



4-H HEALTH PROJECT

LEARNING GUIDE



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



Health Project Learning Guide

This project resource guide is designed to help you learn about health projects.

It guides how to get started and continue learning in this area.

What is project learning?

4-H believes that young people learn best by doing. You get to choose project areas that interest you and have the guidance of adult mentors. We encourage you to take leadership roles and learn independently.

What is the Health Project?

The Health Project allows you to explore anything related to physical and emotional health. From designing a fitness plan to learning first aid skills, there are endless possibilities.

The first step in launching any project is to develop a plan.



Narrowing Down Your Focus: Identifying Your Health Project

After conducting research, it's time to hone in on a specific project. Here are some ideas to get you started:

- Participate in community service by volunteering at a food distribution center, homeless shelter, vaccine clinic, blood drive, or a 5K fundraising event.
- Organize a peer support group surrounding your health topic. What's the ultimate goal of this group?

- Promote health by creating campaigns, activities, and events that focus on specific health issues. Here are some ideas:
 - Organize a health week at school or arrange for a health topic at your 4-H club meeting.
 - Collaborate with others (school, peers, etc.) to develop an "anti-bullying" campaign that addresses Social Media Health.
 - Create a Day in the Life Timeline to identify how you spend your day.
 - Set goals for incorporating healthy practices, such as mindfulness, fitness, movement, more fruits or vegetables, etc.
- Share some ways you incorporate self-care and/or mindfulness practices into your daily routine.
- Discuss how you manage your schedule and deal with stress.
- Explain the steps you take to ensure that you nourish your body throughout the day.
- Design a model of the human skeleton and label the bones, or learn about other organs and systems of the human body.
- Explore how fitness, motion, or athletics fits into a healthy lifestyle for you.
- Research career opportunities in the health science industry.

Reflecting on Your Project: A Key to Learning and Growth

One of the most valuable aspects of any project is the opportunity to learn from it. As you reflect on your work, consider the following questions:

- What was the goal of your project?
- What new knowledge or skills have you gained from this experience?
- What was the most challenging part of the project and why?
- Did you enjoy working on it? What would you do differently next time?
- What insights have you gained about yourself during this project?

Sharing Your Work: A Chance to Learn and Serve Your Community

Once you've completed your project, sharing what you've learned is a great way to continue growing and contributing to your community.

Consider the following ideas:

- Share your project with your school, 4-H club, or other organizations.
- Set up an informational table at your local library, community center, or event.
- Create an exhibit to showcase your project at your local county fair.

Taking Your Learning Further: Exploring Future College and Career Opportunities

Having completed your project, you may want to consider exploring more with another health and wellness project or other project areas, such as safety, bicycles, food and nutrition, and child and family development. Additionally, you can pursue study and career opportunities related to environmental health, health services management, nutrition, and other related subjects.

In the broad field of health and wellness, a health professional is anyone who works to promote human fitness, health, nutrition, injury prevention, disease management, and healing. This includes nutritionists, fitness instructors, athletic trainers, recreational therapists, and many others who help people maintain their health.

Explore these future college and career opportunities:

- You could study environmental health, or health services management, nutrition, or other subjects.
- A health professional is anyone who works with human fitness, health, nutrition, injury, disease and healing. This is a wide range! Nutritionists, fitness instructors, athletic trainers, recreational therapists and many others help people to look after their health.

Beginner Health Project Ideas

- First Aid for Cuts and Scrapes
- First Aid for Choking
- First Aid for Strains, Sprains, and Bruises
- First Aid for Treating Nosebleeds
- First Aid for Foreign Objects
- First Aid for Stings or Bites
- First Aid for Poisons
- First Aid for Broken Bones
- First Aid for Burns
- A family first aid kit
- A family kit for an emergency (tornado, snowstorm, no electricity, fire, etc.)



Intermediate Health Project Ideas



- Human viruses or bacteria
- Keeping hair, skin, nails, teeth, ears or eyes clean
- Nutrient-rich "Power" foods
- Healthy snacks
- Appropriate portion sizes
- The importance of eating breakfast
- The importance of physical activity
- Turning everyday activities into exercise opportunities

Advanced Health Project Ideas

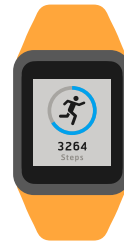
- Identify the components of fitness and design a personal fitness plan
- The importance of staying hydrated
- The importance of physical activity
- How nutrition impacts health and performance
- The importance of warming up and stretching to prevent injuries
- The importance of proper protective gear and safety techniques for staying injury free.

RESOURCES

Tools to Elevate Your Project's Outcome!

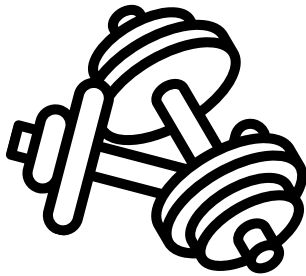
ILLINOIS 4-H PROJECT SPARK SHEETS

[SPARK SHEET IN ENGLISH](#)
[SPARK SHEET IN SPANISH](#)



CLOVER BY 4-H

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Helpful Resources

[Illinois 4-H Healthy Living Project Webpage](#)

[Activities for Health Project Learning](#)

[Emergency Preparedness - First Aid and Natural Disasters](#)

[Health Topics A to Z on the CDC Website](#)

[HealthWorks! Youth Fitness 101 Cincinnati Children's Hospital](#)

[Explore Health Careers](#)

[Shop 4-H](#)

