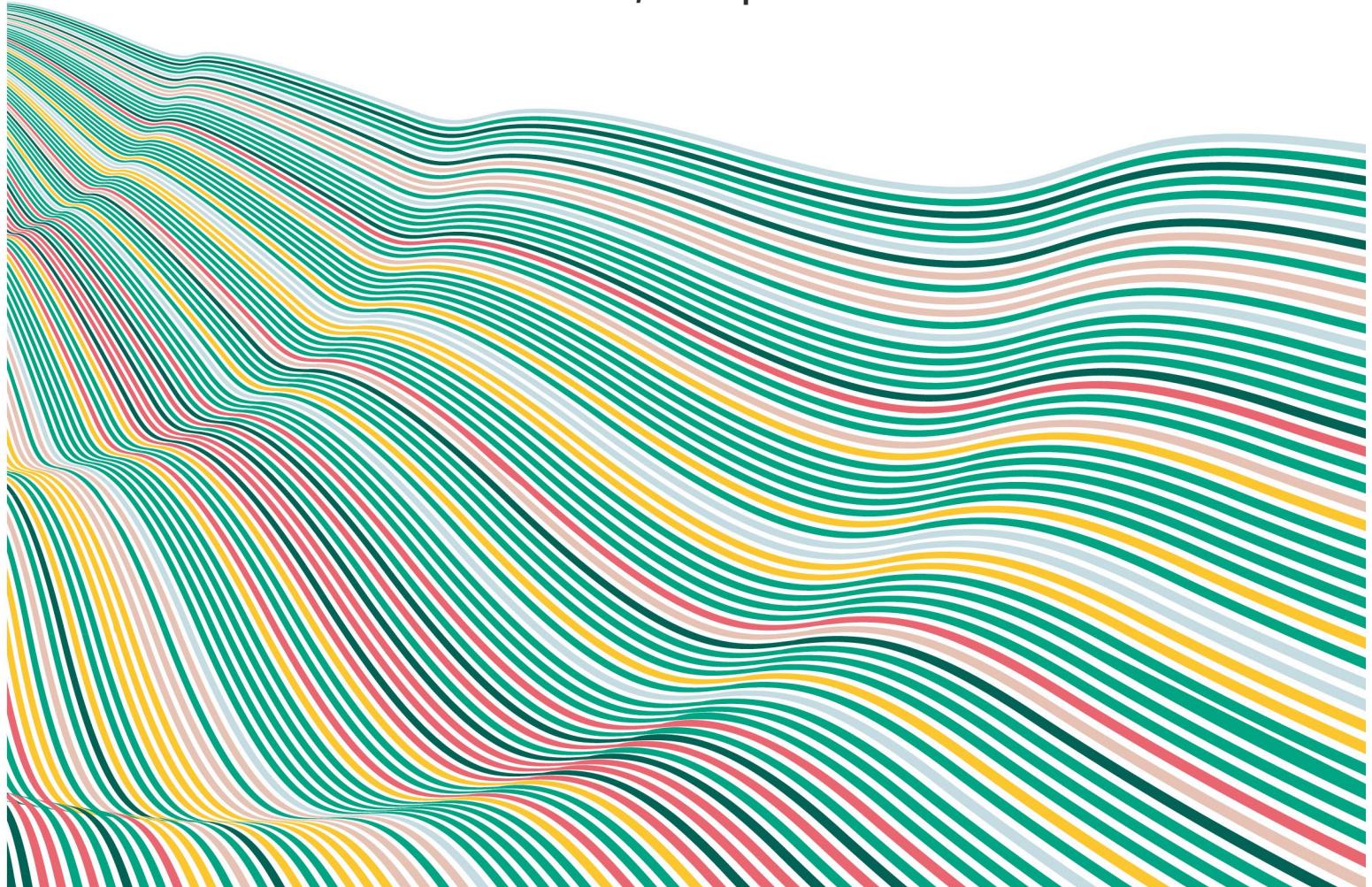




CWF @ IGNITE

WORKSHOP GUIDE

MARCH 24TH – 29TH, 2026 | WASHINGTON D.C.



At Ignite by 4-H 2026, CWF @ Ignite teen participants will pre-register for the following workshop sessions:

- 1 Career Connections Workshop
- 2 Explore Workshops

Each workshop has limited capacity and once the capacity is reached, we will be unable to add additional seats for that workshop. We encourage you to register early!

Teen workshop registration opens **Friday, January 16 at 5 p.m. EST** All required forms must be completed by that time to register for workshops. Workshop registration closes on **Friday, January 30**. Teens that do not register for workshops by January 30 will be assigned to open workshops.

If a workshop says Part 1 and Part 2, you must register for both parts of the workshop or it will not let you complete the registration process.

Workshops are required for all teens to attend and teens must go to the workshop they registered for!

