)

Here a tree, There a tree
(forestry)

Right on target (Shooting
Sports)

The Catch of the Day
(Sports fishing)

Buttons, Buttons, Buttons
(Clothing or Computer
Technology)

Birds of a Feather Flock
Together (Wildlife -birds)

Got Milk? (Nutrition)

The Purrr-fect Pet (Cat)

'Tis the Season (foods,
holiday craft, gardening,
etc)

Note Cards:

Please do not write out your entire speech. Use an outline form.

1. Introduction

- A. Have you ever wondered where Hamburger comes from?
- B. Introduce myself
- C. Today I am going to share.....

2. Body

A. Beef Cuts

a. The wholesale cuts or primal cuts

- 1. Round
- 2. Loin
- 3. Rib
- 4. Chuck
- 5. Fore Shank and Brisket
- 6. Flank
- 7. Short Plate

b. Others

- 1. Ground beef
- 2. Cube steak
- 3. Cubes for stew and kabobs

B. Shopping for meat cuts

- a. Retail cuts
- b. Price
- c. Date

C. Carcass Grades

- a. Prime
- b. Choice
- c. Select
- d. Standard
- e. Utility

D. By products

- a. Waste products
 - 1. Hide
 - 2. Bones
 - 3. Hair
 - 4. Fats
- b. List by products

3. Conclusion:

- Recap your talk, rename your beef cuts, hit the outlined items.
- Ask for questions
- Talk to the judge

Number your note cards in the upper right hand corner to keep them in order.

4-H Day Guidelines

Presentations (# that can go to Regional)	Ages (before Jan. 1, 2019)	Maximum Time or Required numbers
Project Talk(2)	7-12 years of age	7 minutes
Public Speaking (2)	13 and older	15 minutes
Extemporaneous Speaking (2)	13 and older	7 minutes
Demonstrations and Illustrated Talks (2 in each age division)	Jr. Division 7-12 years Sr. Division 13 and older	10 minutes 15 minutes
ARI - application, resume and interview. (1)	Sr. Division (13 and older)	approx. 10 minute interview
Show and Share (county only)	7-10 years old	5 minutes
Parliamentary Procedure		
Model Meetings (1)	If a club would like to present a meeting, we will work it in!	35 minutes
Gavel Games (1)	All ages	30 minutes
Talent and Music		
Vocal Ensemble (1)	At least 2 - any number of members	2 numbers
Vocal Solo (1)	All ages	1 number
Instrumental Ensemble (1)	At least 2- any number of members	2 numbers
Instrumental Solo (1)	All ages	1 number
Piano Solo (1)	All ages	1 number
Folk Dance (1) (Polka, Schottische, Step, etc.)	1- any number of members	5 minutes
Other Dance (1) (Tap, ballet, modern, etc.)	1-any number of members	5 minutes
Skit-Creative Dramatics(1)	Any number of members	max of 15 minutes
Reading (1 Jr. & 1 Sr.)	1 4-H member - Jr. age 7-12 1 4-H member - Sr. age 13 and older	5 minutes
Novelty or Stunt (1) (Puppets, Magic Acts, Ventriloquist, etc.)	Any number of members	max. of 5 minutes

4-H Day Guidelines:

The following are guidelines for 4-H Day participation. These guidelines along with the scorecards will be used by the judges. Age divisions are Juniors 7-12 years old and Seniors are 13 & older, before Jan. 1, 2019.

PRESENTATIONS

Show and Tell - Participation ribbons only

- ◆ For first and second year members, usually 7-10 years of age. Cloverbud members may participate in this level.
- ◆ 1-3 minutes with a maximum of 5 minutes
- ◆ Can be on any topic or item.

Project Talks – Junior

- ◆ For 4-Hers 7-12 years old.
- ◆ Time: recommend 3-5 minutes, 7 minutes maximum.
- ◆ Members tell **about** their project experience and do not tell or show “**how**”, as in demonstrations.
- ◆ Visuals may or may not be used.
- ◆ Members do not have to ask the judge for questions.
- ◆ Ask for the “4-H Project Talks” handout at the Extension Office.

Demonstration and Illustrated Talks - Junior and Senior

- ◆ A demonstration involves doing or making something, while giving the explanation. It uses actual items, supplies and equipment. There is usually a finished product.
- ◆ Illustrated talks are presentations that tells how something is done. With an illustrated talk you show pictures, charts, models equipment and other visuals. The purpose is to teach.
- ◆ Junior– time is recommended 4-7 minutes, maximum 10 minutes.
- ◆ Senior– time is recommended 7-10 minutes maximum 15 minutes.
- ◆ Can be individual or team presentations.
- ◆ All necessary equipment provided by 4-Her.
- ◆ Questions asked by the judge.
- ◆ Look for more info at: www.kansas4h.org

Public Speaking – Senior

- ◆ For 4-Hers 13 years and older.
- ◆ Time: recommend 7-12 minutes, 15 minutes maximum.
- ◆ Topic may be of interest to 4-Her. Not limited to 4-H projects.
- ◆ Outline **required** for judge. (Judge will deduct one ribbon if outline is not available.)

Extemporaneous Speaking

- ◆ For senior members 13 and older.
- ◆ Youth must draw 10 minutes prior to speech.
- ◆ Only the youth competing may be in the preparation room while the speech is written.
- ◆ 10 minute maximum time limit to speak.
- ◆ All topics will pertain to 4-H or general life.
- ◆ Notes may be made on one note card.

