



# FROM "A TO Z"



## 130 4-H IDEAS

- \* **ACTION AMBASSADORS** - select club members to serve as hosts and hostesses for local parent-teacher organization, serve as tour guides for open house, or assist teachers with various school functions.
- \* **ADOPT A** - club adopts a local group and conducts activities monthly; suggested groups are nursing homes, pediatric unit of a local hospital, child care centers, homeless shelters, etc.
- \* **ARBOR DAY** - conduct a tree planting ceremony at your local school on the third Friday in January.
- \* **" AUTO " BUCKLE UP** - educational program on the importance of wearing safety belts while traveling; contact your local law enforcement agency for videos and additional information.
- \* **AWESOME 4-H'ER OF THE MONTH** - recognize a hard working 4-H member every month; award a certificate and coupon for free snack at school or free meal at local food establishment.
  
- \* **BABYSITTING WORKSHOP** - conduct a workshop on babysitter responsibilities, safety guidelines, play with children, guidelines for emergencies, behavior guidelines, and meal and snack preparation; involve a 4-H junior leader in teaching activities; the 4-H child development and family life project book are excellent resources.
- \* **BICYCLE SAFETY CLINIC** - program on safe riding and maintenance of bicycle.
- \* **BLOOD DRIVE** - sponsor a blood drive at your local school; members obtain names of possible donors; blood donor agencies may offer free blood plans for additional family members if some quotas are met; T-shirts may be offered to 4-H members.
- \* **BUDDY BEARS** - club members dress and donate "teddy bears" to be distributed to children recovering from surgery or who are critically ill; bears may also be donated to ambulance units or law enforcement officers to distribute to children they are helping in a time of crisis.
- \* **BULLETIN BOARD** - secure a hallway or cafeteria bulletin board to publicize your 4-H club activities.
  
- \* **CAMP SURVIVAL CLINIC** - campers and their parents learn the do's and don'ts for 4-H camp and what and how to pack for camp.
- \* **CAREER ACTION PLAN** - senior 4-H members identify and explore various career opportunities; invite guidance counselors and/or other professionals as guest speakers.
- \* **CAST FOR TRASH** - work cooperatively with local marinas to distribute trash bags to recreational boaters and fishermen to use in disposing trash; this activity can be conducted in conjunction with statewide beach sweep activities; trash returned can be weighed and recorded; contact local waste management for additional trash bins.
- \* **CLOSET CLEAN OUT** - clothing drive for local Salvation Army or Red Cross.
- \* **COATS FOR KIDS** - collect coats, jackets, and sweaters for needy children; contact local dry cleaning business for donation of cleaning services for items collected; coats may be distributed through school or other community agency.
  
- \* **DECK THE HALLS** - door decorating contest among school classrooms for every occasion (back to school, Halloween, Thanksgiving, Christmas, Mardi Gras, Valentine's Day, Easter, and end of school; best door classes are awarded popcorn, soft drink, or cool-pop party.
- \* **DEMO DO'S & DON'TS** - workshop on how to give a good demonstration.
- \* **DOLL DONATION** - club dress and donate toy dolls to charitable organization providing toys to needy children.
- \* **DRESS-UP DAYS** - sponsor various theme dress-up days throughout the school year (all students); examples: 50's day, freaky Friday, jogging suit day, camouflage day, green and white day, inside-out day, hat day, etc.