National 4-H intends to continue developing contributing leaders of strong character through our workshops including the following characteristics:



Fostering purpose, Promoting Caring and Connection

Guiding your actions to create value, spread kindness, foster harmony, or make a meaningful difference.



Fostering Respect for Self and Others, Supporting Responsibility, Encouraging a Growth Mindset

Ability to recognize and manage your emotions, limitations, flaws, and imperfections when faced with challenges while continuing to respect yourself and others.



Promoting Personal Integrity

The foundation to build trust and maintain strong, ethical relationships in personal, professional, and social contexts

Ignite Workshop Types

Career Connections Workshops

Career Connections Workshops help teens become career-ready by building essential life and professional skills, encouraging them to think bigger, explore pathways, and connect with real-world careers that lead to future success. There are four sessions during Career Connections. All teens participating in the CWF @ Ignite track have been auto-enrolled in **Career Connections Session 1: A Lunch** and **Career Connections Session 3: 224 Congressional Clovers Panel**.

224 Congressional Clovers Panel

Panelists to be announced

This panel features former 4-H'ers now working on Capitol Hill who will share how their 4-H experiences shaped their career paths. Learn about the many roles within congressional offices and what it's like to work in government. The session provides real-world insights and inspiration for youth interested in public service careers.

Career Connections Workshops will take place on **Thursday, March 26**.

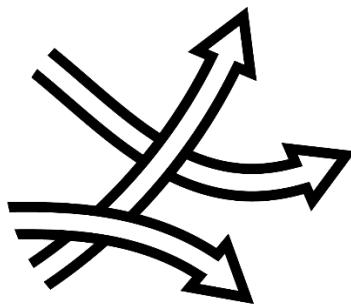
You may choose any available workshop for Career Connections Session 2. You are welcome to visit the Career Exploration Expo once you finish your lunch during Career Connections Session 1.

CWF @ Ignite Workshops will cover the same topics for all participants and will be assigned in advance. Teens will be randomly placed into workshop groups to ensure a mix of delegates from different states. Workshop topics and sessions will include:

- **Civic Engagement & Leadership**
- **Active Listening & Civil Discourse**
- **Media Literacy**
- **First Amendment Activity**
- **Local Government & Advocacy**
- **Town Hall**

Explore Workshops allow teens to explore other tracks and maybe even discover a new spark! The decision is yours to choose any workshop of interest to you. All teens participating in the CWF @ Ignite track are eligible to participate in two Explore workshops, Explore Workshop 4 and Explore Workshop 5 on **Saturday, March 28** at the following times:

- **Explore Workshop 4:** 1 p.m. – 1:50 p.m.
- **Explore Workshop 5:** 2 p.m. – 2:50 p.m.



Career Connections Workshops

Thursday, March 26, 2026

Career Connections Session 2: 12 p.m. – 12:50 p.m.

- 006 College Ready: No Stress, Just Success
- 034 Grow Your Career Skills to Be Beyond Ready
- 040 Unlock the Power of Communication & Public Speaking!
- 100 Turning a Love for Animals into a Career
- 131 Junk to Treasure
- 174 Crack Open the W.H.Y. Egg
- 185 Real Money, Real World: Stretching Dollars, Building Futures
- 190 Dress for Success: The Power of a First Impression
- 219 Ready, Set, Connect!
- 223 Beyond the Uniform: Careers and Opportunities in the Military Panel
- 243 The Power of Transferrable Skills: Where to Find Them and How to Grow Them
- 264 Lead To Change Lab

Career Connections Workshop Descriptions

006 College Ready: No Stress, Just Success

Sharon Toth

Rutgers - The State University of New Jersey

Starting college can feel overwhelming, even for students who've excelled in high school. This workshop breaks down key terms, expectations, and common first-year challenges. Participants will engage in hands-on activities to build confidence, gain essential tips, and feel more prepared for the transition. Led by a first-generation college graduate and former professor, this session offers real-world insights and relatable guidance. You'll leave with the tools to not just survive college but thrive in it.

Experience Level: Beginner-friendly: No experience or prior knowledge required.

034 Grow Your Career Skills to Be Beyond Ready

April Barczewski, Becky Ridgeway, Sheryl Bennett, Tom Hutson

University of Maryland - College Park

Come Grow Your Career Skills to Be Beyond Ready with our peer reviewed career literacy program. Participants will receive a brief overview of the curriculum, learn how to access the free curriculum and supplemental resources, and engage in several interactive hands-on activities related to career preparation. Topics covered will include planning & goal setting, resume development, internships, interviewing, and social media etiquette.

Experience Level: Beginner-friendly: No experience or prior knowledge required.

