

4-H Summit 2024 Workshop List with Descriptions

| Lake Cumberland 4-H Camp Summit Location Workshops | | | |
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| Workshop Title: | Workshop Description: | What core program area does this workshop fall under? | Max number of participants for each session |
| Decorative Tile Coasters | Learn how to make your own custom made, tile coasters with cork backing. Each delegate will design and complete a set of 4 coasters to take home and enjoy or give as a gift. | Communication & Expressive Arts | 15 |
| Lip Balm Fun! | We will make lip balm to help combat those dry lips! We will talk about soy and how it is used to make several products including lip balm. | Agriculture | 16 |
| Make a French Pin Up Board | French pin up boards are a fantastic way to splash some color in a room and show off favorite photos without damage. All supplies will be provided for you to make your own board and you'll have the skills to take this project home to teach others. | FCS | 12 |
| 4-H Natural Resources and Environment Sciences Academy | Join us for a hands-on natural resources workshop! | Natural Resources | 20 |
| Silly Debates | The University of Kentucky's Collegiate 4H Club has created an group activity that focuses on public speaking skills. Kids will learn how to create a speech, give one, and practice doing so in a fun competition. | Communication & Expressive Arts | 18 |
| Weird Science | Learn how to use household items and make weird science! Get your hands into science and have some fun! | SET | 16 |
| Design in Progress | Unleash your imagination and explore the artist within you. Discover different ways to be creative as a way to unwind and make your day brighter by using pencils, colored pencils, and markers. | Communication & Expressive Arts | 20 |



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| Mandala Creations | Join us to create a personalized mandala to display in your room or brighten up an area in your garden. Your symmetrical and balanced creation will be designed on a stone base and provide a wonderful opportunity for you to express your creativity. | Communication & Expressive Arts | 16 |
| Messy Science | Youth will participate in a series of messy science activities. Some of these activities include DIY Snow, Oobleck, and Exploding Lunch Bag. Youth will learn the science behind each activity and leave with an understanding of polymers, non-Newtonian fluids, and chemical reactions. Youth will practice communication skills as they work in groups to perform their experiments. | SET | 14 |
| Mock Stain Glass Window | Youth will learn how to make a Mock Stain Glass Window, by using crayons, wax paper, card stock designs, iron, and tape. | Communication & Expressive Arts | 10 |
| The Longest Yard | Ready, aim, fire! Join the 4-H Shooting Sports Teen Ambassadors as they teach you the history and science behind one of the most ancient shooting sports devices, catapults. In this fun and interactive workshop, you will get to build your own catapult and learn how catapults are still used today. | Natural Resources | 24 |
| FLB workshop | Explore the endless possibilities of duct tape crafts, anything from practical wallets and flower pens to bookmarks and bow ties! Led by members of the Kentucky 4-H Fashion Leadership Board learn to make unique and stylish waterproof creations to take home! | FCS | 12 |



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| Seed Search | Youth will become plant detectives and experiment to solve some plant mysteries. Once they have determined some answers, they will then plant the seeds to see if they can produce a crop. | Agriculture | 14 |
| Contraptions | Build unbelievable ball track structures with these simple stacking planks. Create ramps, funnels, chutes, and crazy contraptions like the "Black Hole" and "Bounce Plate." Then find out if the ball rolls as expected. | SET | 12 |
| The Power of Wind | Participants will learn more about wind energy. They will work in groups to design and build a windmill to generate electricity. | SET | 15 |
| Egg Drop | Learn about gravity, but seeing if your egg will survive a drop out of a container you build!! | SET | 15 |
| Fantastic Forensics - A Hands-on "Who Done It" SET Board | Want to learn about evidence collection and analysis? Want to solve a mystery? Join us for a journey into fingerprint analysis, evidence collection and crime solving techniques utilized by law enforcement agencies around the globe! | SET | 24 |
| Healthy Outdoor Cooking | Come join us for this interactive outdoor workshop! Participants will learn how to safely build a campfire for cooking, plan a picnic, and practice cooking over the open flames. | Health & Well-being | 12 |
| Breakout Games | Have fun and be challenged while learning more about leadership, communication, and teamwork through games. | Leadership | 16 |
| STC Workshop | This is the Workshop designed by the State Teen Council members | Leadership | 25 |



