



<title>2024 4-H Exploration Sessions

<h1>A Sessions

Thursday, June 20
8:30 to 11:30 a.m.

*Indicates a session that is repeated in another time slot.

Session code	Session title	Session description	Age range
A-1*	Acting Improv	Improvisational acting is the art of thinking on your feet and seeing where a scene takes you. In this session you'll learn the basics of acting and improv through games, open scripts, and short scenes.	12 to 19
A-2	All About Swine	Investigate the emerging issues facing the U.S. swine industry. We'll focus on the effects of foreign animal diseases, swine reproduction practices, safety practices when traveling with pigs, and other management practices! No open-toed shoes will be allowed.	14 to 19
A-3	American Sign Language for Beginners: Part 1	Have you ever wanted to learn American Sign Language? Join us in this most hands-on of sessions to learn the basics of signing etiquette, the ASL alphabet, numbers 1 to 20, colors, sports and recreational activities, animals, and more.	12 to 19
A-4	Animal Science Skillathon	Test your knowledge of all things related to livestock and traditional farm animals! You'll be competing for bragging rights based on what you know about beef and dairy cattle, horses and donkeys, goats, sheep, and hogs, as well as dogs, poultry, and rabbits and cavies. Who knows, you could be asked about animal anatomy and physiology, biosecurity, quality assurance, or animal-related careers.	12 to 19
A-5*	Archers to the Line!	Join us at MSU's world-class Demmer Shooting Sports and Education Center for this introduction to the basics of archery. Learn what it takes to knock, draw, aim, and fire an arrow down range to the target. Find out about the basic equipment, range rules, and competitions you can take part in while having fun shooting bows and arrows! No open-toed shoes will be allowed.	12 to 19





Session code	Session title	Session description	Age range
A-6*	Artistic Wooden Blossoms	Become an artistic floral arranger for a day! Learn how to dye, preserve, and arrange your very own wooden flower arrangement that you can display anywhere. The best part is you can enjoy the beautiful flowers year-round because they never die or even fade.	12 to 19
A-7*	Basic Home Repairs & Maintenance	Learn how to make basic home repairs like fixing running toilets, replacing sink P-traps and aerators, patching and caulking drywall, and replacing window screens.	12 to 19
A-8	Beat the Clock: 4-H Escape Room	The clock will be ticking while you and your teammates play games, evaluate clues, and discover and develop your leadership skills to escape from two themed escape rooms. Discover something exciting in an old attic and help piece together a secret family recipe. We'll visit a real escape room where you can challenge other groups in a race to the finish.	12 to 19
A-9	Beginning Rabbit Raising	Find out how to raise and care for your 4-H rabbit project animals in this interactive and hands-on session. You'll gain a basic understanding of rabbit care techniques (such as palpating and nail clipping) and develop the skills you need to breed and raise a young rabbit. No open-toed shoes will be allowed.	12 to 19
A-10	Beginning Rabbit Showmanship	Find out what it takes to succeed in rabbit showmanship classes at your county fair. Discover how to use the <i>Michigan 4-H Rabbit Fitting and Showing Member Guide</i> to evaluate your rabbits. For beginning rabbit exhibitors. No open-toed shoes will be allowed.	12 to 19
A-11*	Create Your Own TV Show	Be part of a production crew and create a television program in a studio. You'll take on several on and off-camera jobs in this hands-on session.	12 to 19
A-12	Decreasing Stress With Mindfulness	We all experience stress, whether in response to exams, to planning for the future, to family situations, or to dating relationships. Since we cannot totally avoid stress, we need to learn and practice techniques to reduce it, such as mindfulness. Mindfulness practices include yoga, meditation, deep breathing, journaling, and connecting to nature. Learn how stressors can affect your physical and mental health and then practice hands-on mindfulness techniques you can use every day.	12 to 19





