

WEDNESDAY WORKSHOPS

Crochet Basics - 2 hours

This workshop will allow students to start at the beginning of learning to crochet. Whether your project area includes arts and crafts, or you are just looking for a new hobby, crochet basics is a workshop that fosters directed and detailed hands-on learning. Each attendee will leave with their very own crochet surprise (that YOU made)!

OSU Museum of Art Ingrid Magidson Tour and Art Activity – 2 hours

The presentation will include an informational and interactive tour of the Ingrid Magidson Exhibition and a themed art-making activity. The tour and art-making will relate to the intersections between art and agriculture, discuss the representation and function of entomology and environmental sustainability, and encourage students to practice creative thinking and art-making.

Pollinator Smash! – 2 hours

Entomology theme: Play Pollinator Smash! Life size board Game created by Taron Krischel with a fun way to learn pollinator facts. Participants will make a STEM pollinator noise maker.

Tempest: The Science of Weather – 2 hours

Discover the science behind the weather in this hands-on meteorology workshop. Participants will explore how meteorologists study the atmosphere by learning about clouds, radar, air pressure, and lightning. Through interactive demonstrations and activities, you'll gain a better understanding of how weather forms and how scientists predict storms and changing conditions in the sky.

Animal Hide 'N Seek: Camouflage – 1 hour

Camouflage is an adaptation that allows animals to blend into their surroundings to increase their chances of survival. But does this really work?

Beyond Icebreakers: Recreation That Builds Character – 1 hour

Strong recreation leaders don't just lead games — they create opportunities for growth. In this hands-on workshop, you'll learn and practice quick activities that intentionally build character and life skills. Leave equipped with purposeful, high-impact ideas you can confidently lead in your 4-H club.

Blooming Creativity: An Introduction to Floral Design – 1 hour

This hands-on workshop will introduce 4-H members to the fundamentals of floral design. Participants will learn the basic principles of design including balance, proportion, color, texture, and focal points while creating their own floral arrangement. Youth will explore different types of flowers, greenery, and tools commonly used in floral design. This session will also highlight how floral design connects to 4-H project work, creative expression, and potential careers in horticulture and the floral industry. Participants will leave with a better understanding of floral design techniques and the confidence to create their own arrangements.

Driven to Lead – 1 hour

Learn how to lead hands-on traffic safety activities to teach others how to make smart driving choices. This fun workshop builds leadership skills while promoting seat belt use, distraction-free driving, and passenger empowerment.

From Good to Great: Livestock Judging Workshop – 1 hour

The Livestock Judging Workshop is designed to help participants develop the skills necessary to confidently evaluate and select quality livestock. Attendees will learn the fundamentals of structural correctness, muscle, balance, performance traits, and overall market and breeding value. Through hands-on practice and guided instruction, participants will gain experience placing classes and presenting clear, logical oral reasons.

From Reader to Leader: teaching Ag through Story – 1 hour

This interactive workshop teaches teens how to confidently lead younger youth using accurate agricultural books, engaging discussion strategies, and a hands-on trail mix activity tied to food production.

From Starter to Structure: The Science and Health Behind Sourdough Bread – 1 hour

Take a closer look at what happens during the start and finish of sourdough bread. In this workshop you will learn about the science and reactions that shape sourdough bread into what it is, as well as the health benefits that make sourdough a healthier choice for everyday healthy living.

From Strings to Things: Crochet for Beginners – 1 hour

Start with string and end with something fun! Learn beginner crochet stitches and create a simple project in this hands-on workshop.

Fuel to Motion: Fundamentals of Automotive Energy Conversion – 1 hour

Explore how vehicles turn fuel into motion by learning the basics of internal combustion engines, transmissions, and differentials, and how they work together to drive a vehicle.

Glass Gardens – 1 hour

Create a terrarium while learning how the ecosystems work! This hands-on workshop explores photosynthesis, plant needs, and basic biology through a fun, interactive STEM way!

Inside Boone Pickens Stadium and Football – 1 hour

Enjoy a tour of the Football practice facility, the locker room, the Orange Power Studios and Boone Pickens Stadium.

Jiu Jitsu for Self Defense 101 – 1 hour

In this special seminar, you will get a brief orientation on the history of Jiu Jitsu and then you will learn several techniques from Gracie Combatives, the world's leading Self Defense Program for Beginners.

