

Life Skills Learned in 4-H Project Work

Directions: Circle ALL the skills you used and/or learned in 4-H project work this year on the table below.

Head	Heart	Hands	Health
<i>Thinking</i>	<i>Relating</i>	<i>Giving</i>	<i>Living</i>
Learning to learn	Communications	Community Service	Healthy lifestyle choices
Decision-making	Cooperation	Volunteering	Stress Management
Problem-solving	Social Skills	Leadership	Disease Prevention
Critical Thinking	Conflict Resolution	Responsible	Personal safety
Service Learning	Accepting Differences	Contribution to group	<i>Being</i>
<i>Managing</i>	<i>Caring</i>	<i>Working</i>	Self Esteem
Goal setting	Concern for others	Marketable/useful skills	Self-Responsibility
Planning/organizing	Empathy	Teamwork	Character
Wise use of resources	Sharing	Self-motivation	Managing Feelings
Keeping records	Nurturing relationships		Self Discipline
Resiliency			

How Did You Learn?

Examples:	
Skill: Responsible	How Learned/Improved: Fed and cared for animals daily
Skill: Goal Setting	How Learned/Improved: Turned in project work on time
Skill: Leadership	How Learned/Improved: Gave club demonstration on pottery
Skill: Problem Solving	How Learned/Improved: Interpreted construction directions for model car

1. Skill: _____
How Learned/Improved:

2. Skill: _____
How Learned/Improved:

3. Skill: _____
How Learned/Improved:

4. Skill: _____
How Learned/Improved:
