



4-H Week - Oct. 1-7, 2023

Ask if your county has an opportunity to be on the radio with 4-H.
Help your club set up a 4-H display at your school or in your community.



Service Sunday

- Complete an individual, family or club service project during 4-H Week.
- Participate in the 4-H Week Service Project on Monday, October 8 - ask your local Extension Office about location and time.



Memory Monday

- Take a picture with a 4-H alum and tell us their favorite thing & your favorite thing about 4-H.
- Make a card to thank a 4-H leader today.



Tell It Tuesday

- Wear your favorite 4-H gear & Invite a friend to a 4-H meeting/event.
- Ask to be a part of the school announcements and promote 4-H.
- Send us your testimonial statement about what 4-H has done for you or the top 5 reasons you're a 4-H member!



Wellness Wednesday

- Cook a meal with or for your family.
- Write an encouraging note to a friend.



Talking Thursday

- Share a 4-H project experience! Consider making a video of your project talk/demo.
- Challenge yourself to try a new 4-H project and write down your goals!



Fresh Air Friday

- Spend at least 30 minutes outdoors.
- Plant something.
- Make a bird feeder.



STEAM Saturday

- Build or create something that lets you work with your hands and your imagination. Tell us about these life skills that you practiced through the experience: problem solving, patience, curiosity, resourcefulness, etc.

Be sure to record your activity participation by sharing photos and details to your local 4-H program coordinator throughout the week or no later than October 9.

Two members from each county will be recognized for the most participation (must complete/participate in at least 7 items).
One club per county who has the highest percentage of members participating will win an ice cream sandwich party.

Illinois Extension

COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES
University of Illinois | U.S. Department of Agriculture | Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.
If you need a reasonable accommodation to attend, call the Illinois Extension office at 618-327-8881.