Kitchen Fun with Chemistry and Physics – 1 hour

Have you ever been told or heard someone say "don't play with your food"? Guess what I have, however, now is the time to play with food, have fun and learn by doing STEM with chemistry and physics by hands on learning with common things in most kitchens

Learn About Flowers by Making One – 1 hour

Learn about flowers by making one! We will use tissue paper, cotton swabs, clay and toothpicks to make a complete (all four main parts) and perfect (male and female) flower.

Planning Your Future with the Ferguson College of Agriculture – 1 hour

Want to learn more about how you can make OSU your home? Join us in an exciting look at what being a student in the Ferguson College of Agriculture looks like!

Plant Preservation – 1 hour

This workshop will teach participants, including young scientists, practical hands-on method for collecting plants and the techniques used for pressing, drying, and preserving them. Participants will also learn about the wildflowers of Oklahoma and will create a bookmark using dried, pressed wildflowers.

Ridiculously Easy Focaccia Bread! – 1 hour

Have you ever wanted to make homemade bread? In this session you will have a hands-on opportunity to make your very own ridiculously easy focaccia bread!

Road Safety 101 - A Fun & Interactive Way to Learn! – 1 hour

Real road safety is bigger than one issue. Climb into the driver's seat, buckle up, discover what to avoid, and learn to drive more safely! Safer choices = more freedom, more fun, and more futures protected.

Sew Much Fun – 1 hour

Sewing for Fun! is a hands on youth workshop designed to spark creativity, build confidence, and teach community service through sewing! This workshop is ideal for youth interested in crafting, 4 H project work, or learning a lifelong skill.

Sew-Cool – 1 hour

Have sew-much fun learning some sewing skills, and using your creativity. In this workshop you'll get to sew your own lanyard, then design and decorate it to match your very own style.

Spaghetti Tower Build-off – 1 hour

The Spaghetti Tower Build-off is a workshop that promotes teamwork through a competitive team building exercise. Participants will be put into teams and they will compete to make the tallest and most unique tower.

The Incredible Egg-o-naut – 1 hour

In this workshop participants will learn how to build a protective capsule to protect the eggstronaut when it descends back to Earth. They will learn how to work as a team and use supplies provided, which means they may have to think outside the shell.

The Oklahoma 4-H State Ambassador Program – 1 hour

Do you want to represent Oklahoma 4-H while strengthening your leadership and public speaking skills? If so, become an Oklahoma State 4-H Ambassador! Attend this workshop to learn everything you need to know about the selection process, expectations, and realities of the State Ambassador Program.

What Kind of Fruit Are You? - Finding your Leadership Style – 1 hour

A collaborative workshop where teens explore their leadership strengths, recognize growth areas, and discover how mixing talents creates a dynamic, unified team fruit salad.

Wildcrafting/foraging Basics and Benefits – 1 hour

We will discuss the basics of wildcrafting and foraging from safety to identification. We will provide information on medicinal, food, and dyeing uses for several plants/herbs found in Oklahoma.

Wildlife Detectives: Tracks & Scat – 1 hour

Become a wildlife detective in this hands-on workshop! Examine tracks and scat to uncover “who was here” and use interactive challenges to read nature’s evidence like a pro.

THURSDAY WORKSHOPS

A Legislative Primer on the Intersection of Politics and Policy in Oklahoma – 2 hours

Gain a better understanding of the legislative process in Oklahoma and how politics impacts policy development.

Art in Pieces: Collage - Learn It, Make It, Teach It – 2 hours

Explore collage techniques, learn about inspiring collage artists, create your own project, and learn how to teach the activity in clubs, camps, or summer programs.

Camera Obscura – 2 hours

Come make a cardboard camera obscura to understand the qualities of light that led to the invention of photography. Learn how to "write with light" with your own camera obscura!

Chopped Challenge: From Grind to Greatness! – 2 hours

Participants will explore where sausage making begins, from understanding meat sources and ingredients to applying proper processing techniques. We will wrap up with a fun, "Chopped"-style challenge – teams will create and cook their own unique sausage.

Crafting Thanks: Making Handmade Cards – 2 hours

Writing thank you notes is an important skill for any 4-H'er. Come and experience creativity through making handmade cards for thank you notes and other occasions. Go home with at least 3 projects completed that you can use immediately.

