

DIVISION K - LEISURE SCIENCES

K-1 Global Citizenship

No Display Boards

Project will be evaluated on the quality of information completed in the manual and e-record (25 percent) and quality of exhibit (75 percent).

Class

1. Unit 1 - Study of Another Country - Junior
2. Unit 1 - Study of Another Country - Intermediate
3. Unit 1 - Study of Another Country - Senior

Exhibit will consist of the following:

- A. A sturdy three-ring notebook including a completed e-record with the following additional information:
 1. Selected option from page 3 of manual.
 2. Create an information sheet that explains the selected study option and list the topic(s) studied (pages 6-9 in manual).
 3. Describe any demonstrations or public speaking experiences you had associated with global citizenship. Please be specific about audience, topic, visual aids, etc.
 4. Include a short story explaining what you learned from this study.
 5. List the resources you used throughout your project.
4. Unit 2 - Host a Delegate From Another Country - Junior
5. Unit 2 - Host a Delegate From Another Country - Intermediate
6. Unit 2 - Host a Delegate From Another Country - Senior

Exhibit will consist of the following:

- A. A sturdy three-ring notebook including a completed e-record with the following additional information:
 1. Preparation of your Exchangee's Arrival – page 3 of manual.
 2. The Arrival page – 3-4 of manual.
 3. During the Stay – page 4 of manual
 4. After Departure – page 4 of manual
 5. Resources – page 5 of manual
- B. Provide information on at least one demonstration or public speaking that you gave on your global citizenship project. Please record this information on the Demonstration page in the e-record. Be specific on audience, topic, visual aids, etc.
7. Unit 3 – Youth Counselor for Inbound International Delegation - Intermediate
8. Unit 3 – Youth Counselor for Inbound International Delegation - Senior

Exhibit will consist of the following:

- A. Serve as a teen counselor at a standard international program event for incoming delegates from another country or culture (this must be coordinated with the 4-H International Programs Coordinator in the Colorado 4-H Office).
- B. A sturdy three-ring notebook, including a completed e-record with the following information:
 1. The Arrival – page 5 of manual
 2. During the Stay – page 5 of manual
 3. After Departure – page 5 of manual
 4. Resources – page 5 of manual
- C. Provide information on at least one demonstration or public speaking that you gave on your global citizenship project. Please record this information on the Demonstration page in the e-record. Be specific on audience, topic, visual aids, etc.
9. Unit 4 - Exchange Delegate to Another Country - Intermediate
10. Unit 4 - Exchange Delegate to Another Country - Senior

Exhibits in all units will consist of the following:

- A. A sturdy three-ring notebook including a completed e-record with the following information:
 1. Before Departure – pages 5-6 of manual
 2. During the Stay – page 6 of manual

3. In-depth Observation – page 6 of manual
4. Return to the United States – page 6 of manual
5. Resources – page 6 of manual

B. Provide information on at least one demonstration or public speaking that you gave on your global citizenship project. Please record this information on the Demonstration page in the e-Record. Be specific on audience, topic, visual aids, etc.

K-2 Photography

1. For all units, submit photo material for the current unit being entered. Do not submit previous photos or records.
2. In Levels 1-3 pictures can either be mounted on the journal pages or on card stock. Use the tips on page 73 of the manuals for mounting the pictures.
3. Display photo may be up to 5"x7" in size. The photo must be mounted on a mat and suitable for hanging without additional frame. No other mounted materials (i.e. glass, wood, plastic, metal, etc.) can be used.
4. All photos in the notebook or manual should be 4"x6" unless otherwise indicated in the manual. If the photos do not fit on the page, add a page for the photo.
5. **Display photo will be used to display at state fair so be careful when picking your best photo. Notebooks will not be displayed.**

6. The maximum size for the matted only picture is no larger than 8"x10" (no frame or glass).
7. Binders/Notebooks: Use a hardback, 3-ring notebook up to 3 inches in size for all units. No posters or oversized books. Do not use plastic covers on any pages in the unit. All materials must fit within the notebook. Additional pages can be added as needed to exhibit your photos.
8. Videos must be appropriate for total family viewing.
9. For photo exhibits in Levels 1-3 follow the tips on page 73 of the manuals. Photos can be mounted on the journal pages or on cardstock. Label format for Units 1-4:

