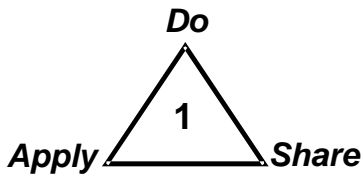


# Section 1: My 4-H Project Plan (11 thru 12 Year Olds)



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**Names of Projects**  
(you may add lines for more projects)

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_  
(as of January 1, 2010)

Address \_\_\_\_\_  
\_\_\_\_\_

County \_\_\_\_\_ Extension District \_\_\_\_\_

Name of 4-H Club, After-School Program, or Group \_\_\_\_\_

Years Enrolled in 4-H \_\_\_\_\_

Name of Parent(s) or Guardian(s) \_\_\_\_\_

Date Plan Started \_\_\_\_\_ Date Plan Completed \_\_\_\_\_

I have received Gold in this Age & Project Category in the past: Yes  No

*I have reviewed this plan and agree to support its completion:*

\_\_\_\_\_  
(Parent or Helper)

\_\_\_\_\_  
(4-H Leader)

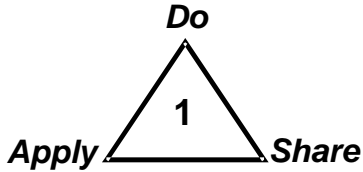
**Welcome to 4-H the world's largest informal youth program. As a 4-H member, you have an opportunity to design your individual projects. This planning form has been prepared especially for you, the 11 to 12 year old 4-H'er. You have selected the correct age form if you will be 11 or 12 on January 1 of the year you complete your project and send it for county competition. If you are unsure, please ask your 4-H Helper.**

**You can select 4-H subjects you'd like to learn about this year. List those subjects in the blank spaces above the "Names of Projects" at the top of this page. The first step in this process is to develop your personal 4-H plan. In this plan you'll record everything you'd like to do and learn in 4-H. You'll also begin to think about special activities and events that will help you have fun while you learn. Throughout the year, you'll do as many of the things you planned as possible. We hope you will share what you've learned and done with your friends and with adults. As you learn, you'll begin to apply what you learn in one project to another or to a school activity.**

**Please have a special helper review your plan once you've recorded it on the back of this page. This helper might be a parent or guardian, an older friend, your 4-H leader, or another 4-H'er. Most importantly, it should be someone with whom you'd like to work.**

**4-H is fun! Have a great year!**

# Planning My 4-H Year



*What would you like to do in 4-H this year? The possibilities are endless.*

*This page is designed for you to record the goals you have for the 4-H year. To begin list the things you'd like to learn or do. List things like participating in specific projects, events and activities; making presentations and talks at club meetings or in your community; setting up educational exhibits; or running for club or county offices. You might also have personal goals, such as becoming a better speaker or becoming more physically fit. You will want to include goals for each project you are planning to do.*

*During the year, you might think of new goals. If you do, just add them to your plan along with the month you think you'll do them.*

## MY 4-H PLAN

### What things do you want to learn or do?

Examples:

- I will complete a garment for the Fashion Revue
- My friends and I will organize a "Big Sweep" clean up.
- I will learn and practice 10 new safety rules.
- I will learn proper nutrition for my lamb.

### Month to do them

- April
- September
- All year
- February-April

**Record your plans below:**

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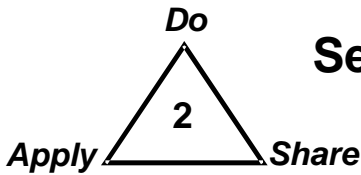
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**Reminder: You may add additional pages and you may add to the plan during the year as you think of other things you want to do. Attach a copy of this 4-H Project Plan and your Story to each Project Record.**

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## Section 2: My 4-H \_\_\_\_\_ Project Record (11 thru 12 Year Olds)

My Name \_\_\_\_\_ My 4-H Club Name \_\_\_\_\_

A separate Project Record should be completed for each project you did this year. List the specific things you learned and did in this project during the past year. List new information you gained as well as the things you learned how to do. Use numbers to show how much you did and learned. If you have profit/loss information, please include it in this section.

