

4-H PROJECT CATALOGUE

September 2026 Manitoba



WELCOME NEW AND RETURNING 4-Hers!

Every 4-H member enrolls in a 4-H project. Choose a project topic that interests you and will teach you something new. Check out the options in this brochure and choose a project that fits for you.

If you are 6 or 7 years old, "Cloverbud" is the project for you! "Adventure into 4-H" is for 8- and 9-year-olds. These projects will give you a chance to learn about different project topics and will help you find out what 4-H is all about!

How to Pick your 4-H Project

When picking your 4-H project(s), it is most important to choose a topic that interests you. Be sure to talk with your parent/guardian or project leader to make sure that you will have the time and resources to complete the project.

Most projects are designed to be completed in 15-20 hours. However, the amount of time spent on project work may vary, depending on the activities that you have chosen. All projects require you to complete the Showcase Challenge and My Portfolio Page.

Pick-a-Topic -

Interested in creating your own project this year? Taking a Pick-a-Topic project? Look through the project catalogue to be sure that the topic you choose is not already offered in one of the project series. Example: if you wanted to take a beef-related topic, you would take Mastering Beef - Pick Your Specialization. Pick-a-Topic projects are offered in the Foods, Crafts, Equine, Growing Things, Fibres & Fabrics, Woodworking and Beef series.

LEARNING IS 3D!

To help members get the most out of their learning, each skill builder has the following parts:

Project activities are flexible! You can choose a different activity that suits your taste and teaches you the same skills. You can even take the same project over again to learn new or different skills on the same or similar topics!

In the 4-H Manitoba project framework, there is a member's manual and a leader's guide for each project and there are 3 levels of skill development in each project topic series.



Here's how it works:

Explore -

each project series has one project outlining the basics. All beginning members will be expected to complete the Explore level project before moving into the Discover level projects.

Discover -

several project options at this level provide members with options to practice specific techniques and gain skills through specialized builders. Members can take as many Discover level projects as they like through their 4-H career.

Master -

once members have learned the basics by taking the Explore and at least two Discover projects in a series, multiple project options allow specialization in a topic. The Leader's role is to look for opportunities for their members to have more in-depth experiences by: working with other mentors, partnering with outside agencies, participating in exchanges, entering competitions, etc.

Dream it!

Plan for success

Do it!

Hands on learning

Dig it!

What did you learn?



EXPLORING 4-H SERIES

CLOVERBUD



Members (ages 6 & 7) may choose the Cloverbud project, which gives an introduction to 4-H through age appropriate Skill Builders. Members can sample project topics and learn what being a 4-H member is all about!

CLOVERBUD 2.0

Members (ages 7 & 8) can choose the Cloverbud 2.0 project to build on what was learned in the Cloverbud project. New activities to introduce 4-H through age appropriate Skill Builders.



ADVENTURE INTO 4-H

4-Hers ages 8 & 9 may choose this project to explore project topics available in 4-H. Similar to the Cloverbud project, members adventure into 4-H by choosing 6 Skill Builders to complete their project.



PICK-A-TOPIC

DISCOVER PICK-A-TOPIC - Explore a project topic that 4-H Manitoba does not offer! Members 10 years of age or older, who have taken at least two 4-H projects can enroll in Pick-a-Topic. Complete this project as a group or on your own. Plan your own project, do it, keep records and evaluate how you think you have done. It may be just the right project for you!



SUSTAINABLE AGRICULTURE & FOOD SECURITY



GROWING THINGS SERIES

EXPLORE GARDENING - Beginning gardeners will learn about the parts & needs of plants. Grow a variety of plants; enjoy the flowers and harvest fruits or veggies. This hands-on project can be completed during the winter months.

DISCOVER OUTDOOR GARDENING - More advanced gardeners will enjoy the fruits of their labour in a vegetable garden. Members will care for a garden from seeds or seedlings to harvest while facing natural challenges. It is meant that this project will be completed over the summer months.

DISCOVER THE SCIENCE OF PLANTS - Members will learn about the finer details of plant germination and growth. Comparison of plant features is the main focus of this plant science-based project.

DISCOVER GROWING THINGS PICK-A-TOPIC - This project allows you to learn a gardening skill that isn't covered in the Growing Things series, such as Community Supported Agriculture Farms, Composting, Landscaping, or Giant Vegetable Growing.

FIELD CROPS - Each of the Field Crops levels look at soil, tillage, equipment, fertilizer, seed, weeds, chemicals, insects, and disease, along with the harvesting and marketing of a crop. Every member will have a chance to grow up to two hectares of a field or special crops, choosing from cereals, oilseeds, pulses, forages, market garden, fruit, herbs or spices.

LEVEL 1 - 9 - 11 years old.

LEVEL 2 - 12 - 15 years old

LEVEL 3 - 16 years old +



4-H FOOD SERIES

EXPLORE FOODS - Covers the basics: reading a recipe, measuring, food safety, healthy eating, and where our food comes from. Easy recipes will give members lots of snacking opportunities while doing fun food activities.

DISCOVER PIZZA - Pizza covers all of Canada's Food Guide to Healthy Eating categories, and is an excellent choice to sample plenty of food products produced in Manitoba! Comparing crusts, sauces, vegetables, cheeses and meats will give members lots of hands-on and tasting experiences while building on recipe selection and food preparation skills.

DISCOVER SNACKING SENSE - For busy 4-Hers who want to learn more about how to choose snacks that taste good and are healthy, too. Snacking Sense activities explore the hidden fat in snack foods, reading labels, and how to boost the nutrients in your snacks to make every bite count!

DISCOVER SCIENCE IN THE KITCHEN - Is suitable for members with some knowledge of working in the kitchen. Members will learn that science is active in the kitchen as they observe ingredients interacting and experiment with cooking methods. Members choose 6 Skill Builders to discover delicious combinations of science and food.

DISCOVER BREADS - Discover the variety, history, and future opportunities for bread and bread products. Compare the nutritional value of whole grain bread, discover the role of preservatives, and explore opportunities for making money with breads.

DISCOVER CAKE DECORATING - (4-H Saskatchewan) - Members discover the basics of baking cakes, planning cake designs, and decorating. In addition to practicing a wide variety of icing techniques, members will learn about storing and transporting their cake and cupcake creations. (Combined reference book and activity guide)

DISCOVER JAMS & JELLIES - Suitable for members with some knowledge of working in the kitchen. Learn about home food preservation by making six types of jams & jellies. Explore the different forms of pectin, learn to do a boiling water bath and make freezer jam in Manitoba.

DISCOVER HOME FOOD PRESERVATION - This project is suitable for members with some knowledge of working in the kitchen. Members will learn about canning and freezing fruits and vegetables.

DISCOVER FOODS PICK-A-TOPIC Members choose to learn a food skill or topic that isn't covered in the Foods Series such as: outdoor cooking, grilling, new cooking techniques or ethnic cooking. The manual will guide the planning process that will help in picking a topic and setting goals for the project year.

MASTER BREADS - If you enjoyed Discover Breads, learn more about analyzing loaves of bread for improvement, adapting bread for different diets and specialty breads. Understand more about how to make bread as well as how important the industry is to agriculture.



SMALL ANIMALS

The Small Animals project series lets you learn how to pick and take care of a small companion animal or small livestock animal.

EXPLORE SMALL ANIMALS - This project is for 4-H members who are 6 to 8 years old. The member may choose any type of small animal to learn about and care for in this project. Learn about the basic responsibilities of being a small animal owner. No animal is required.

DISCOVER SMALL ANIMALS - A more in-depth look at small animal ownership. Recommended for 7 to 11-year-olds.

DISCOVER SMALL ANIMALS - TIME TO SPECIALIZE COMPANION ANIMAL - In this project you have several choices. You may choose from nine fact sheet topics: aquarium fish,

small birds, cats, amphibians, lizards, gerbils, hamsters, mice and rats, rabbits or snakes. There are more extensive resources available for canine and cavy projects.

DISCOVER SMALL ANIMALS - TIME TO SPECIALIZE SMALL LIVESTOCK - In this project, you may choose from four small animal species. You will focus on raising small animals that require a premises identification number, such as poultry, rabbits for meat production, goats, or llamas. This project is designed to be covered over more than one year and can be done with market or breeding animals.

DISCOVER SHEEP - (4-H Ontario) - In this project, members will learn about health, nutrition, breeding, lambing, selection, housing, transportation, marketing, and animal welfare. Showmanship and judging will be covered, too. This project is designed to be covered over more than one year - and can be done with market or breeding animals.

MASTER SMALL ANIMALS - PICK-A-TOPIC - In this project, you may choose to study any small animal-related project, whether with a companion animal or small livestock, that interests you. Keep in mind that you will need to find your own resource material and seek out mentors to help you during the year. (recommended for older members).



4-H BEEF SERIES

CLOVERBUD BEEF - For members 6 to 8-years old, this project looks at the basics of selection, health, facilities, nutrition and handling of a small calf. Members are encouraged to use a calf born between January and March of the current year.

EXPLORE BEEF - BUILDING BEEF SKILLS - For 8 to 9-year-old members, this project builds on the skills presented in Cloverbud Beef, and also looks at the basics of judging. Members may use either a current year calf, or a yearling steer or heifer.

DISCOVER BEEF 1 - BUYING INTO BEEF - For 9 to 10-year-old members, this project includes information on

as well as more detailed information on caring for, feeding and handling beef animals. Members may use a yearling heifer, steer or continuation heifer for their project animal.

DISCOVER BEEF 2 - QUALITY BEEF FROM A QUALITY 4-H PROJECT - For 10 to 11-year-old members, this project introduces the important link between producers and consumers and a quality product.

DISCOVER BEEF 3 - 4-H BEEF MAKING THE GRADE - For members who are 12 to 13 years old, this project increases knowledge of producing high-quality beef. Topics include animal welfare and environmental concerns.

MASTER BEEF 1 - "MEATING" THE CHALLENGE OF RAISING BEEF - For 13 to 14-year-olds, this project looks at quality care, along with the current beef issues, marketing, and various beef operations.

MASTER BEEF 2 - PICK YOUR TOPIC - For members who are 15 years of age and older, this project offers lots of choices. In addition to advanced record keeping and ration development, members can choose their own topic related to the beef industry to increase their experience, knowledge and understanding.



4-H EQUINE SERIES

EXPLORE HORSES (REVISED 2014)

Levels 1, 2 and 3 are in separate manuals. Aimed at members aged 6-12 years old. These manuals cover the basics of horse safety, groundwork, grooming, psychology, health, identification and riding. Older members may challenge the checklists at the end of each level to move on to the Discover Equine and Master Equine levels. This level is required of all equine members.

DISCOVER EQUINE - HORSEMANSHIP 4 (DRAFT 2011) - This manual builds on the skills introduced in Explore Horses and is designed for members ages 10 and up. It provides a deeper focus on those skill areas and prepares members to advance to Discover Equine - Horsemanship 5.

DISCOVER EQUINE - HORSEMANSHIP 5 (DRAFT 2011) - Building on skills learned in Explore Horses and Horsemanship 4,

this manual is aimed at members ages 12 and up and is a continuation of Discover Equine - Horsemanship 4.

DISCOVER EQUINE - TIME TO SPECIALIZE (REVISED 2014)

Aimed at members age 12 and up. Members will have the opportunity to choose from six areas of specialization - dressage, jumping, reining, rodeo, cattle events, and ranch horse. A short resource manual for each of these topics is available.

MASTER EQUINE -ADVANCED HORSEMANSHIP (DRAFT 2011)

Designed for members ages 14 and up, this level covers the highest horse management skills in safety, groundwork, grooming, psychology, health, identification, and riding. Members will learn more about importance of conformation and how to judge.

MASTER EQUINE - PICK YOUR

SPECIALIZATION - For members 14+ ready to go beyond standard units.

Design your own equine project based on personal goals and interests — options include bridles, training young horses, jumping, draft horses, driving, farrier work, veterinary studies, or advancing specific riding skills. The possibilities are endless!



4-H DAIRY SERIES

JUNIOR DAIRY - 8 to 11-year-old beginning dairy members learn about the care, selection and feeding of a calf. Members show a dairy calf.

INTERMEDIATE DAIRY - 12 to 14-year old dairy members expand on what they have learned in their previous year. Members show a dairy calf and may show a heifer or dairy cow if they wish.

