

Picture Perfect YOUTH -- Beginner Level Lessons (Ages 9-11)

| Fair Project | Lesson | Life Skill | Group Activity | Individual Activity | H? |
|--|--------------------------------|--|--------------------------------|-----------------------|-------|
| My Short Term Goals Poster | Let's Take A Goal Setting Ride | Goal Setting | Oh, The Places You'll Go! | Goal Setting Poster | Head |
| | Listen Up! Write It Down! | Learning to Learn; Study Skills | Note That! | Plan It! Calendar | Head |
| | Get On Track | Keeping Records; Planning/Organizing | Sorting Time | Tracking My Time | Head |
| | Stop. Look. Think. Decide. | Decision Making; Problem Solving; Critical Thinking | Decision Time | Consumer Choices | Head |
| | | | | | |
| Hello to the House Poster | Who Am I? Who Are You? | Nurturing Relationships; Accepting Differences | This 'n That Bingo | Hello to the House! | Heart |
| | Getting Along | Communication; Social Skills; Nurturing Relationships | My Compliments To You Placemat | High Fives | Heart |
| That's Write Poster and Stationery Kit | Manners Matter: That's Write! | Communication; Social Skills | To Write or Not To Write | Constructing Thanks | Heart |
| | It's Not Only What You Say | Communication; Social Skills | Stacking the Deck | Shake A Friend's Hand | Heart |
| | | | | | |
| | Every-BODY Working Together | Teamwork; Contribution to Group Effort | Body Building | Thumb-Body Special | Hands |
| | Motivation Matters | Self-Motivation; Responsible Citizenship | The Motivation Scale | Motivation Grade | Hands |
| My Hands of Service Exhibit | Helping Hands in Action | Responsible Citizenship; Community Service/Volunteering | Random Acts of Kindness | My Hands of Service | Hands |

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|----------------------------|------------------------|---|-------------------------|-------------------------|--------|
| | Sometimes I Feel... | Managing Feelings; Self-Discipline; Self-Responsibility | Feelings Expressions | My Feelings and Values | Health |
| | Being Better than Okay | Self-Esteem; Managing Feelings | Fishing for Compliments | Talking to Yourself | Health |
| | Gotta Have Friendship | Character; Self Esteem | Keys to True Friendship | Hands of Friendship | Health |
| | Stress Less | Stress Management; Healthy Lifestyle Choices; Self-Responsibility | Heavy Load | Dear Me... | Health |
| Emergency Preparedness Kit | Safe in My World | Personal Safety; Stress Management; Self-Responsibility | I.D. The Danger | What's the Safety Plan? | Health |

| Additional Fair Entries | |
|-------------------------|--|
| Fair Class | Requirements |
| Scrapbook | Beginner -- 4-6 pages |
| Heritage Scrapbook | Beginner -- Required Activities (4) and optional activities if desired |

Picture Perfect Youth -- Intermediate Level Lessons (Ages 12-14)

| Fair Project | Lesson | Life Skill | Group Activity | Individual Activity | H? |
|---------------------------------------|-----------------------------------|---|-------------------------------------|----------------------------------|-------|
| | Goal Setting Tree | Goal Setting | The Great Egg Drop | Goal Setting Tree | Head |
| | Study Skills for Success | Study Skills; Learning to Learn | Study Break Yoga | Check It Off! | Head |
| Problem Solving Poster | Solutions for Problem Solving | Problem Solving | Don't Touch Me! | Problem Solving Poster | Head |
| | Using Money Wisely | Wise Use of Resources; Recordkeeping | If I Had A Million Dollars... | My Budget Plan | Head |
| | | | | | |
| | CELL-utations! | Manners; Communication | Cell Phone Savvy | Journal It and Judge It | Heart |
| | Did You Hear What I Said? | Communication; Social Skills; Cooperation | Ready, Set, Listen, Draw! | The RIGHT Way To Listen | Heart |
| | More Than Me | Empathy; Nurturing Relationships; Concern for Others | What Could You Do? | The Greatest Baseball Story Ever | Heart |
| Media Messages: Myth or Fact? Display | The People In Our Lives | Relationships; Empathy; Concern for Others | Great At Any Age | Media Messages: Myth or Fact? | Heart |
| | | | | | |
| | Teamwork: It's How You Look At It | Teamwork; Contribution to Group Effort | Teamwork Quotes | Teamwork Name Acrostic | Hands |
| Leadership Banner Poster | Modeling Leadership | Leadership | The Model of Leadership | Leadership Banner | Hands |
| | Targeting Citizenship | Responsible Citizenship; Community Service/Volunteering | Symbols of Citizenship Memory Match | My Circles of Citizenship | Hands |