- \* **DROPOUT PREVENTION PROGRAM** - seminar for senior 4-H members; contact local school board for statistical information and speakers.
- \* **EARTH DAY** - conduct environmental awareness programs during the month of April; PSA's by club members.
- \* **ENERGY DAY** - work cooperatively with your local electric utility company; educational programs on energy conservation, safety and electricity, how electricity is generated and distributed, services provided by electric company, and career opportunities.
- \* **ENERGY PATROL** - club members monitor school facilities on wasteful use of electricity and poor energy conservation practices, members work with school personnel to correct problems and other areas of concern.
- \* **EVERYDAY ETIQUETTE** - workshop on good manners, telephone etiquette, table etiquette; involve junior leader working in personal development project.
- \* **EYEGGLASSES DONATION** - collect old eyeglasses and donate to local Lions Club or Foundation.
- \* **FALL FANTASIA** - sponsor a fall festival of fun activities to celebrate the season.
- \* **FARM DAY** - students dress in farm clothes; livestock project members exhibit their animals and conduct an educational program about each animal.
- \* **FILE A COMPLAINT** - this activity can be used as a fund raiser in which members and other students pay a small fee (5-10 cents) to complain about a teacher or something in the school.
- \* **FIRST AID CLINIC** - contact your local American Red Cross for an instructor to conduct basic first aid classes for members and/or students.
- \* **FUN DAY** - club sponsors a day of relay races and other fun games for 4-H members and their parents; families bring picnic lunches.
- \* **GARDENS GALORE** - secure a spot in the school yard where members can plant and maintain a vegetable garden; harvested vegetables can be sold to teachers and other school faculty or conduct a bi-weekly farmers market before school to allow parents to purchase vegetables.
- \* **GENERAL STORE** - stock your 4-H general store with 4-H supplies (National 4-H Supply Catalog), buttons, pencils, note cards, record book covers, etc.; sales people record and maintain inventory, manage money, stock shelves, conduct special sales.
- \* **GLOBAL PATROL** - members identify ways to help the environment at their homes and/or school; members select a global project to conduct monthly.
- \* **GO FOR THE GOAL** - goal setting activity for junior and senior high members focusing on short, mid, and long term goals in 4-H projects, education, and careers.
- \* **GROCERY DRIVE** - this is not just an ordinary food drive, however, non-perishable food items are accepted; encourage members to donate ordinary household supplies such as detergents, cleaning products, toilet paper, soap, shampoo, and any other products that are non-perishable; these are items which needy families can not purchase with food stamps but still need desperately.
- \* **HEALTH FAIR** - secure doctors, dentists, fitness instructor, dietician, and other health professionals to set up booths or exhibits related to good health; activities could also include blood pressure checks, eye examinations, fitness classes.
- \* **HEARTFEST** - the American Heart Association and the LCES sponsor HEARTFEST in late September or early October; members can display nutrition posters in the school cafeteria and can distribute nutrition information to teachers; sponsor a HEARTFEST school lunch.
- \* **HOLIDAY T-SHIRT WORKSHOPS** - materials needed for this workshop include T-shirts, paints, fabrics, decorative trims, fusible webbing, irons, ironing boards, and T-shirt decorating boards; charge a fee or secure donations for this workshop; allow 2 hours per 20 4-H members; secure leader guidance.
- \* **HOMEROOM REPRESENTATIVES** - select an active 4-H member to remind 4-H members in their homeroom about upcoming activities, distribute newsletter, and meet with 4-H leader for periodic short meetings.
- \* **HOW TO** - secure a 4-H member to give a project talk or short demonstration during a club meeting.

- \* **INCREDIBLE 4-H SPIRIT AWARD** - award a 4-H spirit stick for the classroom or grade level displaying the most 4-H spirit during the club meeting and/or during the month.
- \* **INFANT NEEDS DRIVE** - collect infant supplies (diapers, baby food and formula, grooming supplies, etc.) and donate to local children's home, abuse shelter, or agency providing assistance to families with young children.
- \* **INSTALLATION CEREMONY** - recognize 4-H officers by conducting an installation ceremony; the 4-H leaders' guide contains a ceremony.
- \* **INTRODUCE BOOKS TO OTHERS** - conduct a children's book drive and donate books to local health units, child care centers, doctor's offices, etc.; great literacy program.
- \* **IT'S JUST NOT SAFE** - anti-smoking and anti-drug program.
  
- \* **JACK-O-LANTERN PAINTING CONTEST** - members paint pumpkins, judges determine awards, and painted jack-o-lanterns are sold.
- \* **JUMP FOR \_\_\_\_\_** - jump rope for 4-H or your favorite charitable organization; members secure donations for time spent jumping or number of times jumped.
- \* **JUNIOR HIGH JUMP** - one-day workshop for 12-13 year old 4-H members; fun and educational activities are designed for their age.
- \* **JUNK TO TREASURE** - workshop on using recyclable items for home decoration, jewelry, gift ideas, refinishing furniture.
- \* **JUST KIDS AT ART** - 4-H members sponsor face or hand painting booth during local school festival or parish fair.
  
