## PUBLIC SPEAKING

### LEVEL 1

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<th>Projects &amp; Materials</th>
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| **Express Yourself** | In *Picking Up the Pieces* member manual:  
- Complete a minimum of 7 activities from the lessons and upgrades.  
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.  
Complete the following:  
- *4-H Involvement Report* (#91910)  
- *4-H Project Record Book* (#91950) | *4-H Project Record Book* (#91950)  
*4-H Involvement Report* (#91910)  
A poster (14”x22”) or display illustrating a skill or skills learned in this project.  
**OR**  
- A scrapbook, portfolio or journal notebook showing activities and skills learned this year. |
| **Level 1; Grades 3-5** | | |
| **Youth Materials:** | | |
| • National 4-H Curriculum  
*Picking Up the Pieces* (#08156) | | |
| • 4-H Involvement Report (#91910)  
• 4-H Project Record Book (#91950) | | |
| **Volunteer Materials:** | | |
| • National 4-H Curriculum  
*Express Yourself: Communications Helper’s Guide* (#08159) | | |
| • *Communications Toolkit* (#4H1560) | | |
| **County Requirements:** | | |
| Check with your County Extension office for details. | | |

### Support Materials:
Idaho 4-H Express Yourself page: [https://www.uidaho.edu/extension/4h/projects/express-yourself](https://www.uidaho.edu/extension/4h/projects/express-yourself)
To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/communication-books.aspx](http://www.4-hmall.org/Category/communication-books.aspx)