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|-----------------------------------|---------------------------|--|-------------------|----------------------------|--------|
| | Success Begins with Me | Self-Responsibility; Character | Who's Job? | The 4-H Dilemma | Health |
| My Thumbprint of Character Poster | I.D. Good Character | Character; Self-Esteem; Self-Responsibility | Chart It! | My Thumbprint of Character | Health |
| | Living Under Pressure | Stress Management; Self-Esteem; Managing Feelings | Pressure's Up | Peer Pressure Quiz | Health |
| Cyber Safety Board Game | Cyber Space: Keep It Safe | Personal Safety; Character; Critical Thinking; Decision-Making | Draw This Person! | Safety Quiz | Health |

| Additional Fair Entries | |
|--------------------------------|--|
| Fair Class | Requirements |
| Scrapbook | Intermediate -- 8-10 pages |
| Heritage Scrapbook | Intermediate -- Required Activities (8) and optional activities if desired |

Picture Perfect Youth -- Advanced Level Lessons (Ages 15-19)

| Fair Project | Lesson | Life Skill | Group Activity | Individual Activity | H? |
|---|-------------------------------------|--|-------------------------------|----------------------------------|-------|
| | Never Stop Learning | Learning to Learn; Problem Solving; Critical Thinking | Lead On! | One New Thing | Head |
| Goal Setting Collage Poster | Be SMART About Goals | Goal Setting; Keeping Records; Critical Thinking | When I Am 30 I Want... | Goal Setting Collage | Head |
| | Let's Get Organized! | Keeping Records; Planning and Organizing | Exploring 4-H Record Books | Getting Organized | Head |
| | | | | | |
| | May I Introduce Myself... | Social Skills; Communication | Circle Time Introductions | How Do You Do...What Do You Say? | Heart |
| The Who, What, Why and How of an Interview Creative Writing | Communicating Well in Interviews | Social Skills; Communication | I Can Do That! | What Can I Say? | Heart |
| | Keeping the Peace | Conflict Resolution; Cooperation; Nurturing Relationships; Communication | Analyze This! | The Color of Conflict | Heart |
| | There's A Whole World Out There! | Accepting Differences; Communication; Nurturing Relationships | More Alike than Different | Who Am I Poem | Heart |
| | | | | | |
| Teamwork Game Display | Teamwork: Towering To Success | Teamwork; Contribution to Group Effort | The Tower of Teamwork | Teamwork Self-Inventory | Hands |
| | My Leadership Compass | Leadership; Teamwork | My Leadership Compass | Elements of Leadership | Hands |
| My BEST Marketable Skills Display | Making Your Mark! | Marketable Skills; Leadership; Self-Motivation | Making A Mark | My BEST Marketable Skills | Hands |
| | I Pledge My Hands To Larger Service | Community Service/Volunteering; Contributions to Group Effort | Community Scan Scavenger Hunt | What's Wrong with This Picture? | Hands |

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| | Got It Under Control | Self-Discipline; Self-Responsibility | The Candy Test | Self-Control Quiz | Health |
| | A Person of Integrity | Character; Self-Discipline; Self-Responsibility | Integrity in the News | The Dash Between | Health |
| | D-Stress to be Your Best! | Stress Management; Healthy Lifestyle Choices | I Need Some Stress Relief! | Stress Journal | Health |
| Vehicle Emergency Kit | Destination: Safe | Personal Safety; Self-Responsibility | Rules for Teen Drivers | Vehicle Emergency Kit | Health |

Additional Fair Entries

| Fair Class | Requirements |
|--------------------|---|
| Scrapbook | Advanced -- 12-16 pages |
| Heritage Scrapbook | Advanced -- Required Activities (12) and optional activities if desired |