Session code	Session title	Session description	Age range
A-13*	Digital World Art	Interested in digital art? Want to give creating fantasy art a try? Learn to create digital masterpieces using drawing and animation apps, tablets, and digital pencils (provided). You'll have plenty of time to create your own art and the chance to share your work and content creation skills with others. You'll leave this session inspired to create even more digital art!	12 to 19
A-14*	Directing on a Diagonal: Communicating Blocking With Technology	How do you add variety in staging to your directing? We will bring a script to life by exploring three geometrically inspired staging movements: the Diagonal, the Arc, and the Triangle. These techniques open actors up to the audience, create vivid stage pictures, and enable dynamic movement. Your team will block a scene on a graph and animate it, then you'll act out a scene that another group has blocked and graphed.	12 to 19
A-15	Don't Bite Off More Than You CAN Chew!	In this hands-on food preservation session, you'll learn about and practice safe methods of preserving food so you can enjoy it later. You'll also explore ways to showcase your great food preservation skills at your county fair.	12 to 19
A-16	Draft Horse Driving	Explore what makes a draft horse a draft horse. In this session, you'll also learn about draft horse handling, harnesses and harnessing, and the basics of driving a draft horse. No open-toed shoes will be allowed.	12 to 19
A-17*	Earn Your Eagle Eyes	Award-winning photographers and authors Todd and Brad Reed and Rachel Gaudette will help you learn to see and photograph Michigan's natural beauty. We'll watch the trio's short film based on their latest book, <i>They Call Me Eagle Eyes: A Picture Book for All Ages</i> . Then, weather permitting, we'll hike around campus taking photos, picking up photography tips, and earning our eagle eyes! Bring a camera or a phone or tablet with a camera or be prepared to share one with a friend. Wear comfortable walking shoes and dress for the weather.	12 to 19
A-18	Exploring Horticulture at MSU	Get a behind-the-scenes look at the amazing world of horticulture at MSU. We will explore the campus gardens, greenhouses, and much more!	12 to 19





Session code	Session title	Session description	Age range
A-19*	Goats: The Most Versatile Species	Goats are considered the most versatile species because they make great pets and perfect companion animals. They're also useful in land management, as pack and draft animals, for breeding, and for milk and meat production. We'll explore the many things goats can do and provide, and cook a few delicious human treats made with goat products. No open-toed shoes will be allowed.	12 to 19
A-20	Hunger Fighters Unite	Calling all hunger fighters! Travel the globe with us to improve food security. Cultivate your passions for food and leadership as we take on one of the world's greatest challenges! We'll explore careers, cultures, and connections in this simulation-style session. Fill your suitcase with the ideas and resources you'll need to become a hunger fighter!	12 to 19
A-21*	Jazz Dance	Learn basic techniques and the language of jazz dance while you practice the moves and rhythms of this energetic dance style—and have fun! No jazz dance experience needed. Wear comfortable clothes you can move in.	12 to 19
A-23*	Mixing Magic: Grafting Natural Plant Syrups for Mixology & Cultivating a Garden of Flavor	Unleash your inner mixologist as you learn to create exquisite, all-natural syrups using plants you can grow yourself. In this hands-on session you'll explore the world of mixology and discover how to grow and harvest fresh ingredients for your beverages. Elevate your mixology skills and savor the unique flavors of homemade syrups in every sip.	12 to 19
A-24*	Outdoor Environmental Education & More	Explore Michigan wildlife and plant life with us. You'll learn orienteering and map skills and develop your survival skills, too.	12 to 19
A-25	Personal Leadership Journey	Explore your personal leadership style and characteristics with members of the State 4-H Youth Leadership Council. You'll have the chance to try different leadership styles during activities like building towers, solving lock boxes, setting up tents, and navigating mazes. Learn about opportunities to enhance your leadership skills at the local, state, and national levels.	12 to 19





Session code	Session title	Session description	Age range
A-26*	Pickleball: Learn to Play	Come play the fastest growing sport in the U.S.! Learn the basic shots and rules of Pickleball, a paddle sport that looks and plays like a table tennis game on a small tennis court. The game is all about strategy and defense, making it a great game to play across generations. Find out where “the kitchen” is and enjoy some Pickleball!	12 to 19
A-27	Raindrops: An Environmental Science & Art Project	Explore the effects of climate change on rain- and snowfall levels and patterns. We'll use hands-on activities to find out what not enough—and too much—rain in one place does to an area. Then you'll create art that reflects what you've discovered. Your artwork will become part of a collaborative installation at the Michigan Legacy Art Park in Thompsonville.	12 to 19
A-28*	Ready! Set! Pull!	During this hands-on session you'll learn the parts of a gun, shooting techniques, and gun safety. You'll also try your hand at trap shooting. No open-toed shoes will be allowed.	12 to 19
A-29*	Run for Your Life	Running is a nearly free cardio exercise that you can do nearly anywhere! Learn the basics of distance running and running techniques that will help you be healthy and fast. Discover the health and lifestyle benefits of running and pick up nutrition tips to support your running practice. Come ready to learn how to run for your whole life! Wear clothes you can move and run in and athletic shoes.	12 to 19
A-30*	Savor Latin American Cultures	Welcome aboard this virtual cruise through Latin America! Dive into the local customs and traditions of ports of call in the Caribbean, Mexico, and South America. Along the way you'll be making and tasting local foods, playing traditional games, expressing your creativity with local crafts, and savoring the sounds of salsa and traditional vallenato music. Join us for this springboard into Latin American culture!	12 to 19
A-31*	Savvy Animal Science	Learn to evaluate animal health and practice giving injections in this hands-on session. We'll explore why and how we identify and track livestock and discover the range of animal products we use in everyday life (meat, milk, leather, and much more). We'll also try different animal milks and make a leather craft to take home. No open-toed shoes will be allowed.	12 to 19





Session code	Session title	Session description	Age range
A-32*	Sewing Machines & Sewing for Beginners	Learn how to use a sewing machine or get better acquainted with it. Learn the different parts, presser feet, and stitches your machine may have. You will learn basic sewing techniques by making simple projects in this hands-on session. Sewing machines and materials will be provided.	12 to 19
A-33	Slam Dunk Your Way to Better Basketball Skills	Showcase your mad basketball skills, polish them up, or learn an entirely new sport in this session! We'll work on basketball fundamentals like dribbling, passing, shooting, defending, and communicating with teammates. Have fun making new friends and playing a sport everyone loves!	15 to 19
A-34*	Tour de MSU	Join our casual peloton as we explore the bike-friendly campus facilities and features that have earned MSU a gold-level Bike-Friendly University designation. We'll cover 7 or 8 miles, with frequent stops to talk about safe biking and how to make some parts of campus bike friendlier, and to answer questions about bikes and biking. Bring your own bike, bike lock, and helmet, or rent a bike—locks are included and loaner helmets are available—from MSU Bikes (https://msu-bike-service-center.shoplightspeed.com/). Dress for the weather in comfortable clothes you can bike in.	12 to 19
A-35*	Veterinary Nurse for a Day	Come learn about the amazing world of veterinary nursing. Hands-on activities will give you an idea of what veterinary nurses do to take care of animals every day. Come with an open and curious mind! No open-toed shoes will be allowed.	12 to 19
A-36	Vinyl Creations	Learn different ways to cut vinyl for a variety of decorative and informational projects big and small in this session!	12 to 19
A-37*	Writing	Build strange new worlds. Create a tragically flawed main character—and a tragically misunderstood villain. Craft situations and plot twists that push your characters down adventure-filled paths into the unknown. Open the door to your own creativity and unleash your writing talent in this brains-on session!	12 to 19
A-38*	You've Gotta Be Goating Me!	Learn how to train, groom, and prep your goat for show day and discover how to excel in showmanship with your goat. No open-toed shoes will be allowed.	12 to 19





<h1>B Sessions

Thursday, June 20
1:30 to 4:30 p.m.

*Indicates a session that is repeated in another time slot.

Session code	Session title	Session description	Age range
B-1*	Archers to the Line!	Join us at MSU's world-class Demmer Shooting Sports and Education Center for this introduction to the basics of archery. Learn what it takes to knock, draw, aim, and fire an arrow down range to the target. Find out about the basic equipment, range rules, and competitions you can take part in while having fun shooting bows and arrows! No open-toed shoes will be allowed.	12 to 19
B-2*	Artistic Wooden Blossoms	Become an artistic floral arranger for a day! Learn how to dye, preserve, and arrange your very own wooden flower arrangement that you can display anywhere. The best part is you can enjoy the beautiful flowers year-round because they never die—or even fade.	12 to 19
B-3*	Band Together	Music is a universal language and all young people with at least one year of experience playing their band or orchestra instrument are invited to create some music with us. Music will be provided. Bring a portable music stand, an instrument in good working condition, and supplies such as reeds and oils. You must be able to transport your instrument and supplies between your room and the session site.	12 to 19
B-4*	Basic Home Repairs & Maintenance	Learn how to make basic home repairs like fixing running toilets, replacing sink P-traps and aerators, patching and caulking drywall, and replacing window screens.	12 to 19
B-5	Beat the Competition	Selling a 4-H market livestock animal? Want a leg up on your competition? In this session, we'll cover a variety of marketing and communication strategies that will help you make your best even better. Explore cow/calf and feedlot operations and take away tips to improve your market animal project. No open-toed shoes will be allowed.	12 to 19
B-7*	Cookies & Cupcakes	May we interest you in an afternoon of edible decorating? How about a cute cupcake? A comical cookie? Join us and learn to use royal and buttercream icing to decorate cookies and cupcakes that are (almost) too much fun to eat!	12 to 19