040 Unlock the Power of Communication & Public Speaking!

Claire McKenna, Navonne Owen

University of Maryland - College Park

Unlock the power of your voice! Communication and public speaking may seem alike, but they're not and understanding the difference is a game-changer. In this dynamic workshop, you'll explore how each skill shapes daily life, from casual conversations to commanding a stage. Through interactive, hands-on activities, you'll gain practical strategies to boost confidence, sharpen clarity, and make your message resonate. Walk away ready to speak with impact - in school, work, 4-H, and beyond!

Experience Level: Beginner-friendly: No experience or prior knowledge required.

100 Turning a Love for Animals into a Career

Kirsten Cowan

Rutgers - The State University of New Jersey

Love animals? This session explores how that passion can lead to real, rewarding careers both in and beyond the barn or ring. From animal care to tech, business, media, and more, you will discover surprising career paths that match your interests and strengths. Through hands-on activities and real-life examples, you'll build a personal action plan and walk away with next steps toward a future in the animal world.

Experience Level: Beginner-friendly: No experience or prior knowledge required.

131 Junk to Treasure

Pierre Puri, Teki Hunt

University of Arkansas – Pine Bluff

Think you have to wait until college or adulthood to start a career? Think again! In From Trash to Treasures, Pierre Thomas Puri shares how he discovered his passion for restoring and reselling at just six years old. This hands-on workshop shows how salvaging furniture and upcycling items can spark an entrepreneurial journey. You'll learn the process of turning "junk" into market-ready treasures, explore event decorating, and practice writing SMART goals to plan your own business. Walk away motivated, equipped with practical skills, and ready to see opportunity everywhere!

Experience Level: Beginner-friendly: No experience or prior knowledge required.

174 Crack Open the W.H.Y. Egg

Lucas Alexander

University of Missouri

Few of us are interested in an egg's shell—it's just the detail holding the goodness in! Are your leadership projects too much shell without value inside? This workshop will introduce leaders to the W.H.Y. egg: learn about the layers, important components, and strategies for successful projects. Learn how to build a W.H.Y. egg for any leadership opportunity so it will be full of positive purpose and meaningful impact!

Experience Level: Beginner-friendly: No experience or prior knowledge required.

185 Real Money, Real World: Stretching Dollars, Building Futures

Molly Avers

The Ohio State University

"Real Money, Real World" is an interactive financial literacy simulation that prepares youth for the real-world financial decisions they will face after high school. Through engaging, hands-on activities, students take on the role of working adults with jobs, families, and monthly expenses. They visit various stations—such as housing, insurance, transportation, child care, and entertainment, where they must make spending decisions based on their career of choice. Participants balance their checkbooks, track their spending, and often revisit earlier decisions to stay within their budget. This eye-opening experience helps youth understand the importance of financial planning, budgeting, and making informed choices.

Experience Level: Beginner-friendly: No experience or prior knowledge required.

190 Dress for Success: The Power of a First Impression

Evan Burch, Jamie Mullins

West Virginia University

Make your first impression unforgettable in this interactive workshop! Participants will explore what professionalism truly means, practice key skills like a confident handshake and elevator pitch, and collaborate to design stylish outfits from recycled materials. Finally, take the runway to showcase your creation and learn from one another. This fun, hands-on experience teaches how creativity, confidence, and presentation combine to shape the way others see you in any professional setting.

Experience Level: Beginner-friendly: No experience or prior knowledge required.

219 Ready, Set, Connect!

Diamond Jones
University of Arkansas

Ready, Set, Connect! is a dynamic, interactive workshop designed to help teens and young adults build their professional career, communication, and networking skills both in-person and online. From icebreaker challenges to LinkedIn makeovers, participants will explore the basics of networking, dive into tips and hacks for creating a strong presence, and walk away with actionable tools to help them feel "Beyond Prepared" for future opportunities. Whether you're just getting started or looking to polish your digital profile, this session is your springboard into confident, professional connections.

Experience Level: Beginner-friendly: No experience or prior knowledge required.

223 Beyond the Uniform: Careers and Opportunities in the Military Panel

Panelists to be announced

This panel introduces teens to the wide range of career pathways within the military, showcasing how different branches offer opportunities that align with a variety of interests, skills, and strengths. Speakers represent diverse experiences and levels of service, highlighting how education, leadership, and problem-solving play a role across military careers. Participants will gain insight into how everyday talents can translate into meaningful service. Teens will leave with a clearer understanding of how the military can support personal growth and purposeful career paths.

243 The Power of Transferrable Skills: Where to Find Them and How to Grow Them

Heidi Spahn
Corteva Agriscience

In today's fast-paced world, success is all about how you use your skills in every part of life. Whether it's school, your future career, or personal growth, the skills you've built through 4-H are your secret weapon to thrive in any situation. Join us for an interactive workshop where you'll learn how skills like communication, teamwork, and leadership can give you an edge, no matter where life takes you. Whether you're figuring out career paths, prepping for college, or boosting your confidence, these skills will help you stand out and succeed. Come discover your strengths and learn how to use them in ways you never thought possible!