Camera used _____

Type of film _____

Exposure details _____

Journal page # (if using card stock to mount pictures)

Photo # (left to right and top to bottom) _____

Subject: _____

Date Photo Taken _____

10. Label Format for UNITS 6-7

Photo # or Media Used _____

Subject _____

Date Photo Taken or Date of Film _____

Notes _____

11. Unit 4 Lightning Photography is not limited to only lightning photos. Youth can exhibit photos taken at night: moon light photos, fireworks, night-time photos. Photos using long exposure and high speed can also be exhibited. Be sure to check the requirements.

12. Project will be evaluated on the quality of information completed in the manual and e-record (25 percent) and quality of exhibit (75 percent).

13. Colorado State Fair 4-H Photo Contest --- Open to all 4-H members. Photos must be taken in Colorado. Requirements will be in the State Fair Contest Requirements. Judging for this contest will take place during the regular judging of exhibits at state fair.

Class

1. Unit 1 - Focus on Photography – Level 1- Junior
2. Unit 1 - Focus on Photography – Level 1 - Intermediate
3. Unit 1 - Focus on Photography – Level 1 - Senior

Exhibit will consist of the following:

A. Completed e-record. Include the following in your story: what camera you used this year (Brand name, film size, etc.), how you stored your pictures and why you picked your Display Photo. Also include photos of you working on your project in the e-record photo page. Completion of pages 4-7 in the manual.

B. All photos must be labeled as follows:

1. Camera used
2. Type of film
3. Exposure details
4. Journal page # (if using card stock to mount pictures)
5. Photo # (left to right and top to bottom)
6. Subject
7. Date photo taken

C. Level 1 photo exhibits will consist of the following Photo Journal pages from the manual (a minimum of 60 photos and maximum of 66 photos). Photos may be mounted on cardstock with reference to journal pages.

Juniors choose 7 photo activities from Numbers 2-16 to present in a notebook. Suggested to start with 2 and work down.

1. Photo Journal Page 7 – 1 photo (Display Photo) – will be displayed – must be matted.
2. Photo Journal page 12 – 5 photos
3. Photo Journal page 16 – 6 photos
4. Photo Journal page 20 – 6 photos - 3 photos of outdoor scene taken different times (explained in manual pg. 18); 3 photos of inside scene taken different times (explained in manual pg. 18) (minimum of 6 photos)
5. Photo Journal page 24 – 5 photos
6. Photo Journal page 28 – 4 photos
7. Photo Journal page 32 – 3 photos
8. Photo Journal page 36 – 3 photos
9. Photo Journal page 40 – 3 photos
10. Photo Journal page 44 – 3 to 5 photos
11. Photo Journal page 48 – 4 photos
12. Photo Journal page 52 – 4 photos
13. Photo Journal page 56 – 3 photos
14. Photo Journal page 60 – 3 to 5 story format
15. Photo Journal page 64 – 3 to 5 photos
16. Photo Journal page 68 – 4 photos

D. Display photo may be up to 5"x7" in size but not larger than 8"x10" matted. This photo will be used for displaying and must be matted.

4. Unit 2 – Controlling the Image – Level 2 - Junior
5. Unit 2 – Controlling the Image – Level 2 - Intermediate
6. Unit 2 – Controlling the Image – Level 2 – Senior

Exhibit will consist of the following:

A. Completed e-record. Include the following in your story: what camera you use this year (Brand name, film size, etc.), how do you stored your pictures and why did you pick your Best Photo pictures. Also include photos of you working on your project in the e-record photo page. Completion of pages 4-7 in the manual.

B. All photos must be labeled as follows:

1. Camera used
2. Type of film
3. Exposure details
4. Journal page # (if using card stock to mount pictures)
5. Photo # (left to right and top to bottom)

6. Subject

7. Date photo taken

C. Level 2 photo exhibits will consist of the following Photo Journal pages in the manual (a minimum of 48 Photos. Note: This level is for cameras that can be adjusted for speed and lighting). Photos may be mounted on cardstock with reference to journal pages.

