

### Life Skills Activities Check Sheet for 4-H Members

Each 4-H member should complete six or more life skills each year. This check sheet may be used in conjunction with skills checklists in individual project books, or may stand alone if the project book does not include a life skills checklist. If the project book has life skills and project skills checklists, this sheet does not need to be used.

4-H'ers should be encouraged to participate in a variety of activities, not just the same ones year after year. The activities must be signed off by a 4-H leader or parent and dated.

Member's Name: \_\_\_\_\_

Member's Club: \_\_\_\_\_

Date Done	Signature	Things to Do
		Know and recite the 4-H Pledge, Motto & colors.
		Plan what you will do for your project this year with your parents or leaders.
		Give a presentation about something you learned through your project at a club meeting or the county presentation event.
		Prepare and exhibit your project at county roundup.
		Lead the Pledge of Allegiance at a 4-H meeting.
		Lead the 4-H Pledge at a 4-H meeting.
		Lead a song or game at a 4-H meeting.
		Serve as a committee member.
		Serve as an officer of the club.
		Help plan the club's yearly program.
		Help with a 4-H club fund-raiser.
		Help with a parents night or club achievement program.
		Help with a 4-H event or activity.
		Help with a community service project.
		Give a committee or officer's report to your club.
		Give a speech about something you learned or did with your project.
		Give a presentation or talk to a group other than your 4-H club.
		Tape a radio spot for 4-H.
		Write a news story about your club or your project for a local paper or the 4-H newsletter.
		Help prepare a club booth or display.
		Help prepare a parade float for your club.