

## **DEPT B – EXPRESS YOURSELF / COMMUNICATIONS**

Judge: Dee Morrison

\*Indicates no State Fair class

Educational resources for youth taking the “Express Yourself” project can be found at:

<http://4h.unl.edu/web/4hcurriculum/communications>

### **Picking Up the Pieces – Level 1**

\*B-153-901      Now Hear This – Digitally record (using audio and/or video) yourself reading a children’s book. Give the digital recording to a younger person in your community and watch them listen/view the recording of the book. Create an exhibit that displays the digital recording, a summary of what you learned by watching the child listen/view your recording, and other ways you can use communication skills to help young children.

\*B-153-902      Follow My Lead – Make a set of directions to a place in your community (school, church, meeting place, etc.). Work with community leaders or other officials to share these directions with those who they would help. Create an exhibit that displays the directions, where the directions are being shared, and how the directions benefit your community.

\*B-153-903      Simple Symbols – Design a new symbol or logo that would communicate a specific message to others in your 4-H clubs, school, or community. Propose the use of this symbol to the leaders of the group. Create an exhibit that highlights the new symbol, explains the symbols meaning, and shares how the symbol will be used.

\*B-153-904      Symbol Scrapbook – Photograph 10 symbols and include in a scrapbook that shares where the symbol was observed, what this symbol communicates, and others places where this symbol might be observed.

\*B-153-905      Storyboard a 4-H Project – Create a storyboard that explains the steps that were completed from the beginning to the end of a 4-H project that was previously completed in another area.

\*B-153-906      Communication Game – Create a quiz game for your family or 4-H club members by selecting topic categories, writing and answering questions within these categories, and assigning point values to each question. Place this information on 3” x 5” index cards and display quiz game on a poster board. Explain how this game could be used and its purpose.

\*B-153-907      Caring Correspondence – Create a formal or informal letter, e-mail, or note that shows how much you care, such as a letter of appreciation, a thank you note, or a friendship card.

### **Putting It Together – Level 2**

B-154-1            Me As a Mentor – Serve as a mentor for a younger person in your family, school, church, club, library, or community. Keep an Activity Log of what you and your mentee do together and how you communicate. Create an exhibit that includes the Activity Log, your thoughts about the relationship you have developed with the young person, and how you plan to support him/her in the future.

B-154-2            4-H Community Service Press Release (SF 95) – Write and distribute a press release about a recent or upcoming community service project completed by you or your 4-H club to your local media

(newspaper, radio station, community newsletter, etc.). Create an exhibit that includes the press release, an example of how the media distributed the information in the press release, a summary about your experiences in writing and distributing the press release, and how you can use press releases to share information about future community service projects.

### **The Perfect Fit – Level 3**

B-154-3            My Political Platform – Select a 4-H, school, or community office that is of interest to you. Research the responsibilities related to the office and determine what public issues and needs are currently being addressed. Use this information to help you outline a possible platform if you were to run for the office. Create an exhibit that shares what you found through your research, the possible platform you would use, why you chose the issues that are focused on in your platform, and how you would share this platform with voters.

B-154-4            Current Event Interview – Select a current event in your community, county, state, or country. Select five people who are different from each other (age, gender, nationality, economic standing, etc.) and interview them about their thoughts, reactions, and opinions toward the current event. Create an exhibit that describes the similarities and differences of their views about the current events; also share what you learned by completing the interviews.

B-154-5            Career Exploration Experience – Complete a career exploration experience (job shadowing, interview, mentor experience, etc.) for a potential career field that is of interest to you. Create an exhibit that displays what you learned, the skills required for the career, the type of demand there is for the career, and how you could prepare yourself to someday find a career in this field.

B-154-6            Non-Profit Advertisement Design – Locate a non-profit organization in your community. Interview those who work, volunteer, and use the services of the organization to learn what they would like others to know about the organization. Design an advertisement tool (flyer, brochure, poster, video, display, web page, etc.) that can be used by the organization. Create an exhibit that includes the advertisement design, how it could be used by the organization, and how it will relate to those who view it.