1. Photo Journal Page 7 – 1 photo (Best Photo) – **this will be displayed and must be matted.**

2. Photo Journal page 12 – 3 still subject with different aperture settings (explained in manual page 10); 3 moving subjects with different shutter speeds (explained in manual pg. 10)

3. Photo Journal page 16 – 6 photos

4. Photo Journal page 20 – 3 photos as explained in manual on pg. 18

5. Photo Journal page 24 – 4 photos – 2 photos with hard light and 2 photos with soft light

6. Photo Journal page 28 – 3 photos

7. Photo Journal page 32 – 3 photos

8. Photo Journal page 36 – 3 photos

9. Photo Journal page 40 – 3 photos

10. Photo Journal page 44 – 3 to 5 photos

11. Photo Journal page 48 – 1 photo

12. Photo Journal page 52 – 3 to 4 photos

13. Photo Journal page 56 – 2 photos

14. Photo Journal page 60 – 3 photos

15. Photo Journal page 64 – 3 photos

16. Photo Journal page 68 – panorama

D. Display photo may be up to 5"x7" in size but not larger than 8"x10" matted. This photo will be used for displaying and must be matted.

7. Unit 3 – Mastering Photography – Level 3 - Junior

8. Unit 3 – Mastering Photography – Level 3 - Intermediate

9. Unit 3 – Mastering Photography - Level 3 - Senior

Exhibit will consist of the following:

A. Completed e-record. Include the following in your story: what camera you used this year (Brand name, film size, etc.), how you stored your pictures and why you picked your Best Photo pictures. Also include photos of you working on your project in the e-record photo page. Completion of pages 4-7 in the manual.

B. All photos must be labeled as follows:

1. Camera used

2. Type of film

3. Exposure details

4. Journal page # (if using card stock to mount pictures)

5. Photo # (left to right and top to bottom)

6. Subject

7. Date photo taken

C. Level 3 photo exhibits will consist of the following Photo Journal from the manual (minimum of 48 photos). Photos may be mounted on cardstock with reference to journal pages.

1. Photo Journal Page 7 – 1 photo (Best Photo) – this will be displayed – must be matted

2. Photo Journal page 12 – 3 photos

3. Photo Journal page 16 – 3 photos

4. Photo Journal page 20 – 3 photos

5. Photo Journal page 24 – 2 photos

6. Photo Journal page 28 – 3 photos

7. Photo Journal page 32 – 2 photos

8. Photo Journal page 36 – 4 photos

9. Photo Journal page 40 – 4 photos

10. Photo Journal page 44 – 6 photos

11. Photo Journal page 48 – 4 photos
12. Photo Journal page 52 – 4 photos
13. Photo Journal page 56 – 3 photos
14. Photo Journal page 60 – 3 to 5 photos
15. Photo Journal page 64 – Brochure – is not included in total photo count
16. Photo Journal page 68 – 3 photos

D. Display photo may be up to 5"x7" in size but not larger than 8"x10" matted. This photo will be used for displaying and must be matted.

10. Unit 4 – Lightning Photos - Junior
11. Unit 4 – Lightning Photos - Intermediate
12. Unit 4 - Lightning Photos - Senior

Exhibit will consist of the following:

A. Completed e-record with emphasis on accomplishments in your story. Include photos in the e-record photo page of you working on your project.

B. All photos must be labeled as follows:

1. Camera used
2. Type of film
3. Exposure details
4. Photo # (left to right and top to bottom)
5. Subject
6. Date photo taken

C. Three 5"X7" photos mounted on a mat. No other mounted materials (i.e. glass, wood, plastic, metal, etc.) can be used.

D. These three photos can be taken from any of these categories: lightning, night-time, fireworks, moonlight, long exposure and high speed photos. For example: 2 lightning photos and one moonlight photo; or one lightning, one firework, one long exposure, and so on. Any combination can be done.

