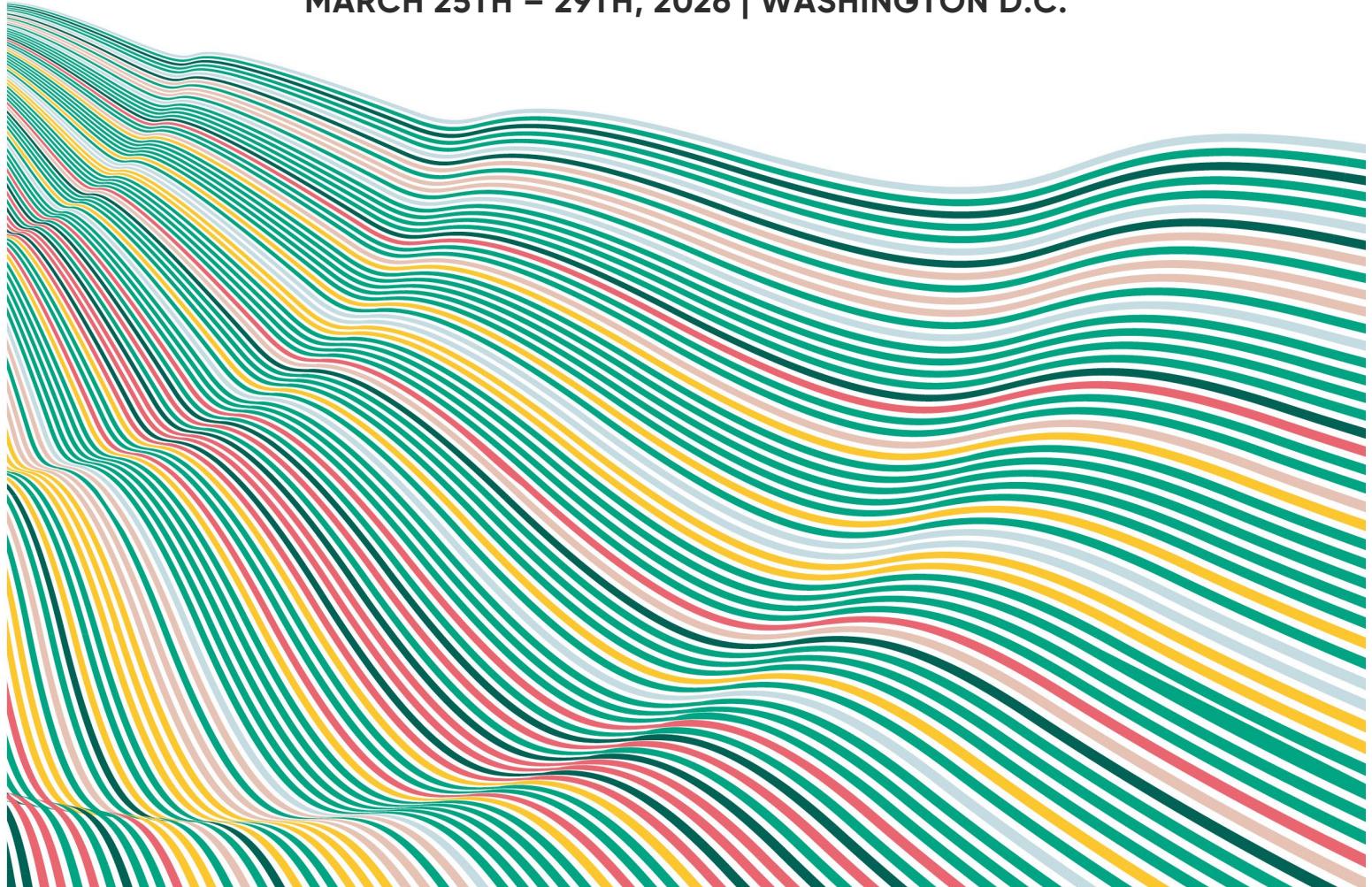




HEALTHY LIVING WORKSHOP GUIDE

MARCH 25TH – 29TH, 2026 | WASHINGTON D.C.



At Ignite by 4-H 2026, there will be 10-11 workshop slots to pre-register to attend:

- 1-2 Career Connections Workshops (at least 1 required)
- 4 Track Workshops (required)
- 5 Explore Workshops (required)

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

There are four sessions during Career Connections which will include a lunch break, at least one Career Connections workshop and at least one visit to the Career Exploration Expo. Teens can pre-register for 1-2 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.

Career Connections Workshops will take place on **Thursday, March 26** at the following times:

- **11 a.m. – 11:50 a.m.** Career Connections Session 1: OR A Lunch OR Career Exploration Expo
- **12 p.m. – 12:50 p.m.** Career Connections Session 2: OR B Lunch OR Career Exploration Expo
- **1 p.m. – 1:50 p.m.** Career Connections Session 3: OR Career Exploration Expo
- **2 p.m. – 2:50 p.m.** Career Connections Session 4: OR Career Exploration Expo

Note: You cannot attend a Career Connections workshop for both Session 1 and Session 2 (one must be your lunch period).