SENIOR DAIRY - More experienced dairy members explore selection, nutrition, and housing of dairy animals. All aspects of dairy cow management are covered, including breeding, calving, health, milk production, and facilities. Members show a dairy calf and may show a heifer or dairy cow if they wish.

ENVIRONMENT AND HEALTHY LIVING



4-H ENVIRONMENT SERIES

EXPLORE ENERGY & THE ENVIRONMENT - Explore energy (sun, wind, water, soil, and fossil fuels). Hands-on activities teach members how energy is created, how energy use can change climate & environment, and how to keep the environment healthy.

DISCOVER CoCoRaHS - TRACKING PRECIPITATION AND WEATHER - Learn about precipitation and how it affects our lives. Rain, hail, tornadoes, and lightning are some of the topics covered. Learn about the CoCoRaHS program and how citizen science can benefit your communities.

DISCOVER LET'S GO GREEN! - Sustainable living is all about conserving the world's natural resources and protecting our environment. Learn what your carbon and ecological footprint is and how to reduce it. Other topics include energy conservation, water quality, organizing a community project & more.

MASTER CARING FOR OUR WATERSHEDS - Senior members will complete this project independently or with a partner. Learn about local watershed issues and provide a realistic solution. Prepare a written proposal and budget. Top proposals may be chosen to present to a panel to be eligible for rewards and implementation funds.

MASTER ENVIRONMENTAL FARM PLAN - Farmers develop environmental farm plans to identify and create awareness of environmental risks and opportunities on their farm. Get real-life experiences in learning to assess & develop a practical environmental farm plan that can be used on their farm.

MANITOBA ENVIROTHON - PARTNER-A-PROJECT - 4-H members of high school age can receive credit for 4-H project completion by participating on an Envirothon team. Register as a member of an existing Envirothon team in their school or create their own team of eligible 4-H members. For more information about Envirothon, visit manitobawatersheds.org



4-H SPORTS FITNESS & BODY SERIES

EXPLORE BODY WORKS - This project introduces members to the basics of living healthy lifestyles, taking care of their body and feeling good. Hands-on activities in five topic areas will give members the basic information needed to advance to the Discover level projects.

DISCOVER YOUR LOOK - Members will learn more about body image, self-esteem and basic care for the body. Body shape, trends, colour and personal styles and how they are expressed are new topics introduced in this project.

DISCOVER FITNESS - This project looks at sports nutrition, training and work-out plans, and community fitness. Activities are suitable for all members, regardless of current activity or fitness level.

DISCOVER ARCHERY (4-H Saskatchewan) - Learn about safety, proper shooting form, and equipment tuning. Members will make their own archery equipment and play target archery games.

DISCOVER BICYCLING (4-H Saskatchewan) - Get outdoors and active with the bicycling project. Members will have opportunities to practice their cycling skills while learning about cycling safety and the mechanics of their bikes. Activities include bike maintenance, mapping bike routes, designing a bicycle and organizing a group ride and a bike rodeo.

MASTER YOUR FITNESS - Members will set a personal fitness goal and use knowledge and skills acquired in the Explore and Discover levels to set a plan (do the necessary research) to achieve their goals.



4-H CRAFTS SERIES

EXPLORE CRAFTS - Members will learn about the elements of design while making fun craft items. The elements include colour, texture, line, and shape. The final craft will help members combine all the elements to come up with a great final product.

DISCOVER SCRAPBOOKING - Members will use some of the skills learned in Explore Crafts to create scrapbooking pages. Scrapbooks tell a story with pictures and record thoughts and ideas.

DISCOVER CRAFTS OF THE WORLD - Building on Exploring Crafts, members will focus on four countries and discover some of the crafts of those countries.

DISCOVER MY SPACE (4-H Saskatchewan) - This project will appeal to members who are interested in interior decorating. Topics include creating a plan, principles of design, career options and how to decorate on a budget. Members practice their skills by drawing a floor plan, creating a colour scheme, and choosing furniture, fabrics and accessories. (Activity guide only).

DISCOVER CRAFTS PICK-A-TOPIC (Draft 2014) - This project allows members to learn a craft skill or topic that isn't covered in the Crafts Series, such as knitting, weaving, candle making, and pottery. The project is only limited by the imagination and time. The manual will guide the planning process that will help in picking a topic and setting goals for the project year. Fact Sheets available for Candle making, Tie & Dye, Batik, Stitchery, Crocheting and Knitting.

MASTER CRAFTS OF A CULTURE - Concentrating on the crafts from one country or culture, members will delve further into the methods of making the crafts and the importance of the crafts to the culture from a social, economic, and historical perspective.





4-H FIBRES & FABRICS SERIES

EXPLORE FIBRES & FABRICS - Learn the basics of sewing with emphasis on short, simple machine-sewn projects. Get to know the sewing machine, learn about fibres and fabrics, sew buttons, zippers and a casing. Sewing pajama pants will complete the project. Alternate project ideas and instructions are included in the leader's manual.

DISCOVER SEWING TOPS & BOTTOMS - Learn about additional machine sewing skills, specialty fabrics, interfacing, pressing tools, and clothing care. With a commercial pattern, members will sew a shirt/top and pants/skirt/shorts with their new skills.

DISCOVER RAG TIME PATCHWORK QUILT - Learn basic quilting skills by designing a rag quilt. Skills include working with fabrics and batting, quilting tools, rotary cutting, patchwork piecing, and sewing accurate seams. It's time to get creative!

DISCOVER FIBRES & FABRICS - PICK-A-TOPIC - If you have completed Exploring Fibres & Fabrics and Discover Fibres & Fabrics, then Discover Fibres & Fabrics - Pick-a-Topic is for you! This project will guide you through a planning process that will help you pick a topic that interests you and set goals for your project year.

MASTER SEW GREEN - This project is for the advanced sewer who wishes to experience more creative aspects of clothing. Learn how to repurpose, reuse and recycle fabrics into new garments or household items. Explore fabrics that are good for the environment, and see how sewing skills can become a business venture.



4-H MONEY AND MORE SERIES

EXPLORE YOUR MONEY - Members will learn about their money in this hands-on project. Identify needs, wants, income and expenses to save wisely for short- and long-term spending goals. Visiting a financial institution, simulations, and family budget scenarios make learning about money fun!

DISCOVER EARNING MONEY - Members will prepare for and may start a first job. Learn about searching for a job, resume writing, interview prep, pay statements, and being a good employee. Discover how to safely save and spend hard-earned cash.

MASTER LIVING ON YOUR OWN - Ideal for 4-H members planning post-secondary education or full-time work. Learn budgeting for housing, food, and transportation, plus loans, debt, and time management skills.

MASTER STARTING A BUSINESS - Is entrepreneurship in the future? This project will help members start a small business.

Members will learn about becoming an entrepreneur, researching the market, advertising, and the financial aspects of becoming a businessperson. When it's ready, launch the business! A mentor will help lead young entrepreneurs along the path to success.



OUTDOOR LIVING

CAMPING AND SURVIVAL SKILLS - Members ages 9+ learn from a series of activities such as Building a Campfire, Making a Shelter, Living in Your Camp, Knots and Knives, Camping and Safety and First Aid.

FINS, FEATHERS AND FUR - Members ages 9 and older learn about the outdoors through topics including Fish and Fishing, Animals of Our Lands and Birds of a Feather.

THE OUTDOORS - RESPECT, RENEW, RELATE - This project for members ages 9+ includes a series of activities under the topics of The Food Chain, Everything Green, Eye on Environment and Understanding Ourselves Through Nature. **GEOCACHING (4-H Saskatchewan)** - Combine the outdoors and technology to enjoy the adventure of Geocaching. Learn the basics of geocaching and using a GPS, and learn how to make caches and find hiding spots. There are plenty of opportunities to develop geocaching skills through the More Geocaching! Activities.

SCIENCE & TECHNOLOGY



WOODWORKING

EXPLORE WOODWORKING - Members will learn basic techniques for common woodworking tools and have the opportunity to build stilts, a paddlewheel boat, and more.

DISCOVER CONNECTING YOUR CORNERS - 'Connecting Your Corners' is part of woodworking, involving joining together the pieces of wood that create the furniture, structures and many other

items that we see and use every day. Throughout this project, members will learn about different methods of joinery, how best to use them, and what they look like.

BUILDING ON - Designed to further develop skills, this project introduces the use of power tools. Final projects will be larger and more complex.