Data Detectives: Using Maps and Graphs to Solve Real-World Problems – 2 hours

Learn how maps and graphs are used to understand weather, water, and communities. Draw your own visuals and compete in fun challenges to solve real-world problems.

Operation Orange – 2 hours

Discover the world of Medicine. Learn about OSU Center for Health Sciences, talk with real physicians and students, and try hands-on activities that showcase the many paths and possibilities in healthcare careers.

OSU Student Farm – 2 hours

Tour of large scale vegetable garden, students will get to preview equipment and practices with conventional and organic methods.

Test a Local Stream! Water Quality Testing with Blue Thumb – 2 hours

Work alongside the Blue Thumb program of Oklahoma to test real water samples, analyze results, and discover what stream health reveals about your local environment.

Tree ID with the Oklahoma Forestry Services – 2 hours

Explore Oklahoma trees on a hands-on tree walk, practicing real-world tree ID skills using leaves, bark, and environmental clues.

A Day in the Life of an FCS/4-H County Educator: Building Strong Minds, Homes and Communities – 1 hour

Join us to participate in activities that highlight the opportunities you can have as a county Extension Family and Consumer Sciences/4-H educator!

America's First Caffeinated Drink - Yaupon – 1 hour

CMN Extension staff will conduct a hands-on workshop introducing Yaupon, America's first caffeinated drink, to Oklahoma youth. Attendees will learn about the complex history of Ilex Vomitoria and its cultural connection to the Mvskoke Nation. Moreover, attendees will have the opportunity to taste Yaupon Tea and learn to identify it in its natural setting.

Basics of Flight – 1 hour

Go over the basic principles of flight with A&P certified Aviation Instructor. Then construct your own design of airplane using provided materials. Test your design to see who can fly the furthest.

Build Your Personal Brand (Without Being Weird About It) – 1 hour

Shape your digital identity with purpose. Define your brand, audit your online presence, and craft strong bios for scholarships and 4-H leadership opportunities. Along the way, you'll gain tools for presenting yourself with confidence, clarity, and authenticity.

Check Out OSU Nursing – 1 hour

For all you 4-Hers interested in nursing, here is your opportunity to explore the Oklahoma State University Nursing Program. You will learn about the program, tour the nursing skills labs and the state-of-the-art simulation lab. Making the best better for the head, heart, hands and Health of every member is the perfect beginning for future nurses!

Creating a Charcuterie Board – 1 hour

"Charcuterie" a French word that means "pork - butchers shop". What comes to mind is a snack tray of cooked meats, cheeses, bread and /or crackers and fruits. But they can be much more. Join us and make a "Charcuterie Board" for an occasion. Snacking will be part of the workshop.

Expressive Art for a Busy Brain – 1 hour

Sometimes we get so focused on the end result of our art that it can be stressful because we want it to turn out a certain way. This workshop will focus on enjoying the process of creating art as a way to calm down, accept ourselves, and find focus.

Fire Extinguisher Training – 1 hour

Learn the important skill of using a fire extinguisher properly and what you need to do in case of a fire emergency.

Gastrointestinal Parasites of Livestock and Fecal Egg Count Lab – 1 hour

Lecture on common internal parasites of livestock. This will be followed by a fecal egg count lab. Participants will use microscopes and learn the process of conducting a fecal egg count.

Growing Kindness Together – 1 hour

Growing kindness together is a hands-on workshop where students create pipe cleaner flowers paired with meaningful kindness quotes. Each flower represents a simple reminder that small actions can have a real impact. Participants will design their own flower, choose or write a quote about kindness, and leave with something they can keep or give to someone else.

The goal is to show that kindness doesn't have to be big or dramatic to matter — sometimes it's as simple as a small gesture, a thoughtful word, or a handmade reminder.

History of Popcorn: A Kernel Story – 1 hour

An engaging program tracing popcorn's history from ancient Indigenous American cultivation and ceremonies to its rise at fairs, movie theaters, and homes, highlighting agriculture, food science, culture, and nutrition.