- \* **KALEIDOSCOPE** - promotion of student achievements in academics, club work, band, athletics, and other student activities; this activity is conducted parishwide.
- \* **KICK OFF FOR 4-H** - enrollment drive conducted to the theme of football; cheerleaders, tickets (enrollment cards), pep rallies, poster parties and displays are a must!!!
- \* **KINDERGARTEN HELPERS** - 4-H members read books or conduct simple games for preschoolers in the school.
- \* **KING CAKE SALE** - sell tickets for a slice of King Cake during the Mardi Gras season; order enough King Cakes or one large one and whoever finds the baby receives an extra special Mardi Gras surprise.
- \* **KITCHEN HAZARD HUNT** - conduct a program on kitchen safety; members identify unsafe conditions in their own home kitchens.
- \* **LABEL COLLECTION** - contact local grocery stores for information on types of food labels which can be collected for cash or school equipment.
- \* **LIBRARY EXHIBITS** - promote 4-H through local library exhibits.
- \* **LIVESTOCK PROJECT DAY** -livestock project members conduct demonstrations or exhibits about their livestock projects.
- \* **LOOK YOUR BEST** - workshop on dressing for and participating in a job interview.
- \* **LOVE AND LOLLIPOPS** - buy a lollipop Valentine to send to your best friend or secret pal; Valentines are delivered to students on Valentine's Day by 4-H members.
  
- \* **M IS FOR ME** - self-esteem program; members identify positive qualities in themselves.
- \* **MARDI GRAS SPIRIT PARADE** - 4-H members conduct an in-school Mardi Gras parade with beads and wagon floats for preschool students.
- \* **MEET THE BANK** - program on money management - allowances, budgeting, saving, and opening a savings account.
- \* **MONSTER BASH** - Halloween party with costumes, haunted house, and games.
- \* **MR. AND MS. 4-H** - clover crowning or pinning of outstanding male and female 4-H'er.
  
- \* **NATURE WALK** - members take nature walk in the school yard and identify plants, birds, animal habitats, etc.
- \* **NIFTY FIFTIES DANCE** - oldies but goodies is the type of music for this dance; costumes are a must; the admission fee can be one non-perishable food item.
- \* **1993-94 SURVIVAL GUIDE** - guide of annual 4-H activities and leader or officer resources.
- \* **NOW YOU SEE IT! NOW YOU DON'T** - environmental program on Louisiana's disappearing

coastline.

- \* **NUTRITION PYRAMID FOR HEALTHY 4-H'ERS** - program on the new Food Guide Pyramid.
- \* **O-REALLY!!!** - exercise and fitness program; exercises are conducted in which the body or two people form O's.
- \* **O-SCENT-SATIONS** - identify 4-H projects by smelling activities; place project related item in a paper bag or cover up; members identify projects by smelling, use your imagination.
- \* **OFFICER TRAINING** - workshop on officer responsibilities, parliamentary procedure, responsibilities of being a committee chairman.
- \* **OPPORTUNITY KNOCKS** - exhibit on 4-H opportunities.
- \* **ORGANIZE YOUR TIME** - senior 4-H program on the efficient use of time management tools.
  
- \* **PARENTS TO KIDS** - involving 4-H parents as project leaders and volunteers.
- \* **PARTNERS IN 4-H** - recruit support from local banks and businesses for 4-H programs and awards.
- \* **PENNY DRIVE** - collect pennies only for 4-H or for your favorite charity.
- \* **PICTURE PERFECT** - photography workshop on how to take good pictures, care of camera equipment, and how to organize photos and negatives; great project for senior photography project member.
- \* **PROJECT DAY** - junior and senior 4-H members conduct project workshops for elementary 4-H club members.
  
- \* **QUACK! QUACK! QUACK! WILDLIFE SEARCH** - members identify and learn about wildlife species in Louisiana.
- \* **QUAKES, QUIVERS, AND THINGS THAT GO BUMP IN THE NIGHT** - emergency preparedness for natural disasters.
- \* **QUARTERBACK CLUB** - 4-H and athletics - being active in both.
- \* **QUIET AND LOUD** - identify agriculture and fisheries commodities in Louisiana by sounds.
- \* **QUILT** - fundraiser to sell chances on a quilt done in the "4-H quilt" pattern.
  
- \* **R & R** - leader recognition and relaxation.
- \* **RECYCLE ART CONTEST** - only recyclable items can be used in this creative activity; you'll be surprised at the genuine works of art.
- \* **RECYCLE RTW** - program on how to embellish ready-to-wear clothes for a different look.
- \* **RECYCLING PROJECT** - start a recycle center at your local school or in your neighborhood.
- \* **RESUMES AND MORE** - senior 4-H program on resume' writing, identifying job skills, and completing a job application.
  