E. Maximum size for the matted picture is no larger than 8"X10".

F. Attached to the back of the submitted print should be:

1. Name
2. County
3. Date, time, and location of photo
4. Make and model of camera used
5. Shutter speed and aperture setting
6. ASA film speed (for film cameras) or ISO resolution setting (for digital cameras)

13. Unit 6 - Advanced Photography - Junior
14. Unit 6 - Advanced Photography - Intermediate
15. Unit 6 - Advanced Photography – Senior

Note: This unit is for those 4-H members who have advanced photography experience (i.e. creative darkroom work, publishing, careers, etc.).

Exhibit will consist of the following:

A. Completed Photography Unit 6 e-record with emphasis on accomplishments in your story. Include photos in the e-record photo page of you working on your project.

B. All photos must be labeled as follows:

1. Photo #
2. Subject
3. Date photo taken
4. Notes

C. Include the following information on the Photography page:

1. Goals
2. Plans
3. Accomplishments
4. Evaluation

- D. Photos should show your progress and be labeled as successful or not, plus reasons.
- E. Notebook which illustrates achievements.
- F. Display photo may be up to 5”X7” in size but not larger than 8”X10” matted. This photo will be used for displaying and must be matted.
- G. Project will be evaluated on quality of content in the written statement and completion of e-record (50 percent) and quality of content in notebook (50 percent).

K-3 4-H Filmmaking

Description of what the Filmmaking Project Categories are:

1. Animation – A film created by techniques that simulate movement from individual images.
2. Narrative – A film which tells a story. It can be based on fact or fiction.
3. Documentary – A film which presents factual information about a person, event or process.
4. Promotional – This category is for films or public service announcements that are meant to publicize 4-H programs or some other cause that you are passionate about.
5. Voices of 4-H History – A historical perspective on 4-H. May be a narrative, documentary, animation, etc.

Class

1. Animation – Junior
2. Animation – Intermediate
3. Animation – Senior
4. Narrative – Junior
5. Narrative – Intermediate
6. Narrative – Senior
7. Documentary – Junior
8. Documentary – Intermediate
9. Documentary – Senior
10. Promotional – Junior
11. Promotional – Intermediate
12. Promotional – Senior
13. Voices of 4-H History – Junior
14. Voices of 4-H History – Intermediate
15. Voices of 4-H History – Senior

Exhibits will consist of the following:

- A. Completed e-record and binder including story board.
- B. Video must be less than 10 minutes in length.
- C. The video should be DVD media only and ready for viewing. Be sure that the DVD can be viewed on various computer operating systems (ex. Windows, Mac, OS-X, etc.).
- D. Make sure your video is in good taste (similar to G and PG ratings). Videos may be disqualified if deemed to have questionable content. 4-H Code of Conduct must be followed.
- E. DVD must be labeled as follows:
 1. Name
 2. County
 3. Title
 4. Class

K-4 Leadership

Project will be evaluated on the quality of information completed in the manual and e-record (25 percent) and quality of exhibit (75 percent).

Class

1. Unit 1 - Individual Skills for Young Members - Junior
2. Unit 2 - Individual Skills for Older Members - Intermediate
3. Unit 2 - Individual Skills for Older Members - Senior
4. Unit 3 -Skills Working Within Groups - Intermediate

5. Unit 3 - Skills Working Within Groups - Senior

6. Unit 4 - Skills Leading Groups - Intermediate

7. Unit 4 - Skills Leading Groups - Senior

Exhibit for all units will consist of the following:

A. Completed e-record.

B. A display board telling how you developed or improved the one leadership skill. The standardized display board size of 4' X 3' is to be used for 4-H projects. No additional items may be included in front of display board.

K-5 Visual Arts

Exhibit your best Art Design.

There is no limit for years of participation in a unit.

Ready to Hang for pictures means – wire secured and heavy enough to hold the picture. NO TAPE!!!

The Visual Arts project has two manuals, Portfolio Pathways and Sketchbook Crossroads. Portfolio Pathways has three chapters: Chapter 1, Painting; Chapter 2, Printing; and Chapter 3, Graphic Design. Sketchbook Crossroads has three chapters: Chapter 1, Drawing; Chapter 2, Fiber Arts and Chapter 3, Sculpture.

