

**TO: Community Club Leaders, District Council Presidents, I & R Chair**

**FROM: Noel Keller, Pomona Valley 4-H Club, LA County 4-H Field Day Coordinator**

**RE: LA County 4-H Virtual 2026 County Field Day**

LA County 4-H Field Day will be virtual again this Year! The county is not hosting an in-person Field Day. 2026 County Field Day will be virtual with Entry by Video for most entries and a few categories done by Zoom Room Performance. Los Angeles County 4-H Virtual 2026 Field Day is a countywide event that provides 4-H'ers with the opportunity to share the skills they have learned with others through presentations, demonstrations, educational display talks, interpretative readings, public speaking, and Cultural Arts and Share the Fun Skit performances. Each club participating must have an adult volunteer from their club for virtual County Field Day activities. A few room hosts (adult or senior youth) who are comfortable with Zoom procedures are also needed.

Please note that the California 4-H Presentation Manual (Jan. 28, 2021 version) must be followed and is available on the state website: <https://ucanr.edu/sites/default/files/2021-03/346386.pdf>. Please look at this manual for the categories that will be entered so you are aware of the current category guidelines and requirements.

4-H members are encouraged to participate in the following categories:

**Entry by Video**

- **DEMONSTRATION**
- **ILLUSTRATED TALK**
- **SCIENCE or ENGINEERING PRESENTATION**
- **INFORMATIVE PREPARED SPEECH**
- **PERSUASIVE PREPARED SPEECH**
- **INTERPRETIVE READING**
- **EDUCATIONAL DISPLAY TALK**
- **SHARE THE 4-H FUN SKIT**
- **CULTURAL ARTS**

**Entry by Zoom Room Performance**

- **STATE FORMAT IMPROMPTU SPEECH (on specific topics)**
- **LA COUNTY IMPROMPTU SPEAKING (on random topics, only County competition)**
- **LA COUNTY EXTEMPORANEOUS SPEAKING (Seniors only, only County competition)**
- **INTERVIEW CONTEST**

Details of time limits and other rules for these entries follow in the event packet. The County Field Day rules and guidelines coordinate with the Regional and State Presentation Day rules\*.

\*go to: <https://na.eventscloud.com/website/81915/4hsfd-home/> for more details.

**Primary members** may only participate in the DEMONSTRATIONS, ILLUSTRATED TALKS, SPEECHES and INTERPRETATIVE READING categories. Groups of 2 or more Primary members may perform a Share the 4-H Fun skit or do a Cultural Arts performance. Primary members receive Participation awards and are not allowed to perform at Regional or State Presentation Days.

**Interview Contest is on Zoom on Wednesday, March 18, 2026, 6-8pm**

Participants will be notified when they should be in the Interview Zoom room.

The Interview Cover Letter and Resume should be emailed to Noel Keller by 9pm on March 11

The 2026 Interview Contest jobs can be found on the [LA County 4-H website](#).

### **Impromptu and Extemporaneous Speaking is on Zoom on Wednesday, March 18 6-8pm.**

Participants will be notified when they should be in the competition Zoom room. There will be no “walk-ins” for Impromptu or Extemporaneous Speaking. This year a member must register for these categories in advance. Members may perform an Impromptu Speech either in State Format or LA County format, but not both. Extemporaneous Speaking is only for seniors (14 years old or older). The 2026 Impromptu Speaking (state format) specific topics can be found on the [LA County 4-H website](#).

**Each club must provide an evaluator (judge)** for every 5 entries (or part of 5) from their club.

0 - 5 entries = one evaluator

11 - 15 entries = three evaluators

6 - 10 entries = two evaluators

16 - 20 entries = four evaluators

Senior youth are also encouraged to apply to be room hosts or to be evaluators (judges). No prior experience is necessary. Submit the names and contact information for 4-H adult or senior youth volunteers to: Noel Keller (nkeller91711@gmail.com) by 9pm on Wednesday, March 4.

The 2026 topics/jobs for the Impromptu Speaking (state format) and the Interview Contest can be found on the [LA County 4-H website](#). On the county website you can also find the following for this event: entry forms, the 2021 California 4-H Presentation Manual, the Interview Contest Manual, category evaluation (score) sheets, examples of videos and instructions on how to upload a video to YouTube.

In May 2016, the LA County Council voted to limit the number of events for a member at County Field Day as follows:

“A member is limited to 4 entries in the morning competitions, excluding Impromptu Speaking, Extemporaneous Speaking, Cultural Arts and Share the 4-H Fun Skit.” We will be observing these limits. “Morning” competitions include demonstrations, speeches, interruptive readings, illustrated talks and educational display talks.

**Registration:** There is no entry fee for LA County 4-H members. The 4-H Club Registration Form and member entry forms are due by 9pm on Wednesday, March 4, 2026 (NOT a postmark date) to: Noel Keller, 421 E. Juilliard Drive, Claremont, CA 91711 or [nkeller91711@gmail.com](mailto:nkeller91711@gmail.com).

### **Out of County member participation:**

4-H members from outside of LA County may enter the 2026 Virtual LA County Field Day but must follow the rules and guidelines as stated for LA County clubs and members.

**Late Registration:** No late registration this year.

All entry forms are due by 9pm on Wednesday, March 4 to Noel Keller. This is not a postmark date.

**Award Ceremony:** There will be no Virtual County Field Day online Award Ceremony this year. Participants will be notified of their award results as they become available so that those who are eligible with a Blue or Gold award and want to go on to the next level of Regional Competition, can register as soon as possible.

Encourage your club members to participate in the County Field Day. **Save the date.**

**Don't miss the fun!**

If you have any questions, contact Noel Keller at nkeller91711@gmail.com. If a parent, leader or member signed up to help at the event and then cannot attend, **please find a replacement** and contact Noel (909-957-6498) with the details.

## **Los Angeles County 4-H Virtual Field Day SCHEDULE (tentative)**

**SCHEDULE (subject to change based on number and type of entries)**

- Wednesday, March 4**      **by 9pm – Deadline for following forms to be turned in (not a postmark) to Noel Keller by email or mail**  
Virtual Entry Forms - #1, #2, #3  
Club Volunteer form  
Club Registration Form  
No late entries.
- Monday, March 9**      **by 9pm**, YouTube video URL must be emailed to Noel Keller by the Entry-By-Video participants, if not included on entry form
- Wednesday, March 11**      **by 9pm, interview Contest resume and cover letter** must be emailed to Noel
- Wednesday, March 18**      **6-8pm Interview Contest on Zoom**  
By 9pm on March 12, participants will receive zoom room link, room instructions and exact performance time for March 18.  
  