Example Combinations:

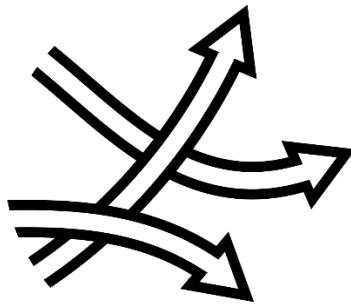
- A Lunch + 2 Career Connections Workshops + 1 visit to the Career Exploration Expo
- 1 Career Connections Workshop + B Lunch + 2 visits to the Career Exploration Expo

Track Workshops will be specific to the track you sign up for. Track Workshops will take place at the following days and times:

- **Track Workshop 1:** Thursday, March 26, 3 p.m. – 3:50 p.m.
- **Track Workshop 2:** Thursday, March 26, 4 p.m. – 4:50 p.m.
- **Track Workshop 3:** Friday, March 27, 7:10 p.m. – 8 p.m.
- **Track Workshop 4:** Friday, March 27, 8:10 p.m. – 9 p.m.

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. Explore Workshops will take place on Saturday, March 28 at the following times:

- **Explore Workshop 1:** 9 a.m. – 9:50 a.m.
- **Explore Workshop 2:** 10 a.m. – 10:50 a.m.
- **Explore Workshop 3:** 11 a.m. – 11:50 a.m.
- **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 1: 11 a.m. – 11:50 a.m.

- A Lunch
- Career Exploration Expo
- 006 College Ready: No Stress, Just Success
- 030 Ready, Set, & Launch Your Professional Journey!
- 034 Grow Your Career Skills to Be Beyond Ready
- 079 Candy Cash: The Sweet Savings Challenge
- 100 Turning a Love for Animals into a Career
- 190 Dress for Success: The Power of a First Impression
- 208 Master Your Minutes: Time & Wellness Skills for Life
- 252 Careers that Feed the Future Panel

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

- B Lunch
- Career Exploration Expo
- 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
- 116-1 Using Artificial Intelligence (AI) to Prepare for Financial Uncertainty Part 1
- 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 Session 3: 1 p.m. – 1:50 p.m.

- Career Exploration Expo
- 008-1 Clover Tank: Turning Entrepreneurial Ideas into Impact Part 1
- 030 Ready, Set, & Launch Your Professional Journey!
- 040 Unlock the Power of Communication & Public Speaking!
- 069 Becoming "Beyond Ready" for Careers in Animal, Environmental, and Human Health
- 098 Before You React Get Curious – Navigating Conflict with Curiosity
- 116-2 Using Artificial Intelligence (AI) to Prepare for Financial Uncertainty Part 2
- 131 Junk to Treasure
- 134-1 Escape into the World of STEM Careers Part 1
- 138 Light Up Your Future with Juntos 4-H: Engage in Career Exploration Pathways
- 186 Skills That Pay the Bills
- 208 Master Your Minutes: Time & Wellness Skills for Life
- 243 The Power of Transferrable Skills: Where to Find Them and How to Grow Them
- 248 Future Ready – Build the Skills to Thrive in an AI-Driven World
- 264 Lead To Change Lab

Career Connections Session 4: 2 p.m. – 2:50 p.m.

- Career Exploration Expo
- 008-2 Clover Tank: Turning Entrepreneurial Ideas into Impact Part 2
- 069 Becoming "Beyond Ready" for Careers in Animal, Environmental, and Human Health
- 079 Candy Cash: The Sweet Savings Challenge
- 098 Before You React Get Curious – Navigating Conflict with Curiosity
- 134-2 Escape into the World of STEM Careers Part 2
- 138 Light Up Your Future with Juntos 4-H: Engage in Career Exploration Pathways
- 174 Crack Open the W.H.Y. Egg
- 185 Real Money, Real World: Stretching Dollars, Building Futures
- 186 Skills That Pay the Bills
- 196 Call to Greatness: Charting Your Path to a U.S. Service Academy
- 219 Ready, Set, Connect!
- 241 Hands-On Pathways: Exploring Skilled Trades Careers Panel
- 248 Future Ready – Build the Skills to Thrive in an AI-Driven World
- 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.

008-1 & 008-2 Clover Tank: Turning Entrepreneurial Ideas into Impact Part 1 & Part 2

Taylor Thigpen

University of Florida

A fast-paced, hands-on workshop where youth become changemakers in just one hour! Participants will team up to identify a real-world problem, design a business using a Social Impact Canvas, and pitch their solution in a high-energy "Shark Tank-style" finale. Whether it's tackling food waste, mental health, or community safety, this session empowers young leaders to turn passion into purpose. Get ready to think big, act bold, and build something that matters!

