

4-H Day 101

One of the first big events of the year is County 4-H Days. This is an opportunity for all 4-H members to share their speaking skills, knowledge, talents, and creativity before a larger audience.

Any 4-H member can participate in as many categories as they choose. There is no pre-requisite or qualifying competition required.

Pre-registration is required for all events by 5:00 p.m. on **due date**. A copy of the registration form is included with the newsletter. Individuals are responsible for making their own individual pre-registration. Club organizational leaders will submit registration for any club participation such as skits, chorus, dance, etc.

There are 2 main categories -- music/talent and presentations. Each is held on a different Saturday in February.

The 4-H Day for Music/Talent includes the following categories:

- Piano Solos
- Instrumental Solos and Ensembles
- Band
- Vocal Solo
- Vocal Ensemble
- Club Chorus
- Skits and Plays
- Readings
- Dance
- Other Talent

The 4-H Day for Presentations is held at the Sedgwick County Extension Education Center, at 7001 W. 21st N. Categories will include:

- Demonstration/Illustrated Talk
- Project Talk
- Public Speaking
- Model Meeting



Performance Pointers for Music Selections

- ◆ Memorization is encouraged but not required.
- ◆ Provide an original copy of the music for the judges. If a photocopy must be used, it should be destroyed after the performance.

- ◆ Be sure to number the measures in the judges copy of the music. Start with the number "1" in the first full measure of the song. Marking the measures' helps the judge provide feedback to you. For example, the judge might say "good crescendo in M. 17" or "check the timing of M. 101".
- ◆ Announce your name, selection and composer. One way could be to say "I am Chris Clover and I shall play (sing) Fluttering Butterflies by Smith."
- ◆ After you sit down, adjust the piano bench as needed.
- ◆ When you are finished, pause, and acknowledge your audience's applause.
- ◆ If you forget or lose your place in the music, keep your composure. Try jumping forward to a place that you know. (Often if you go back, you may reach that same roadblock again.) If that doesn't work, simply ask the judge if you could have your music back. This happens to all musicians. Don't let it sidetrack your performance.
- ◆ Accompanists for vocal or instrumental solos **do not** have to be 4-H members. Tape or CD accompaniment is fine, but you must bring your own player.
- ◆ Smile!!!

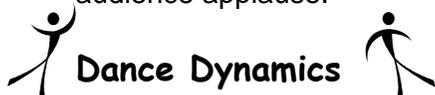
Ready for Readings

- The reading may be dramatic, humorous, interpretive or other type.
- It may or may not be memorized. You may or may not provide a copy to the judge.
- Announce your name, the title of your reading, and author. If doing a portion of a larger work, you may also want to provide the context for your reading so that the audience understands your presentation. After your introduction, You may also want to briefly turn your back to the audience, and then turn around to start your reading. This helps the audience know when that the introduction is over and your reading is beginning.
- Pronounce and articulate clearly.

- Make eye contact with all your audience, not just the judge.
- Use voice inflection to communicate the emotion needed. Project your voice so all can hear.
- Use gestures, costumes or props to add emphasis.
- There is no minimum length, but generally readings should be at least 1 minutes in length.

Skits and Plays Success

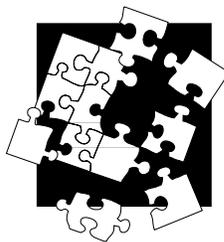
- ★ Use creativity and imagination
- ★ Be sure to speak clearly and project your voice to fill the room.
- ★ Keep your face towards the audience
- ★ Use facial expression
- ★ Movement of characters on stage should be smooth.
- ★ The maximum time for a skit is 10 minutes.
- ★ Costumes and props will enhance the performance.
- ★ Lines should be memorized, unless one person is acting as a “narrator”.
- ★ When finished, all cast members should be present on stage and acknowledge the audience applause.



Dance Dynamics

- Choose music appropriate to the style of dance you will be performing.
- Members must provide their own music and equipment. An extension cord is handy too.
- Rhythm and staying with the beat of the music are important.
- Costumes or similar coordinated outfits add to the presentation.
- Make eye contact with the audience.

- Acknowledge the audience applause.



Pieces to the 4-H Presentation Puzzle

Puzzle Piece #1

What is a presentation?? Basically it is sharing information about yourself or another subject with someone else. You have been doing “presentations” for years, without even realizing it!

Think about “show and tell” from your early school years, Think about showing a friend a collection you have started, or explaining how you made something or telling how your team won the game.

Each of these is basically a presentation!! Now you’re ready for a 4-H presentation.

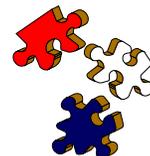
Puzzle Piece #2



Where do you get ideas for your presentation? Think about your 4-H projects. What do you like to do? What skills have you learned that you want to share with others?