If you want to participate in both the Interview Contest and the speaking performances on March 18, your performance times will be spread apart.
- Wednesday, March 18**      **6-8pm Impromptu & Extemporaneous Speaking performances on Zoom**  
By 9pm on March 12, participants will receive zoom room link, room instructions and performance time for March 18
- Saturday, March 21**      **At the latest, by March 21, participants will have been informed by email about the results of their performance and receive their score sheets. Participants will be informed about their award level as soon as that information is available, so if they earn a Blue or Gold award and want to compete at the Regional Level, they can sign up for a regional competition as soon as possible.** Earned medals and event certificates will be sent to club leaders for distribution. The event award results will be posted on the county website.

Noel Keller  
[nkeller91711@gmail.com](mailto:nkeller91711@gmail.com)  
421 E. Juilliard Drive, Claremont, CA 91711.

## VOLUNTEER TODAY! HELP NEEDED WITH LA COUNTY 4-H FIELD DAY

The 2026 LA County 4-H Field Day will be held virtually again this year. The smooth operation of the many County Field Day activities requires many volunteers. **Each 4-H club needs to provide an evaluator (judge) for every 5 entries.** Even more evaluators would be helpful. Senior youth are also encouraged to apply to be room hosts or evaluators (judges). No prior experience is necessary. Please use this form to submit the information.

**Clubs participating in County Field Day must have at least one club adult volunteering for County 4-H Field Day.**

**BE ALL THAT YOU CAN BE:  
LEARN TO EVALUATE... SUPERVISE A ROOM...  
HAVE EVALUATORS -WILL TRAIN!**

Don't worry about a lack of experience -this is a great opportunity for parents (and leaders) to learn demonstration and public speaking evaluating techniques - or to be room hosts. Junior and Teen Leaders have the opportunity to be room hosts. Seniors can be evaluators (judges.) We need your help to offer this event. Thanks!

**THIS FORM DUE BY MARCH 4, 2026, to:**      **Noel Keller**  
421 E. Juilliard Drive, Claremont, CA 91711  
or nkeller91711@gmail.com

Name: \_\_\_\_\_ Res. Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Bus. Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Member \_\_\_\_\_ Leader \_\_\_\_\_ Parent \_\_\_\_\_ Friend \_\_\_\_\_

Club/Affiliation (if any): \_\_\_\_\_

Best way to contact you: \_\_\_\_\_

I would like to volunteer as:

Any needed position \_\_\_\_\_ Room Host \_\_\_\_\_ Set Up \_\_\_\_\_ Tabulation \_\_\_\_\_

**Evaluator (Judge)** \_\_\_\_\_ (Indicate area):

Presentations \_\_\_\_\_ Public Speaking \_\_\_\_\_ Interview Contest \_\_\_\_\_ Educational Display Talk \_\_\_\_\_

Impromptu Speaking \_\_\_\_\_ Share the Fun Skit \_\_\_\_\_ Cultural Arts \_\_\_\_\_

Illustrated Talks \_\_\_\_\_ Interpretive Reading \_\_\_\_\_ Other \_\_\_\_\_ (Indicate area)

Have you helped at a Field Day in the past? Yes \_\_\_\_\_ No \_\_\_\_\_

Explain:

## 2026 LA COUNTY 4-H FIELD DAY CLUB REGISTRATION FORM

4-H Club: \_\_\_\_\_ District: \_\_\_\_\_  
4-H Leader: \_\_\_\_\_ Phone: \_\_\_\_\_  
Mailing Address: \_\_\_\_\_  
City: \_\_\_\_\_ Zip: \_\_\_\_\_  
Email: \_\_\_\_\_

**REGISTRATION: REGISTRATION FORMS MUST BE RECEIVED BY 9PM ON MARCH 4, 2026  
(NO LATE REGISTRATIONS).**

Name, Phone Number and email address of adult(s) and room host(s) to help at the event:

Indicate type of help: \_\_\_\_\_ Willing to Evaluate/Judge? \_\_\_\_\_

Mail or email this form along with registration forms to:

**Noel Keller, 421 E. Juilliard Drive, Claremont, CA 91711 or email to [nkeller91711@gmail.com](mailto:nkeller91711@gmail.com)**

LIST 4-H MEMBERS and Number of Entries – (Example: 2 entries for Mary Jones)

- |                               |           |
|-------------------------------|-----------|
| 1. <u>2</u> <u>Mary Jones</u> | 11. _____ |
| 2. _____                      | 12. _____ |
| 3. _____                      | 13. _____ |
| 4. _____                      | 14. _____ |
| 5. _____                      | 15. _____ |
| 6. _____                      | 16. _____ |
| 7. _____                      | 17. _____ |
| 8. _____                      | 18. _____ |
| 9. _____                      | 19. _____ |
| 10. _____                     | 20. _____ |

**Total Entries:** \_\_\_\_\_

**Evaluators Needed:** \_\_\_\_\_ (1 adult evaluator for every 5 entries or part of 5)

**Please use back of form to list additional names of helping and participating members.**

**No Late Registration**

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**SCHEDULE (subject to change based on number and type of entries)**

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Club Volunteer form  
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No late entries.
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By 9pm on March 12, participants will receive zoom room link, room instructions and exact performance time for March 18.  
  
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- Wednesday, March 18**      **6-8pm Impromptu & Extemporaneous Speaking performances on Zoom**  
By 9pm on March 12, participants will receive zoom room link, room instructions and performance time for March 18
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Noel Keller  
[nkeller91711@gmail.com](mailto:nkeller91711@gmail.com)  
421 E. Juilliard Drive, Claremont, CA 91711.

## VOLUNTEER TODAY! HELP NEEDED WITH LA COUNTY 4-H FIELD DAY

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**Clubs participating in County Field Day must have at least one club adult volunteering for County 4-H Field Day.**

**BE ALL THAT YOU CAN BE:  
LEARN TO EVALUATE... SUPERVISE A ROOM...  
HAVE EVALUATORS -WILL TRAIN!**

Don't worry about a lack of experience -this is a great opportunity for parents (and leaders) to learn demonstration and public speaking evaluating techniques - or to be room hosts. Junior and Teen Leaders have the opportunity to be room hosts. Seniors can be evaluators (judges.) We need your help to offer this event. Thanks!

**THIS FORM DUE BY MARCH 4, 2026, to:**      **Noel Keller**  
421 E. Juilliard Drive, Claremont, CA 91711  
or nkeller91711@gmail.com

Name: \_\_\_\_\_ Res. Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Bus. Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Member \_\_\_\_\_ Leader \_\_\_\_\_ Parent \_\_\_\_\_ Friend \_\_\_\_\_

Club/Affiliation (if any): \_\_\_\_\_

Best way to contact you: \_\_\_\_\_

I would like to volunteer as:

Any needed position \_\_\_\_\_ Room Host \_\_\_\_\_ Set Up \_\_\_\_\_ Tabulation \_\_\_\_\_

**Evaluator (Judge)** \_\_\_\_\_ (Indicate area):

Presentations \_\_\_\_\_ Public Speaking \_\_\_\_\_ Interview Contest \_\_\_\_\_ Educational Display Talk \_\_\_\_\_

Impromptu Speaking \_\_\_\_\_ Share the Fun Skit \_\_\_\_\_ Cultural Arts \_\_\_\_\_

Illustrated Talks \_\_\_\_\_ Interpretive Reading \_\_\_\_\_ Other \_\_\_\_\_ (Indicate area)

Have you helped at a Field Day in the past? Yes \_\_\_\_\_ No \_\_\_\_\_

Explain:

## 2026 LA COUNTY 4-H FIELD DAY CLUB REGISTRATION FORM

4-H Club: \_\_\_\_\_

District: \_\_\_\_\_

4-H Leader: \_\_\_\_\_

Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_

Zip: \_\_\_\_\_

Email: \_\_\_\_\_

**REGISTRATION: REGISTRATION FORMS MUST BE RECEIVED BY 9PM ON MARCH 4, 2026  
(NO LATE REGISTRATIONS).**

Name, Phone Number and email address of adult(s) and room host(s) to help at the event:

Indicate type of help: \_\_\_\_\_

Willing to Evaluate/Judge? \_\_\_\_\_

Mail or email this form along with registration forms to:

**Noel Keller, 421 E. Juilliard Drive, Claremont, CA 91711 or email to [nkeller91711@gmail.com](mailto:nkeller91711@gmail.com)**

LIST 4-H MEMBERS and Number of Entries – (Example: 2 entries for Mary Jones)

1. 2 Mary Jones
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_

**Total Entries:** \_\_\_\_\_

**Evaluators Needed:** \_\_\_\_\_ (1 adult evaluator for every 5 entries or part of 5)

**Please use back of form to list additional names of helping and participating members.**

**No Late Registration**



# **Los Angeles County 4-H Virtual Field Day**

## **Entry Forms**

### **ENTRY BY VIDEO FORM - #1**

Demonstration, Illustrated Talk, Speeches and Engineering or Science Presentation

### **ENTRY BY VIDEO FORM – #2**

Interpretative Reading, Educational Display Talk, Share the Fun Skit, and Cultural Arts

### **ENTRY FOR ZOOM PERFORMANCE - #3**

Interview Contest, Impromptu Speaking (State Format and County Format), and County Extemporaneous Speaking

### **NOTE:**

**4-H LEADERS:** Please find attached three entry forms for LA County 4-H Virtual Field Day events. Please have your members use the appropriate form for their entry category. This year, members must register for all categories in advance, including Impromptu Speaking and Extemporaneous Speaking. Your club needs to provide an adult to help at the event. Please complete the 4-H Club Registration Form and send it with your club members' entry forms to Noel Keller

by 9pm on March 4, 2026 (NOT a Postmark Date)

**Entry Limit** - In May 2016, the LA County Council voted to limit the number of events for a member at County Field Day as follows:

“A member is limited to 4 entries in the morning competitions, excluding Impromptu Speaking, Extemporaneous Speaking, Cultural Arts and Share the 4-H Fun Skit.”

Please check that your members are observing these limits. “Morning” activities include demonstration, speeches, illustrated talks, interpretative readings, educational display talks, and science or engineering presentations.

### **PRE-REGISTRATION IS REQUIRED FOR ALL EVENTS**

Registration forms must be received (NOT postmarked) by 9pm on March 4, 2026.

Late Registration: No late registration this year.

Send entry forms (and Interview Contest resumes and cover letters plus YouTube video URL) to:

Noel Keller  
421 E. Juilliard Drive  
Claremont, CA 91711-1927  
or email: nkeller91711@gmail.com

Anyone unable to participate in County Field Day after registering **MUST** call Noel Keller 909-957-6498

**LOS ANGELES COUNTY 4-H FIELD DAY**  
**ENTRY BY VIDEO FORM – #1**  
**DEMONSTRATION, ILLUSTRATED TALK, PREPARED SPEECH,**  
**SCIENCE OR ENGINEERING PRESENTATION**

**2<sup>nd</sup> Team Member**

Name \_\_\_\_\_

Address \_\_\_\_\_

City/Zip \_\_\_\_\_

Phone# \_\_\_\_\_

Email \_\_\_\_\_

Current year in school \_\_\_\_\_

Year in 4-H \_\_\_\_\_

Age as of Dec. 31, 2025 \_\_\_\_\_

Club Name \_\_\_\_\_

Club Leader contact: \_\_\_\_\_

Use back of form for others if there are more than 2 team members

**\_\_\_\_ Presentation Entry Form**

Type: \_\_\_\_ Demonstration \_\_\_\_ Illustrated Talk \_\_\_\_ Science or Engineering Presentation

Please check type of presentation \_\_\_\_ Individual \_\_\_\_ Team

Please check division \_\_\_\_ Primary (ages 5-8) \_\_\_\_ Junior (ages 9-10)

(Based on oldest member) \_\_\_\_ Intermediate (ages 11-13) \_\_\_\_ Senior (ages 14-19)

Entry title \_\_\_\_\_

Video ("unlisted" mode for YouTube) URL Link (if available at entry time) \_\_\_\_\_

**\_\_\_\_ Prepared Speech Entry Form**

Check type: \_\_\_\_ Informative \_\_\_\_ Persuasive

Please check appropriate division \_\_\_\_ Primary (ages 5-8) \_\_\_\_ Junior (ages 9-10) \_\_\_\_ Intermediate (ages 11-13) \_\_\_\_ Senior (ages 14-19)

Entry title \_\_\_\_\_

Video ("unlisted" mode for YouTube) URL Link (if available at entry time):  
\_\_\_\_\_

My child has permission to submit an Entry By Video and I understand the rules and responsibilities of this type of entry.

\_\_\_\_\_  
Parent / Guardian Signature

\_\_\_\_\_  
Date

**LOS ANGELES COUNTY 4-H FIELD DAY  
ENTRY BY VIDEO FORM #2  
INTERPRETATIVE READING,  
CULTURAL ARTS  
EDUCATIONAL DISPLAY TALK, SHARE THE 4-H FUN SKIT**

**Name or Skit contact**

**Other Members' Names in Group**

Name \_\_\_\_\_

\_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

City/Zip \_\_\_\_\_

\_\_\_\_\_

Phone# \_\_\_\_\_

\_\_\_\_\_

Email \_\_\_\_\_

\_\_\_\_\_

Current year in school \_\_\_\_\_

\_\_\_\_\_

Year in 4-H \_\_\_\_\_

\_\_\_\_\_

Age as of Dec. 31, 2025 \_\_\_\_\_

\_\_\_\_\_

Club Name \_\_\_\_\_

\_\_\_\_\_

Club Leader contact: \_\_\_\_\_

\_\_\_\_\_

Use back of form if you need to provide more information

**\_\_\_ Interpretative Reading**

Reading Title \_\_\_\_\_ Author \_\_\_\_\_

Please check division (based on oldest member):

\_\_\_ Primary    \_\_\_ Junior    \_\_\_ Intermediate    \_\_\_ Senior (ages 14-19)  
(ages 5-8)    (ages 9-10)    (ages 11-13)    (ages 14-19)

Video ("unlisted" mode for YouTube) URL Link (if available at entry time): \_\_\_\_\_

**\_\_\_ Educational Display Talk**

Title of Display: \_\_\_\_\_

Video ("unlisted" mode for YouTube) URL Link (if available at entry time): \_\_\_\_\_

Please check appropriate division:    \_\_\_ Junior    \_\_\_ Intermediate    \_\_\_ Senior  
(ages 9-10)    (ages 11-13)    (ages 14-19)

**\_\_\_ Cultural Arts Performance**

\_\_\_ Individual    or    \_\_\_ Group    \_\_\_\_\_ How many Performers

Title \_\_\_\_\_ Type of act (dance, song, etc.): \_\_\_\_\_

Video ("unlisted" mode for YouTube) URL Link (if available at entry time): \_\_\_\_\_

**\_\_\_ Share the 4-H Fun Skit**

\_\_\_ Number of participants (enter their names above)    Title of Skit: \_\_\_\_\_

Leader for the skit name: \_\_\_\_\_ Phone number: \_\_\_\_\_

Video ("unlisted" mode for YouTube) URL Link (if available at entry time): \_\_\_\_\_

My child has permission to submit an Entry by Video and I understand the rules and responsibilities of this type of entry.

\_\_\_\_\_  
Parent / Guardian Signature

\_\_\_\_\_  
Date

**LOS ANGELES COUNTY 4-H FIELD DAY  
ENTRY BY ZOOM ROOM PERFORMANCE FORM - #3**

**INTERVIEW CONTEST  
IMPROMPTU SPEAKING  
EXTEMPORANEOUS SPEAKING**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/Zip Code \_\_\_\_\_  
Phone # \_\_\_\_\_  
Email: \_\_\_\_\_  
Current year in school: \_\_\_\_\_  
Age as of Dec. 31, 2025: \_\_\_\_\_  
Year in 4-H \_\_\_\_\_  
Club Name \_\_\_\_\_  
Club Leader Name \_\_\_\_\_  
Club Leader Contact Information \_\_\_\_\_

You will be notified at what time you should be in the zoom room during the zoom room period.

**Interview Contest on zoom from 6-8pm on Wednesday, March 18**

\_\_\_\_ Interview Contest - yes, I want to compete in this category

Job Title: \_\_\_\_\_

Age division: \_\_\_\_\_

Your interview cover letter and resume are due to Noel Keller by 9pm on March 11

**Impromptu Speaking Competition on zoom from 6-8pm on Wednesday, March 18**

\_\_\_\_ Impromptu Speaking – yes, I want to compete in this category

Check one: \_\_\_\_ State Format or \_\_\_\_ County Format

Age division \_\_\_\_\_

**Extemporaneous Speaking Competition on zoom from 6-8pm on Wednesday, March 18**

\_\_\_\_ Extemporaneous Speaking – yes, I want to compete in this category

Senior members only

This entry form is due to Noel Keller by 9pm on March 4, 2026.

# Los Angeles County 4-H Field Day Guidelines

## **Presentation/Demonstration/Illustrated Talk**

**OBJECTIVES:** 4-H presentations are short demonstrations wherein the 4-H member shows particular skills or knowledge that has been learned in the member's current 4-H project(s). Their purpose is twofold: (1) To develop the member; and (2) teach appropriate and accurate subject matter, utilizing effective methods. Some presentations may be illustrated talks rather than demonstrations, depending on the nature of the subject. Both are judged alike.

**SUBJECT MATTER:** The subject matter should be appropriate for the age and experience of the member and pertain to a project that the member(s) is/are currently enrolled in. The presentation should have an interesting approach and show knowledge of the subject matter. Remember, methods may vary.

**DIVISIONS:** There will be four divisions: PRIMARY (ages 5-8), JUNIORS (ages 9-10), INTERMEDIATE (ages 11-13) and SENIORS (age 14 and over). Presentations will be divided into two groups, individual and team. Age is as of December 31 of the current 4-H program year.

**TIME LIMITS:** The general state time limit guidelines for Presentations/Demonstrations is 3-15 minutes. The County suggests the following: PRIMARIES are allowed 4-5 minutes. JUNIOR & INTERMEDIATE Presentations should be 5-12 minutes. SENIOR Presentations should be 7 - 12 minutes. Time limits do not include questions following the presentation.

**TEAMS:** A team consists of two or three members. Teams with members from different age divisions will be judged in the highest division. Team members can be from different clubs but not from different counties. Individual and Group Determined Projects must be registered and approved by the County 4-H Office.

**EVALUATING PRESENTATIONS:** The evaluating (score) forms are available on the county 4-H website for your review. It is similar to the form that will be used for evaluating at the Region and State, but you should go to the Southern Regional Field Day website for further information about the region form and the State Field Day website for further information about the state form.

**QUESTIONS:** There will be no questions asked after a presentation, since that would be difficult in the environment that has been set up to deal with the COVID-19 guidelines and restrictions.

**NUMBER OF PRESENTATIONS:** No member may compete more than once in a presentation category at this event. A member can do an individual presentation or a team presentation. However, a member may also enter the other types of categories, such as Prepared Speaking, Interpretive Reading, Interview Contest, Educational Exhibit Talk and/or Impromptu Speaking contests.

**EQUIPMENT AND SUPPLIES:** All equipment and supplies needed for the presentation will be provided by the presenter(s). It is requested that all work on the presentation be done by the presenter(s). Posters, slides, filmstrips, overhead, etc. may be used in the presentation.

**PROBLEMS OR CONCERNS:** Controversial questions in regard to any part of the contest will be handled by the 4-H Advisor and Chairperson in charge of the event. EVALUATORS' DECISIONS ARE FINAL. Errors in totaling scoring points can be submitted for award correction consideration.

**RESTRICTIONS:** Although general subject matter may be duplicated, the actual presentation may not have been given at a prior event by another individual or at a prior COUNTY competition by the individual competing at present.

**\*VISUAL AIDS:** Visual aids should be easily read and understood. Each presentation should include some form of visuals; such as poster, objects, models, animals, etc. Any unusual or controversial visual aids should be discussed and OK'd by the Chairperson or the Advisor.