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

030 Ready, Set, & Launch Your Professional Journey!

Jonas Pak-Lin, Srajan Rastogi

North Carolina State University

Join us to get "Ready, Set, & Launch Your Professional Journey!" Within this workshop, you'll rotate through three engaging sessions designed to educate you on the basics of professional etiquette and the modern hiring process. Participants will learn about the importance of a strong resume, using LinkedIn to build connections, and lastly how to succeed in the most important part of the hiring process - the interview. Throughout this experience, you'll have plenty of time to practice hands-on activities and learn the ins and outs of kickstarting your professional journey!

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.

069 Becoming "Beyond Ready" for Careers in Animal, Environmental, and Human Health

April Barczewski, Becky Ridgeway, Chris Anderson, Sheryl Bennett, Tom Hutson
University of Maryland - College Park

Let us help you become "beyond ready" for careers in animal, environmental, and human health! Health is important to everyone, but there are hundreds of careers (not just doctors and veterinarians) that are essential for keeping animals, the environment, and people healthy. A One Health approach recognizes that animal health, human health, and environmental health are closely linked. In this workshop, we will explore the importance of health-related careers. Participants will discover the working conditions that best suit them and discover potential career paths that may be a perfect match for their interests. They will also learn to teach others about reducing disease transmission by using interactive hands-on simulations.

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

079 Candy Cash: The Sweet Savings Challenge

Carter Abbott, Ethan Barton, Evie Henderson, Lisa Chen
Utah State University

Think budgeting is boring? Not anymore! In the Sweet Savings Challenge, jellybeans become your currency as you face real-life financial choices in a fun, interactive game. Compete to make the wisest money moves—and enjoy a sugary reward at the end. It's the sweetest way to learn about saving and spending smart!

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

098 Before You React Get Curious - Navigating Conflict with Curiosity

Kirsten Cowan
Rutgers - The State University of New Jersey

Effective communication is key to strong leadership. Whether in your 4-H club, school, or community. This session helps teens build skills to handle tough conversations with curiosity and respect. You will learn how to listen deeply, understand different perspectives, and overcome common communication challenges. Interactive activities and real-world examples will prepare you to lead with empathy and bring people together for positive change.

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.

116-1 & 116-2 Using Artificial Intelligence (AI) to Prepare for Financial Uncertainty Part 1 & Part 2

Richard Whittington
Tuskegee University

An interactive, hands-on workshop that empowers youth to confidently navigate changing economic conditions using the power of AI tools. Participants will explore the connection between emotions and financial decisions, use AI to build budgets and analyze spending, apply AI-assisted research techniques to evaluate investment options, and discover how technology can support income diversification strategies for long-term financial resilience.

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.

134-1 & 134-2 Escape into the World of STEM Careers Part 1 & Part 2

Christy Millhouse
The Ohio State University

Unlock the future in this interactive STEM Escape Room workshop! As you solve clues and tackle challenges, you'll explore a variety of STEM careers and discover practical tools to guide your own career choices. Through hands-on activities, participants will learn how science, technology, engineering, and math connect to real-world opportunities while building problem-solving and teamwork skills. You'll also gain strategies to replicate the activity with other groups, making it a resource for schools and clubs. Walk away inspired, informed, and ready to chart your STEM career path!

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

138 Light Up Your Future with Juntos 4-H: Engage in Career Exploration Pathways

Leslie Mouchet

North Carolina State University

Discover how your passion can shape your future! This workshop is all about exploring possibilities and developing new skills in a team building environment. Whether you're into tech, science, engineering, or just figuring out what's next, this session is your launchpad. Learn from youth how Juntos 4-H is supporting their career readiness pathway. Bring your ideas, bring your energy, and get ready to explore where your path could lead. Let's light your future together!

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.

186 Skills That Pay the Bills

Jamie Mullins, Jasmyne Tingler

West Virginia University

Ready to level up your leadership game and boost your career confidence? In this fast-paced, hands-on workshop, you'll put essential "power skills" like communication, adaptability, time management, and teamwork to the test through fun games, challenges, and real-world scenarios. Discover your strengths, identify areas to grow, and leave with your own personalized "Power Skills Playbook." Whether you're prepping for a job interview, leading a team, or just want to feel more confident in the real world—these are the skills that really pay the bills.

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.

196 Call to Greatness: Charting Your Path to a U.S. Service Academy

Vanessa Tranel

Dreaming of serving your country and receiving a world-class education? This workshop is designed to guide high school students through the challenging but rewarding process of applying to a U.S. Service Academy. We'll cover everything from academic requirements and physical fitness standards to leadership experience and the nomination process. Chart your course towards a future of leadership, service, and excellence.

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

208 Master Your Minutes: Time & Wellness Skills for Life

Jenna Jones
University of Maryland - College Park

In this session, participants will discover proven time-management techniques and mental-health best practices that set them up for success in school, work, and beyond. Through a fast-paced "Workday Challenge" game, teams will allocate tasks, adapt to surprises, and race the clock, then debrief real-world applications of their strategies. By balancing priorities under pressure, youth gain hands-on experience in planning, self-care, and resilience. They'll leave equipped with both the confidence and tools to tackle tomorrow's responsibilities.