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| West KY 4-H Camp Summit Location Workshops | | | |
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| Workshop Title: | Workshop Description: | What core program area does this workshop fall under? | Max number of participants for each session |
| Gaga Ball | Let's play Gaga Ball and get some physical activity minutes in! | Health & Well-being | 30 |
| Watch the Wildflowers Grow | Watch the flowers grow! Create wildflower seed balls to grow flowers in your community. Also use your creativity to decorate your own take home flowerpot! | Natural Resources | 12 |
| 4-H Natural Resources and Environment Sciences Academy | Join us for a hands-on natural resources workshop! | Natural Resources | 20 |
| The Longest Yard SSTAB | Ready, aim, fire! Join the 4-H Shooting Sports Teen Ambassadors as they teach you the history and science behind one of the most ancient shooting sports devices, catapults. In this fun and interactive workshop, you will get to build your own catapult and learn how catapults are still used today. | Natural Resources | 24 |
| Tampering With Tape | Explore the endless possibilities of duct tape crafts, anything from practical wallets and flower pens to bookmarks and bow ties! Led by members of the Kentucky 4-H Fashion Leadership Board learn to make unique and stylish waterproof creations to take home! | FCS | 12 |
| Soar with Paper Rockets | Have you ever built a rocket out of paper? Come design and launch your own paper rocket in this hands-on, fun session! | SET | 15 |



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| Gratitude Art Journals | An art journal is a personal diary filled with art and words, combining multiple techniques like painting, collaging, doodling, drawing, and stenciling. Some art journals have a lot of words such as quotes and personal writings, while others have lots of imagery, design, and color. During this workshop, you will begin creating a personal art journal that can be added to again and again. We will focus on gratitude and positive affirmations during Summit, but themes for the rest of the pages are up to you after returning home. | Communication & Expressive Arts | 20 |
| Cabin Chats | Cabin Chat is a time at the end of each day for our youth to come together and reflect on their day or week and connect with their team/cabin. It's a powerful way to debrief the day and allow youth to have a moment to speak from their experience and listen to the perspectives of other individuals. Cabin chats can help youth "gear down" and get ready for bed, assist in the processing of the day's activities, and produce a positive rapport in the group. | Leadership | 30 |
| Fantastic Forensics - A Hands-on "Who Done It" | Want to learn about evidence collection and analysis? Want to solve a mystery? Join us for a journey into fingerprint analysis, evidence collection and crime solving techniques utilized by law enforcement agencies around the globe! | SET | 24 |
| Icebreaker Games | Participants will learn different icebreaker games they can incorporate into their 4-H club meetings or use in a group setting. If you want to make new friends, are shy, or love to laugh...this class is for you! | Communication & Expressive Arts | 20 |
| Campfire Cooking | Food just tastes better when cooked over a campfire, so come join this fun and interactive workshop around the campfire. You will heighten your senses by making a breakfast burrito in the iron skillet and apple pie on a stick! You'll learn how to build a campfire, then cook over the open flames and coals to make and enjoy these healthy, campfire foods! | Health & Well-being | 16 |



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| Get It Together | How to recognize and learn ways to deal with stress. Come and learn with past members of the Healthy Living Board in this fun and hands on class. | Health & Well-being | 14 |
| Leadership Games and Icebreakers | Participants will learn skills to help facilitate meetings with a variety of leadership games and icebreakers. | Leadership | 15 |
| STC Workshop | This is the Workshop designed by the State Teen Council members | Leadership | 25 |