**REFERENCES:** Sources of information should be included in the summary to direct the audience to further information.

**NOTES, CARDS, ETC.:** Use of notes, cards, papers, etc. are not allowed. A presenter should be familiar enough with their presentation to only require their posters or other visuals for prompting.

**OPENING & CLOSING STATEMENTS:** Although the "standard" opening and closing statements are acceptable, creativity in this area is encouraged.

**APPEARANCE:** Neatness and cleanliness are more important than actual attire. The 4-H uniform is not mandatory. There are presentations that are actually enhanced by different attire. An example would be clothing presentations involving color, etc.

**PRESENTATION & TECHNIQUE:** Presentations and presentation techniques are important in evaluating. For additional information review the California 4-H Presentation Manual (Jan. 28 version) online at: <http://4h.ucanr.edu/files/220608.pdf>

# LA County 4-H Field Day Primary Events

## **Primary Presentation:**

1. This is a Learning experience for Primary Members
2. Pre-registration is required
3. Primary members are 5-8 years of age as of December 31 of the 4-H program year
4. Presentations will not be judged, but will be critiqued
5. Members will receive a certificate with a participation seal
6. Suggested length of prepared presentation is 4 to 5 minutes
7. Primary members may enter a demonstration, an illustrated talk, a speech or an interpretive reading.

## **Primary Cultural Arts**

**Purpose** - This is a category for primary member groups to present their cultural arts skills in the areas of Share the Fun Skit or Cultural Arts performance.

**Participation** - Only groups of primary members are permitted. No individual entries.

1. Skits should be related to 4-H
2. Time Limit: maximum of 10 minutes to include set-up, performance and takedown
3. Adults may not be involved in the set-up, performance or takedown of the entry. One non-primary coach may be on the stage or in the side-wings during the performance.
4. The entry will not be judged or critiqued
5. This category is offered to mature Primary members who can perform in front of a large audience on a stage

## **LA County Impromptu Speaking (with random topics)**

1. This year, pre-registration is required for this event. Registration will be taken on a first-come, first-serve basis. *This varies from the Impromptu Speech (State Format) in that the topics are random and not from a published list of specific topics.* This year, you can register for Impromptu Speaking – State Format or County format, but not both. The list of specific 2026 topics for the State-Format Impromptu Speaking is available on the [LA County 4-H Website](#).
2. Junior and Intermediate participants will have a choice of a 4-H related subject or a general subject. Seniors will have a choice of two general subjects. Preparation time will be 5 minutes.
3. Junior and Intermediates should speak from 1.5 to 2 minutes. Seniors should speak from 2.5 to 3 minutes. A reminder sign will be posted to tell the speaker of the remaining time: 30 seconds, 15 seconds, and stop.
4. One note card may be used and will be provided at the time your topic is selected. Key ideas rather than complete sentences might help you maximize the use of the card.
5. This public speaking category does not exist at the regional or state presentation days.
6. This year, the County Impromptu Speaking will be run in a zoom room from 2-4:30pm on Sunday, Feb. 9. Registered participants will be informed about the zoom room link, room instructions and their performance time by email by 9pm on March 12

### **LA County Extemporaneous Speaking Contest:**

1. For Senior 4-H members (14 years old and above) only
2. Pre-registration is required on a first-come, first-serve basis.
3. Time limits: Minimum – 1.5 minutes, Maximum – 3 minutes.
4. Topics – 4-H related or general subject.
5. This public speaking category does not exist at the regional or state presentation days.
6. This year, the County Extemporaneous Speaking will be run in a zoom room from 2-4:30pm on Sunday, February 9, 2026. Registered participants will be informed about the zoom room link, room instructions and their performance time by email by 9pm on March 12

Webster defines –extemporaneous as – composed, performed, or uttered on the spur of the moment – delivered without notes or text.

What is an extemporaneous speech? It is a short informal speech given on a topic provided to you for which you have no preparation time. Participants will be given the topic as they are introduced and come to the podium. The offering of topics may be 4-H related or a general subject to be determined by the planning committee. Extemporaneous speaking is different than an Impromptu Speech. With an impromptu speech, you are allowed up to 5 minutes to prepare. With an extemporaneous speech, no preparation time is given.

This is a real-life experience preparation because so often we are asked to speak or respond to a specific situation, topic, or problem with no preparation time.

Time Limits: Minimum of 1.5 minutes and not to exceed 3 minutes.

A reminder sign will be posted to tell the speaker of the remaining time: 30 seconds, 15 seconds, and stop.



## **Share the 4-H Fun Skits & Cultural Arts**

1. Share the 4-H Fun Skits should be club skits and are not limited to specific number of participants.
2. Skits should be related to 4-H.
3. Cultural Arts presentations may be either an individual or a group presentation. Individual and Group presentations are not evaluated separately. In the past, Song Leading was a separate category, but now it is included in the Cultural Arts category.
4. All blue and gold award performances will be eligible to compete at Regional Presentation Day.
5. Neither of the above may exceed 15 minutes in length for performance. Stage set up and take down not to exceed 5 minutes in length. Adults not permitted to assist on stage before, during or after. Exceeding the time limit does not result in disqualification but will be considered when evaluating the performance.
6. No Primary members may compete.
7. Costumes, props, decorations, and other visual aids are encouraged, but no title card is necessary.
8. No posters are required. No note cards may be used. No questions may be asked after the performance.
9. Performances may but are not required to include audience participation.
10. The sound and visual parts of the performance should be understandable by the audience.
11. Participants must provide and set up any needed audio-visual equipment.
12. A participant should introduce the performance and its purpose.
13. A 4-H skit must consist of at least two people.
14. Remember that there is limited space in some venues so not all venues have enough space for large backdrops or dancing groups.

# Interview Contest

## What is an Interview Contest?

The Interview Contest is a Public Speaking contest that gives members an opportunity to practice the real-life skill of applying for a job. The contest involves a set of fictitious jobs for each age group that members can apply for. To enter the Interview Contest, the member must:

- Pick one of the jobs listed in your appropriate age category (please see below).
- Develop a resume of real-life experiences (education, work, activities, etc.) that demonstrate your qualifications for the job selected.
- Write an accompanying cover letter for your resume.
- Email your resume and cover letter to Noel Keller by 9pm on Wednesday, March 11
- Prepare for the interview.
- Participate in an actual interview where you will be evaluated on key interview elements.

Members are encouraged to review the tips, interview questions, judging rubrics and supporting materials provided in the California State 4-H Interview Contest Manual. This manual is a complete guidebook containing rules, procedures and helpful hints for a successful interview. Appropriate dress includes 4-H uniform or attire appropriate for a job interview as outlined in the Interview Contest Manual.