**Note:** This page should be completed for each project you have done this year. If a project record is included in your project book, complete the record and attach it to this sheet.

### 1. Things I Learned and Did in This Project

### Date(s) When I Learned/Did

Example:

I selected and showed two lambs at 4 shows  
Consider leg and loin size when selecting a lamb  
How to focus a camera  
Bicycle riding exercises the large muscles in the body.  
I built and launched 18 rockets

November on Selection Trip  
January – May  
December at Camera Class  
At club meeting in May  
March - September

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### 2. As you think about the items you listed in number 1 above, what did you learn that you can use again?

Ex: I learned from looking at the pictures I took that I need to have more light if I don't use a flash.

I learned the importance of developing my muscles; I can do other exercise that will also make muscles.

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(You may add additional pages. Please turn the page to record more 4-H successes in this project)

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3. As an 11 to 12 year old, you are beginning to assist other 4-H members and adults with projects and activities. Please use the space below to list the ways you shared with others in this project.

Name of Person I Helped

What I Did

Date

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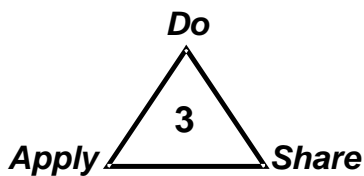
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### My Personal Touch: A 4-H Scrapbook (11 thru 12 Year Old)



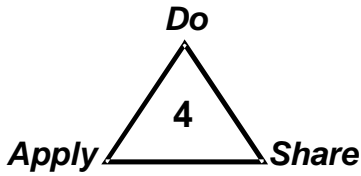
This section is designed to support your 4-H project work. You may want to include items that will tell your 4-H story through pictures, news clippings, drawings, crafts, collages, poems, or any other creative way to show what you have collected or done in 4-H this project. Attach up to six additional sheets that add your “Personal Touch.” Each side counts as one page.

Reminder: You may use additional pages. Be sure that you follow the page guidelines for the Personal Touch Section. Attach a copy of your Personal Touch items to the 4-H Project Plan, My 4-H Story, and Project Record.

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My Name \_\_\_\_\_



# Section 4: My 4-H Story

(11 thru 12 Year Olds)



Please write a story about yourself, your family, and your friends. Include what you did in 4-H this year. Be sure to write at least one paragraph on each project you completed. What did you enjoy most? What did you learn about? What special events did you attend?

Include sections that help the reader understand your contributions to activities and to other people in your group. If you were involved in community service or citizenship, be sure to explain what you did.

Let your creativity help you tell your 4-H story in a unique way. Please pay attention to your spelling and grammar.

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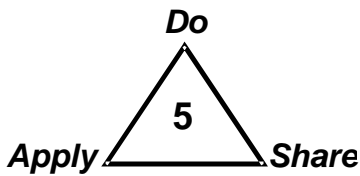
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Remember: Attach a copy of this 4-H Story along with your 4-H Project Plan and 4-H Activities to each Project Record.

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## Section 5: My 4-H Activities

(11 thru 12 Year Olds)



In this section, please make a list of the things you have done involving citizenship, community service, leadership, and other projects and events. If you used your 4-H project work in school, church, or community activities, you may include them here. As part of your activities, you might act as a leader. Leadership includes holding offices and serving on committees. It also can include teaching workshops, volunteering at 4-H Day Camps, giving a club program, organizing events and meetings, and recruiting new members. Community service activities might include fundraising for a community organization or assisting with the Fire Department raffle. You might also begin to learn about citizenship by going to county commissioners or town council meetings or writing your legislative representative.

Name of Activity	Date
Examples:	
4-H Fashion Revue—modeled garment	April 12
Baskerville Club President—presided at 8 meetings	All year
County Commissioner Meeting—told about 4-H	July 7

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**Reminder: You may add additional pages. Attach a copy of this 4-H Activities Sheet, your 4-H Project Plan and 4-H Story to each Project Record.**

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