Project will be evaluated on the quality of information completed in the manual and e-record (25 percent) and quality of exhibit (75 percent).

Portfolio Pathways – Painting, Printing and Graphic Design

Class

1. Paintings & Printing – Junior

2. Paintings & Printing – Intermediate

3. Paintings & Printing – Senior

4. Graphic Designs – Junior

5. Graphic Designs – Intermediate

6. Graphic Designs - Senior

Exhibit will consist of the following:

A. Completed e-record in a sturdy binder/notebook.

B. Complete a minimum of 2 art techniques listed under the media of Painting, Printing or Graphic Design. Provide pictures of all completed art techniques in the Visual Arts e-record. (For example: Art techniques for painting: acrylics, watercolors, abstracts, sand painting, self-portrait, action painting, oil painting with impasto, scumbling and perspective and encaustic painting. See manual for printing and graphic design techniques.)

C. Explain in your 4-H e-record story what you learned.

D. Exhibit - display your best art design. Oil paintings and acrylic paintings should be no larger than 16" X 24" framed and ready to hang (no frames should be used). Watercolor paintings should use small matte and be framed with glass. The framed watercolor should be no larger than 16" X 24".

E. Graphic Design exhibit can be a logo or a self-portrait, a blog, advertisement, website, CD or DVD label, optical illusion, or a notebook of your graphic designs, etc.

Sketchbook Crossroads – Drawing, Fiber and Sculpture

7. Sketch Crossroads – Junior

8. Sketch Crossroads – Intermediate

9. Sketch Crossroads – Senior

Exhibit will consist of the following:

A. Completed e-record presented in a sturdy binder/notebook.

B. Complete a minimum of 2 art techniques listed under the media of Drawing, Fiber and Sculpture. Provide pictures of all completed art techniques in the Visual Arts e-record. (For example: Art techniques for drawing: continuous and contour, shading, perspective, paper choices, colored pencils, pen and ink, calligraphy and cartooning. See manual for fiber and sculpture techniques.)

C. Explain in your 4-H e-record story what you learned.

D. Exhibit – display your best art design or sculpture. Framed drawings shall be no larger than 16” X 24” including the frame and ready to hang. Fiber art should be framed and ready to hang and no larger than 16” X 24”.

K-6 Scrapbooking

Note: Youth may exhibit in one or all classes that they choose.

For those members who are exhibiting several classes, may copy their e-record. Each exhibit (class) must have an e-record. Be sure to highlight what you are exhibiting in your e-record.

Project will be evaluated on the quality of information completed in the manual and e-record (25 percent) and quality of exhibit (75 percent).

Class

1. Scrapbooking – One Page Layout - Junior
2. Scrapbooking – One Page Layout - Intermediate
3. Scrapbooking – One Page Layout - Senior

Exhibit for all units will consist of the following:

- A. Completed e-record presented in a sturdy binder/notebook.
 1. Seniors shall complete Senior Project on page 32 of the manual for a single page layout rather than the specified two-page layout. Place information in the e-record on the Specific Information Page.
 2. Complete activities 1, 2 & 3 in the manual and place in record book. Activities will be discussed during interview.
- B. One page layout scrapbook page 8 ½”x11” or 12”x12”.
 1. Page shall contain the following techniques: Juniors – at least two (2) techniques from the album technique list; Intermediates – at least two (2) techniques from the album technique list; Seniors – at least three (3) techniques from the album technique list. Create a page that is pleasing to the eye, items are not cluttered and colors are appropriate to subject matter.
- C. Journaling and titling must be included on the one page.
- D. If memorabilia is utilized, it must be placed in an archival safe sleeve.