Session code	Session title	Session description	Age range
B-8*	Create Your Own TV Show	Be part of a production crew and create a television program in a studio. You'll take on several on- and off-camera jobs in this hands-on session.	12 to 19
B-9*	Directing on a Diagonal: Communicating Blocking With Technology	How do you add variety in staging to your directing? We will bring a script to life by exploring three geometrically inspired staging movements: the Diagonal, the Arc, and the Triangle. These techniques open actors up to the audience, create vivid stage pictures, and enable dynamic movement. Your team will block a scene on a graph and animate it, then you'll act out a scene that another group has blocked and graphed.	12 to 19
B-10	Draft Horse Fitting & Showing	Prepping a draft horse for the show ring is a big (no pun intended) job. Join us and learn how to braid tails, roll manes, and clean feathers, then discover how to correctly show that clean and shiny draft horse at halter. No open-toed shoes will be allowed.	12 to 19
B-11*	Earn Your Eagle Eyes	Award-winning photographers and authors Todd and Brad Reed and Rachel Gaudette will help you learn to see and photograph Michigan's natural beauty. We'll watch the trio's short film based on their latest book, <i>They Call Me Eagle Eyes: A Picture Book for All Ages</i>. Then, weather permitting, we'll hike around campus taking photos, picking up photography tips, and earning our eagle eyes! Bring a camera or a phone or tablet with a camera or be prepared to share one with a friend. Wear comfortable walking shoes and dress for the weather.	12 to 19
B-12	Feathered Flock of Friends	Do you know where the bean on a duck or goose bill is? How about the snood on a turkey? Find out the answers to these questions and more in this session! We'll mainly talk about chickens, ducks, geese, and turkeys, but we'll also share interesting tidbits about other birds, including guinea fowl, quail, and ratites (flightless birds like ostriches and emus). You'll learn some poultry showmanship tips and techniques, too. No open-toed shoes will be allowed.	12 to 19
B-13	Fun & Games: Activities for Everyone	Do your 4-H meetings or group activities feel more like work than fun? Learn quick activities to make your next meeting both fun and functional. Find out how to involve everyone in a group—from the shy new member to the enthusiastic older participant—in activities. You'll have fun and learn ways to help everyone participate at their own comfort level.	12 to 19





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B-14*	Goats: The Most Versatile Species	Goats are considered the most versatile species because they make great pets and perfect companion animals. They're also useful in land management, as pack and draft animals, for breeding, and for milk and meat production. We'll explore the many things goats can do and provide, and cook a few delicious human treats made with goat products. No open-toed shoes will be allowed.	12 to 19
B-15*	Good Vibes Only	Explore the importance of self-care, try out several approaches to daily mindfulness, and discover how to develop regular habits that foster peace and harmony. You'll be ready to practice what you learn in your daily life and share your new knowledge and skills with your friends.	12 to 19
B-16	Laser Cutting	Learn how to use a laser cutter to make a design on wood and plastic in this hands-on session. We'll also cover safety procedures for using a laser cutter.	12 to 19
B-17	Mastering Rabbit Showmanship	Rabbit showmanship may look complicated, but the step-by-step breakdown of the class procedures—from handling to examination—in this session will prepare you to master the class! No rabbit showing experience needed. We'll supply rabbits you can use for hands-on practice. No open-toed shoes will be allowed.	12 to 19
B-18*	Mixing Magic: Crafting Natural Plant Syrups for Mixology & Cultivating a Garden of Flavor	Unleash your inner mixologist as you learn to create exquisite, all-natural syrups using plants you can grow yourself. In this hands-on session you'll explore the world of mixology and discover how to grow and harvest fresh ingredients for your beverages. Elevate your mixology skills and savor the unique flavors of homemade syrups in every sip.	12 to 19
B-19	Nothing Up My Sleeve With Magic & Illusions	Amaze and impress your friends and family with your skillful perspective on magic and illusions. You'll learn how to make your own simple bag of magic tricks on a shoestring budget, explore the science and psychology behind these tricks, and examine the history of optical illusions.	12 to 19
B-20	Orange, Blue, Green, Gold: What Are You?	What type of cereal are you? How do you define doing a good job? Where do you want to be in five years? Practice answering these questions and others as you take a deeper look at your personality in this session. Using the Real Colors personality assessment, you will learn tips and tricks to help prepare for your next interview.	15 to 19





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B-21*	Outdoor Environmental Education & More	Explore Michigan wildlife and plant life with us. You'll learn orienteering and map skills and develop your survival skills, too.	12 to 19
B-22*	Pickleball: Learn to Play	Come play the fastest growing sport in the U.S.! Learn the basic shots and rules of Pickleball, a paddle sport that looks and plays like a table tennis game on a small tennis court. The game is all about strategy and defense, making it a great game to play across generations. Find out where "the kitchen" is and enjoy some Pickleball!	12 to 19
B-23	Quilled Wall Hangings	Quilling is the art of rolling and twisting narrow strips of paper and then shaping them to make exquisite artwork. Also known as paper filigree, this folk art form dates back to ancient times. In this session you'll make wall hangings using your own quilled creations.	12 to 19
B-24	Raising 4-H Beef Projects	Tour a beef feedlot, then explore the ins and outs of beef cattle nutrition and feeding management. We'll also cover topics such as beef carcass grading, record keeping, and animal selection. No open-toed shoes will be allowed.	12 to 19
B-25*	Ready! Set! Pull!	During this hands-on session you'll learn the parts of a gun, shooting techniques, and gun safety. You'll also try your hand at trap shooting. No open-toed shoes will be allowed.	12 to 19
B-26*	Run for Your Life	Running is a nearly free cardio exercise that you can do nearly anywhere! Learn the basics of distance running and running techniques that will help you be healthy and fast. Discover the health and lifestyle benefits of running and pick up nutrition tips to support your running practice. Come ready to learn how to run for your whole life! Wear clothes you can move and run in and athletic shoes.	12 to 19
B-27*	Savor Latin American Cultures	Welcome aboard this virtual cruise through Latin America! Dive into the local customs and traditions of ports of call in the Caribbean, Mexico, and South America. Along the way you'll be making and tasting local foods, playing traditional games, expressing your creativity with local crafts, and savoring the sounds of salsa and traditional vallenato music. Join us for this springboard into Latin American culture!	12 to 19





