

Gold Room 1.....Don't Just DO It. Reflect!

+participatory, not for those who want a lecture. Warning: Fun will be had. We will learn and practice a variety of reflection activities, some quick, some that take a few minutes, some propless, and some that use everyday materials. Examples: wagon wheel, back-to-back, pass-the-face, roll-the-dice, snowball fight, cootie catcher, graffiti wall, tableau, and many more!
Beth Wangen, Washington State University 4-H Volunteer Development Coordinator, Snohomish County

Gold Room 2.....School Gardens Can Work in Cold Places

Learn how we started and organized a year-round school garden program in Fairbanks, AK with a 4-H partnership. Get ideas for how to raise money for your program and some of the benefits for your 4-H youth and school.
Jan Hanscom, University of Alaska Fairbanks, Fairbanks/Tanana District 4-H Volunteer Leader

Gold Room 3.....Fostering Positive Youth Development Utilizing a Trauma Informed Lens

In this Interactive Workshop Participants will: 1) Develop knowledge of the research that supports practices to build trust-based relationships that foster felt-safety for youth from all backgrounds. 2) Gain awareness of behaviors that can be attributed to dysregulation and techniques that will help bring groups of youth back into a regulated state. 3) Learn basic information about brain development and functioning, and the impact of trauma. 4) Gain knowledge of what trauma-informed practices are and how they contribute to positive youth development, mental health and thriving. 5) Learn and practice strategies that can be implemented to help youth regulate during programming. *Martie Gillen, University of Florida Associate Professor and Extension Specialist Dept. of Family, Youth and Community Sciences; Sarah Hensley; Brent Broadus; Jessica Sprain*

Yukon Room.....Learning Life Skills through the 4-H Horse Advancement Program

The 4-H Horse Advancement Program is designed to build the competency and confidence of youth. During the process of working through steps, youth are provided opportunities to develop skills and mastery that fits their individual learning styles and abilities. Adaptations to the Horse Advancement Program can be made relative to the riding discipline and the needs of the individual. 4-H Horse Advancement Program provides the structure to support volunteers and parents statewide as youth master the horse project. *Deborah Williams, Washington State University 4-H Faculty, Walla Walla County*

Minto Room.....Evaluation and Care of Newborn Animals

Introduction to general evaluation and care of newborn animals with focus on equine and ruminants. Introduces normal parameters of health, normal behavior, nutritional requirements and signs of illness.
Joanne McCrea, University of Alaska Fairbanks Faculty, CNSM Department of Veterinary Medicine & IANRE

Masonic Hall.....Putting the Pieces Together for Great Group Dynamics - 40 max participants

Come have fun and learn the 4 C's of leadership and how to take the pieces of each individuals skills and abilities to put them together to work and form a dynamic team! Through discussions and awesome hands-on activities you will better understand how to help your team become stronger, more trusting, and work together in the best way!
Lydia Beazer & Noah Ivie, Utah 4-H State Ambassadors

Fairgrounds.....Outdoor Activities!

Start a Dutch Oven treat to cook while you experience activities such as Cross-Country Skiing, Snow Shoeing, Kick Sledding, and Dog Mushing. Warm up with coffee, hot chocolate, tea, snacks, and Alaskan outdoor films.

Rampart Room.....Silent Auction and Cache

Gold Room 1.....It Really IS ALL Fun and Games

Most people think of games as a way to kill time until the next activity or for the last thing to do on your meeting agenda. We will facilitate some basic activities that require little to no supplies that will get your club members engaged, excited and enthusiastic about 4-H meetings. We will introduce variations and subtle changes to some of the basic activities that change them from competitive to cooperative activities. Our goals are to show how games and activities can teach concepts of belonging, teambuilding, problem solving, communication, and goal setting for groups and clubs. The best take-away from this workshop will be several resources (handouts, incentives, etc.) that require little to NO supplies and can be applied immediately in their 4-H club. *Mike Hauser, University of Arizona 4-H Youth Development Agent, Apache County; Amy Parrott*

Gold Room 2.....Every Clover Needs a STEM - 25 max participants

Community-based programs that promote hands-on STEM principals have demonstrated effectiveness in engaging youth and families in the areas of STEM education. By participating in STEM activities, youth participants gain valuable skills that will be beneficial for their future college and career pathways. Workshop participants will have opportunities to explore drones, Spheros, Ozo bots and more. Find out how we use STEM and how you can incorporate STEM activities into your 4-H program. *Muria Everitt, Utah State University Extension 4-H Afterschool Coordinator; Deric Everitt*

Gold Room 3.....Montana Sustainable Communities: Engaging Big Sky Native Youth to Promote Mental Health

