

# 4-H Presentations



## What are 4-H Presentations?

4-H Presentations are a huge part of North Carolina 4-H. It is one of the most successful way to help a young person learn how to do a public speech. It focuses on members teaching others what they know about a particular project/subject matter. They are sometimes called demonstrations or illustrated talk or a formal speech.

**Demonstration:** DOING, SHOWING HOW, MAKING – has a finished product to show - shows how a task it done or product is made. For example: show how to make a healthy snack using fruits and vegetables.

**Illustrated Talk:** TALKING, TELLING HOW, using CHARTS, PICTURES, MODELS - shares information with the help of pictures, video's, charts, models etc.

**Formal Speech:** shares information on a specific topic without using any visuals, props or materials. Sometimes this is a speech that a young person has memorized or a paper someone has written on a specific topic.

- Speaking in front of a group, doing 1 of 2 things:
  - Demonstrating HOW to do something
  - Educating others on a certain topic
- Can present as an individual OR a team
  - Team=2 individuals only (no more)
  - If team members are in two different age groups, they will present in the oldest age group

## Benefits of 4-H Presentations

Teaches life skills.

- Increase public speaking skills
- Increase self confidence
- Increase knowledge & interest in a certain subject matter

- Will help you in the long run with:
  - Communicating
  - Other clubs & projects
  - College/post-secondary education
  - Careers

Giving a presentation is a good learning experience. You can choose a topic from any project you have taken in 4-H or currently doing. The topic should be something you enjoy, are interested in and can be presented easily in 5 to 15 minutes. 4-Hers who do a presentation develop self-confidence, the ability to speak in front of an audience and the ability to think ahead. In the following outline you will discover pointers and tips on doing a 4-H presentation.

### **The 5 P's of 4-H Presentations**

To give a good presentation there are several steps that should be taken. They are:

1. Planning
2. Preparation
3. Presentation
4. Poise (Appearance)
5. Practice

### **Planning**

1. Choose a topic that is:
  - a. A project learned in 4-H
  - b. Something you do well, enjoy doing
  - c. A subject that would be interesting to someone else
  - d. An interesting title
2. Limit your presentation to one process or main idea. Have plenty of action. Learn as many facts about your project as possible. Some sources may be:
  - a. 4-H Leader
  - b. 4-H Agent
  - c. Books
  - d. Teacher
  - e. Parent
3. Types of Presentation (each can be individual or team)
  - a. Demonstration

- b. Illustrated Talk
  - c. Formal Speech
4. Start with a Catchy Title
    - a. The Mane Attraction
    - b. Berry Good Bread
    - c. The Worth of Water
  5. Content of your presentation
    - a. What are you going to talk about?
    - b. Why is it important?
    - c. This is the “So what?” part
    - d. Be specific!
    - e. Use visuals as needed
  6. Make Poster if you using posters
    - a. Use light colored board with dark lettering
    - b. Use contrast in words (different color and size letters)
    - c. Don't over crowd the poster
    - d. The fewer the words the better
    - e. use the poster(s) during presentation
    - f. Use pictures, drawings, or clip art
    - g. List the steps in the order they are to be shown and decide how you are going to do each step
    - h. List the supplies needed
    - i. Plan what you are going to tell your audience as you do each step.
  7. Summary
    - a. Re-Tell info
    - b. Only hit the highlights
    - c. Keep it to one poster or visual if possible.
    - d. Ask judges do they have any questions
  8. Resources
    - a. Be sure to list all of your resources for the audience.
      - i. Show resource if you have it there
      - ii. Put the names on the visual you are using

## Helpful Tips

1. Your summary should be a short recap of your main points or steps.
2. Resources: When stating where you got your information you should not just state the internet; provide the audience with the 4-H Curriculum manuals, written resources, websites etc you received your information from.
3. When organizing your presentation, you should work form left to right, using a tray to transport your supplies is also very helpful.
4. When possible, use transparent equipment such as glass bowls so the audience sees the material and the process.
5. Commercial labels on products must be covered. Endorsement of any particular brand name is not permitted in a public presentation. However, if using your own container, make sure it is labeled clearly.
6. Your appearance should be neat, well-groomed and good posture.
7. Keep hair off your face. If you are presenting food your hair should be tied back.
8. Your voice should be clear and correct English should be used.
9. Remember to smile and have FUN!

### Cloverbuds

5-7 years old

Do not compete, but can  
present at County &  
District levels  
Great time to start!

### Ages 8-10

Compete @ County,  
District &  
State levels  
Only District Gold  
advances to  
State level

### Ages 11-13 & 14-18

Compete @ County, District &  
State levels  
District Gold & Silver advance  
to State level