4. Scrapbooking – Two Page Layout - Junior
5. Scrapbooking – Two Page Layout - Intermediate
6. Scrapbooking – Two Page Layout - Senior

Exhibit for all units will consist of the following:

- A. Completed e-record presented in a sturdy binder/notebook.
 1. Seniors shall complete Senior Project on page 32 of manual. Place completed project in record book on the Specific Information Page.
 2. Complete activities 1, 2, & 3 in manual and place in record book. Activities will be discussed during interview.
- B. Designated two page layout in 8 ½”x11” or 12”x12”. Formatted to go together in a set (a two-page spread) that is coordinated by color and design which follows a theme with good logical order.
 1. Place two-page layout in appropriately sized binder in protective sleeve-archival safe.
 2. Pages shall contain the following techniques: Juniors – at least two (2) techniques from the album technique list; Intermediates – at least three (3) techniques from the album technique list; Seniors – at least four (4) techniques from the album technique list.
- C. Journaling and titling must be included on the two page layout.
- D. If memorabilia is utilized, it must be placed in an archival safe sleeve.

7. Scrapbooking – Album - Junior
8. Scrapbooking – Album - Intermediate
9. Scrapbooking – Album - Senior

Exhibit for all units will consist of the following:

- A. Completed e-record presented in a sturdy binder/notebook.
 1. Complete activities 1, 2 & 3 in manual and place in record book. Activities will be discussed during interview.

2. Seniors shall complete Senior Project on page 32 of manual. Place completed project in record book on the specific information page.

B. Completed album must contain eight (8) pages, designed on both front and back, for a total of sixteen (16) pages.

1. Pages must be exhibited between a sturdy front and back cover with each page in a protective sleeve-archival safe. Memorabilia shall be encased in protective sleeve, but does not count in required page count if placed in a separate sleeve. For example, if album contains fifteen pages of layouts and the sixteenth page is memorabilia, the album is missing a page and can be disqualified.

2. Include technique list, per page 5 of manual, on inside front cover of album. Mark album pages to correspond with technique list so the judge can easily find them (ex: number bottom corner of page protector).

3. Album shall follow the a theme or be in chronological order.

4. All pages must include Journaling:

a. Correct spelling

b. Tell your story: who, what, when, where, why

c. Title your page, or two-page layout

d. Album must contain at least one hand-written journal entry, all others may be typed

C. Technique List:

Juniors 5 techniques (mark the pages where the techniques are located in the album):

1. Stickers or die cuts or craft punch

2. Cutting and tearing

3. Photo matting (single or double)

4. Two (2) enlarged photos minimum size 5 x 7), one must be black and white or sepia.

5. Two-page layout, coordinated and themed.

Intermediates 9 techniques (mark the pages where the techniques are located in the album):

1. Stickers or Die Cuts

2. Cutting and tearing

3. Photo matting (single or double)

4. Craft Punch

5. Inking/Stamping

6. Two (2) enlarged photos (minimum size is 5X7), one must be black and white or sepia.

7. Memorabilia (in protective sleeve-archival safe)

8. Dimensional Embellishment (button, beads, bling, eyelets, brads, etc.)

9. Two-page layout, coordinated and themed.

Seniors 15 techniques (mark the pages where the techniques are located in the album):

1. Stickers or Die Cuts

2. Cutting and tearing

3. Double Photo Matting

4. Two (2) enlarged photos (minimum size is 5X7), one must be black and white or sepia.

5. Inking/Stamping/Coloring

6. Create a Border

7. Fibers

8. Buttons or beads

9. Eyelets or brads

10. Rub-ons or embossing

11. Craft punches

12. Chipboard

13. Dimensional Design (may use another technique to create dimensional design, such as die-cut and stamping. Does not count as two techniques.)

14. Two-page layout, coordinated and themed.

15. Memorabilia (in protective sleeve-archival safe).

10. Scrapbooking – Card Making – Intermediate

11. Scrapbooking – Card Making – Senior

Exhibit for all units will consist of the following:

A. Completed e-record presented in a sturdy binder/notebook.

B. Set of 4 different hand-made cards following a theme with a maximum size of 4” x 6” per card displayed on a 12” x 12” board.

C. No commercial based cards can be used.

D. Four (4) techniques are required, at least three (3) per card. Techniques shall be labeled on the back of the board. Pick from the following list:

1. Inking/distressing

2. Stamping/Coloring

3. Fibers

4. Buttons or beads/eyelets or brads

5. Tearing

6. Embossing

7. Dimensional Design

8. Craft Punch/Die-cuts

9. Rub-ons/Stickers

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