DISCOVER WOODWORKING - PICK-A-TOPIC - Do you have a project idea not covered in the other woodworking manuals you would like to explore? This manual will guide the planning process

that will help in setting goals for the project year. Keep in mind you will need to find your own resource material and mentor to help you.



PHOTOGRAPHY

DISCOVER DIGITAL CAMERAS - For members eager to improve photo quality and learn their camera's features. This project covers standard operations, basic lighting, and picture composition.

MASTER MANUAL DIGITAL PHOTOGRAPHY - For members confident with digital photography, this project advances skills beyond auto settings. Learn to control exposure, lighting, and shutter speed using a DSLR camera (required).



4-H MACHINES

EXPLORE MACHINES - To understand how complex machines like car engines, rockets and robots work, it is important to understand the basics. Learn about the uses and workings of simple machines, electricity and magnetism through hands-on activities. You'll even build your very own machine!

DISCOVER ROCKETRY - In this project, you will learn about the basic principles of flight. There are lots of fun hands-on activities, such as building hot air balloons, airplanes, and rockets. Use the knowledge about the four basic forces that affect flight and then build rockets. Guaranteed to be a BLAST!

DISCOVER ARC WELDING - (4-H Saskatchewan) - An introduction to welding with a focus on arc welding. Learn about equipment, operation and safety of the arc welding unit, and types of joints. Then create your own welding project!

DISCOVER OXYACETYLENE WELDING AND CUTTING - You will learn about the basic equipment, operation, and safety of the oxyacetylene unit, how to make basic weld joints, and how to use the cutting torch. Then create your own welding project!

DISCOVER SMALL ENGINES - Engines need care and regular maintenance to ensure they run well for a long time. This project provides the background and basics of how small engines work and how to maintain them properly. You will gain practical knowledge through hands-on experience on the operation and maintenance of small engines.

MASTER REBUILDING SMALL ENGINES - In this project, members will diagnose part wear and replace worn parts, learn the steps in engine disassembly, reassemble a small engine, change the oil and learn how the lubrication system works, understand how spark plugs and the ignition system work, learn about the fuel system, troubleshoot a small engine and learn how to store small engines.

NEED MORE INFORMATION?

For more information on projects, specific details and related resource material, see the

**4-H Resource Guide,
Leader's Guide**

or contact

MANITOBA 4-H COUNCIL INC.

For more information about the 4-H Program, contact a 4-H leader in your community, OR :

MANITOBA 4-H COUNCIL INC.

P 204 726 1914

E: learns@4h.mb.ca

W: 4h.mb.ca



COMMUNITY ENGAGEMENT & COMMUNICATION



BABYSITTING

SMART SITTER - Soon-to-be sitters discover what they need to know to become a great, responsible babysitter. This project teaches the skills necessary to care for infants, toddlers and preschoolers, with a strong focus on safety and first aid basics. Members must be at least 11 years old to take the project and may not receive their certificate prior to their 12th birthday.

health to be the best leader possible. Explore different ideas, play challenging and fun games, experience new activities, and practice and share new skills that will help you become a great leader - whatever your age!

DISCOVER TEAMS - Teams are everywhere! This super fun project is all about discovering your team skills and learning how you can use your head, heart, hands, and health to be the best team member possible.

DISCOVER MY PLACE IN THE WORLD - Strong leaders know what they stand for and where they want to go. This project will help you to explore some of the most important questions of your life: what is my mission, where am I going, how can I give to my community, and what roles do I play in this world?

DISCOVER COMMUNICATIONS - Effective communication drives all aspects of day-to-day life. Discover the exciting world of communication and learn how being able to communicate allows you to stand out from the crowd. Gain confidence, encourage opportunities, be yourself, and succeed!

DISCOVER BE MY GUEST - (4-H Saskatchewan) - Perfect for members interested in party planning. Learn about themes, invitations, decorations, menus, entertainment, budgeting, locations, and hosting etiquette while planning your own event. (Combined reference book and activity guide)

MASTER LEADERSHIP ROLES - Put leadership skills into action and contribute to your community. Explore diverse roles in school, 4-H, or community settings with flexibility to fit a busy senior member's schedule.



4-H LEADERSHIP

EXPLORE LEADERSHIP - This exciting project is all about exploring who you are, interacting with your world, and using your head, heart, hands, and