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.

241 Hands-On Pathways: Exploring Skilled Trades Careers Panel

Panelists to be announced

Presented by The Marcus Foundation, Inc.

Explore hands-on career pathways that keep industries moving and communities thriving. This interactive panel features professionals from a variety of skilled trades who will share how their interests and skills led them to meaningful careers. Teens will learn about in-demand abilities, training and credential options, and how these careers offer growth and stability. Participants will leave with a broader understanding of how skilled trades can turn passions into rewarding futures.

243 The Power of Transferable 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.

248 Future Ready – Build the Skills to Thrive in an AI-Driven World

Jonathan Ernst, Robson Monastier
Bayer

Explore the fundamentals of Artificial Intelligence and its growing impact on our daily lives. Through demonstrations and discussion, participants will learn how AI systems process data, recognize patterns, and drive innovation across industries. The workshop also highlights how students can develop critical thinking, prompting, and problem-solving skills to prepare for an AI-enabled future.

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

252 Careers that Feed the Future Panel

Panelists to be announced

In this session, learn how food, animals, and innovation come together to power what we eat every day. Hear from those who work in animal care, science, technology, and sustainability to keep food systems moving. You'll gain insider knowledge about real careers, skills, and pathways that turn passion into purpose.

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.



Healthy Living Track Workshops

Thursday, March 26, 2026

Track Workshop 1: 3 p.m. – 3:50 p.m.

- 096 Rhythms of Emotion: The Power of Music and Movement
- 110 Healthy Sips: Hydration, Fun, and Healthy Drinks!
- 130 Blending for Better: Build, Blend, and Beat Food Insecurity
- 159 Love Languages & Red Flags: Relationship Real Talk

Track Workshop 2: 4 p.m. – 4:50 p.m.

- 096 Rhythms of Emotion: The Power of Music and Movement
- 110 Healthy Sips: Hydration, Fun, and Healthy Drinks!
- 130 Blending for Better: Build, Blend, and Beat Food Insecurity
- 159 Love Languages & Red Flags: Relationship Real Talk

Friday, March 27, 2026

Track Workshop 3: 7:10 p.m. – 8 p.m.

- 016 Chill Out!
- 139 Scraps to Snacks
- 192 The Whole You: Wellness Beyond the Basics
- 204 Step & Stretch: Moving Toward a Healthier, Happier You

Track Workshop 4: 8:10 p.m. – 9 p.m.

- 016 Chill Out!
- 139 Scraps to Snacks
- 192 The Whole You: Wellness Beyond the Basics
- 204 Step & Stretch: Moving Toward a Healthier, Happier You

Track Workshop Descriptions

016 Chill Out!

Akon Atem, Charlie Black, Kaleb Van Wagoner, Pam Van Wagoner, Sophey Ivie
Utah State University

Come Chill Out With Us! In this interactive workshop, teens will get a chance to relax, connect with peers, and explore the Salt Lake County 4-H Teen Chill Out Retreat Program—a Lead to Change Grant-winning initiative designed by teens, for teens. Focused on Healthy Living, this program empowers youth to prioritize their well-being through meaningful self-care practices. Participants will engage in fun, hands-on activities that promote relaxation, stress management, and personal wellness. Join us to discover how you can bring the Chill Out Retreat to your county and help more teens learn to take care of themselves—mind, body, and soul!

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

096 Rhythms of Emotion: The Power of Music and Movement

Eva Madrid
New Mexico State University

Discover how music and movement can influence and change emotions by creating a dynamic and engaging environment. Through interactive activities, rhythm challenges, and guided movement exercises, participants will explore how different beats, tempos, and motions impact how they feel and how they connect with others. By fostering creativity, self-expression, and social interaction, this workshop will help you better understand the relationship between movement and emotion while strengthening your emotional well-being and resilience.

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

110 Healthy Sips: Hydration, Fun, and Healthy Drinks!

Aysha Baltaci, Elsa Swenson, Ryanna Roberts
University of Minnesota

What's really in your favorite drinks? In this fun and hands-on session, you'll explore the importance of hydration and learn how to choose healthier drinks using the "Go, Slow, Whoa" system. Become a Sugar & Caffeine Detective—discover how much sugar and caffeine are hidden in popular beverages, including energy drinks, and what they do to your body. Then, practice your skills by sorting drinks from healthiest to least healthy and see how small changes can make a big difference. Leave with eye-opening facts and practical tips to fuel your body and mind!

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

130 Blending for Better: Build, Blend, and Beat Food Insecurity

Abby Herrera, Haylee Braha
University of Arizona

Join us for a fast-paced, hands-on experience that blends fun, teamwork, and food justice. In this workshop, 4-Hers will learn about the realities of food insecurity, the importance of balanced nutrition, and how small choices can make a big impact. Through interactive activities, including a smoothie showdown where every team creates and shares their own healthy blend participants will discover creative ways to promote wellness and advocate for food access in their communities. They will leave with new skills, practical resources, and the confidence to make a difference.