- \* **SCHOOL SAFETY GUARDS** - members monitor students as they get on and off school buses.
- \* **SECRET PALS** - members adopt a secret pal (4-H member or teacher) and surprise their pal with special messages, birthday cards, or small gifts.
- \* **SENIOR CITIZENS' LUNCHEON** - members prepare a nutritious meal and invite local needy senior citizens; contact your local Council on Aging.
- \* **SPRING PLANTING** - beautification project for school or community.
- \* **SUMMER SAFETY PROGRAM** - educational program on summer safety tips.
  
- \* **TAKE A CHANCE ON \_\_\_\_\_** - sell chances on any donated items for an easy fundraiser.
- \* **TIP-TOP** - parish award for outstanding 4-H members.
- \* **TOY DRIVE** - collect old toys and allow 4-H members to clean and recondition them; donate to local charitable organizations for distribution to needy families.
- \* **TRASH BASH** - conduct a monthly trash bash/clean-up on school grounds.
- \* **T-RIFFIC TREE ID** - activity to identify and learn about native Louisiana trees.
  
- \* **U-B-1-2** - membership drive for 4-H.

- \* **U-GOT THE LOOK** - good grooming workshop.
- \* **UNDERSTANDING GOVERNMENT** - invite local government officials for a panel discussion and to explore how your local government works.
- \* **UP, UNDER, AND UPSIDE DOWN** - icebreaker activity in which 4-H members hunt for the unusual at a club meeting.
- \* **URBAN 4-H PROJECTS** - exploring 4-H projects for " city kids. "
  
- \* **VEGETABLE VIBES** - selection, nutrition, and storing of fresh vegetables.
- \* **VETERAN'S DAY** - members conduct a special ceremony to honor veterans; members invite veterans they know to be honored at the ceremony.
- \* **VETS AND PETS** - clinic on how to take care of your pet (grooming, feeding, exercising, etc.); invite local veterinarians to conduct clinics on different types of pets.
- \* **VIDEO LIBRARY** - establish a video library on 4-H projects and activities.
- \* **VOICE YOUR OPINION** - writing letters to government officials.
  
- \* **WARDROBE WONDERS** - wardrobe planning and inventory; coordinating accessories.
- \* **WINTER FESTIVAL** - sponsor a winter festival of fun indoor activities.
- \* **WISE TO ENERGIZE** - energy conservation tips and practices.
- \* **WOMEN'S SHELTER** - donate grooming articles to local shelter for abused women.
- \* **WREATH CONTEST** - sponsor a wreath decorating contest among 4-H members; members use horticultural materials and/or recyclable items to decorate wreaths; wreaths are donated to local senior citizen centers or nursing homes.
  
- \* **X-AMPLE DAY** - members bring an example of a completed 4-H project or activity to a 4-H meeting.
- \* **X-CELLENT CLUB MEETING AWARD** - recognize club officers or entire club for outstanding club meeting.
- \* **X MARKS THE SPOT** - supply clues for a 4-H treasure hunt or scavenger hunt.
- \* **X-PLORING** - target a specific topic or 4-H project area to investigate and explore throughout the month.
- \* **X-TRA! X-TRA! READ ALL ABOUT IT!** - establish a 4-H news column or newspaper at your local school.
  
- \* **Y IT'S YOU** - self esteem program to identify positive skills and qualities.
- \* **YARD-SCAPING** - beautification projects for the home and school.
- \* **YOU BE THE JUDGE** - 4-H judging contests for project areas (plant science, horticulture, livestock, poultry, meat identification).
- \* **YOUNG EXPLORERS** - introduction to 4-H to third grade students.
- \* **YOUTH QUAKE** - 4-H Rally Day!
  
- \* **ZERO HOUR** - final preparations for 4-H Achievement Day.
- \* **ZIP-ZAP-ZING!** - workshop/clinic on the importance of beginning, following through, and completing a 4-H project.
- \* **ZONE 4-H** - 4-H corner in classroom or school library.
- \* **ZOO MOBILE** - petting zoo of farm animals and pets.
- \* **ZOOM & ZANY** - be creative and let your imagination and club needs be your guide in developing other 4-H program ideas!

A compilation of 4-H programs and ideas from past and present 4-H leaders, 4-H junior leaders, and 4-H agents in Terrebonne Parish.

MADE AVAILABLE BY:

**SHANEY HILL & ROBIN WALKER  
4-H YOUTH DEVELOPMENT  
TERREBONNE PARISH**

