

# Coming Soon...2018 NC 4-H Congress Workshops!

(Tentative list to share with those attending 4-H Congress)

## **4-H Yoga**

4-H Yoga for Kids is a fun and easy way to increase physical activity and flexibility, strengthen your body and mind, improve self-confidence and promote relaxation. No experience is necessary! The 4-H Yoga for Kids curriculum is designed by the University of Arkansas Extension, incorporating Head, Heart, Hands, and Health in a low pressure, positive, and supportive environment! Come learn more about and participate in activities with this program!

## **Blend Right In- Smoothie Challenge**

Get your blenders ready...set...go! 4-H'ers will first have a lesson on MyPlate and why is it important to eat an array of colorful fruits and veggies? *For the challenge...* Teams will be given materials and asked to step up to the blender and make their version of a great tasting smoothie. Prizes will be awarded to the winning team. Each person will go home with a smoothie recipe card and wonderful ideas on how to incorporate more fruits and vegetables in their diet. Workshop participants will also view a demonstration of the blender bikes to blend smoothies.

## **Candy Making Made Easy**

Making candy can be easy and fun, and you don't even have to have a kitchen! We will use skillets and crock pots to make fudge, peanut butter balls, dipped pretzels and homemade mints. You will be the hit of your next 4-H soiree!

## **Clogging 101**

Have you ever wanted to learn something that looks super hard and cool? This workshop will teach young adults the basics of clogging including history, basic steps, and circle figures. Everything taught in clogging 101 will consist only of the basics nothing will be too advanced for starters to learn. By taking this workshop, students can improve on social skills, fitness, and coordination. At the end of class, the students will pull everything together and participate in a freestyle clogging dance.



### **Get Outside! 4-H Wildlife and Forestry Opportunities**

Do you love being outdoors, learning names of trees and plants, observing wildlife, hunting, or fishing? Did you know there are 4-H programs in wildlife and forestry that also provide opportunities for travel around the country? There are! This workshop will introduce participants to the 4-H Forestry and Wildlife Habitat Education Program (WHEP) through hands-on activities at NC State's Schenck Memorial Forest. Top scoring contestants from the NC Forestry and WHEP contests will be on-site to share their experiences and tips! *NOTE: This workshop is off-site (transportation provided). Long-pants, closed-toe shoes, and a water bottle are required.*

### **Health Rocks...And So Does 4-H!**

If you're looking for a workshop where you just sit and listen, this is not the one for you! During our workshop, you will be participating in a series of hands-on-activities to learn more about how to easily live a healthy life. Prepare for a lot of fun!

### **How to Apply for Honor Club**

Have you ever wondered what NC 4-H Honor Club is? Today you will briefly learn about Honor Club, while learning the application process to apply for Honor Club.

### **How to Vote and Why It Matters**

The session involves a series of activities that help students understand 1) the influence elected officials/government have on their daily lives; 2) the connection between who shows up to vote and outcomes 3) how to register and vote; 4) the low voter turnout among young voter-eligible citizens; and 5) how First Vote's simulation election could work in their school.

### **I'm Aging Out of 4-H... Now What?**

Many of us love 4-H so much that we don't want it to end! Are you in your last year as a 4-H'er and wondering what comes next? Join your fellow "almost has-been's" in an engaging workshop to learn how you can stay involved with 4-H even after aging out. You'll have the chance to learn about alumni resources, ways to engage with National 4-H, and volunteer opportunities at the county, district, and state levels.

### **Modern Agriculture and the Soybean**

Participants will learn about Modern Agriculture involving: GMO's, sustainability, profitability, biotechnology, organic/non-organic farming, and college/career opportunities. Small group discussions will be used to define, design, and discuss findings of sustainable agriculture among participants. The Journey of the Soybean demonstration will be used to demonstrate the numerous places, people, and products the beans must go through from genetic production to final product uses.

“Modern agriculture is an evolving approach to agricultural innovations and farming practices that help farmers at efficiency and reduce the amount of natural resources (water, land, and energy) necessary to meet the world’s food, fuel, and fiber demands.”

### **Perseverance: How to stay motivated and overcome stress in order to succeed**

Perseverance is the key to achieving your goals, breaking down stress busters, and directing you to your passion. In this fun, interactive workshop, you will learn how to set SMART goals, practice easy ways to relieve stress, and create a happiness (vision) board focused on your passion.

### **Plant Propagation**

If you love plants and want to learn more about how to make more of them, this workshop is for you! This workshop will be high energy and hands on as we explore the fun world of plant propagation. Come ready to learn and have fun!

### **Pollination Power!**

Do you enjoy eating fresh fruits and veggies, admiring beautiful flowers, or keeping a garden? Well, none of that would be possible without pollination! As the population of one of our most important pollinators, bees, is on the decline, it’s our time to step up and save them! Come ready for group discussion and a hands-on-activity. Join Chloe Allen and Ms. Lori McBryde from Johnston County to learn why pollination is important, what part bees play in pollination, why bee populations are on the decline, and what we can do to save the bees in Pollination Power!

### **Poultry Evaluation and Egg Candling**

Following the 2018 Poultry Judging Competition, instructors will demonstrate various methods to evaluate past production hens, broilers, and egg candling guidelines that will provide participants with valuable information to be used in future competitions.

**Why 4-H Ambassadors?**

The 4-H Ambassador program is designed to train teen 4-H members to truly represent the 4-H program. Each level has required courses that give Ambassadors an overview of the 4-H programming model, organizational structure, and the life skills to train others and promote the 4-H program. This Intro class will also serve as the first required course in the Bronze level.