Virtual 4-H
My Memories
4-H Grows Here
A Time To Remember
2020
We are glad you participated in 8 Weeks of Virtual 4-H!

Over 8 weeks we have been able to learn and grow together in daily activities! Can you believe we have explored more than 20 4-H project possibilities?! We hope you will take some time to reflect on this period in history and the virtual time we have had together! What did you enjoy? What would you like to continue learning about in 4-H? Complete this journal to keep to remember Virtual 4-H and all you have learned and tried! For more information regarding our local 4-H programs contact:

Central Kansas District
Sarah E. Maass, Ph.D.
semaass@k-state.edu
785-309-5850

McPherson County
Lindsey M. Mueting
Lmueting@ksu.edu
620-241-1523
We pledge our head to clearer thinking. What is one thing you learned throughout these 8 weeks?

We pledge our heart to greater loyalty. How did you help, share, or reach out to someone else?

We pledge our hands to larger service. What was something new you tried?

We pledge our health to better living. What healthy lifestyle choices did you make?
My Club:

While in person events have been restricted, what ways has your 4-H club come together? Draw a picture of what your club looks like!

My Community:

Communities all over have come together to help reduce the spread of the COVID-19 Virus. Show how your community adapted during this time.
My Country:

During COVID-19 our nation has changed and adapted. Over the years, the 4-H program has changed and adapted too. The first 4-H Club in the United States started in 1902, and focused on farm and homemaker areas. Now, more than 100 years later, projects have expanded to many we have explored during these last 8 weeks. Do different states have different 4-H projects?

Pick one state and research to see if you can find their state’s 4-H project list. See any differences from your state?

What is a new 4-H project you would like to see offered in your state?

My World:

The COVID-19 Pandemic has touched lives worldwide. Did you know there are 4-H programs in more than 50 countries across our world?! Visit https://4-h.org/about/global-network to learn about 4-H in Africa!

One thing you learned?

One other place in the world you might like to learn about 4-H programs:
Belonging

Throughout these 8 weeks, we all belonged to the Virtual 4-H Group. What other groups do you belong to? How do these groups help you feel like you belong?

Mastery

Throughout these 8 weeks, we explored more than 20 different potential 4-H project areas! What project areas would you like to continue to explore and learn?

Independence

Throughout these 8 weeks, we learned new skills and activity ideas to try on our own. What skill do you feel confident practicing independently?

Generosity

Throughout these 8 weeks, we looked at ways we could help others through creating and writing cards to others and serving during 484H or other service events. What is another way you can show generosity?