The intent of this workshop is to explain how this multi-year project engages youth in two Montana Indigenous reservation communities to bring education and awareness about mental health and the need to bring support systems to help those dealing with stress and mental health issues. *Mark Schure, Montana State University Associate Professor of Community Health, Department of Health & Human Development; Bernadine Wolf Child; Kiara Small*

Yukon Room.....Mustangs in 4-H

Inform participants of opportunities to adopt wild horses and how 4-H members and volunteers can include wild horses in a counties 4-H Equine Project. PowerPoint will be used and take home resources will be provided. *R-A Mazzola, Washington State University 4-H Program Coordinator*

Minto Room.....Birds and Bunnies, Feathers and Fur - Having Fun in a Small Animal Livestock Club

Do you have a Small Animal Livestock Program? Do you need ideas to keep youth engaged while learning during club meetings? Let us share some tips and tricks with you. From Lego chicken coops to Rabbit Charades, we have some ideas to keep your club meetings "hopping." *Sherrielynn Mann, Utah State University Assistant Youth Program Coordinator; Brandi Reber*

Tanana Trade Center... Creating Art Now

Creating Art Now Builds Skills for the Future workshop introduces the visual arts as a strategy for skill and technique development, and a process for youth to express self and feel a sense of wellbeing. Exploring the visual arts is an experiential process allowing youth to build skills (critical thinking, communication, planning and organizing). Through practicing art, youth develop techniques and problem-solving abilities, learn art vocabulary, learn how to assess, and critique artwork, and learn how to express self through creating and self-reflection. *Sabrina Humberto, University of Idaho State 4-H Art Coordinator; Humberto Valdivia, 4-H Volunteer*

Masonic Hall.....Don't Drop the Ball On Your Team - 40 max participants

In "Don't Drop the Ball On Your Team," learn about the responsibilities you have as a team player and how you can contribute to problem solving. Everybody has their own personal skills as a team player, and those skills are all essential when problem solving as a team. For 50 minutes, we will learn about these roles of teamwork through interactive activities using ping pong balls and problem solving scenarios! *Katie Denney & Monica Schiess, Utah 4-H State Ambassadors*

Fairgrounds.....Outdoor Activities!

Start a Dutch Oven treat to cook while you experience activities such as Cross-Country Skiing, Snow Shoeing, Kick Sledding, and Dog Mushing. Warm up with coffee, hot chocolate, tea, snacks, and Alaskan outdoor films.

Rampart Room.....Silent Auction and Cache

Gold Room 1..... 4-H Club Kit: a Tool to Support New and Existing 4-H Clubs

Craving a tool to encourage new clubs to get off on the right foot? Any 4-H professional will benefit from learning about our 4-H Club Kit! Creating a new 4-H club or stepping in as a new club leader to an existing club, may feel like you stepped off a plane in an unfamiliar place! This kit provides tools needed for volunteer success in providing a rich/meaningful experience for youth and activities and exercises to reinforce the youth/adult partnership model, experiential, learning, and self-governing. Kits can be customized for your unique needs and evaluations are included.

Dan Teuteberg, Washington State University Extension 4-H Youth Development Staff; Heather Doran

Gold Room 2.....Easy and Effective Team building Activities on a Budget

This workshop will provide you will a variety of team building games and activities that will require little to no equipment or supplies. Participants will do active "hands-on" learning. The goal is for participants to feel comfortable taking the activities back to their programs, leading them and being able to facilitate a good reflection. *Matt Reber, Utah State University Extension*

4-H Volunteer; Brandi Reber

Gold Room 3..... Building Community Partnerships to Support Positive Youth Development Opportunities for Youth in Foster Care

Discuss identifying program needs and community resources to address the needs; Identify community partners for partnership development; Social-emotional development impacts due to trauma; Wrap-around services based on partnership strengths; Learn how 4-H programs can build community partnerships to support youth in foster care and their caregiver families, focusing on the whole child strength based approach, through shared community partnership resources to support positive youth development focused on access, equity and belonging. *Candi Dierenfield, University of Florida*

Volunteer Specialist; Rachel Hanft; Heather Jacobs

Yukon Room..... Hands-On Animal Science - for Everyone *Equine

Animal Science is FUN! Using the horse as our example, I'll share easy, inexpensive, and entertaining activities that convert the complex subjects of Animal Science into understandable, hands-on learning for kids of all ages. You will have the opportunity to learn-by-doing and come away inspired and equipped to share the knowledge you discover! Activities are adaptable to any species to be taught in-person, online, or both. *Kim Baker, Washington State University 4-H Program Coordinator*

Minto Room.....Science with Forages

Hands on microwave science! Discover how to find the percentage of moisture in your forage and learn about stable forage storage. This project is adaptable for all to try at home with various types of forages.

Phil Kaspari, University of Alaska Fairbanks Extension Agriculture Agent

Northern Latitudes..... Cooking with Kids!

