

SECTION 4309 PERSONAL DEVELOPMENT

- All curriculum for Personal Development are posted on the Oklahoma 4-H website at: <https://4h.okstate.edu/projects/personal-development/index.html>
- **Picture Perfect YOUth curriculum and Leader Guide** – This curriculum provides specific lessons in each level of the curriculum (beginner, intermediate and advanced) with fair project instructions. On the table of contents of each project manual, lessons with fair projects are noted with a blue ribbon icon. The score sheet for evaluating fair projects are included in all manuals and leader guide.
- **Heritage Scrapbook Classes** –This manual provides specific activities for each grade division (beginner, intermediate, advanced). Specific activities are required for each grade division and other activities are optional. The Heritage Scrapbook should grow each year! All instructions for completing the Heritage Scrapbook are provided in each activity in the Heritage Scrapbook manual. The score sheet for evaluating the Heritage Scrapbook is included in the manual and Picture Perfect YOUth Leader Guide. Please note that instructions for activities in the Heritage Scrapbook are in **BOLD** in each lesson. Make sure you refer to the score sheets to double check that all required information is included in the scrapbook for each activity.
- **Scrapbooking Classes** – The 4-H Scrapbooking project has a specific curriculum which teaches youth the basics of scrapbooking. The manual is posted on the website link above. Youth are encouraged to go through these six lessons before beginning a scrapbooking project. The score sheet for evaluating the Scrapbooking classes is provided in the 4-H Scrapbooking manual.
- Posters and educational displays should follow the guidelines on page 2 of the Oklahoma State Fair rule book unless different instructions are provided in the project manual.
- A county may enter one exhibit in each class. Individual 4-H members can enter one exhibit in each class.
- **Awards:** Ribbons will be placed to top 10 in each class

- **Beginner Level (Grades 3-5)**
 1. My Short Term Goals Poster – Picture Perfect YOUth Beginner Manual: Let's Take A Goal Setting Ride, page 7
 2. Hello to the House Poster -- – Picture Perfect YOUth Beginner Manual: Who am I? Who are YOU?, page 32
 3. That's Write! Poster – Picture Perfect YOUth Beginner Manual: Manners Matter: That's Write!, page 41. *The Thank you note subject for 2023 entry is as follows: Your favorite elementary school teacher, Mrs. Jan Brown, sent you a graduation card which included a \$50 check. You plan to save the money for college.*
 4. My Hands of Service Display – Picture Perfect YOUth Beginner Manual: Helping Hands in Action, Page 62
 5. Emergency Preparedness Kit – Picture Perfect YOUth Beginner Manual: Safe in My World, page 87
 6. Heritage Scrapbook – *Required activities:* My Family Tree, Picture This, My Heredity Profile, This is Me. *Optional activities:* Preserving my Family Traditions and Customs, Digital Scavenger Hunt, Can I Interview You?
 7. Scrapbook – 4-6 pages (pages counted just like pages of a book, not plastic sleeves.) Scrapbooks should center around a specific theme such as 4-H projects, family vacations, birthday celebrations, a specific family holiday, etc.

Intermediate Level (Grades 6-8)

8. Problem Solving Poster – Picture Perfect YOUth Intermediate Manual: Solutions for Problem-Solving, page 16
9. Media Messages: Myth or Fact? Display -- Picture Perfect YOUth Intermediate Manual: The People in Our Lives, page 46
10. Leadership Banner Poster -- Picture Perfect YOUth Intermediate Manual: Modeling Leadership, page 58

11. My Thumbprint of Character Poster -- Picture Perfect YOUth Intermediate Manual: I.D. Good Character, page 79
12. Cyber Space Safety Board Game -- Picture Perfect YOUth Intermediate Manual: Cyber Space: Keep It Safe, page 89
13. Heritage Scrapbook -- *Required activities:* My Family Tree, Picture This, My Heredity Profile, This is Me, My Day in History, Letter Writing: A Lost Art, Favorite Family Recipe, Hello. My Name is...
Optional activities: Cultural Museums of Oklahoma, Digital Scavenger Hunt, Can I Interview You?
14. Scrapbook – 8-10 pages (pages counted just like pages of a book, not plastic sleeves.) Scrapbooks should center around a specific theme such as 4-H projects, family vacations, birthday celebrations, a specific family holiday, etc.

Advanced Level (Grades 9-12)

15. Goal Setting Collage Poster-- Picture Perfect YOUth Advanced Manual: Be SMART About Goals, page 15
16. The Who, What, Why and How of an Interview Creative Writing Poster -- Picture Perfect YOUth Advanced Manual: Communicating Well with Others, page 34
17. Teambuilding Game Display -- Picture Perfect YOUth Advanced Manual: Teamwork: Towering to Success, page 53
18. My BEST Marketable Skills Display -- Picture Perfect YOUth Advanced Manual: Making Your Mark!, page 73
19. Vehicle Emergency Kit -- Picture Perfect YOUth Advanced Manual: Destination: Safe, page 81
20. Heritage Scrapbook -- *Required activities:* My Family Tree, Picture This, My Heredity Profile, This is Me, My Day in History, Letter Writing: A Lost Art, Favorite Family Recipe, Hello. My Name is..., My Family Genogram, My Life Timeline, Cultural History Exploration, Family Holidays. *Optional activities:* My Family Poem, Digital Scavenger Hunt, Can I Interview You?
21. Scrapbook – 12-16 pages (pages counted just like pages of a book, not plastic sleeves.) Scrapbooks should center around a specific theme such as 4-H projects, family vacations, birthday celebrations, a specific family holiday, etc.