



Looking Good, Feeling Great Member Booklet

Name: _____ **Club:** _____ **Age:** _____

When you feel great, you look good, and if you look good, you feel great. That's what this 4-H project is all about! Get motivated and put your best foot forward, be inspired, learn about your strengths and how to make the best of them. This project can be studied individually, but is certainly more fun if taken together with friends and/or fellow 4-H'ers. Explore topics, such as, steps to better communication, wardrobe, skin care, aromatherapy, yoga, art and whatever else you feel can help you on your personal development journey!

Project Completion Requirements (PCR)

Project Items & Record Pages

- Complete at least five (5) project activities (including the Required Exhibition Item - see below)
- Display any tangible items at Achievement Day. (this may not apply to all activities)
- Documentation of Project Activities
- Member Guide (*with completed member reflection pages*)

**Please make sure that ALL PCR's are completed and present at the Club Achievement Day.
Resource material (including patterns) is available from the 4-H PEI Office**

Exhibition Requirements

One piece of Inspirational Art to be created on wood, paper, canvas, fabric or other media form. This item can be in a frame, but the frame must not be bigger than 11 x 14.

- ***Although the group may do activities together, project members are expected to document & display their own project/activity items at Achievement Day.***

Members are strongly encouraged to participate in the 4-H Classes at PEI Fairs & Exhibitions.

Please check with your Project Leader or visit www.pei4h for more Exhibition information.

4-H Year Completion

In order to complete the 4-H year members are required to:

- Complete the PCR's (Project Completion Requirements) as outlined above
- Complete a **Communication** Project
- Complete a **Community Service** Activity
- Complete an **Agriculture Awareness** Activity

4-H Judging

Judging is an important skill that you will use in 4-H and beyond. As a 4-H member, judging will help you develop important assessment skills, and with practice, you will learn to carefully **observe, evaluate, make decisions, communicate with confidence.**

Is Judging a requirement for THIS project?

Judging is not a requirement for **ALL** 4-H PEI projects, but you are encouraged participate in the practice whenever possible.

- When Judging is a requirement, it will be listed in the PCR's (Project Completion Requirements) on the front page of this member booklet. Members will need to fill out the score card below showing that the activity has been completed. The judging activity will be arranged by your project leader!
- When Judging is not a requirement, members and leaders may use the information and scorecard below for practice and learning. The skills learned from 4-H judging are used in everyday life situations, so it is always a useful skill to build!

Score Card for Judging

I place this class of: _____ in the order of _____
(Description - specify type of animals or items) (1st) (2nd) (3rd) (4th)

I place _____ over _____ because:

Reasons: _____

I place _____ over _____ because:

Reasons: _____

I place _____ over _____ because:

Reasons: _____

I place _____ at the bottom of this class because:

Reasons: _____

For these reasons, I place this class of: _____ in the order of _____
(1st) (2nd) (3rd) (4th)

4-H MEMBER OPPORTUNITY - Provincial 4-H Judging Competition (Annual Event)

This event is open to all members, ages 9-21, and offers a great opportunity to learn more about judging in a competitive atmosphere (Three age categories & cash prizes awarded to top members for their judging abilities). Senior members (17-21) also compete for the chance to join the **Maritime 4-H Judging Team** to compete at **Agribition** (Regina, SK) in November.



- **4-H Canada Learns** is a resource tool providing information on 4-H projects from different provinces. Check out www.4-h-learns.org/resources - keyword "judging" for resource documents that will help with developing and building your judging skills!
- **4-H PEI** is able to provide information to members and leaders on both livestock and non-livestock judging practices. Check with your 4-H Specialist for more information **AND** be sure to check out the 4-H PEI Judging Resource page at www.pei4h.ca/4-h-judging-resources

Member Reflection

As a 4-H member, you are encouraged to “Learn to Do by Doing” through hands-on activities. Keeping a record of your 4-H activities with this **Member Reflection** will provide helpful insight for you, your leader and the 4-H Specialist as to skills you have learned and projects you have completed throughout the 4-H year!



Skill Based Project: You are encouraged to work on skill development and completion of project requirements (with guidance from the project leader) throughout the 4-H year. Not every activity will have a tangible item (for display), but you are asked to share the activities and learnings in which you participate below...

Project Activity: _____

What I did: _____

What I learned: _____

What I liked: _____

Project Activity: _____

What I did: _____

What I learned: _____

What I liked: _____

Project Activity: _____

What I did: _____

What I learned: _____

What I liked: _____

Project Activity: _____

What I did: _____

What I learned: _____

What I liked: _____

Project Activity: _____

What I did: _____

What I learned: _____

What I liked: _____

(feel free to use more space if necessary!)

LEADER COMMENTS (optional): Leader observations can be helpful to you in future years with this and other 4-H projects. Be sure to ask your project leader if they would like to reflect on your 4-H year.

I am most impressed by... _____

I believe that you have learned... _____

In the future I encourage you to... _____

4-H Year Completion Checklist

In addition to completing a Skill Based 4-H project, members are also required to participate in Communications, at least **ONE** Ag. Awareness Activity and **ONE** Community Service Activity in order to complete the 4-H year.

Use the space provided to reflect on what you have learned through participation in these activities.

If this information has already been completed in another booklet, please indicate where it can be found:

My Communications Activity

- Speech
 Demonstration (Single)
 Demonstration (Team)
 Alternate Communications: _____

What I learned: _____

What I can work on: _____

Agriculture Awareness Activity

What did you do to complete this activity this year? (Either on your own or with your 4-H Club)

What area of Agriculture would you like to explore in the future?

Community Service Activity

What did you do to complete this activity this year? (Either on your own or with your 4-H Club)

What will you do in the future to give back to your community?

4-H PEI - Staff Comments (Optional)

Completion Requirements		Completion Notes
Skill Based Project		
Communications		
Ag. Awareness Activity		
Community Service Activity		