



HILLSBOROUGH COUNTY ACTIVITIES DAY

1. DEMONSTRATIONS:

A demonstration allows you to share what you have learned in 4-H by actually doing something while talking about it. Bring all equipment needed to do the job. Make posters and bring any other visuals to help explain your topic. They can list the title, your procedures, steps taken, material needed and summary. Organize your demonstration into three major parts:

Introduction: Arouses interest in your subject area and introduces you

Body: Show and talk about how to do something as you're doing it. Tell how, what, and why

Summary: Highlight main points so people will remember. Answer questions from the audience, remembering to repeat or restate the question when you answer.

Demonstrations can be presented as an individual or with one other 4-H friend, for a team of two. Juniors, members ages 8-13, should gear their demonstrations for three to eight minutes. Seniors, members ages 14 and older, should give a five to ten minute presentation. Teams of one junior and one senior member are considered a senior team. All equipment and supplies must be provided by demonstrator. Demonstrations can be supported by the use of technology (ex: power point) but the focus must remain on the presentation given by the 4-H Exhibitor.

NEW! – Science Experiment Demonstrations. Science Experiments are a great way to explore the world around you, answer science based questions and learn many science based skills and abilities. A well thought out and conducted experiment is also a great subject for a 4-H demonstration. Describe the whole process and be sure to include your initial question, hypothesis and research. Tell how you set up your experiment, measured your results and describe your analysis and conclusions. Be sure any visuals are simple, convey your message and easily read from a distance.

2. ILLUSTRATED TALKS

Illustrated talks are like demonstrations but instead of working on something, or creating something, while you talk, you just talk and use a variety of visual aids to help get the point across.

3. ACTION EXHIBITS:

An Action Exhibit creates an action oriented approach where one, two, or three 4-H'ers work together to involve and teach the audience something. The exhibit is set up in a hall where there are many exhibits going on at once so being able to engage folks, involve them and accept new participants on a rolling basis is essential. 4-H'ers supply everything (posters, materials and equipment) to make or carry out your ideas. If done as a team, be sure everyone is equally involved. Keep your exhibit filled with **ACTIVITY** and **ACTION** for the entire time. Think of creative ways to involve the audience. Remember, title and supplemental posters/visuals are important too. Set up time is limited to 15 minutes. If you need electricity, bring a heavy duty extension cord.



4. PUBLIC SPEAKING:

Speak out on your choice of a topic, issue or favorite experience. The time is limited to three to eight minutes if you're between 8-13 years old, and five to ten minutes for 14 years and older. Once you have picked a topic have fun doing research to build your thoughts. Then decide what important points you want your audience to remember. Be original. Develop one main idea theme. There are three major parts to any talk - a beginning, middle, and ending. The beginning or introduction includes an interest-getter; the middle develops the main points; and the ending or conclusion wraps up the subject and summarizes the main thought. Index cards may be used, but no posters or visuals.

5. POSTER ENTRIES:

Follow the guidelines on the specific Poster Exhibit Information Form (also found on the county webpage, <http://extension.unh.edu/Counties/Hillsboro/Hillsboro.htm>), and submit your poster to the 4-H office by February 15th for judging. Posters will then be displayed at Activities Day and the winners announced then. The top three entered by 4-H'ers 12 & older will be submitted to State Activities Day.

6. PHOTOGRAPHY ENTRIES:

Follow the guidelines on the specific Photography Exhibit Information Form (also found on the county webpage, <http://extension.unh.edu/Counties/Hillsboro/Hillsboro.htm>), and submit your photo to the 4-H office by February 15th for judging. Posters will then be displayed at Activities Day and the winners announced then. The top three entered by 4-H'ers 12 & older will be submitted to State Activities Day.

SPECIAL NOTES:

Interested in Horses? Are you 14 years of age as of January 1, 2012 and have an interest in HORSES? Then you might consider doing a **public speech** or **demonstration** on this topic. If your presentation qualifies it may be recommended to go on to State Activities Day. Once there, you may be chosen to represent the New Hampshire 4-H program at the National Horse Roundup in Louisville, KY. Guidelines and rules may be obtained by contacting your 4-H Extension Educator.

Use of Live animals: Any animals used must meet N.H. 4-H health regulations for showing, including rabies vaccinations. Live animal presentations must be done outside, rain or shine, and they must be noted on your sign up form. If you have a goal of going to Eastern States Expositions please be aware that live animals may not be accepted at ESE.

Use of Firearms: Firearms may not be used for presentations, use models or photos instead.

Do you have questions or want help with your project?

Get in touch with us, 603-641-6060

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