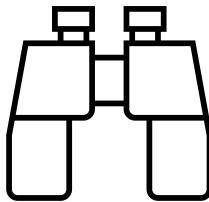
Experience Level: Beginner-friendly: No experience or prior knowledge required.

264 Lead To Change Lab

Ignite Design Team

Bring your Lead To Change Project ideas to this interactive work session designed to help you move from ideas to action. Individuals or teams are invited to receive hands-on support, feedback, and guidance as you develop or refine your project for the Ignite Gallery Viewing. Mentors will be available to help you strengthen your plan, problem statement, and impact.

Experience Level: Beginner-friendly: No experience or prior knowledge required.



Explore Workshops

Saturday, March 28, 2026

Explore Workshop 4: 1 p.m. – 1:50 p.m.

- 007 Performing Arts Has No Boundaries
- 019 AgriPreneurs: Building Your Own Farm-Based Business
- 035 Ready for Anything: Adaptive Leadership in Action
- 036-1 CoreShift: Building Character for a Bold Future Part 1
- 060 Sew & Create: Leave Your Mark
- 068 The Great Escape – The Wild West
- 074 Do You Have Leftovers? Compost in a Bottle: Your Food Scrap Saver
- 078 FBI: Who to Blame for Foodborne Illness? Managing Food Safely from Source to Plate
- 089 Finding Common Ground While Navigating Challenging Interactions
- 097-1 Time Hacks with AI: Get More Done, Stress Less Part 1
- 101 The Everyday Easel, Accessible Art for Emotional Regulation
- 118-1 Breaking Bridges: Failing for Success Using the Engineering Design Process Part 1
- 119 Ricochet! An Extreme Leadership Adventure
- 123-1 Photovoice: The Art of Teen Leadership Part 1
- 124 Refining Your Personal Brand
- 141-1 Design. Create. Shine Crafted with a Purpose Part 1
- 143 Zines & Junk Journals: Create Your Own Story
- 148 Card Game Design Using AI
- 150 Stress Happens: Learn to Handle it Like a Pro
- 157 Anyone Can Research!
- 173 Honey: Demystifying the Taste and Texture
- 188-1 Moon to Mars: 4-H Drone Challenge Part 1
- 202 Community Connections: Advocacy in Action
- 209 WHATDUNIT: Solving Cases to Find the Spoiled Food
- 211 Cracking the Code: Turning Eggshells Into Biodegradable Plastic
- 213 Exploring Aviation
- 216 Shake What Ya Mama Gave You – Island Dance Style
- 239 Break the Silence, Build the Herd: An Ignite Presentation on Youth Mental Health in Agriculture
- 261 CWF: American History & Democracy
- 264 Lead To Change Lab
- 267 Ov3R1y K0Mp13X Presents: Robots in Motion!

Explore Workshop 5: 2 p.m. – 2:50 p.m.

- 007 Performing Arts Has No Boundaries
- 019 AgriPreneurs: Building Your Own Farm-Based Business
- 022 Cool, Calm and Collected: Tools for a Balanced Life
- 036-2 CoreShift: Building Character for a Bold Future Part 2
- 060 Sew & Create: Leave Your Mark
- 074 Do You Have Leftovers? Compost in a Bottle: Your Food Scrap Saver
- 097-2 Time Hacks with AI: Get More Done, Stress Less Part 2
- 101 The Everyday Easel, Accessible Art for Emotional Regulation
- 118-2 Breaking Bridges: Failing for Success Using the Engineering Design Process Part 2
- 119 Ricochet! An Extreme Leadership Adventure
- 123-2 Photovoice: The Art of Teen Leadership Part 2
- 133 Play Beyond High School: Inside the World of College Sports
- 141-2 Design. Create. Shine Crafted with a Purpose Part 2
- 143 Zines & Junk Journals: Create Your Own Story
- 148 Card Game Design Using AI
- 188-2 Moon to Mars: 4-H Drone Challenge Part 2
- 200 Express Yourself: Zine-Making for Self-Discovery
- 202 Community Connections: Advocacy in Action
- 211 Cracking the Code: Turning Eggshells Into Biodegradable Plastic
- 213 Exploring Aviation
- 239 Break the Silence, Build the Herd: An Ignite Presentation on Youth Mental Health in Agriculture
- 261 CWF: American History & Democracy
- 264 Lead to Change Lab
- 267 Ov3R1y K0Mp13X Presents: Robots in Motion

Explore Workshop Descriptions

007 Performing Arts Has No Boundaries

Sebastian Ellsworth, Sophie Mendoza
Texas A&M University

Join us for an engaging workshop focused on the performing arts, where you'll explore its educational significance. Participants will delve into theater, dance, and music while participating in hands-on activities. Enjoy improv exercises and collaborative projects that encourage creativity and skill development. This workshop is open to all skill levels, making it perfect for beginners and experienced people alike. Discover the joy of performing arts in a fun and supportive environment!

