



4-H Week - Oct. 3-9, 2021

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

- Pledge your hands to larger service with an individual, family or club service project during 4-H Week.
- Participate in the 4-H Week Challenge Service Project (supplies can be picked up at your local Extension Office).



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!
- Ask to be a part of the school announcements and promote 4-H.
- Invite a friend to a 4-H meeting/event.
- 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 (supplies can be picked up at your local Extension Office).



STEM Saturday

- Participate in our 4-H Week STEM Challenge (supplies can be picked up at your local Extension Office).

Earn a button for participating each day. Collect all seven buttons for a prize. One member from each county will be recognized for the most participation (must also have earned all seven buttons). One club per county who has the highest percentage of members participating will win an ice cream sandwich party.

Be sure to record your activity participation by sharing photos and details to
Bond County: Vicki Enloe at venloe@illinois.edu
Clinton and Washington Counties: Amanda Fox Clark at abfox@illinois.edu.
Jefferson and Marion Counties: Kara Boozer at karacox2@illinois.edu