# PUBLIC SPEAKING

## LEVEL 3

### Projects & Materials

**Express Yourself: Level 3**

*Grades 9-12*

**Youth Materials:**
- National 4-H Curriculum
  *The Perfect Fit* (#08158)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

**Volunteer Materials:**
- National 4-H Curriculum
  *Express Yourself: Communications Helpers Guide* (#08159)

### Requirements

In *The Perfect Fit* 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)

### Exhibit Requirements

- 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.

### 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)