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

139 Scraps to Snacks

Adriana Blair, Elsa Jacobson

University of Arizona

Join us for an interactive and hands-on workshop that tackles one of the most pressing issues in our food system: food waste. In the U.S., nearly 40% of food goes uneaten, much of it perfectly edible but discarded due to appearance, confusion over expiration labels, or lack of knowledge on how to use scraps creatively. This workshop will equip youth with practical tools to fight food waste in their homes and communities. Participants will learn how to repurpose common kitchen scraps into healthy, tasty recipes.

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

159 Love Languages & Red Flags: Relationship Real Talk

Evan White, Gunner Trimble, Jamie Mullins

West Virginia University

Let's get real about relationships – friendships, families, and maybe even that person you've been texting non-stop. In this honest, interactive session, you'll discover your personal love language and why it matters in how you give and receive care. Then, we'll flip the script to talk about red flags and how to spot them in any kind of relationship. From practicing the love languages to waiving your green flags, you'll leave with tools for building healthier connections and stronger boundaries.

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

192 The Whole You: Wellness Beyond the Basics

Eliza Burch, Jamie Mullins, Kali Carpenter

West Virginia University

Your health is more than gym class and green smoothies – it's how you manage stress, money, friendships, purpose, and more. In this upbeat, hands-on session, you'll rotate through fast-paced wellness stations, reflect on your personal habits, and discover what balance really looks like for you. Leave feeling energized, empowered, and equipped to take better care of every part of your life.

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

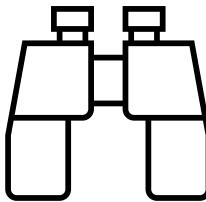
204 Step & Stretch: Moving Toward a Healthier, Happier You

Molly Avers

The Ohio State University

This engaging and energetic workshop is designed to help youth manage stress through movement and mindfulness. Participants will first experience the high-energy, endorphin-boosting fun of line dancing, followed by a calming and centering 4-H yoga session to wind down. This combination allows youth to release built-up stress through physical activity and then transition into a peaceful state of relaxation and reflection.

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



Explore Workshops

Saturday, March 28, 2026

Explore Workshop 1: 9 a.m. – 9:50 a.m.

- 001 Cheese Tasting Lab
- 002 Let's talk about DNA and Genes!
- 018 STEM in Fashion
- 025-1 Boots, Brands & Bytes Part 1
- 073-1 Production with a Purpose Part 1
- 086 Local Roots, Lasting Impact: 4-H Teens as Community Educators
- 090 Cowboy Camp Envirothon Experience
- 117 Connected & Protected: Teens Helping Seniors Navigate the Digital World
- 125 Youth Investigators in Action: Learn to Ask, Analyze, and Persuade

- 127 All Tied Up! Discover Community & Unity through Tie-Dye Transformations
- 132 The Green Scene: 4-H Garden Explorers
- 152 Footloose & Folky - Dancing for Health, Community, and Confidence
- 156 Origami Meets Science: Unfolding the Wonders of a Paper Microscope
- 177 The Pollinator Puzzle: An Escape Room Experience
- 237 The Buzz on Bee Safety & First Aid
- 244 You Are the Solution to Rural America
- 258 CWF: Civic Engagement & Leadership
- 262 CWF: Local Government & Advocacy

Explore Workshop 2: 10 a.m. – 10:50 a.m.

- 001 Cheese Tasting Lab
- 002 Let's talk about DNA and Genes!
- 009-1 From Likes to Impact: Creating Content That Matters Part 1
- 018 STEM in Fashion
- 025-2 Boots, Brands & Bytes Part 2
- 064 Beyond the Bin: Fighting Food Waste
- 073-2 Production with a Purpose Part 2
- 086 Local Roots, Lasting Impact: 4-H Teens as Community Educators
- 090 Cowboy Camp Envirothon Experience
- 094-1 Plot Twist Ready: How to Stay Strong When Life Gets Weird Part 1
- 107 Level Up Your Life: The Ultimate Guide to Making People WANT to Help You
- 112 Art in Agriculture
- 117 Connected & Protected: Teens Helping Seniors Navigate the Digital World
- 121-1 Paws Off: Toxins 101 Part 1

- 125 Youth Investigators in Action: Learn to Ask, Analyze, and Persuade
- 127 All Tied Up! Discover Community & Unity through Tie-Dye Transformations
- 152 Footloose & Folky - Dancing for Health, Community, and Confidence
- 171 Harmony Grove: Tea Time!
- 177 The Pollinator Puzzle: An Escape Room Experience
- 183 When Spheres Collide
- 237 The Buzz on Bee Safety & First Aid
- 238 Unlocking the Human Body: AI, Health, and the Future of Medicine
- 244 You Are the Solution to Rural America
- 253 Fuel the Future: STEM + Nutrition Workshop
- 258 CWF: Civic Engagement & Leadership
- 259 CWF: Active Listening & Civil Discourse
- 264 Lead To Change Lab

Explore Workshop 3: 11 a.m. – 11:50 a.m.