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## Eligibility:

Any Junior, Intermediate or Senior 4-H member may participate in the 4-H Interview Contest. Age as of December 31 of the current 4-H program year:

- Junior: 9-10 years old
- Intermediate: 11-13 years old
- Senior: 14-19 years old

**Jobs for Interview:** The participants should select one of the jobs available for their age level. The list of available 2026 jobs is found on the [LA County 4-H website](#).

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## Resources:

The California 4-H Interview Contest Manual can be found at <https://ucanr.edu/sites/sfd/files/318455.pdf> The list of the Job Descriptions for the 2026 Interview Contest can be found on the [LA County 4-H website](#).

Competition at the state level for the Interview Contest does not require receiving a Blue or Gold award at a lower level (county or regional).





## State 4-H Interview Contest 2026 Job Descriptions

The Interview Contest is a popular event that gives 4-H members an opportunity to practice the real-life skills needed to apply for a job. Participants prepare a resumé and cover letter for a job they choose from the job descriptions listed below. Evaluators evaluate their performance during a mock interview and give constructive feedback using a standard evaluation rubric.

Interview Contest participants must do the following:

1. **Choose a job:** Choose from one of the three jobs listed below in your age category.
2. **Develop a resumé:** Include real-life experiences (education, work, activities, etc.) that demonstrate your qualifications for the job selected.
3. **Write a cover letter:** Your cover letter should explain why you should be considered for the job selected.
4. **Dress appropriately:** Appropriate dress includes 4-H uniform or attire appropriate for a job interview as outlined in the California State 4-H Interview Contest Manual.

Participants are encouraged to review the tips, interview questions, judging rubrics, and supporting materials provided under “Contest Resources” on the [Interview Contest](#) website.

### 2026 Job Descriptions

#### Primary Members (ages 5-8)

**Primary Members are not eligible for the Interview Contest.**

#### Junior Category (ages 9 and 10)

- Dog Walker
- Recycling Assistant
- Lost & Found Assistant
- Lemonade Stand Helper

#### Intermediate Category (ages 11 to 13)

- Stable Hand Assistant
- Smoothie Maker
- Preschool Teacher's Helper
- Gardening Assistant

#### Senior Category (ages 14 to 19)

- Wildlife Sanctuary Intern
- Chemistry Lab Assistant
- Bookstore Assistant
- Summer Lunch Program Assistant





**UNIVERSITY OF CALIFORNIA**  
Agriculture and Natural Resources

■ 4-H Youth Development Program



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## California State 4-H Interview Contest

### Junior Category Job Description

#### **Pets on the Move Animal Services**

123 Main Street

Clover City, CA 91234

**Position:** Dog Walker

**Position Overview:** Pets on the Move Animal Services is looking for a dog walker to walk clients' dogs for the required time, give water during and after walks, clean and properly dispose of animal waste, observe general animal health, and report any problems to the manager. We focus on working as a team and providing excellent customer service to maintain our relationships with customers and fellow employees.

#### **Essential Job Functions**

- Be on time to pick up dogs for their walk.
- Manage supplies needed, such as, leash, water, waste bags, and approved treats.
- Keep records of walk.
- Observe animal health and report to manager.
- Care for the health and well-being of the dogs.

#### **Other Necessary Skills**

- Self-responsibility
- Keeping records
- Social skills and nurturing relationships
- Planning and organizing

**Eligibility:** 4-H Junior category

**Bring:** Cover letter and Résumé for this position





## California State 4-H Interview Contest

### Junior Category Job Description

**Green Heart Recycling Company**  
**123 Main Street**  
**Clover City, CA 91234**

**Position:** Recycling Assistant

**Position Overview:** Green Heart Recycling is seeking an enthusiastic youth to help staff teach others what is recyclable. The assistant will help set up educational materials and assist with the children's activities at community fairs and events. They will also be able to assist in community clean ups. The assistant should keep records of events and work well with other staff members.

#### Essential Job Functions

- Work with a team to promote recycling
- Attend community events to promote recycling
- Provide records of events
- Work with other community groups to volunteer for clean ups
- Promote volunteering in the community

#### Other Necessary Skills

- Teamwork
- Planning and organization
- Keeping records
- Community service volunteering

**Eligibility:** 4-H Junior category

**Bring:** Cover letter and Résumé for this position





## California State 4-H Interview Contest

### Junior Category Job Description

**Heartland Elementary School**  
**123 Main Street**  
**Clover City, CA 91234**

**Position:** Lost & Found Assistant

**Position Overview:** Heartland Elementary School is looking for a youth to create and monitor the school lost and found box. The assistant will decorate a lost and found box that will be kept in the school office. They will make a flyer to announce where the box is located and post it by each classroom door, the cafeteria, and the gym. They will monitor the box frequently and keep a list of the items that are turned in. This list will be submitted to the school secretary and to the school newspaper for publication so owners and their items can be reunited. The assistant will also make classroom announcements about the importance of honesty and turning in found objects.

#### Essential Job Functions

- Decorate the Lost and Found box
- Make flyers and announcements about the box and box location
- Keep records of items
- Make classroom announcements to encourage the use of the box
- Work with the office secretary and the school newspaper

#### Other Necessary Skills

- Self-responsibility
- Keeping records
- Communication
- Planning and organization
- Honesty

**Eligibility:** 4-H Junior category

**Bring:** Cover letter and Résumé for this position







## California State 4-H Interview Contest

### Junior Category Job Description

**Sunburst Lemonade Stand**  
**123 Main Street**  
**Clover City, CA 91234**

**Position:** Lemonade Stand Helper

**Position Overview:** The Sunburst Lemonade Stand is looking for a helper during school game times. Lemonade Stand Helpers are responsible for taking orders and serving lemonade to the customers. The helper will also collect the payment from the customer. They will keep the workspace neat and provide exceptional service.

#### Essential Job Functions

- Taking orders from customers.
- Serving lemonade.
- Collecting payments.
- Keeping the space clean and free from trash.
- Provide friendly customer service

#### Other Necessary Skills

- Self-responsibility
- Customer Service
- Communication
- Planning and organization
- Honesty

**Eligibility:** 4-H Junior category

**Bring:** Cover letter and Résumé for this position





## California State 4-H Interview Contest

### Intermediate Category Job Description

**Brookview Stables**  
**123 Main Street**  
**Clover City, CA 91234**

**Position:** Stable Hand Assistant

**Position Overview:** Brookview Stables is a professional training and boarding equestrian facility. We are seeking a responsible youth to assist our stable hands with stable cleaning and basic grooming. The assistant will muck and wash down stalls. They will keep the stable clean by sweeping aisles, wash racks, breezeways, and entryways. They will clean and maintain tack. They will assist the stable hands with basic grooming. Horse handling experience is not required but is a plus!

