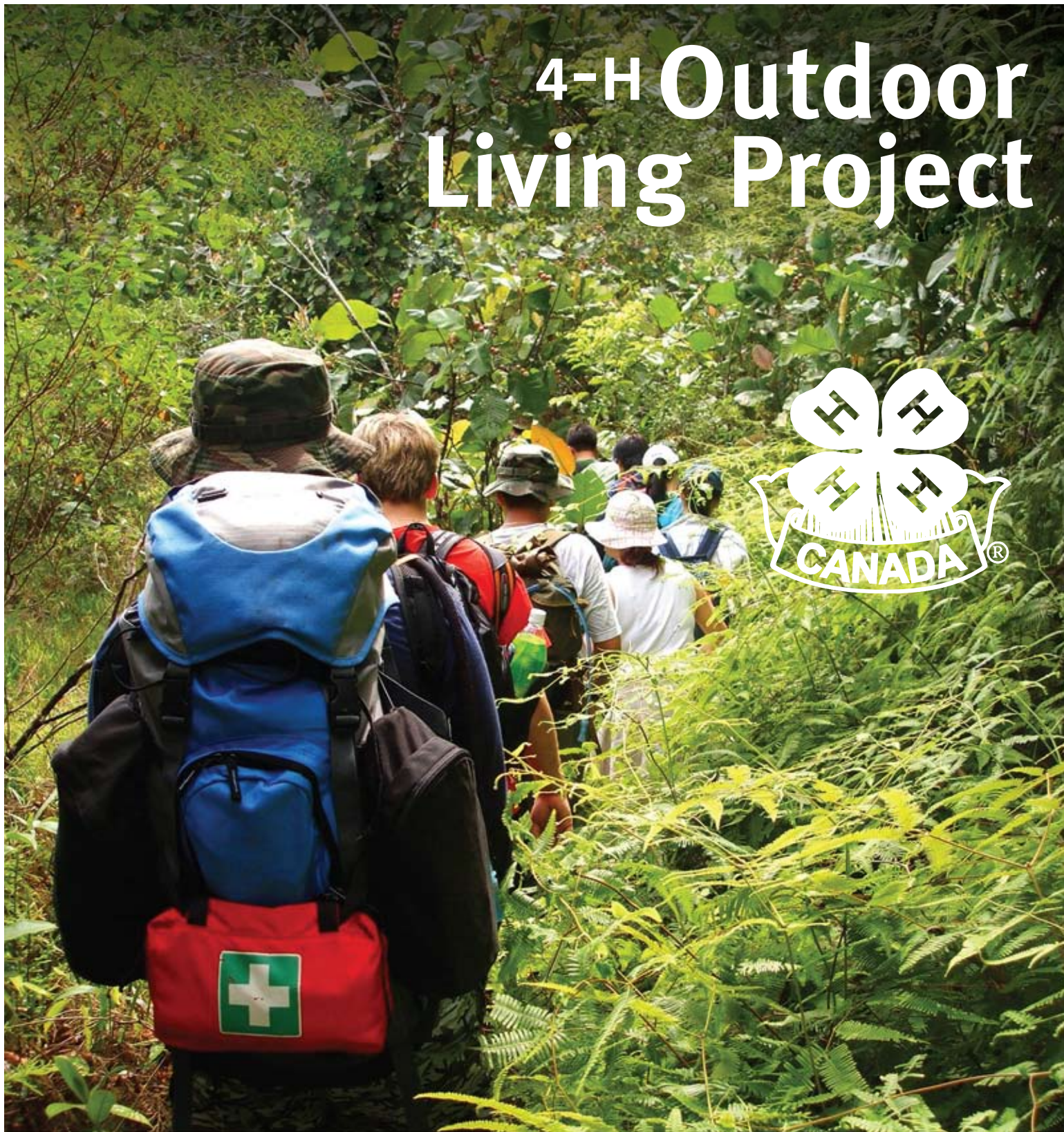


# 4-H Outdoor Living Project



## RECORD BOOK



Agriculture and  
Agri-Food Canada

Agriculture et  
Agroalimentaire Canada



## The 4-H MOTTO

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“Learn to Do by Doing”

4-H pledge

I pledge

My **Head** to clearer thinking

My **Heart** to greater loyalty

My **Hands** to larger service

My **Health** to better living

For my club, my community, and my country

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## To complete the Outdoor Living Project:

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- 4-H members are required to spend a minimum of 12 hours completing their chosen activities. Each activity is assigned an approximate time length to help plan and organize the activity.
- It is not necessary to do the activities in a particular order. However some activities do compliment and enhance other activities within a theme.
- Complete the “Activity Completion Reporting Page” in this record book, listing the activities you chose, and what you learned or enjoyed most about the activity. Have your leader initial your entry to verify that you completed that activity.
- Guidelines are given for approximate age suitability for each activity. This is indicated in the top right hand corner of each activity. Keep in mind that these are only guidelines and may be adjusted according to individual skill levels. Some activities such as the First Aid Courses may have restrictions for age set by the governing organizations.
- Members should choose different activities when taking this project for more than one year.
- Members should participate in the Project Achievement activities as decided upon by the project group.
- The Journal portion of the Record Book is optional, and not a requirement for completion.

### Ideas For Achievement

- If the project is part of a multipurpose club, where other projects will be displaying their achievements, the Outdoor Project could display items used or made in project work, set up a display, or give a demonstration.
- The project group could invite friends, family, and community members to an outdoor cook-out using and demonstrating some skills learned in the project.
- The project group could take an overnight or several day backpacking or camping trip to practice some of the skills learned in the project. Make a poster or do a write-up for the local paper to inform them of your experiences.



## What's a Nature Journal?

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- A personal record of encounters with plants, birds, bugs and wildlife.
- An opportunity to reflect and report on experiences in the outdoors and various other activities within this project.

### Ideas for Nature Journal/Record Book

Help members use Scrapbook Techniques to display what they have learned:

- Many craft and department stores carry all kinds of supplies such as background paper, captions, and stickers for creatively displaying photos or pictures.
- There are even some relatively inexpensive scrapbook software programs that allow you to create and print your own materials.
- For a less expensive approach use scenes and pictures from magazines as backgrounds, or collages. Nature, fishing and hunting magazines have lots to offer.
- Make captions to capture personal or group involvement with the natural scene being displayed.
- Look for articles in local papers about things like Environmental Issues and use some of the article to emphasize a topic.
- Make a predator/prey scene.
- Make a food chain scene.
- Press and dry foliage or flowers and attach them to the pages.
- Use the “hammering” technique explained on Page 7 of the project.
- Add as many extra pages as you need.

**Optional: Members could combine the pages of their Record Book with their Journal. It would make an excellent presentation for Achievement Day.**

**Try this “Making Paper” Activity and use it for some of the pages in your Journal.**

**Materials:**

- Blender
  - 500 ml warm water
  - 10 grams of cornstarch
  - Rolling pin
  - Large pan to catch water
  - 2 squares of white felt cloth
  - A piece of screen (an old window screen works well)
  - Several sheets of newspaper or letter paper, flyers etc.
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- » Place a half sheet of newspaper, torn into 1-inch strips, the cornstarch and water in a blender and mix until a soupy mixture is achieved.
  - » Hold the screen over a large pan.
  - » Pour the mixture evenly over the screen. Allow water to drain.
  - » Place one piece of felt on top of the paper “mush” and press down.
  - » Flip over and carefully remove screen.
  - » Cover with felt and roll with rolling pin to remove excess water.
  - » Let the paper dry for a few days or iron on low with your paper placed between two dish towels.
  - » Use your finished paper for your journal.