Experience Level: Beginner-friendly: No experience or prior knowledge required.

019 AgriPreneurs: Building Your Own Farm-Based Business

Carmen Jackson, Lailah Smith
University of Illinois

Get ready to step into the world of agri-innovation! In this exciting, hands-on workshop, you'll team up to create your own farm-based business—from backyard eggs to herbal skincare or compost kits. You'll design a product, build a mini business plan, and pitch your idea in a fun "Shark Tank"-style challenge. No farming experience needed—just bring your creativity, passion, and entrepreneurial spirit!

Experience Level: Beginner-friendly: No experience or prior knowledge required.

022 Cool, Calm and Collected: Tools for a Balanced Life

Garima Patel, Karen Baker, Kelsey Laubach, Minnah Khan, Peyton Parker, Rebecca Sarmiento, Tonya Price, Troix Batts
Virginia Polytechnic Institute & State University

Join us for an interactive, feel-good workshop all about nurturing your social-emotional wellness! In this hands-on session, you'll dive into fun activities designed to boost your self-care routine and manage stress, all while helping you to feel cool, calm, and collected. You'll get to create your very own stress ball, make an essential oil scented eye pillow and bath salts, and unwind with some relaxing yoga poses, breathing exercises, and a guided relaxation. This engaging workshop is packed with practical tools to help you prioritize your mental health, while having a blast and connecting with others. Come for the tranquility, stay for the fun!

Experience Level: Beginner-friendly: No experience or prior knowledge required.

035 Ready for Anything: Adaptive Leadership in Action

Ashley Kitoko, Sunny Sloan
University of Maine

What is a leader without their loyal followers?

In this workshop you will learn the different style of leadership through a guided lecture and multiple breakout activities to strengthen your adaptive leadership! Through this workshop you will understand your natural leadership style, while bettering the other styles that come less naturally. You will learn how to adapt your leadership to different types of followers, and understand the importance of dedicated followers. By the end of this workshop, you will thrive in whatever leadership role you pursue.

Experience Level: Beginner-friendly: No experience or prior knowledge required.

036-1 & 036-2 CoreShift: Building Character for a Bold Future Part 1 & Part 2

Abby Mayfield, Ganah Elhemri
Colorado State University

Preparing for the future looks different for everyone, but it's important for any leader to establish key skills and traits to be ready for what's next! Participants will rotate between four interactive stations centered around developing positive characteristics that translate into 4-H and beyond, and will gain an understanding into how a successful future begins today.

Experience Level: Beginner-friendly: No experience or prior knowledge required.

060 Sew & Create: Leave Your Mark

Charity Hobbs, Grace Hobbs
Oklahoma State University

In this hands-on, creative workshop, you'll dive into the art of sewing and embroidery while exploring how your creativity can make a positive impact. From personalizing your own tote bag to discovering how patterns, colors, and designs reflect who you are, we'll engage in fun activities that inspire teamwork, perseverance, and creativity. This workshop isn't just about sewing—it's about learning valuable life skills and spreading kindness through art. Come get creative, connect with others, and leave with a unique project that's all your own!

Experience Level: Beginner-friendly: No experience or prior knowledge required.

068 The Great Escape - The Wild West

Josephine Chiu, Pam Van Wagoner, Rachel Dixon
Utah State University

Step back in time to the Wild West, where outlaws have hidden a treasure box—and it's up to your team to find it! In this immersive escape room experience, participants must use their wits, teamwork, and STEM skills to break the code and uncover the mystery. You will work together to solve a series of Wild West-themed puzzles that require decoding, computational thinking, and critical thinking. Each clue brings them closer to unlocking the final treasure box. Along the way, you'll apply logic, pattern recognition, sequencing, and problem-solving strategies in a fast-paced and exciting environment.

Experience Level: Beginner-friendly: No experience or prior knowledge required.

074 Do You Have Leftovers? Compost in a Bottle: Your Food Scrap Saver

Gaby Bromfeld, Yalin Li
Rutgers - The State University of New Jersey

Have you ever wondered what to do with your leftover food? This workshop will serve as a deep dive into composting at home by allowing you to create a take-home compost in a bottle. The compost activity will showcase hands-on learning through building a personal compost system to recover food scraps from your daily living. Through it, you'll learn food waste reduction strategies, building a personalized compost system, and how your behavior can influence the environment.

Experience Level: Beginner-friendly: No experience or prior knowledge required.