- 009-2 From Likes to Impact: Creating Content That Matters Part 2
- 022 Cool, Calm and Collected: Tools for a Balanced Life
- 035 Ready for Anything: Adaptive Leadership in Action
- 064 Beyond the Bin: Fighting Food Waste
- 068 The Great Escape – The Wild West
- 078 FBI: Who to Blame for Foodborne Illness? Managing Food Safely from Source to Plate
- 089 Finding Common Ground While Navigating Challenging Interactions
- 094-2 Plot Twist Ready: How to Stay Strong When Life Gets Weird Part 2
- 107 Level Up Your Life: The Ultimate Guide to Making People WANT to Help You
- 112 Art in Agriculture
- 115-1 You Belong with Green: Beginning Your 4-H Ambassador Era Part 1
- 121-2 Paws Off: Toxins 101 Part 2
- 124 Refining Your Personal Brand
- 128 Serving Those Who Serve: A 4-H Mission in Action
- 150 Stress Happens: Learn to Handle it Like a Pro
- 157 Anyone Can Research!
- 171 Harmony Grove: Tea Time!
- 173 Honey: Demystifying the Taste and Texture
- 183 When Spheres Collide
- 209 WHATDUNIT: Solving Cases to Find the Spoiled Food
- 216 Shake What Ya Mama Gave You – Island Dance Style
- 238 Unlocking the Human Body: AI, Health, and the Future of Medicine
- 259 CWF: Active Listening & Civil Discourse
- 260 CWF: Media Literacy
- 264 Lead to Change Lab

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
- 115-2 You Belong with Green: Beginning Your 4-H Ambassador Era Part 2
- 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
- 260 CWF: Media Literacy
- 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
- 262 CWF: Local Government & Advocacy
- 264 Lead to Change Lab
- 267 Ov3R1y K0Mp13X Presents: Robots in Motion!

Explore Workshop Descriptions

001 Cheese Tasting Lab

Channing Crosby, Harper Holt, Jade Lowery, Malec Carpenter, Marie Arick
University of Florida

Using your five senses, you will be introduced to the art of cheese tasting. Learn about fresh, soft and hard cheeses, their characteristics such as water content, pH and acidity, all of which make unique cheeses. Through tasting activities, you'll assess the cheese bloom for taste characteristics such as buttery, creamy, grassy, fruitiness, or sharpness.

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

Allergy Warning: Milk and lactose will be present in this workshop. Please do not sign-up if you have any skin sensitivities to milk or lactose.

002 Let's talk about DNA and Genes!

Kurt Boudonck

Learn to hands-on extract DNA from a fruit! In this workshop you will be able to visibly see the DNA and learn how to do this with your family/friends at home. You will learn about biotechnology techniques to develop better crops/fruit/vegetables. We compare Plant Breeding, GMOs and Gene Editing, explained in simple terms: differences, how much does it cost, how long does it take, safety, which plants...? Together, we will take a virtual walk through the grocery store aisle and explain labels like Organic and GMO-free and discuss.

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

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.

009-1 & 009-2 From Likes to Impact: Creating Content That Matters Part 1 & Part 2

Carissa Nelson, Sophia Schneider
University of Illinois

What if your posts could do more than get likes – what if you could build your brand, make a difference, and open doors for your future? In this interactive workshop, teens will learn how to create social media content that stands out, inspires action, and can even launch a career. Get ready to explore the essentials of photography, on-camera presence, and working with clients or organizations!

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

018 STEM in Fashion

Ella Smith, Karen Smith
University of Tennessee

Come create a custom printed pencil pouch and a record coaster that plays music using STEM principles and artistic design. Learn the techniques to create sublimation art at home or with your 4-H group. No experience necessary.

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.

025-1 & 025 - 2 Boots, Brands & Bytes Part 1 & Part 2

Kennedy Richards, Kylee Adams, Marci Borg
Utah State University

A working ranch where STEM meets tradition. Explore how modern tools and classic ranching practices work together. Use simulated GPS tracking to monitor livestock, try safe roping drills to understand animal handling, and create a custom branded leather craft rooted in ranch heritage. The experience blends STEM, agriculture, and cultural learning while highlighting career pathways in animal science.

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.

064 Beyond the Bin: Fighting Food Waste

Kenzee Wardle

Utah State University

What if your lunch could talk and it told you how far it traveled just to end up in the trash? In this fast-paced, interactive workshop, participants will uncover the hidden journey of food miles by making snack mixes and explore what they can do to reduce food waste. Through games, group discussions, and creative problem-solving, participants will discover fun, practical ways to rescue food and rethink waste. Come ready to learn and leave inspired to become a food waste fighter!

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.