All are welcome to learn about iCook 4-H. This program is an introduction to cooking and the physical activity curriculum for children and families. This presentation will review and demonstrate the materials, be interactive with audience participation, and provide some recipes. *Leslie Shallcross, University of Alaska Fairbanks Professor of Extension, Health, Home and Family*

Development Agent

Masonic Hall.....Creating a Welcoming Environment - 40 max participants

At every 4-H event you attend, you know that there will be people who are accepting of you. This workshop will present how to help others feel included and welcomed in 4-H. *Olivia Trauntvein & Elsa Huff, Utah 4-H State Ambassadors*

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Rampart Room.....Silent Auction and Cache

Gold Room 1.....Using Themes from A to Z and Start to Finish for an Effective Club Meeting
- 25 max participants

Picking a theme for the year may be the hardest part of club planning, but once a theme has been picked everything else will fall in place. The goal of this session is to receive ideas on how to conduct meetings around a theme that will work for every meeting within the school year. *Sarah Jones, Louisiana 4-H Volunteer*

Gold Room 2.....Cardboard Animals

Debut of our cardboard animals curriculum and encourage people to help pilot it. This curriculum is designed to help you lead a cardboard animals project that will be fun and engaging for youth and adults. The goal is to help youth develop their interest in an animal without having to own it and explore what it would be like to care for that animal. It also allows youth to explore creative writing in developing a story around the choice of their species. While developing their interests we can teach participants valuable life skills. This curriculum includes how to participate with common, uncommon, exotic, extinct, mythical, or imaginary animals. *Melanie Greer, Washington State University 4-H & Youth Empowerment Coordinator; Pam Watson*

Gold Room 3.....Getting to the GRIT of PYD: Post Traumatic Growth, Growth Mindset, and Resilience through a Thriving Lens

The long term effects of the recent pandemic, alongside issues of mental health and increasing prevalence of ACE's in young people show need for forward thinking professionals who will utilize the science of PYD through an informed lens of growth mindset, resilience, grit, and PTG. Session presenters will provide a robust presentation on the science of PYD and facilitate an interactive discussion on practical implications for professionals across the field of 4-H. This session is for the professional who desires to promote the thriving of youth through intentional efforts to enhance growth mindset, grit, resilience, and post traumatic growth. *Candi Dierenfield, University of Florida Volunteer Specialist; Sarah Hensley, Stacey Ellison*

Yukon Room.....Sharing the 4-H Trail

What do you need to hit the 4-H trail? What 4-H Projects can you take? Your project needs to be ready. Supplies (Essentials) need to be prepared. The animal needs to be in shape for the trail too. Study how to navigate popular trails. Learn how to keep yourself safe on all kinds of trails. Make sure you have set out and double checked that you have everything. Communicate where you are going and when you should expect to return - Yes this means adults and youth! *Kim Baker, Washington State University 4-H Program Coordinator*

Minto Room.....From Arrival to Thrival: Engaging Activities for When Youth Are Arriving

There's plenty of community building to do once your whole group is ready, but what about before your club meeting starts? Those early arrivals? Engage your club members from the moment they arrive and wait for the meeting to start. These quick and intentional activities are designed to foster immediate relationship-building, prepare youth for your project work, and keep them occupied. Leave the simple directions at the door when they arrive and let them dive right in.

Brian Brandt, Washington State University 4-H Extension Staff

Tanana Trade Center...Adventures with Herbs - 12 max participants

Discussion of different herbs and what can be done with them - from culinary ideas to salves and lotions. Get some fresh ideas and enthusiasm for using herbs. *Marsha Munsell, University of Alaska Fairbanks Retired CES, Tanana District 4-H Volunteer*

Masonic Hall.....How to Build a Snack Machine - 40 max participants

Come participate in a fun open-ended activity that teaches leadership and communication. Participants will work together to design and build snack machines. *Elsa Huff & Olivia Trauntvein, Utah 4-H State Ambassadors*

Fairgrounds.....Outdoor Activities!

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Rampart Room.....Silent Auction and Cache

Gold Room 1.....Meeting 4-Hers' Needs Virtually

Strengthen your leadership by learning how to provide quality and innovative programming via Zoom to stay connected with your 4-H family. Share our experience in creating virtual educational workshops/opportunities for easy access to 4-H youth, new 4-H volunteers, and the public on project basics from art to small animals and volunteer leader training. Learn about positive impacts from 4-H families and volunteers. We will hand out an e-template (link) to participants so they can recreate virtual project workshops and focus on the value of virtual project work, how to engage teen leaders, and sample templates for social media advertising. *Pam Watson, Washington State University Faculty Lewis County, 4-H Volunteer Cowlitz County; Nancy Baskett; Debbie Williams*