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B-28*	Savvy Animal Science	Learn to evaluate animal health and practice giving injections in this hands-on session. We'll explore why and how we identify and track livestock and discover the range of animal products we use in everyday life (meat, milk, leather, and much more). We'll also try different animal milks and make a leather craft to take home. No open-toed shoes will be allowed.	12 to 19
B-29*	Sewing Machines & Sewing for Beginners	Learn how to use a sewing machine or get better acquainted with it. Learn the different parts, presser feet, and stitches your machine may have. You will learn basic sewing techniques by making simple projects in this hands-on session. Sewing machines and materials will be provided.	12 to 19
B-30	Slam Dunk Your Way to Better Basketball Skills	Showcase your mad basketball skills, polish them up, or learn an entirely new sport in this session! We'll work on basketball fundamentals such as dribbling, passing, shooting, defending, and communicating with teammates. Have fun making new friends and playing a sport everyone loves!	12 to 15
B-31	Spartan Dollars & Sense: A Budgeting Challenge	Ever wonder how hard it really is to live on your own, to make tough life decisions, and to pay your bills? In this exciting budgeting simulation, you'll take on the challenge of creating a budget based on decisions you make about common monthly expenses. Find an apartment, buy a car, save for retirement. Can you develop a budget that aligns with the lifestyle you envision for yourself?	15 to 19
B-33*	Tour de MSU	Join our casual peloton as we explore the bike friendly campus facilities and features that have earned MSU a gold level Bike Friendly University designation. We'll cover 7 or 8 miles, with frequent stops to talk about safe biking skills and tips, discuss how some campus features could be made more bike friendly, and answer your questions about bikes and biking. Bring your own bike, bike lock, and helmet, or rent a bike—locks are included and loaner helmets are available—from MSU Bikes (https://msu-bike-service-center.shoplightspeed.com/). Dress for the weather in comfortable clothes you can bike in.	12 to 19





Session code	Session title	Session description	Age range
B-34	Vegetables 101	Do you know how many vegetables there are? How they grow? How they end up on your dinner plate? In this session we'll explore the history of vegetables, what vegetables need to grow, vegetable growth cycles, and their struggles with pests and diseases.	12 to 15
B-35	Vinyl Design on an Electronic Cutting Machine	Learn to use a design app on a tablet (provided) to create a simple design you'll cut in permanent vinyl. Then you'll apply your design to one or two items you can keep.	12 to 19
B-36	What's the Buzz?	Discover what's buzzing in the world of bees on a tour of the MSU Pollinator Performance Center. You'll also dissect bees, build native bee houses, and taste honey from a variety of sources.	12 to 19
B-37*	Writing	Build strange new worlds. Create a tragically flawed main character—and a tragically misunderstood villain. Craft situations and plot twists that push your characters down adventure-filled paths into the unknown. Open the door to your own creativity and unleash your writing talent in this brains-on session!	12 to 19
B-38	You've Gotta Be Goating Me!	Learn how to train, groom, and prep your goat for show day and discover how to excel in showmanship with your goat. No open-toed shoes will be allowed.	12 to 19

<h1>C Sessions

Thursday, June 20

8:30 to 11:30 a.m. & 1:30 to 4:30 p.m.

Session code	Session title	Session description	Age range
C-1	Build Your Own Fishing Rod	Love to fish? In this session, you'll build a fishing rod that you'll be able to use for years to come. Amaze your friends as you fish with a rod you made by hand, from start to finish!	12 to 19