078 FBI: Who to Blame for Foodborne Illness? Managing Food Safely from Source to Plate

Mr. H Hernandez
University of Florida

The FDA and other agencies have set strict rules for everything from pesticide use on farms to cold storage in trucks and proper handling in supermarkets. But with all these regulations in place, the question remains: can we truly trust that our fresh food is safe to eat? In this exciting workshop, you'll become "FBI agents" on a mission to investigate food safety! You and your team will be assigned an active case where you will be pinpointing the source of contamination, identifying the pathogen and putting in place recommendations to contain, eliminate and set guidelines to prevent future foodborne illness outbreaks. From tracking systems to smart storage solutions, you will dive deep into the world of food safety, uncovering the tools and techniques that keep our meals fresh and secure. Get ready to put your detective skills to the test and uncover the truth about what is really happening behind the scenes!

Experience Level: Beginner-friendly: No experience or prior knowledge required.

089 Finding Common Ground While Navigating Challenging Interactions

Abigail Bouch, Angela Boring, Dylan Gerhart, Lilly Mano, Maddie Kozak, Mary Ann Ostach, Riley Fink
Pennsylvania State University

Finding Common Ground is an interactive conflict resolution workshop led by teens who bring empathy and real-life scenarios. Participants will explore the nature of conflict and discover that not all conflict is destructive, and youth learn effective strategies for navigating disagreements with respect and understanding. Through discussions, role-playing, and practical examples, attendees will uncover the power of communication and how to reach resolutions that leave everyone feeling heard and valued. Join us to build skills that turn challenges into opportunities for connection and growth!

Experience Level: Beginner-friendly: No experience or prior knowledge required.

097-1 & 097-2 Time Hacks with AI: Get More Done, Stress Less Part 1 & Part 2

Alaura Brown, Brent Broaddus, Stacey Ellison
University of Florida

Feeling overwhelmed by busy schedules and never-ending to-do lists? This hands-on workshop will show you how to use AI tools to take control of your time and stay organized. You'll learn practical strategies for managing homework, activities, and life, without the stress. Walk away with simple, free tools you can start using right away to make time work for you!

Experience Level: Beginner-friendly: No experience or prior knowledge required.

101 The Everyday Easel, Accessible Art for Emotional Regulation

Alexis Southward, Barbara Barga, Indy Southward, Korbin Cosner
University of Maryland - College Park

Do you feel overwhelmed? This workshop provides accessible ways to reset your brain and center yourself in the moment. Participants will gain an understanding of how art therapy supports emotional regulation and stress relief in an accessible, low-barrier way.

Experience Level: Beginner-friendly: No experience or prior knowledge required.

118-1 & 118-2 Breaking Bridges: Failing for Success Using the Engineering Design Process Part 1 & Part 2

Evie Martell, Stephanie Martell

Clemson University

Learn to fail and make it fun! In this workshop, youth will learn about the Engineering Design Process—the process engineers use to solve problems and develop new things—and how failure is an essential part of the process. As a group we will explore how to use our own setbacks and failures for personal growth. Youth will build and test popsicle stick bridges using the Engineering Design Process to see which team can build the strongest bridge and then test which bridge can hold the most weight before breaking. Throughout the design, building, breaking and analyzing of the bridges, we will identify challenges and examine our responses to them, and we will explore how healthy responses to setbacks in other areas of our lives can impact our success.

Experience Level: Beginner-friendly: No experience or prior knowledge required.

119 Ricochet! An Extreme Leadership Adventure

Cindy Hernandez-Bravo, Darlene Locke, Julie Gardner, LeAnne Pollock, Lily McDaniel

Texas A&M University

Looking for a great leadership curriculum to use in your program? Come join the Texas team as we demonstrate Ricochet! An Extreme Leadership Adventure (Iowa 4-H curriculum) and how we have successfully engaged middle school youth in developing their leadership skills. The underlying message of Ricochet is that everyone can be a leader. You will learn how our Youth-Adult partnership team uses the curriculum, empowering our youth as they empower other youth. The workshop will be hands-on, so get ready to play – oops, we mean get ready to learn!

Experience Level: Beginner-friendly: No experience or prior knowledge required.

123-1 & 123-2 Photovoice: The Art of Teen Leadership Part 1 & Part 2

Brian Wibby, Joshua Boyd, Savana Harte

Michigan State University

Photovoice is a powerful photographic technique that enables people to assess the strengths and concerns of their community and to advocate for positive change by communicating their perspectives to community leaders. During this session, youth will learn and try out some Photovoice techniques to better understand their community and to use youth voice and leadership skills to share their experiences and ideas for making positive change in their community. No previous experience with photography is required, all are welcome!

Experience Level: Beginner-friendly: No experience or prior knowledge required.

124 Refining Your Personal Brand

Evelyn Hill, Evelyn Wade

The Ohio State University

Step into a dynamic, hands-on workshop where fashion meets psychology and social media brings your future to life! Instead of boring handouts, you'll scan your way through Instagram for swatches, tips, and activities, participating in a job interview scenario quiz that puts your new skills to the test. From decoding business casual vs. formal wear with real textile samples to exploring the psychology of relationships and the power of mentorship, this session has it all, including a chance to win a giveaway basket of sewn goods! Bring your energy, your phone, and your curiosity. This is career prep, reimaged!

