

# Teaching 4-H Demonstrations



Monterey County 4-H Youth Development Program



# What is a Visual Presentation ?

## ■ Demonstration

- Making something
- Showing how to do something

## ■ Illustrated Talk

- Using visuals to tell your story



# Why Should We Give a Presentation?

- Express yourself clearly
- Learn how to gather information
- Organize your ideas
- Learn to speak in front of a group
- “I Can Do It!” attitude





# Where Do I Start?

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- Pick a topic that interests you that might interest your audience one you want to learn more about one you already know something about





# Rules of the Road

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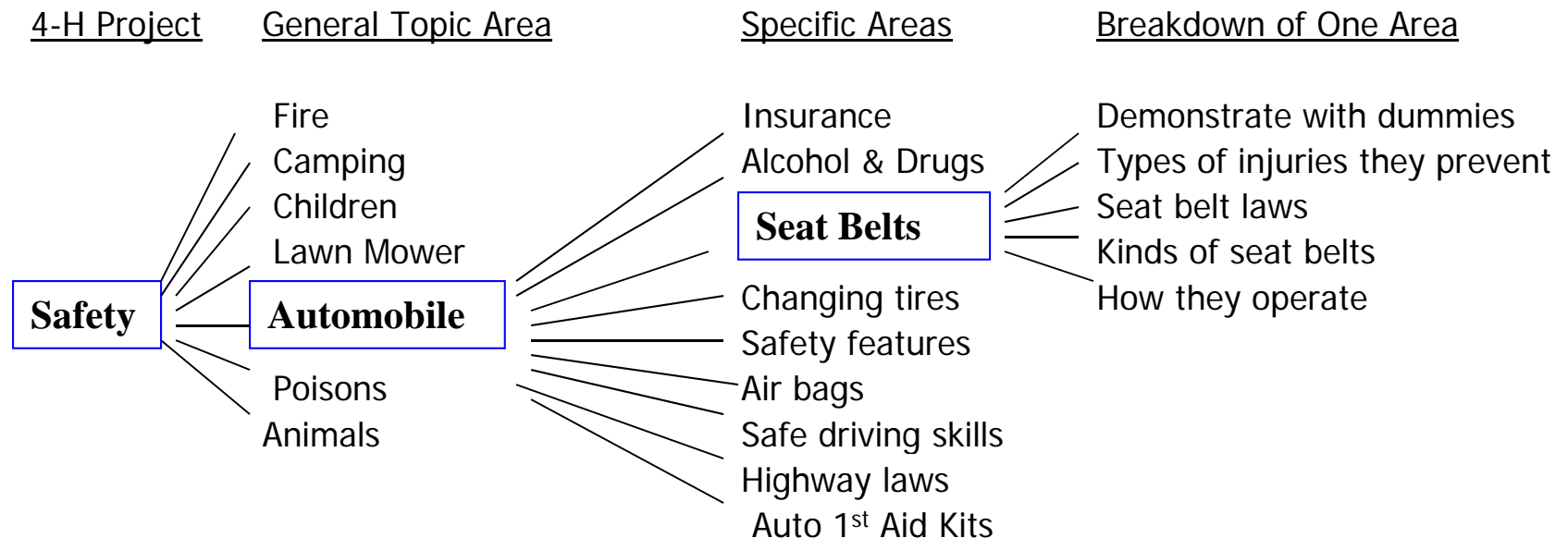
- Ages of Presenters
  - Juniors
  - Seniors
- Presentation Lengths
  - Juniors
  - Seniors
  - Team



# Selecting and Developing Your Demonstration Topic

- Select your project: Safety
- Choose your specific topic: Seat Belts
- Decide on your purpose: to convince the audience of the need to use seat belts, how seat belts save lives persuade audience to use seat belts

## Exercise in Selecting and Expanding Your Topic



# Parts of a Demonstration or Illustrated Talk

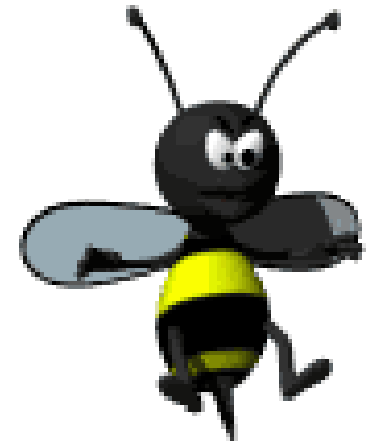
## Make an Outline

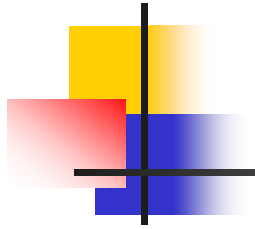
### Introduction

Attention Getter

Who you are

What you are going to talk about





# Body

Your main ideas

What you will say about  
your main ideas





# What to Say

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## Example: Foods Demonstration