Session code	Session title	Session description	Age range
C-2	Combating Invasive Insect Species	Learn about the past, present, and future of the exotic insects and other invasive species that threaten Michigan’s forests, field crops, landscapes, and waterways. You’ll investigate the ecological problems that invasive species create and find out how U.S. Department of Agriculture scientists detect, identify, and manage invasive pests like the emerald ash borer. You’ll also gain hands-on experience in insect trapping and identification.	15 to 19
C-3	Early Childhood Education: Keeping Kids Engaged & Having Fun	Explore what it takes to work with young children. You’ll learn the business of babysitting, find out about career possibilities, and leave with developmentally appropriate activities for young children in your care.	12 to 19
C-4	Finding Fun in Your Family Tree	Learn to use library resources to discover your ancestors and learn about your family’s role in history. You’ll develop a family tree you can share with your relatives.	12 to 19
C-5	Lap Quilts	Learn basic quilt making techniques in this hands-on session by starting, finishing, and walking away with your own lap quilt. No quilting experience necessary. Supplies and sewing machines will be provided.	12 to 19
C-6	Pellet Rifle & Air Pistol Target Shooting Fundamentals	Learn about the shooting styles that are used by target shooters from 4-H members to Olympians. This hands-on session will cover three-position pellet rifle and three-position air pistol target shooting programs. We will cover firearms safety, equipment, and ways to improve your shooting skills. No open-toed shoes will be allowed.	12 to 19
C-8	Working With Search & Rescue K-9s	Explore the world of K-9 search and rescue (SAR) dogs, including the air scent, wilderness, human-remains detection, disaster, and trailing specialties, with certified and in-training SAR dogs. Learn how to choose, train, and test SAR dogs, and discuss scent theory, field support, and other topics. No open-toed shoes will be allowed.	13 to 19





<h1>D Sessions

Friday, June 21
8:30 to 11 a.m.

*Indicates a session that is repeated in another time slot.

Session code	Session title	Session description	Age range
D-1	100% Cocoa	Attention chocolatiers! Did you know 200 cocoa beans could once buy a turkey? Or that during World War II, there was a chocolate exploding bomb? Come learn about the life of a cocoa farmer while creating your own tasty chocolate treats. (Caution: Nuts and dairy may be a part of this session because of how chocolate is processed.)	12 to 19
D-2*	Acting Improv	Improvisational acting is the art of thinking on your feet and seeing where a scene takes you. In this session you'll learn the basics of acting and improv through games, open scripts, and short scenes.	12 to 19
D-3	American Sign Language for Beginners: Part 2	Do you love ASL? Do you want to build on what you already know about it? If you know the basics—the alphabet, the numbers 1 through 20, some words, and signing etiquette—join us to learn more words and sentence structure. We'll also be exploring how to use this skill in leadership roles to encourage inclusion and belonging.	12 to 19
D-4*	Band Together	Music is a universal language and all young people with at least one year of experience playing their band or orchestra instrument are invited to create some music with us. Music will be provided. Bring a portable music stand, an instrument in good working condition, and supplies such as reeds and oils. You must be able to transport your instrument and supplies between your room and the session site.	12 to 19
D-5	Building Community With Community Service-Learning	Use what you already know to plan and work on powerful community projects. This will grow your STEM (science, technology, engineering, and math) strength and can improve your community and give you a competitive edge when applying for scholarships, higher education opportunities, and jobs.	12 to 19





Session code	Session title	Session description	Age range
D-6*	Cookies & Cupcakes	May we interest you in an afternoon of edible decorating? How about a cute cupcake? A comical cookie? Join us and learn to use royal and buttercream icing to decorate cookies and cupcakes that are (almost) too much fun to eat!	12 to 19
D-7*	Create Your Own TV Show	Be part of a production crew and create a television program in a studio. You'll take on several on- and off-camera jobs in this hands-on session.	12 to 19
D-8	Creative Soap Making	Making soap is fun and easy! In fact, if you can make a cake, you can make soap. In this hands-on session you'll learn how to make your own bar of soap from a variety of nourishing oils and learn the process and history of soap making. You'll also practice skills like measuring, stirring, incorporating oils, math, trial and error, cooperation, problem solving, and following step-by-step directions.	12 to 19
D-9	Dairy Cattle Practices 201	Learn the whys and hows of some of the practices used on dairy farms to keep the herd healthy, like dehorning calves with the help of pain killers and local anesthesia, tube feeding calves, collecting blood from cows and calves, and collecting rumen fluid. No open-toed shoes will be allowed.	15 to 19
D-10*	Digital World Art	Interested in digital art? Want to give creating fantasy art a try? Learn to create digital masterpieces using drawing and animation apps, tablets, and digital pencils (provided). You'll have plenty of time to create your own art and the chance to share your work and content creation skills with others. You'll leave this session inspired to create even more digital art!	12 to 19
D-11*	Earn Your Eagle Eyes	Award-winning photographers and authors Todd and Brad Reed and Rachel Gaudette will help you learn to see and photograph Michigan's natural beauty. We'll watch the trio's short film based on their latest book, <i>They Call Me Eagle Eyes: A Picture Book for All Ages</i> . Then, weather permitting, we'll hike around campus taking photos, picking up photography tips, and earning our eagle eyes! Bring a camera or a phone or tablet with a camera or be prepared to share one with a friend. Wear comfortable walking shoes and dress for the weather.	12 to 19





