4-H Project Books

4-H helps youth learn and develop life skills. Club programs let youth learn together and project books provide individual learning. Project books are similar to a report that a child would turn-in at the end of the year to show what they learned and did in a certain area and their activities in 4-H. You can do a project book on almost any topic!

If you are not sure where to start or new to 4-H, you may want to start by selecting a project guide book to guide your learning. Below is a list of project guides available for purchase at the Extension Center. You can also order other topics through National 4-H Supply at http://www.4-hmall.org. The cost per book is generally a few dollars.

Catawba County 4-H’ers are awarded clover dollars for completing project books and then may use the clover dollars to participate in other 4-H activities of their choice!

If you want some help getting started or have questions, call the Extension Office and talk to your 4-H leader. Look forward to seeing your completed project book!

Discovering 4-H

New to 4-H? These project books let you sample activities from different curriculum areas to explore different interests and learn more about 4-H.

- Treasures of 4-H
- Exploring the Treasures of 4-H

Cloverbuds – Ages 5-8 year olds

- Bug-Out 1 and 2
- Birds 1 and 2
- Clothing 1 and 2
- Community Unity 1 and 2

Communication and Expressive Arts

- Show and Tell (5-8 year olds)
- Photography -
  1. Focus on Photography
  2. Controlling the Image
- Adventures with your Camera A and B
- Woodworking
  1. Measuring Up (out of stock)
  2. Making the Cut
  3. Nailing it Together
  4. Finishing Up
- Discovering Communication and Expressive Arts

- Theatre Arts – Act 1, 2, 3, and 4
  1. Journey Into Imagination
  2. Soaring into Action
  3. Quest for Expression
  4. Voyaging Beyond
- Visual Arts and Crafts: Sketchbook Crossroads
- Communications
  1. Picking up the Pieces
  2. Putting it Together
  3. The Perfect Fit
Environmental and Earth Education

- Issues Investigations
  1. The Three Little Pigs Investigate Climate Change
  2. Goldilocks and Three Bears Investigate Climate Change
- Entomology
  1. Creepy Crawlers
  2. What is Bugging You
- Fishing
  1. Take the Bait (out of stock)
  2. Reel in the Fun
- Curious about Water
- CATCH Aquatic Resources
- Soil and Water in NC
- Forest of Fun
  1. Follow the Path
  2. Reach for the Canopy
- Exploring your Environment: Earth’s Capacity
- Exploring your Environment Eco System Services
- Outdoor Adventures
  1. Hiking Trails
  2. Camping Adventures
  3. Backpacking Expeditions

Animals

- Discovering Cats and Dogs
- Pet Pals
- Cat
  1. Purrfect Pals
  2. Climbing Up
- Dog
  1. Wiggles and Waggles
  2. Canine Connection
- Dog: Fido Friend or Foe (ages 5-8)
- Vet Science
  1. Airedales to Zebras
  2. All Systems Go
- Rabbit
  1. What’s Hoppening
  2. Making Tracks
  3. All Ears
- Livestock – Here’s the Beef
- Livestock Beef Heifer
- Livestock Dairy Levels 1, 2, and 3
- Horse
  1. Giddy Up and Go
  2. Head Heart and Hooves (out of stock)
  3. Blazing Trails
- Sheep
  1. Lambs, Rams and You
  2. Sheer Delight
  3. Leading the Flock
- Goat
  1. Getting your Goat
  2. Meat Goat: Just Browsing
- Exploring Farm Animals for 5-8 year old (leader guide)
Discovering Citizenship and Civic Education

- Exploring our Food Heritage
- Agents of Change: Service Learning

Family and Consumer Sciences

- Discovering Family and Consumer Sciences
- Celebrating Generations
- Babysitting Beginnings
- When I am in Charge
- Consumer Savvy
  1. Consumer In Me
  2. Consumer Wise
- Money Fun-damentals
- Money Moves
- Sewing Expressions
  1. Under Construction
  2. Fashion Forward
  3. Refine Design
- Sew Much More
- Managing Choice: Clothing Decisions

Science and Technology

- Discovering Science and Technology
- Aerospace Adventure
  1. Pre-Flight
  2. Lift Off
  3. Reaching New Heights
- Small Engines
  1. Crank It Up
  2. Warm It Up
- Energy Links
- Power of Wind
- Food Science: What’s on Your Plate
- Electricity
  1. Magic of Electricity
  2. Investigating Electricity
  3. Wired for Power
  4. Entering Electronics
- Embryology 1 and 2
- Computer Mysteries
  1. Booting Up
  2. Adding On
- Computer: Inside the Box 1
- Sci-Fi: The Science of Fibers
- Food Science
- Magic School Bus (5-8 year olds)
Plant Science

- Gardening
  1. See them Sprout
  2. Let’s Get Growing
  3. Take Your Pick
  4. Growing Profits
- Gifts of Gold: Seeds, Stalks and Science

Discovering Personal Development and Leadership

- Growing Series
  1. Growing on My Own (6-8 year old)
  2. Growing All Together
  3. Growing with Others
  4. Growing in Communities
- My Leadership Workbooks 1, 2, and 3
- Workforce Readiness: Take 1

Healthy Living

- Munchy Adventures (7-10 year old)
- Steps to Health (ages 7-9)
- Chef in Me (ages 5-8)
- Staying Healthy
- What’s Your Handicap
- Bicycle Adventures 2
- Foodworks
- Cycle Carolina
- First-Aid in Action
- Heath A: Discovering Myself
- Celebrating Health: 9-10 Health
- Health B: Fun with Friends
- Keeping Fit
- Foods and Nutrition Series
- Fitness Frames
- Now You’re Cooking
  1. Discovering Health Lifestyles
  2. Six Easy Bites
  3. Tasty Tidbits
  4. You’re the Chef
- Microwave Magic
  1. Bag of Tricks
  2. Micro Magicians
  3. Amazing Rays
  4. Presto Meals
**Project Book Timeline**

- **Early January** - Project books due to the Extension Office.
- **February** – County Awards Program with announcement of county winners.
- **April** – County winning project books judged on the district level.
- **May/June** – Announcement of district project book winners. District winners receive $50!

**10 Reasons to Complete a Project Book**

1. Clover Cash & Awards
2. Learn New Things and Explore Areas of Interests
3. Something you can always look back at and see how much you have grown and remember your time in 4-H.*
4. Fundamental part of 4-H
5. Stepping Stone to Excellence - shows you are willing to do more than just the minimum
6. Sense of Accomplishment
7. Improves Skills in Writing, Record Keeping, and Organization.
8. A time to make connections: A place to stay focused, organized, and attention to details in a busy life.*
9. Challenges You to Set Goals
10. Leads to more wonderful 4-H Opportunities, such as college scholarships, national 4-H trips, Electric Congress, and more

*Quotes from 4-H Alumni

**Your Finished Project Book**

Put the following in a report folder or small notebook and turn-in at the Extension Office.

1. 4-H Report Form - available at Extension Office or www.nc4h.org
2. Project Guide Book (if you used one)
3. 4-H Story
4. Project pictures or drawings or other creative items