

4-H COMMUNICATIONS PROJECT



Step It Up!

Here are some other project ideas for you to complete!

Are you Into It?

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Learn how you can become a better communicator!

- Practice and develop communication skills
- Interpret verbal and nonverbal messages
- Demonstrate effective written skills
- Demonstrate effective public speaking
- Use presentation aids to enhance quality of spoken communication

Communication

- Share your speech or demonstration with a local organization.
- Write a letter to someone.

Citizenship

- Develop a PSA for a local nonprofit organization.
- Organize a letter writing campaign to soldiers overseas.

Here are some project ideas!

Starting Out Basic/Level 1

- Practice interpreting nonverbal cues
- Create your own secret code using symbols
- Create a painting that communicates how you feel
- Practice being a good listener by playing the telephone game
- Lead a discussion at your family dinner
- Write a song
- Write a letter to a friend
- Tell someone how you feel

Learning More Intermediate/Level 2

- Give someone complete directions on how to make a sandwich
- Make a list of what makes a good listener
- Lead a discussion with your friends
- Practice internet etiquette
- Present oral reasons
- Write a PSA
- Plan and write a speech
- Present a speech to your family

Expanding Horizons Advanced/Level 3

- Put together a speech or demonstration
- Use presentation aids
- Overcoming stage fright
- Write a persuasive speech
- Write a campaign speech
- Perform a speech or demonstration in public
- Explore communication careers
- Write a resume and cover letter for a job
- Interview for a job

Leadership

- Run for a 4-H office.
- Teach a class on internet safety.
- Present a session at Teen Conference.

4-H is a community of young people who are learning **leadership** **citizenship** and **life skills**.

Learn more at www.kentucky4h.org or contact your county extension office.





Take Communications Further!

Here are some other opportunities to explore communications:

- Participate in a county speech and demonstration contest.
- Participate in a mock job interview.
- Participate in the Kentucky 4-H Written Communication Contest.
Website: http://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/kentucky_4-h_written_communications_contest_rules_0.pdf
- Assist younger 4-Hers in planning and organizing a speech.
- Write a song.
- Win at your district level and participate in the Kentucky 4-H State Communications Day. Website: <http://4-h.ca.uky.edu/content/state-4-h-communications-day>
- Job shadow or interview a motivational speaker, politician, or news broadcaster.
- Become a State 4-H Officer! Website: <http://4-h.ca.uky.edu/content/state-4-h-officers>

Exhibit Ideas

- Exhibit a Communication Scrapbook Display at the county and state fair.
- Exhibit a Resume at the county and state fair.
- Enter a song in the Kentucky 4-H Written Communications Contest.
- Enter a poem in the Kentucky 4-H Written Communications Contest.
- Enter a "What 4-H Means to Me" Essay in the Kentucky 4-H Written Communications Contest.
- Enter an original monologue in the Kentucky 4-H Written Communications Contest.
- Enter a press release in the Kentucky 4-H Written Communications Contest.
- Enter a Public Service Announcement in the Kentucky 4-H Written Communications Contest.

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • National 4-H Level 1 Picking Up the Pieces • National 4-H Level 2 Putting It Together • National 4-H Level 3 The Perfect Fit • National 4-H Group Activity Helper's Guide • Kentucky 4-H Publication 4-H Speeches • National 4-H Module 1 • National 4-H Module 2 • National 4-H Module 3 • National 4-H Finding Your Voice • National 4-H The Writer in You • Kentucky 4-H Publication 4-H Demonstrations 	<ul style="list-style-type: none"> • Ashley, J., (1996) <i>Overcoming Stage Fright in Everyday Life</i>, New York: Clarkson N. Potter Publishers. • Cook, J., (1990) <i>Elements of Speechwriting and Public Speaking</i>, New York: Macmillan Co. • Desber, P., Ph.D., (1996) <i>No More Butterflies: Overcoming Shyness, Stagefright, Interview Anxiety, and Fear of Public Speaking</i>, Oakland, Calif.: New Harbinger Publications, Inc. 	<ul style="list-style-type: none"> • Complete the project planning guide in <i>Level 1 Picking Up the Pieces</i>. • Complete the project planning guide in <i>Level 2 Putting it Together</i>. • Complete the project planning guide in <i>Level 3 The Perfect Fit</i>. • Create a portfolio of writing pieces.