Introduction to automation and robotics applications – 1 hour

Automation in the world of manufacturing applies to equipment or technology that helps to complete a job efficiently and safely. The presentation covers three activities aimed at stimulating interest along with awareness in emerging new technologies. The first activity focuses on demonstrating a pick and place assembly collaborative robot that will build LEGO airplanes. The students will “learn” from the cobot and build their own LEGO airplanes. Collaborative robots are designed to work in coordination with humans closely. The second activity is a demonstration of 3D scanner. The students will be exposed to the concepts of capturing data using a standalone, handheld 3D scanner designed to capture both small and large objects without requiring a connection to a computer. The third activity is using wireless measuring instruments like the calipers to measure a set of nearly identical parts and identify the defective part. A computer connected to the caliper will record the measurements and verify if it's a good part.

Junk Journaling – 1 hour

Analogue hobbies are trending. Stop doom scrolling and start creating! Junk journaling takes everyday items and turns them into unique works of art by blending recycling, scrapbooking, and journaling.

Mic Drop Moments: Battle of the Speakers – 1 hour

Build confidence and speak like a leader! Through games, challenges, and real-world scenarios, you'll practice public speaking, think on your feet, and learn how to stand out.

OKFB Discussion Meet – 1 hour

Learn how to share ideas, listen respectfully, and discuss real agricultural issues in a group setting that builds confidence, leadership skills, teamwork, and problem-solving, no speeches required.

Own Your Image: Headshots for Leaders – 1 hour

Strike a pose and discover what makes a great headshot! Get tips on clothing, posture, and expression, tour the studio, and take your own professional photo.

Phases of Matter and Other Fire Stuff in Sci-vibes using liquid nitrogen – 1 hour

Join this lit sci-vibes workshop exploring phases of matter, Brownian motion, and double-slit magic, then chill with liquid-nitrogen ice cream and crunch clouds for a frozen slay finale to snack.

Powered Up: Cybersecurity Skills in the Age of AI – 1 hour

Join us for a fast-paced information session where you'll learn how to protect yourself online and get an inside look at how AI is shaping the digital world. Through real-life scenarios, interactive challenges, and practical tips, you'll discover how to spot scams, strengthen your digital security, and use AI wisely. Walk away with skills you can use every day—whether you're gaming, studying, or connecting with friends.

Rainfall in 3-D with the Oklahoma Mesonet – 1 hour

Tracking rainfall is extremely important for agriculture. The Oklahoma Mesonet provides easy ways to visualize rainfall patterns from maps to 3-D models.

Smart eating and spending – 1 hour

This interactive session focuses on two everyday topics that shape our daily lives: how we spend money and what we eat. Rather than a lecture-style class, the program is designed to be engaging, practical, and fun.

Social Media: Myths, Managing Risks and Maximizing Benefits – 1 hour

A hands-on, interactive session to help you understand what research says about social media. Instead of worrying about how many hours you spend online, we'll focus on why you use social media and how your choices—like what you post, who you follow, and how you engage—can impact your mental and emotional well-being. You will learn realistic, harm-reduction strategies to help you use social media in healthier, more positive ways.

Textiles 101: What Smart Consumers Need to Know – 1 hour

Textiles 101: What Smart Consumers Need to Know is a practical workshop that helps consumers understand fabrics, fiber content, labeling, quality, care, and sustainability to make informed, cost-effective, and responsible textile purchasing decisions.

Turn Your Passion for 4-H into a Career – 1 hour

Have you ever considered turning your 4-H experiences into a lifelong career? This interactive workshop will explore career pathways within Cooperative Extension, Family & Consumer Sciences, and agricultural education. Participants will explore degree options through the College of Education & Human Sciences and the College of Agricultural Sciences & Natural Resources at Oklahoma State University and learn how their current 4-H involvement builds real-world skills that translate directly into professional opportunities.

Understand your Money Personality – 1 hour

Learn about your 'money personality'. Participants will understand the habits and attitudes that influence how they spend, save, give and invest their money. Learn how you see yourself and the advantages and challenges associated with your money personality.

Vision for your Future – 1 hour

In this workshop, youth will use the Brighter Futures Curriculum to create vision boards focused on their SMART goals for college, careers, or 4-H projects.

Visual Story Telling Through Scrapbooking – 1 hour

In this workshop, students will learn the basics of telling stories through scrapbooking and have the opportunity apply their new knowledge by creating a scrapbook page.