Experience Level: Beginner-friendly: No experience or prior knowledge required.

133 Play Beyond High School: Inside the World of College Sports

Panelists to be announced

Thinking about playing sports in college? Hear directly from college coaches and athletes as they share what it really takes to compete at the next level—no matter your sport. Learn what coaches look for, how to prepare in high school, and what it's like balancing academics and athletics. Bring your questions and get real advice from people who've been there. If college sports are on your radar, this is a session you won't want to miss!

Experience Level: Beginner-friendly: No experience or prior knowledge required.

141-1 & 141-2 Design. Create. Shine Crafted with a Purpose Part 1 & Part 2

Eva Madrid

New Mexico State University

Get ready to design, create, and shine in this hands-on 4-H Jewelry Making Workshop made just for teens! You'll learn how to turn beads and charms into custom pieces that match your unique style bracelets, earrings, and more. Whether you're new to jewelry making or already love crafting, this workshop is packed with creative fun, cool techniques, and plenty of sparkle. Bring your imagination and leave with wearable art you made yourself. Let's get crafty and bling it on!

Experience Level: Beginner-friendly: No experience or prior knowledge required.

143 Zines & Junk Journals: Create Your Own Story

Elizabeth Sparks , Laszlo Thomas

University of Arizona

In this hands-on session, participants will explore self-expression and creativity by making their own junk journals and zines. Using recycled materials, art supplies, and their unique voices, youth will learn how to tell their story, share their passions, and build confidence in their creativity. Whether you're into journaling, doodling, poetry, photography, or advocacy—this session turns scraps into something meaningful.

Experience Level: Beginner-friendly: No experience or prior knowledge required.

148 Card Game Design Using AI

Gabriel Black

University of Arizona

Card Game Design Using AI is a creative and interactive workshop where students explore how artificial intelligence can be used to develop and improve card games. Students will learn how AI can create unique cards, balance gameplay, and generate the core mechanics of the game. This workshop blends human imagination with technology's ability to explore endless combinations to traditional and original card games.

Experience Level: Beginner-friendly: No experience or prior knowledge required.

150 Stress Happens: Learn to Handle it Like a Pro

Bethany Church, Paige Wray
University of Idaho

Stress is a normal part of life—but that doesn't mean it has to take over. In this interactive workshop, you'll practice real-life strategies for managing stress in healthy, effective ways. Through hands-on activities and practical tools, you'll create a plan that works for you when life gets overwhelming. Whether it's school, relationships, or just everyday pressure, you'll leave with confidence and skills to face stress head-on.

Experience Level: Beginner-friendly: No experience or prior knowledge required.

157 Anyone Can Research!

Melanie Cantor
Rutgers - The State University of New Jersey

Asking questions and critically thinking about how our generation can tackle some of the challenges around us is critical to advancing the 4-H mission – propelling the knowledge of a younger generation to help educate our communities. Join us to learn about how you can start your own high school research project! We will be covering the scientific process, common lab equipment and methodology, and analysis of data.

Experience Level: Beginner-friendly: No experience or prior knowledge required.

173 Honey: Demystifying the Taste and Texture

Ella Kilgore, Lindsay Chichester
University of Nevada

Honey bees, beekeepers, and honey – oh my! Learn from actual beekeepers about the role that honey bees play in pollination, learn more about the honey they produce, and learn about how the plants they forage can impact the flavor and texture of honey. Participants will learn more about why honey crystalizes, and tricks to work with crystallized honey. Arguably the best part – participants will have an opportunity to taste different honeys from Nevada. You won't want to miss this sweet (and sticky) session!

Experience Level: Beginner-friendly: No experience or prior knowledge required.

188-1 & 188-2 Moon to Mars: 4-H Drone Challenge Part 1 & Part 2

Akon Atem, Deb Ivie, Sophey Ivie
Utah State University

Take a trip with us to Mars! Travel with us to solve challenges on the surface of the Red Planet. Work with a team to engineer a solution to a problem that Mars colonists might face. Do you have what it takes to travel through space?

Experience Level: Beginner-friendly: No experience or prior knowledge required.

200 Express Yourself: Zine-Making for Self-Discovery

Crystalgale Hunter , Sabrina Hayes , Thai Jones
Florida A&M University

This creative arts workshop introduces the powerful world of DIY zine-making as a tool for self-expression, reflection, and communication. Using minimal, easily accessible materials, participants will create their own unique self-expression zine – a small, handmade booklet that reflects their thoughts, identities, stories, and perspectives.

Experience Level: Beginner-friendly: No experience or prior knowledge required.