073-1 & 073-2 Production with a Purpose Part 1 & Part 2

Emmy Beck-Aden
Rutgers - The State University of New Jersey

Video is everywhere—but how can YOU make your story stand out and leave a lasting impact? In this workshop, you'll learn the art of purpose-driven video storytelling, from creating eye-catching social media content to crafting a standout video for a scholarship or even starting a career in journalism. You'll collaborate with others to create a dynamic, news-style video about Ignite by 4-H, bringing your newfound skills to life!

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.

086 Local Roots, Lasting Impact: 4-H Teens as Community Educators

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

Join Indiana County 4-H teen leaders as they share their experiences as teen teachers and community educators, presenting programs in schools, libraries, and local events. Each teen will lead a mini workshop on real-life teaching strategies, such as engaging hesitant youth, positively managing distractions and energy levels, and making lessons fun and memorable so participants are excited to return. Attendees will receive virtual and hands-on toolkits with ready-to-use ideas and resources. While teens rotate through the workshops, adult volunteers and educators are invited to meet with the county's 4-H Educator to learn how to implement this model in their communities using best practices that promote youth-led learning and local impact.

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.

090 Cowboy Camp Envirothon Experience

Charlotte Kearsley, Heather Thomson, Rachel Thatcher, Wyatt Jensen-Brown
Utah State University

Get ready to dig in, explore, and lead at Cowboy Camp's Envirothon Experience! This interactive workshop brings the excitement of a real Envirothon competition to life with five action-packed stations: Soils and Land Use, Wildlife, Current Issues, Forestry, and Aquatic Ecology. Through hands-on challenges and team collaboration, you'll uncover how agriculture is connected to everything from water and wildlife to land and legislation. Walk away with a personalized action plan and the tools to spark change in your own community. No matter where you're from, this workshop will show you how agriculture shapes the world around us, and how you can shape its future.

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

094-1 & 094-2 Plot Twist Ready: How to Stay Strong When Life Gets Weird Part 1 & Part 2

Alaura Brown, Brent Broaddus, Stacey Ellison
University of Florida

Life doesn't always go as planned, but resilience helps you bounce back and move forward stronger. In this hands-on, fast-paced workshop, you'll explore what it really means to be resilient and learn practical strategies you can use when things get tough. Through interactive activities and real-life examples, you'll discover how to strengthen your resilience muscles and create your own personal action plan. Get ready to leave feeling more confident, capable, and ready for whatever comes next!

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.

107 Level Up Your Life: The Ultimate Guide to Making People WANT to Help You

Helena Peterson
University of Florida

Got a big idea to make a difference in your community, but feeling stuck? Want to start a business and grow your network, but don't know how to start? Then this workshop is for you! Join me for a dynamic workshop designed to elevate your communication skills through hands-on activities and insightful peer discussion. You'll ditch the awkward small talk and learn how to get what you want... and even get other people hyped about it too!

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

112 Art in Agriculture

Alyson Weiss, Mary McLaughlin, Wil Staats
Rutgers - The State University of New Jersey

Art can be found in everyday life— including agriculture! There are so many ways to utilize our farming by products into a creative outlet. From charcoal pieces, to corn husk dolls, to creating paper— there are so many possibilities to enjoy! Unleash your inner artist and find ways to create art!

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

115-1 & 115-2 You Belong with Green: Beginning Your 4-H Ambassador Era Part 1 & Part 2

David Hafner, Summer Wayne
University of Florida

Ready to lead, speak, and shine? This interactive workshop is your all-access pass to becoming a standout 4-H ambassador. You'll unlock pro tips on public speaking, representing your county or state, and finding your unique voice, all while connecting with other youth leaders. Whether you're just getting started or already rocking the green jacket, this session will level up your ambassador era. Let's get all in, all out, and all green!

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

117 Connected & Protected: Teens Helping Seniors Navigate the Digital World

Amari Hairston , Brian Hairston , Caiden Hairston , Colten Lewis , Joseph Shrader , Kaden Mellott , Ky Gusler , Lisa Laliberty , Meredith Joyce
Virginia Polytechnic Institute & State University

A hands-on workshop where Google Certified teens help seniors safely navigate today's digital world. Participants will teach Seniors how to use smartphones, tablets, and computers to access social media, complete essential tasks, and avoid online scams. With patience and step-by-step guidance, teen mentors teach seniors how to create strong passwords and protect personal information. The workshop is part of a larger community effort that includes a monthly Technology Hotline for ongoing support. Join us to build confidence, stay connected, and stay protected.

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.

121-1 & 121-2 Paws Off: Toxins 101 Part 1 & Part 2

Hialeah Stanton, Olivia Kelly, Sophia Leiden
Pennsylvania State University

Come learn about how common foods, drinks and even plants may be toxic to your companion animals. After learning more about digestive systems and toxins, participants will work as a group to solve some different scenarios involving toxins. Your group will also plot a course of action to treat and ultimately prevent the toxicity. You will be provided with materials you can share with your fellow 4-H club members.

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, reimagined!