Session code	Session title	Session description	Age range
D-12	Everyone Can Code	Are you ready to take a coding adventure? Build your critical thinking skills, solve fun interactive puzzles, and experiment with the Swift programming language using Swift Playgrounds, an iOS-only app. No coding experience required and tablets will be provided.	12 to 19
D-13	Farm Livin' Is the Life for Me!	Experience a day in the life of a dairy farmer! Explore some of the many opportunities to work in agriculture- and natural resources-related fields. You'll also play interactive games and work through real-life scenarios to help you prepare for your future. No open-toed shoes will be allowed.	12 to 19
D-14	Finding the Sparkle in Every Moment	Are you a hands-on, crafty person? Do you want to create your own style? Look no further than this session! Come hang-out, make your own jewelry, and learn from an experienced teen leader.	12 to 19
D-15	Five P's of Marketing Your Livestock Project	Addressing the "five P's of Marketing" can make a positive impact on the final price of your market animal. We'll play a game that will show you how product, place, people, price, and promotion affect your final price per pound.	12 to 19
D-16	Goats: The Most Versatile Species	Goats are considered the most versatile species because they make great pets and perfect companion animals. They're also useful in land management, as pack and draft animals, for breeding, and for milk and meat production. We'll explore the many things goats can do and provide, and cook a few delicious human treats made with goat products. No open-toed shoes will be allowed.	12 to 19
D-17*	Good Vibes Only	Explore the importance of self-care, try out several approaches to daily mindfulness, and discover how to develop regular habits that foster peace and harmony. You'll be ready to practice what you learn in your daily life and share your new knowledge and skills with your friends.	12 to 19





Session code	Session title	Session description	Age range
D-18	If You Can Vision Board It, You Can Do It!	What do you dream of? Landing a great job? Going to college? Showing your sow to a grand championship at your county fair? Join this session for targeted work toward achieving those dreams. Learn about the psychology of goal setting and spend time thinking through the action steps it will take to achieve your dreams. You'll take home a vision board to help keep your eyes on the prize!	12 to 19
D-19	Introduction to Pellet Rifle	Three position pellet rifle shooting competitions can be found in programs ranging from 4-H all the way to the Olympics. In this hands-on session we'll cover firearm safety, equipment, and the basics of prone, kneeling, and standing pellet rifle positions. No open-toed shoes will be allowed.	12 to 19
D-20*	Jazz Dance	Learn basic techniques and the language of jazz dance while you practice the moves and rhythms of this energetic dance style—and have fun! No jazz dance experience needed. Wear comfortable clothes you can move in.	12 to 19
D-21	Kindness: Making Positive Change Locally & Globally	Invent a positive future for your community and world by exploring the essential leadership traits of kindness, empathy, and respect. You'll leave this session with inspiration and ideas about how you can make a positive difference in your world.	12 to 19
D-22	Mask Design Around the World	Storytellers around the world have worn masks for centuries. Explore how mask styles fit into the cultures that create them, then explore your own story and identity by designing and creating a mask.	12 to 19
D-23	Nature's Art	Join us to explore the beauty of nature and create a video of life and growth along the winding paths of the Rachana Rajendra Neotropical Migrant Bird Sanctuary on campus.	12 to 19
D-24	Packaging Science	Do you enjoy snacks on the go? Do you like having water available when you forget your water bottle at home? Do you trust that your food will stay safe from farm to table? Learn about the packaging science that makes it possible for your favorite products to arrive in perfect condition! Design a packaging label and choose the packaging materials to make your favorite snack package.	12 to 15





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D-25	Piecing Together the Apprenticeship Puzzle	Collect pieces throughout this session to solve the Apprenticeship 101 puzzle. You'll start by sorting the edge pieces: the apprenticeship requirements and opportunities available in Michigan. Then you'll flip and connect the middle pieces to discover whether an apprenticeship might be the right path to more training or directly into a job or career for you.	12 to 19
D-26	Rabbit Color Genetics	Discover the mysteries behind rabbit colors. Why don't all rabbit offspring look like their parents? No open-toed shoes will be allowed.	12 to 19
D-27	Rainbow Unicorn Ninja Warriors	Do you want to make a difference for LGBTQIA+ young people across Michigan? In this session you'll develop an action plan for a youth-directed project to help make safer spaces for LGBTQIA+ 4-H'ers in Michigan.	12 to 19
D-28*	Ready! Set! Pull!	During this hands-on session you'll learn the parts of a gun, shooting techniques, and gun safety. You'll also try your hand at trap shooting. No open-toed shoes will be allowed.	12 to 19
D-29	Reality Farm	Get ready to roll the dice on the Reality Farm! In this simulation, you'll try to make money with your virtual 4-H project animal at a livestock auction. You'll pick up tips to help with your real-life livestock project sale, too!	12 to 19
D-30*	Run for Your Life	Running is a nearly free cardio exercise that you can do nearly anywhere! Learn the basics of distance running and running techniques that will help you be healthy and fast. Discover the health and lifestyle benefits of running and pick up nutrition tips to support your running practice. Come ready to learn how to run for your whole life! Wear clothes you can move and run in and athletic shoes.	12 to 19
D-31*	Savvy Animal Science	Learn to evaluate animal health and practice giving injections in this hands-on session. We'll explore why and how we identify and track livestock and discover the range of animal products we use in everyday life (meat, milk, leather, and much more). We'll also try different animal milks and make a leather craft to take home. No open-toed shoes will be allowed.	12 to 19





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D-32	Sewing Machines & Basic Stitches 101	Learn the basics of how to thread and use a sewing machine along with hand stitches that come in handy for clothing repairs and giving your garments a professional touch. Sewing machines and materials will be provided.	12 to 19
D-33*	Sewing Machines & Sewing for Beginners	Learn how to use a sewing machine or get better acquainted with it. Learn the different parts, presser feet, and stitches your machine may have. You will learn basic sewing techniques by making simple projects in this hands-on session. Sewing machines and materials will be provided.	12 to 19
D-34	Stop-Motion Animation Challenge	Create your own fun stop-motion animation using just a phone or tablet! Practice video planning and storyboarding, explore stop-motion animation software, and channel your creativity to complete an animated film. Please bring your own or be prepared to share a partner's phone or tablet with stop-motion animation software installed (such as Stop Motion Studio's free version, available for iOS and Android).	12 to 19
D-35	Super Collisions of Atomic Nuclei	You'll get plenty of hands-on experience while exploring a world-class isotope laboratory that smashes nuclei into a target at nearly half the speed of light! Take a tour behind the scenes where researchers make and study nuclei that don't exist on Earth. Discover the future of MSU's Facility for Rare Isotope Beams, a laboratory designed to push the boundaries of nuclear science. Join us if you want to explore an incredible variety of science-related careers!	12 to 19
D-36	Surviving the Zombie Apocalypse	Use your leadership skills to survive a zombie apocalypse. Enjoy a fun interactive game where you must fulfill life's basic needs—first aid, food, and water—to survive without being bitten by a zombie. You and your teammates will combine your leadership skills to try to stay alive during a full-blown zombie apocalypse!	12 to 19
D-37	Venture to Adventure: Careers in Nature	Do you prefer to spend time in and work outdoors? Enjoy camping, hunting, hiking, kayaking, nature photography, or fishing? Learn firsthand about careers that will keep you connected to the natural environment. See what careers in wildlife, forestry, and wildfire and environmental management would be like and how you can prepare to work in these fields.	12 to 19





Session code	Session title	Session description	Age range
D-38*	Veterinary Nurse for a Day	Come learn about the amazing world of veterinary nursing. Hands-on activities will give you an idea of what veterinary nurses do to take care of animals every day. Come with an open and curious mind! No open-toed shoes will be allowed.	12 to 19
D-39	Virus Among Us	Your team's job is to track down Patient Zero—a carrier who has no symptoms themselves but is spreading a new virus with some wild symptoms and unexpected cures. In this super fun, interactive game, the MSU campus is the gameboard and the suspects are real.	12 to 19
D-40	Watercolor Painting for Beginners	We'll start with a nature walk through the MSU gardens to photograph what we might like to paint. Then we'll talk about watercolor techniques, types of art, and how to create them. No experience necessary. Painting supplies will be provided. Bring a camera (a mobile phone or tablet camera is fine) and wear comfortable walking shoes.	12 to 19
D-41*	Writing	Build strange new worlds. Create a tragically flawed main character—and a tragically misunderstood villain. Craft situations and plot twists that push your characters down adventure-filled paths into the unknown. Open the door to your own creativity and unleash your writing talent in this brains-on session!	12 to 19
D-42	Youth for the Quality Care of Animals	Explore the science of animal well-being, food safety, and life skills that are part of earning Youth for the Quality Care of Animals, or YQCA, certification. We'll cover how to assess your animals and their overall health through daily observation and record keeping, animal identification, animal feed components, and how to read feed tags. We'll also discuss how to be a good role model and how to share your animal agriculture story. No open-toed shoes will be allowed.	12 to 19
D-43	Youth Take the Stage: An Introduction to Interactive Theater	Have fun taking theater to a whole new level by using it to help address community and global issues. As an interactive theater troupe, we will research a topic and develop educational skits about it that your new or existing troupe back home can perform for school assemblies, community groups, and after-school and summer programs. No theater experience needed—just a desire to make a difference in your community.	12 to 19





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