ARI - Application, Resume and Interview

- ◆ Application completed
- ◆ Contact 3 people to be a reference for you.
- ◆ Resume completed
- ◆ Turn in Application and Resume by Feb 20.
- ◆ Interview conducted at 4-H Day
- ◆ Bring a copy of your resume to the interview

MUSIC

It is recommended that selections be memorized.

Vocal Solo

- ◆ Participant will sing one selection.
- ◆ Original copy of selection, with measures numbered, will be given to judge before performance.
- ◆ Accompanist need not be a 4-H member.

Piano Solo or Duet

- ◆ Play one number
- ◆ Original copy of selection, with measures numbered, will be given to the judges before performing.

Vocal Ensemble or Duet

- ◆ Group may be composed of 2-16 or more members (not including accompanist).
- ◆ Each group **MUST** sing 2 numbers of their choice
- ◆ Original copy of selections, with measures numbered, will be given to judges before performance.
- ◆ A director and accompanist need not be a 4-H member, but those singing must be.

Instrumental Solo

- ◆ Participant will play one composed solo number.
- ◆ Original copy of selection, with the measures numbered, will be given to judges before performance.
- ◆ Accompanist need not be a 4-Her.

Instrumental Ensemble

- ◆ Group may be composed of 2 or more members. Member may be from one or more clubs.
- ◆ Group will play 2 numbers
- ◆ Original copy of selections, with measures numbered, will be given to judges before performance.
- ◆ Accompanist need not be a 4-Her.
- ◆ The instrumentation should include only recognized instruments of the band or orchestra.
- ◆ It is recommended that selections be memorized.

DANCE

- ◆ Dance may be done as an individual or as a group.
- ◆ The kind of music is the choice of the group.
- ◆ A recording or live music may be used.
- ◆ 1 dance with a maximum of 5 minutes performing time.

Folk Dance

(Circle dance, polka, schottische done by one to six couples) or any number or members.

Other Dance (Tap, ballet, acrobatic, etc.)

DRAMA

Play/Skit/Creative Dramatics

- ◆ Designed as **original** plays or skits.
- ◆ Individual or a group
- ◆ Maximum time of 20 minutes.

Reading - Junior and Senior

- ◆ Musical, interpretive, humorous, etc.
- ◆ Only one reading. Maximum time of 5 minutes
- ◆ Need not be memorized. Can be "read".

Novelty or Stunt

- ◆ Miscellaneous grouping: novelty, stunts, pantomime, puppets, marionettes, ventriloquist acts, jump rope routine, etc.
- ◆ Individual or group.
- ◆ Maximum time of 5 minutes.

MODEL MEETING/GAVEL GAMES

Model Meeting -

- ◆ Used as a device for teaching 4-Her's the proper meeting procedures.
- ◆ 35 minute time limit (time does not include roll call)
- ◆ an agenda is to be given to the judge before the meeting starts.
- ◆ secretary's notes are to be handed in following the presentation (do not need to be formal minutes).

Gavel Games

- ◆ Gavel games serve as an alternate to the model meeting for the 4-H clubs interested in promoting parliamentary procedure.
- ◆ The contest will consist of teams of four or five members President, Vice President, Secretary, and Treasurer and a member. (This can be any 4-H member. It does not need to be your club officers).
- ◆ Gavel games is the business part of the meeting.
- ◆ An oral presentation of a meeting agenda plus a short written exam on parliamentary procedure is scored.
- ◆ Participants will draw for an office and draw for one parliamentary procedure problem.

Barton County 4-H Day Entry Form - DUE by Feb 8th
4-H Day is SUNDAY, Feb 24, 2019 at Hoisington High School

Individual Events

Name _____
Age before Jan. 1, 2019 _____
Phone _____

I plan to enter the following events:

Presentations

- _____ Show and Share (age 7-10)
(Participation ribbon awarded)
- _____ Project Talk (age 7-12)
- _____ Jr Demonstration or Illustrated Talk
(age 7-12)
- _____ Sr. Demonstration or Illustrated Talk
(age 13 and older)
- _____ Public Speaking (age 13 and older)
- _____ Extemporaneous Speaking (13 and older)
- _____ ARI -Application, Resume and Interview
(age 13 and older)

Music

- _____ Piano Solo (all ages)
- _____ Vocal Solo (all ages)
- _____ Instrumental Solo (all ages)

Talent

- _____ Other Dance
- _____ Skit or Creative Dramatics
- _____ Reading - Jr. (age 7-12)
- _____ Reading - Sr. (age 13 and older)
- _____ Novelty or Stunt

Please list scheduling requests below:

Group Event

For scheduling purposes, list names of all those participating in an event. Group events should be entered by only one person from the club. Check with the person(s) you are participating with and make sure someone gets the entry in on time (February 8th)

Parliamentary Procedure

- _____ Model Meeting - Club _____
- _____ Gavel Games (4 - 5 participants)

Music

- _____ Vocal Ensemble
(2 or more members)

- _____ Instrumental Ensemble
(2 or more members)

Talent

- _____ Folk Dance (1 to any number of members)

- _____ Other Dance (1 to any number of members)

- _____ Skit/Creative Dramatics (any number)

- _____ Novelty or Stunt (any number)

DOOR MONITOR

- _____ Yes, I would like to help by serving as a door monitor at 4-H Day.