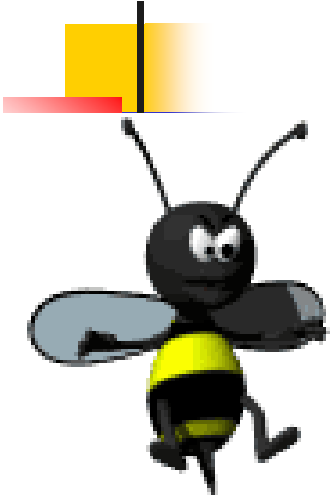
Action

What

How

Why





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## Summary and Conclusion

### Repeat your main ideas or steps

Tell where you got your information

Ask if there are any questions

Make an ending statement – connect this to your attention getter.



# Make Your Visuals

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## Posters

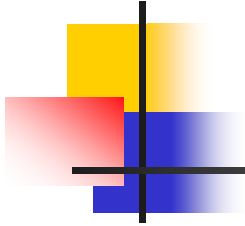
Help you remember what to say

Large enough for the audience to read

Will not bend or fall

Add interest and sparkle





# Equipment Needed



# “Practice”

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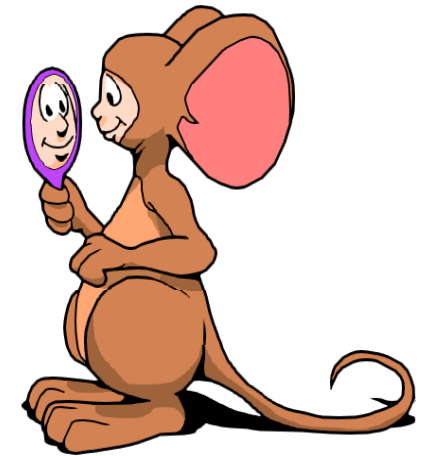
**Give your presentation  
to yourself**

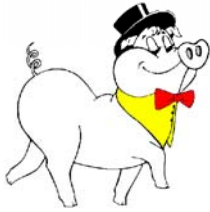


**Give it to your family**



**Make changes where needed**





# "Giving Your Presentation

**Look Sharp – Dress Appropriately**



**Be enthusiastic**

**Good posture**



**Speak clearly...enunciate...no slang...  
avoid um, uh, etc.**





# Watch Your Mannerisms

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Playing with something

Jingling things in your pocket

Pushing back or playing with  
your hair

Bring attention to your hands

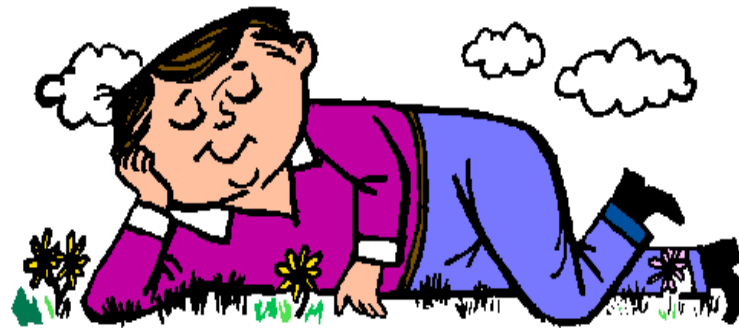
Rocking on your feet

Chewing gum



# How to Relax While You Wait

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Take a deep breath while you count to 10

Breathe out while counting to 10

Repeat 3 times



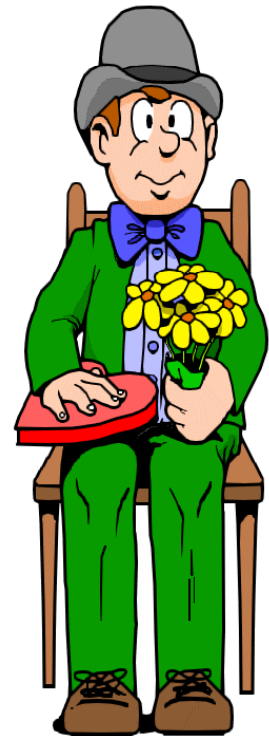
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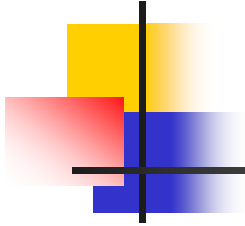
Grasp the seat of your chair and  
pull up while counting to 3

Relax

Roll your shoulders backwards  
3 times

Repeat steps 1-3





Hang your arms at your sides

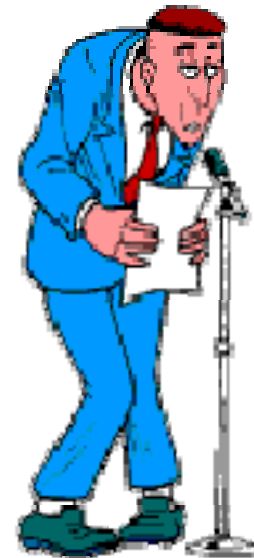
Make a fist and tense your arm muscles

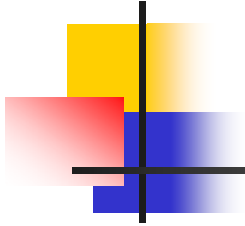
Relax your arms slowly

Open your fists slowly

Stretch your fingers

Repeat steps 1-5





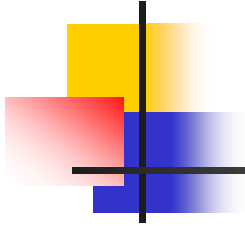
Hold your arms away from  
your body at hip level

Stretch your fingers and  
shake your hands

Raise your eyebrows,  
hold and count to 3

Relax

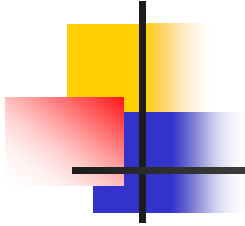




Fill your cheeks with air  
Count to 3 and let the air  
explode out of your lips

Repeat



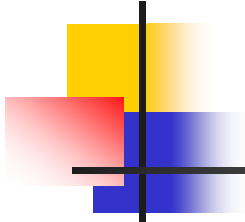


Tighten your muscles, beginning with your toes and move up through your body, finally making a fist

Release the tension and take a deep breath

(no one knows you are doing this)





## Preparing Your Demonstration Outline



### I. INTRODUCTION (my own special way to begin)

1. Attention Getter: \_\_\_\_\_
2. (The "why" of choosing this topic: \_\_\_\_\_)
3. (What's ahead – what I am going to talk about): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### II. BODY (the main things or ideas I want to talk about or show)

A. (my first main idea) \_\_\_\_\_

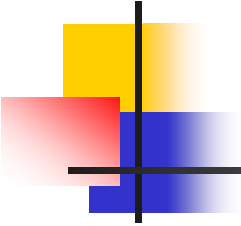
(how and what I am going to explain)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

B. (my second main idea) \_\_\_\_\_

(how and what I am going to explain)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



C. (my third main idea) \_\_\_\_\_

(how and what I am going to explain)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

III SUMMARY (a quick review of the main things I want my audience to remember)

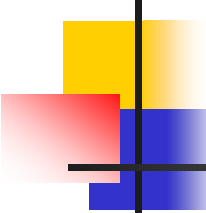
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

(ask if there are any questions)

IV CONCLUSION (my own special way of ending my demonstration)

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# Selecting and Developing Your Topic Exercise

Select Your Topic: \_\_\_\_\_

Choose Your Specific Topic: \_\_\_\_\_

Decide on Your Purpose: \_\_\_\_\_  
\_\_\_\_\_

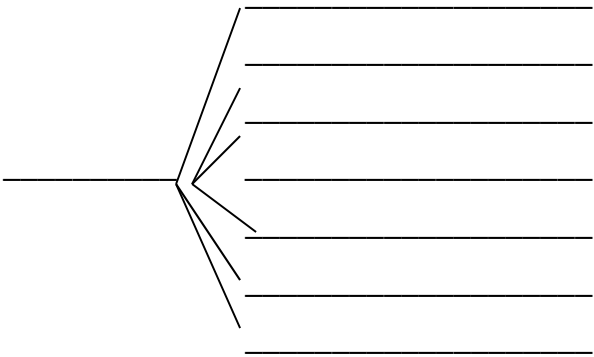
## Selecting and Expanding Your Topic

4-H Project

General Topic Area

Specific Areas

Breakdown of One Area



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Evaluation Form – Demonstration Workshop

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1. What is the difference between a demonstration and an illustrated talk?
2. What are some of the skills 4-Hers learn by giving a demonstration or illustrated talk?
3. What is the first step in preparing a demonstration or illustrated talk?
4. What are the three main parts of a presentation?
5. The parts of an introduction are given below. Put these in correct order by putting a 1 for the first step, a 2 for the second step and a 3 for the third.  
\_\_\_\_\_ who you are \_\_\_\_\_ what you are going to talk about \_\_\_\_\_ attention getter
6. Give 3 different ways or methods that could be used as attention getters.
7. The minimum length for juniors is \_\_\_ - \_\_\_ minutes and for seniors it is \_\_\_ - \_\_\_ minutes.
8. Junior age is \_\_\_ - \_\_\_ years old and senior age is \_\_\_ - \_\_\_ years old as of \_\_\_\_\_ of the current 4-H year.