Gold Room 2.....STEMgenuity: Building STEM leader through invention

This workshop is all about creativity. We will be learning how STEM and creative ingenuity combine to create "STEMgenuity": the crossroads between STEM and invention. We will learn the power that invention has to help youth consider ways that STEM interacts with other project areas to create great outcomes. We will use hands-on activities to walk through the invention process. Youth and adults will learn how they can apply invention concepts in clubs and camps at home. We will follow up with avenues to showcase your invention and entrepreneurship. *Deborah Ivie, Utah State University Extension Assistant Professor; Denise Taylor*

Gold Room 3..... Quiet: Empowering Introverts in an Extroverted World

By the end of the presentation, participants will understand the benefits of both introverted and extroverted leadership and how these personality styles can effectively work together. Learn your personality type and how you can effectively lead. *Eva Timothy, Utah State University Extension Faculty; Melanie Dabb*

Yukon Room.....4-H Show Management App

Introduce a Show Management App designed for 4-H Events. Participants will have a hands on walk through of the app from both the exhibitors and show managements perspective. Attendees should bring their own phone or tablet. *R-A Mazzola, Washington State University 4-H Program Coordinator; David Scott*

Minto Room.....CANCELLED: Meeting the Grade: Raising Market Ready 4-H Livestock Projects

Tanana Trade Center...Learn the Art of Basic Leather Stamping - 20 max participants, \$8 fee for both projects

Learn the art of basic leather stamping, painting, and finishing techniques as you make your own handcrafted leather bracelet and key fob. No previous experience needed! *Johanna Ray, University of Alaska Fairbanks, Tanana District 4-H Volunteer Leader*

Masonic Hall.....Dance Instruction - 40 max participants

Learn basic country swing, line dances and slow dancing. *Cooper Springer & Rachel Thurgood, Utah 4-H State Ambassadors*

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Gold Room 1.....Teaching Cloverbuds

I want to share how to get Cloverbuds to learn about 4-H, have fun with 4-H and their parents too. Learn about Cloverbud structure, activities and games, and how to deal with shyness. We'll have an open discussion for others to share.

Toni Loop, University of Alaska Fairbanks, Kenai District 4-H Volunteer Leader

Gold Room 2.....GLOBE Observer Citizen Science - Cloudlets: Sky Observers, Artists and Poets

In Alaska, as part of a 5-week spring virtual Science, Math, Art, Recreation, and Technology (SMART) enrichment program for 4-H youth as well as after school and home-school youth in grades 2-4, the Exploring Clouds 4-H Activity Guide expanded to include art and poetry and multiple 4-H Connections. Participants of this workshop will learn 12 different cloud types through interactive poetry and art and will use their skills to go outside to do a citizen science cloud observation with the GLOBE Observer App. Participants will learn how they can match their cloud observations to NASA satellite overpasses and how to engage in the Arctic and Earth STEM Integrating GLOBE and NASA project. In the workshop, we highlight how to relate citizen science, art and poetry to 4-H: head, heart, hands and health. *Christina Buffington, University of Alaska Fairbanks Science Education Specialist, (IARC) International Arctic Research Center; Candi Dierenfield; Jasmine Shaw*

Yukon Room.....Making Learning Fun – Activities for Different Learning Styles *Equine

Making Learning Fun often means using activities that require movement, actions, and hands-on demonstrations and activities to help kids (or adults) truly grasp and retain information. Games and activities will be demonstrated using Equine/Horse science themes and subject matter (as you would use in a Horse Quiz Bowl or Hippology Team, Workshop, or Class), but the activities and games could easily be changed to incorporate other subject matter instead, and that could be demonstrated if audience members ask about it. *Jaeden Kapur, Washington State University CES/4-H Volunteer*

Minto Room.....Does Feeding Livestock Make Cent\$?

There is more to the cost of feeding your livestock than the cost. Learn how to compare various feeding options on a financial basis to determine what is the best for your operation or project.

Stephen Rice, University of Alaska Fairbanks, Fairbanks/Tanana District 4-H Volunteer Leader

Northern Latitudes...Can You Say Ole! - 40 max participants

Tortillas originated with the Mayans and what started out as a cultural food staple has become mainstream throughout the world. In this workshop, participants will learn about how important food is in different cultures by making their own flour tortilla (and butter). Food brings people together, encourages teamwork and will provide a snack all in one activity. This can easily be replicated at a 4-H foods meeting or even in a 4-H community club setting with a large crowd.

Amy M Parrott, University of Arizona 4-H Youth Development Agent; Marlena Parrott

Masonic Hall.....We Will Knot Stop Nailing It as a Team - 40 max participants

In this workshop we hope to teach youth how to work effectively as a team and to build trust in one another. We'll teach them how to overcome conflicts and challenges. Youth will strengthen their problem solving skills and grow closer together as a team. *Rachel Thurgood & Cooper Springer, Utah 4-H State Ambassadors*

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