

# Arkansas 4-H Project Reflection

## Family Life Project

Date

Name



<b>Objectives for All Projects</b>	<ul style="list-style-type: none"><li>• Apply all 4-H training and experience in choosing and preparing for a vocation.</li><li>• Practice leadership skills and roles in 4-H and the community.</li><li>• Take part in community affairs and demonstrate citizenship responsibility.</li><li>• Develop integrity, sportsmanship and decision-making capability, and public speaking skills through experiential learning.</li></ul>
<b>Objectives for this Family Life project</b>	<ul style="list-style-type: none"><li>• Acquire knowledge about preschool children and how they grow and develop.</li><li>• Acquire knowledge of appropriate parenting practices by caring for small children.</li><li>• Adopt and apply latest practices to become responsible baby-sitters.</li><li>• Learn communication skills of listening, sharing, and interacting with others, preparing them for future relationships.</li><li>• To develop an awareness and be sensitive to problems and needs of individuals during different stages of the life cycle.</li><li>• Learn and apply appropriate practices to create a safe home and community environment.</li><li>• Explore career and job opportunities related to Child Development.</li></ul>

**I worked toward the following objectives this year: (list)**

**List talks and illustrated presentations related to the projects reported by title**

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### **What have you learned in this project?**

*List what you have learned as a result of participation in the project along with skills you have acquired related to the project.*

### **Leadership Experiences in this project**

4-H Leadership

Other Leadership

### **Citizenship Experiences in this project**

4-H Citizenship

Other Citizenship

# Arkansas 4-H Project Worksheet

## Participation in the 4-H Family Life Project

*Include the amount of project work (number of items, number of times, etc.) along with related experiences such as tours, public speaking, research, career exploration, etc.)*

EXAMPLE

Activity – These are examples – add or delete categories as needed	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Total
<b>Childcare Training</b>													
Classes attended													
Hours of training													
Certifications earned													
Other trainings													
First Aid (hours)													
CPR/AED (hours)													
Certifications earned													
<b>Childcare Supply Inventory</b>													
Books added													
Toys added													
Games/Puzzles added													
Craft supplies added													
Books made													
Games/puzzles made													
Discovery kits made													