202 Community Connections: Advocacy in Action

Burke Foster, Caylin Hilton
University of Florida

Discover the power of connection to achieve meaningful impact. Learn how to identify key stakeholders, build meaningful alliances, and strategically engage with decision-makers to influence funding decisions, public policy and more. Through guided discussion small groups will identify a goal, map community connections, and apply practical tactics to build your very own strategic engagement plan. Strengthen your ability to build a robust network and activate those connections to achieve positive outcomes.

Experience Level: Beginner-friendly: No experience or prior knowledge required.

209 WHATDUNIT: Solving Cases to Find the Spoiled Food

Evelyn DeMar
University of Maine

In WHATDUNIT: Solving Cases to Find the Spoiled Food, you will be split into groups of five to work together to find the spoiled food. Whether it be from the illness the food brought on, the time it took place, or even the setting in which it happened. You will learn how to properly serve and prepare food, and you will then use that knowledge as you compete against other teams to solve the most cases!

Experience Level: Beginner-friendly: No experience or prior knowledge required.

211 Cracking the Code: Turning Eggshells Into Biodegradable Plastic

ShaChunda Hampton
University of Missouri

What if your breakfast leftovers could help save the planet? In this egg-citing hands-on workshop, we're cracking the code to a greener future, literally! Join us as we transform humble eggshells into eco-friendly bioplastic using kitchen chemistry and a dash of creativity. You'll discover how science, sustainability, and innovation can collide in the most unexpected places (like your compost bin!). Smash, mix, and mold your own plastic-like material from eggshells, learn the science behind bioplastics and how they help fight plastic pollution, and get your hands dirty (safely!) with lab gear and experiments. Leave with your own mini bioplastic creation and serious eco-inspo. Perfect for teen innovators, eco-warriors, and curious creatives. No prior lab experience required, just a sense of wonder and a love for cracking mysteries! Let's get cooking...the sustainable way.

Experience Level: Beginner-friendly: No experience or prior knowledge required.

213 Exploring Aviation

Oliver Mankoff
Rutgers - The State University of New Jersey

In this workshop you will learn the science behind aviation! Attendees will learn how a plane functions including aerodynamics and the different types of air craft, and will design their own plane models using learnings from the presentation. In addition, the session will also provide insights on pilot responsibilities from take-off through landing including air traffic control commands, using a yoke or joystick, and more.

Experience Level: Beginner-friendly: No experience or prior knowledge required.

216 Shake What Ya Mama Gave You – Island Dance Style

Easter Ulu , Kenneth Jargon , Suelynn Molesi
American Samoa Community College

Dancing is another form of expression to show who you are and where you are from. Cultural dancing, has deeper meaning and portrays the beauty of our customs, people and how we interact. To teach the world beyond our island how we express ourselves in dancing, is an honor. We love to see many people outside our island perform, dance and use our way of dancing to express themselves.

Experience Level: Beginner-friendly: No experience or prior knowledge required.

239 Break the Silence, Build the Herd: An Ignite Presentation on Youth Mental Health in Agriculture

Dax Dallin, Josh Dallin
Utah State University

This session tackles the tough stuff we don't always talk about—mental health in farm and ranch life. Led by fellow youth leader Daxtin Dallin and USU's Josh Dallin, this workshop uses real ag experiences to show how to spot when someone's struggling, how to ask the right questions, and where to turn for help. You won't just sit and listen—you'll get to jump into hands-on activities, practice real conversations, and learn about resources like 988, Crisis Text Line, and Farm Aid. If you've ever wanted to help a friend, support your community, or just feel more prepared, this is your chance to step up and be the difference.

Experience Level: Beginner-friendly: No experience or prior knowledge required.

261 CWF: American History & Democracy

Spotlight Kitchens or Carter Sampson
CWF @ Ignite Sub-Committee

Travel through time to discover how different governments work, explore the many flavors of democracy, and see how the U.S. system came to be through a gummy-bear diorama activity. Get ready for a fun, hands-on look at how American democracy functions and how you can jump in and be part of it.

Experience Level: Beginner-friendly: No experience or prior knowledge required.

264 Lead To Change Lab

Ignite Design Team

Bring your Lead To Change Project ideas to this interactive work session designed to help you move from ideas to action. Individuals or teams are invited to receive hands-on support, feedback, and guidance as you develop or refine your project for the Ignite Gallery Viewing. Mentors will be available to help you strengthen your plan, problem statement, and impact.

Experience Level: Beginner-friendly: No experience or prior knowledge required

267 Ov3R1y K0Mp13X Presents: Robots in Motion

Allison Baier , Ben Watford , Derek Baier , Mike Baier , Ted Hood
University of New Hampshire

Get ready for an exciting robotics adventure with Ov3R1y K0Mp13X! In this hands-on workshop, you will learn to program a robot and watch your code bring it to life. You will also get a close up look at a powerful FRC competition robot and discover how teams design, build, and control it. Come have a fun, high-energy experience that will spark creativity, teamwork, and a love for robotics.

Experience Level: Beginner-friendly: No experience or prior knowledge required.