#### Essential Job Functions

- Cleaning stalls.
- General pick-up, sweeping, and neatening of stable.
- Cleaning, maintaining, and organizing tack.
- Willingness to learn horse grooming and other equine skills.

#### Other Necessary Skills

- Team Player
- Communication
- Organization
- Following directions
- Disease Prevention

**Eligibility:** 4-H Intermediate category

**Bring:** Cover letter and Résumé for this position





## California State 4-H Interview Contest

### Intermediate Category Job Description

#### **Fresh & Fruity Smoothies**

123 Main Street

Clover City, CA 91234

**Position:** Smoothie Maker

**Position Overview:** Fresh and Fruity Smoothies is seeking a positive and enthusiastic person who has a passion for making the best tasting and healthiest smoothies! The maker will prepare smoothies following established recipes or to the customer's order. They will keep a clean and organized workplace. All makers are encouraged to formulate new recipes and assist in the promotion of the special smoothie of the month.

#### **Essential Job Functions**

- Assist in preparing smoothie ingredients.
- Prepare smoothies by following recipes or to a customer's order.
- Cleaning and organizing equipment and workspace.
- Assist with creating new smoothie recipes.
- Maintain a positive work environment for guests and staff.

#### **Other Necessary Skills**

- Team Player
- Organization
- Customer service skills
- Following directions
- Knowledge of or willing to learn healthy lifestyle choices.

**Eligibility:** 4-H Intermediate category

**Bring:** Cover letter and Résumé for this position





## California State 4-H Interview Contest

### Intermediate Category Job Description

**Sunnyside Preschool**  
**123 Main Street**  
**Clover City, CA 91234**

**Position:** Preschool Teacher's Helper

**Position Overview:** Sunnyside Elementary is seeking a teacher's helper for the 3-year-old and 4-year-old classes. The duties include help with preparing craft supplies and assisting preschoolers with making the crafts; organizing and cleaning the classrooms; teaching and playing games with preschool students; and assisting teachers with the daily classroom activities.

#### Essential Job Functions

- Prepare and organize craft supplies.
- Help preschoolers with craft projects.
- Teach and play games with students.
- Assist teachers with daily activities.

#### Other Necessary Skills

- Organization
- Following directions
- Nurturing relationships
- Social Skills
- Concern for Others

**Eligibility:** 4-H Intermediate category

**Bring:** Cover letter and Résumé for this position





## California State 4-H Interview Contest

### Intermediate Category Job Description

**Full Bloom Gardening Company**  
**123 Main Street**  
**Clover City, CA 91234**

**Position:** Gardening Assistant

**Position Overview:** Full Bloom Gardening Company is looking for a gardening assistant to join their team. The gardening assistant will be part of a team that will be responsible for helping to plant a home garden based on the plans developed by the head gardener. This position will also maintain the garden through watering and weeding. The assistant will watch for any plant health issues that arise and notify the head gardener. They will follow the head gardener's instructions on all care of the gardens. This requires some horticulture knowledge or willingness to learn about seasons and planting.

#### Essential Job Functions

- Planting, watering and weeding a garden.
- Observing for plant health and notifying head gardener of any issues.
- Following instructions given by head gardener.
- Learning about plant seasons, planting, and soil conditions.

#### Other Necessary Skills

- Teamwork
- Following directions
- Learning new skills and facts
- Communication
- Self Responsibility

**Eligibility:** 4-H Intermediate category

**Bring:** Cover letter and Résumé for this position





## California State 4-H Interview Contest

### Senior Category Job Description

**Wildlife Wonders Sanctuary**  
**123 Main Street**  
**Clover City, CA 91234**

**Position:** Wildlife Sanctuary Intern

**Position Overview:** Wildlife Wonders Sanctuary is seeking an intern who is passionate about the care of injured, sick, and orphaned native California wildlife. Interns will assist staff and volunteers with all aspects of animal care including diet preparation and feeding, medical treatments and wound care, enclosure cleaning, and safe handling skills. This position will require learning species identification and care requirements based on natural history and species behavior. Interns will also be involved in the release of patients once their rehabilitation is complete. Must have respect for wildlife and courtesy toward the public.

#### Essential Job Functions

- Diet preparation and feeding which could include tube feeding.
- Medical treatments which include giving medication and wound care.
- Cleaning enclosures which include laundry and dishwashing.
- Safe handling skills for a wide variety of wildlife in various developmental stages.
- Learning to identify species and about the natural history and behavior of native California wildlife.

#### Other Necessary Skills

- Teamwork
- Communication
- Responsibility
- Willing to Learn
- Respect for animals and people

**Eligibility:** 4-H Senior category

**Bring:** Cover letter and Résumé for this position





## California State 4-H Interview Contest

### Senior Category Job Description

**Union High School Chemistry Lab**  
**123 Main Street**  
**Clover City, CA 91234**

**Position:** Chemistry Lab Assistant

**Position Overview:** Union High School's Chemistry Lab is looking for an assistant for their Chemistry Lab. The lab assistant is responsible for keeping the lab clean and organized. They are also responsible for keeping records on the checking out and returning of lab equipment and tools. The lab assistant will also help after-school classes in the lab. This position will also assist the lab technician in reproducing safety instructions and trainings. Basic chemistry knowledge or willingness to learn is encouraged.

#### Essential Job Functions

- Cleaning and organizing the lab
- Keeping records of lab equipment and tools
- Assisting in after-school classes
- Assist lab technician in safety trainings

#### Other Necessary Skills

- Personal safety
- Communication
- Keeping records
- Organization
- Self-Responsibility

**Eligibility:** 4-H Senior category

**Bring:** Cover letter and Résumé for this position





## California State 4-H Interview Contest

### Senior Category Job Description

**Shop Around the Corner Bookstore**  
**123 Main Street**  
**Clover City, CA 91234**

**Position:** Bookstore Assistant

**Position Overview:** The Shop Around the Corner Bookstore is looking for a caring and enthusiastic employee to assist the shop. Duties will include reading to children for the afternoon reading time and assisting in book sales. The position will also help in keeping the bookshelves organized, restocking books, and creating displays for the book series of the month program. The assistant will also assist in our community outreach and donation programs with local charities.

#### Essential Job Functions

- Reading for the afternoon reading hour
- Assisting in book sales
- Organizing shelves and restocking books
- Help in displays for the book of the month series
- Serve as a coordinator with local charities and assist in community outreach efforts

#### Other Necessary Skills

- Community service volunteering
- Self-motivation
- Communication
- Customer Service
- Organization

**Eligibility:** 4-H Senior category

**Bring:** Cover letter and Résumé for this position







## California State 4-H Interview Contest

### Senior Category Job Description

**Golden County Summer Lunch Program**  
**123 Main Street**  
**Clover City, CA 91234**

**Position:** Summer Lunch Program Assistant

**Position Overview:** The Golden County Summer Lunch Program is looking for an assistant to help prepare and serve meals to the lunch recipients. They will be taught disease prevention and personal safety in a kitchen. The assistant needs to be motivated and enjoy working in a fast-paced environment as this site serves 200 lunches each weekday. They should be able to provide exceptional service and work efficiently.