Puzzle Piece #3

What category do I choose? This can sometimes be a challenge, because it depends on how you present the information. Here are some basic definitions:



Demonstration: Shows How
Illustrated Talk: Tells How
Project Talk: Tells About

In Kansas, demonstrations and Illustrated Talks are judged in the same category. (This is often shorted to just “demonstrations” but it includes both categories). So the main decision to make is deciding if something is a project talk or a demonstration/illustrated talk

Here’s an example.

You have decided to do something that relates to your foods project and you are going to make “Cookie Mix in a Jar”.

Example 1:

If you have all the ingredients and you actually show how to layer them in the jar, it would be a demonstration. You are **showing how** to do something.

Example 2

If you have a poster that shows the various ingredients and a drawing of how the ingredients are layered into the jar, that would be an illustrated talk because you are **telling how** to do something.

Example 3

If you talk about your foods project and share how you made "Cookie in a Jar" mixes for as a community service project, then it would be a project talk. You are **telling about** something.

Puzzle Piece #4

Organize your presentation.

Start with a catchy title. This will get your audiences attention.

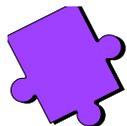
Develop the 3 main parts of the presentation:

Introduction: Be creative and imaginative. Try a quote, poem, story or question to start with. It's generally a good idea to also give your name and club somewhere in the introduction. Make it natural

Body: Give the details of doing it, showing it or telling it.

Conclusion: Restate the main points or the key points that you want the audience to remember. Don't repeat everything word for word.

Note cards may be used, but don't read from them. Use only when needed.



Puzzle Piece #5

Practice! Practice! Practice!

One of the keys to a good presentation is being comfortable with every aspect of your presentation. Practice while going to school, in the shower, in front of the mirror, in the car, or even talk to your family pet!!!

The more comfortable you are with the content, the easier it will be. Don't worry about remembering each and every exact word. Concentrate on the logical flow and the basic key points. Be sure to use words that are natural to you.

Remember to speak a little more slowly and a little more loudly than you would in normal conversations. This will help your audience hear and understand you better.

Look at your audience. Good eye contact helps get your message across.

Puzzle Piece #7

Just do it!!

You picked your topic, organized it and practiced. Now it's your turn! If you are nervous, that's normal. Take a deep breath and remember that you have something worthwhile to share and your audience wants to learn!!

Puzzle Piece #8

Evaluate.

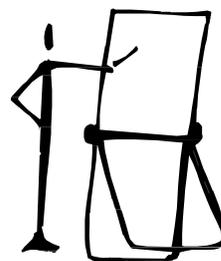
What went well?

What will you change next time?

Review the judges comments and use them as a guide for your next presentation.

Celebrate! And look for more opportunities to develop your presentation skills

(Excepts taken from 4-H 850A Iowa State University Extension)



Demonstration Do's

- Do organize all your ingredients on a tray so that you can quickly move them from the supply table to the work area.
- Do pre-measure ingredients or supplies so that it moves more quickly.
- Do clear empty containers from the work space as you finish with them. This keeps your presentation area clear and uncluttered.
- Do make sure that electrical equipment works properly. Bring an extension cord.
- Do have examples for every step of the process. If something needs to "dry for 5 minutes" you should have one already dry, so that you can continue with the demonstration.
- Do have "fill" information. Silence is not a good thing for a demonstration. Provide your audience with additional information about your topic -- such as nutritional value, costs, origin of products, history of the subject, etc. Good

research will give you many ideas to use this time productively and help your audience learn.

- Do bring paper towels if you are doing a foods or crafts demonstration.
- Do use clear containers so the audience can see what you are doing. Cover name brands of products.
- Do clear your work area before you show your finished product. A cluttered area makes it hard for the audience to see.

Poster Pointers

- ◆ Should be neat and attractive
 - ◆ Use upper and lower case letters. All capitals are hard to read.
 - ◆ Use block letters. Avoid script or broken letters
 - ◆ Letter should be at least 2" in height in order to be read from 20' away.
 - ◆ Should be easily read. Don't clutter or crowd with too many words/ideas. Use bullets or outline style.
- ◆ Limit the number of colors used. Easy to read colors include:
 - Black on white
 - Green on white
 - Blue on White
 - Yellow on black
 - Hard to read colors include:
 - White on red
 - White on orange
 - Red on yellow
 - Green on red
- Use color for emphasis but don't use it on everything.
- Beware that fluorescent colors can be hard on the eyes.
- ◆ Emphasize the main points
 - ◆ Demonstrations usually have at least 3 posters – title poster, steps/supplies and a summary. Project talks may have 1 or 2 posters – title poster and closing poster.
 - ◆ Free standing easels will be provided. You may move the easel to where ever is most comfortable for you. Be sure to use poster board that is heavy enough to stand on the easel. Lightweight poster board is not recommended.