#### Essential Job Functions

- Help prepare meals for serving
- Assist in serving meals to guests
- Be able to work quickly and efficiently
- Provide exceptional customer service
- Assist in resolving problems if they arise

#### Other Necessary Skills

- Teamwork
- Self-motivation
- Communication
- Customer Service
- Stress management

**Eligibility:** 4-H Senior category

**Bring:** Cover letter and Résumé for this position



## California 4-H Presentations: 2026 Impromptu Speech Categories



Impromptu speaking involves speeches that the speaker has developed themselves at Presentation Events within a *three-minute preparation* time. One at a time, the speakers will randomly draw a piece of paper with a prompt on it. Prompts will be developed from the pre-announced categories outlined here, impromptu speech will be selected at random from any category and youth are unable to choose a specific category. From the time that the speaker is given the prompt, they will have three minutes to prepare a speech. Please refer to the Impromptu Speech category description on page 21 of the [UC 4-H Presentation Manual](#).

### Senior Categories (14-19 years old)

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#### Civic Engagement: **Democratic Process**

Democracy consists of a political system for choosing elected representatives through free and fair elections; the active participation of the people; protection of human rights; and a rule of law, in which the laws apply equally to all people. The democratic process involves voting for leaders to represent citizens and their ideas; and sometimes participating as an elected representative.

Consider how young people can play a role in strengthening democracy, even before they are old enough to vote. Reflect on the importance of understanding different perspectives and maintaining respectful civil discourse when discussing candidates or community issues. Think about how participation in elections and civic engagement can bring about positive change in your community. The point of this topic is to be reflective of civic engagement and democracy rather than personal political views or affiliations. Remember, 4-H presentations must be non-partisan.

**Potential prompts:** *How can respectful discussions about candidates or ballot issues strengthen democracy and help people make more informed choices? What does voting mean to you, and how do elections create opportunities for positive community change? How does the 4-H program encourage youth to practice democracy through participation, leadership, and decision-making?*

#### Healthy Living: **Mindfulness - Emotional Intelligence**

Emotional intelligence is the ability to recognize, understand, and manage our own emotions, as well as to empathize with and respond appropriately to the emotions of others. Mindfulness, being aware and present in the moment, supports emotional intelligence by helping individuals pause, reflect, and make thoughtful choices rather than reacting impulsively. Developing emotional intelligence strengthens relationships, builds self-confidence, and enhances leadership and teamwork skills.

Consider how practicing mindfulness can help you better understand your emotions and respond with empathy and kindness. Reflect on how emotional awareness can improve communication and collaboration in groups. Think about how 4-H activities can provide opportunities to practice mindfulness and build emotional intelligence through teamwork, leadership, and community service.

**Potential prompts:** *How can mindfulness help you recognize and manage your emotions? Why is empathy an important part of emotional intelligence? How can emotional intelligence make you a better team member or leader? How can 4-H activities help youth develop mindfulness and emotional awareness?*

### **Leadership: Inspiring Others**

An effective leader fosters collaboration by building trusting relationships toward a common vision and purpose. Leaders strengthen others through affirmations and constructive feedback, helping their teams develop a sense of belonging, competence, and confidence. Leadership in 4-H provides opportunities to practice communication, teamwork, and problem-solving while inspiring others to achieve shared goals.

Consider how leaders can influence positive change within their clubs, communities, or beyond. Reflect on the importance of trust, empathy, and encouragement in motivating others. Think about how leadership in 4-H helps youth grow personally while supporting their peers' success.

**Potential prompts:** *How can a leader build trust and cooperation among team members? Why is it important for leaders to help others become confident and capable? How does 4-H provide opportunities to practice and strengthen leadership skills? What does being an inspiring leader mean to you?*

### **Science, Technology, Engineering and Mathematics (STEM): Earth and Space Science**

Earth and space science explores the study of the Earth, the solar system, and the broader universe, including the stars, planets, and their formation and history. This field helps us understand how Earth's systems interact and how human innovation has expanded our knowledge of space. Through scientific observation, technology, and engineering, we continue to learn more about the universe and our planet's place within it.

Consider how exploration and scientific discovery deepen our understanding of Earth and its relationship with the solar system. Reflect on the role of technology and engineering in studying space and protecting Earth's systems. Think about how youth can contribute to solving challenges related to the environment, space exploration, and sustainability.

**Potential prompts:** *What is the relationship between the Earth, sun, and moon, and how does it affect life on our planet? How have engineering and technology helped humans explore the solar system? How can 4-H promote understanding of how human activities impact Earth's systems and climate? Why is it important for youth to study Earth and space science?*

## Intermediate Categories (11-13 years old)

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### Cultural Awareness

Your 4-H Club is more than just a group that meets regularly; it's a place where you can learn new things, make friends, and make a difference. It's a space where everyone can belong and grow together while exploring projects that match their interests, developing leadership skills, and giving back to the community through service. Every 4-H Club is unique, shaped by the people in it and the activities they choose to take on.

Reflect on how being part of your 4-H Club has helped you grow, whether by learning new skills, discovering an interest, or building confidence. Think about the projects or service activities your club has done; how do they make your community a better place? Consider how leadership roles and teamwork in your club help members take responsibility, support each other, and make positive change.

**Potential prompts:** *Describe a 4-H project or service activity that made an impact in your community. How has being part of your 4-H Club helped you learn or grow? What opportunities has 4-H given you to take on leadership or teamwork roles?*

### Goal Management

Your neighborhood is more than just the place where you live; it's a small community filled with people, homes, and shared spaces that connect you to others. It's where you might see familiar faces, help a neighbor, or take part in activities that make your neighborhood safer and more welcoming. When neighbors care for and look out for one another, it builds a stronger, friendlier place for everyone.

Reflect on what you like most about your neighborhood and how you contribute to keeping it a great place to live. Consider how you connect with your neighbors. Do you help each other, share ideas, or look out for those in need? Think about what responsibilities you have as a good neighbor and what actions you can take to make your neighborhood even better.

**Potential prompts:** *Describe something that makes your neighborhood special and how you help take care of it. How do you and your neighbors look out for each other? What can 4-H members do to improve or strengthen neighborhoods?*

(for more on goal management refer to the [4-H Officer's Manual](#), page 11, or the County Ambassador Manual, page 17-18).

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