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

125 Youth Investigators in Action: Learn to Ask, Analyze, and Persuade

Kristin Ruggiero, Ralfanne Banica
Cornell University

Ever wish you had the perfect argument to get your parents to say yes to a sleepover—or anything else? In this workshop, you will learn how to use interview and research skills to make a strong, persuasive case. You'll start with a fun icebreaker to get to know others, then hear about the Cornell PRYDE Youth Investigators program and how teens have used research to answer questions and share their ideas. Then it's your turn: you will practice creating and asking interview questions in a real-life scenario called "The Sleepover Dilemma" and reflect on how these skills can help you communicate more effectively in everyday life.

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

127 All Tied Up! Discover Community & Unity through Tie-Dye Transformations

DJ Hatchett
University of Kentucky

Join us for a vibrant and transformative workshop where art meets community! Dive into the colorful world of tie-dye as you create stunning designs while exploring the powerful themes of access and belonging. This hands-on experience will not only teach you the art of tie-dye but also foster meaningful discussions on how creativity can bridge gaps and unite individuals within our communities.

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

128 Serving Those Who Serve: A 4-H Mission in Action

Jenny Jordan

Service is at the heart of 4-H, and that includes giving back to those who protect and support our nation—our military service members, veterans, and their families. In this session, we'll dive into what it really means to live a life of service and explore cool, creative ways 4-H'ers like you can make a difference. From understanding military life to designing meaningful projects, you'll walk away inspired and ready to lead service efforts that matter.

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

132 The Green Scene: 4-H Garden Explorers

Beth Beers, Kate McLynn
University of the District of Columbia

Ready to make your school garden bloom? Learn how to grow a thriving garden from the ground up! We'll show you how we help schools with everything they need—whether it's supplies, expert advice, or hands-on support from UDC Master Gardeners. Get ready for fun activities like urban composting, creating soil blocks for seedlings, and building garden beds that actually thrive. Whether you're new to gardening or a pro, you'll leave with all the skills to take your school garden to the next level!

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.

152 Footloose & Folky – Dancing for Health, Community, and Confidence

Chase Moss, Jamie Mullins, Maggie Snyder
West Virginia University

Get ready to laugh, move, and groove in this high-energy dance experience! From folk steps to line dancing and everything in between, we'll explore how movement can boost your mood, confidence, and connections with others. No dance skills? No problem! We'll warm up, break it down, and wrap up with a creative reflection to tie it all together. Come get Footloose & Folked Up – wellness has never been this fun!

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

156 Origami Meets Science: Unfolding the Wonders of a Paper Microscope

Cynthia Canan
The Ohio State University

How can doctors and scientists study germs or diagnose diseases in countries and remote villages without reliable electricity or expensive and bulky lab equipment? In this hands-on session, you will use and explore an origami-inspired paper microscope: Foldscope, which are designed to be low-cost, portable and nearly indestructible. By the end, you will leave with your very own Foldscope and discover how creativity and ingenuity can create simple tools that make big impact in global health and science education.

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.

171 Harmony Grove: Tea Time!

Justice Moore, Nashae Woodley, Nicole Swinson
Virginia State University

The "Harmony Grove" workshop guides youth through the process of making their own calming tea blends using edible flowers known for their mental health benefits. Participants will smell, touch, and identify dried flowers like chamomile, lavender, hibiscus, and mint, learning how each supports stress relief, anxiety reduction, or focus. In a hands-on tea station, they'll mix their own flower tea bag, sample, and take home a personalized blend with a recipe card. This engaging, sensory-based experience connects agriculture to wellness, showing how gardening and plant-based traditions can support emotional balance. The tea-making activity empowers youth to use flowers not just for beauty, but as natural tools for self-care and daily calm.

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.

177 The Pollinator Puzzle: An Escape Room Experience

Emily Picard, Halie Shea, Tatum Sass
University of Connecticut

Step into an adventure with our Pollinator Escape Room! Work together to solve puzzles, crack codes, and uncover clues that reveal the vital role pollinators play in our food system and environment. This hands-on challenge is designed to spark curiosity, build teamwork, and teach important science concepts in a fun and interactive way. Can you beat the clock and save the pollinators?

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

183 When Spheres Collide

Deb Ivie, Emily Davis, Hadley LaRose, Kendall Burch
Utah State University

Are you a problem solver? Come join us at the Last Holdout Farm just outside of Cloverville, where things are running amuck! Interactions between the biosphere, geosphere, atmosphere and hydrosphere aren't going the way we want them to. Bring your detective skills and help us to find solutions to keep our land, waterways, crops and animals healthy.

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.

237 The Buzz on Bee Safety & First Aid

Harmony Tait, Liberty Tait, Tess Lacroix
University of Nevada

Join us for a hands-on workshop that dives into the buzz-worthy world of beekeeping safety and first aid! Whether you're a beginner or seasoned apriarist, you'll learn how to protect yourself while working with bees, handle hives with confidence, and respond quickly and effectively to stings. Discover practical techniques, essential gear, and life-saving first aid tips in a fun, interactive setting. Don't miss this chance to stay safe while keeping your bees—and yourself—happy and healthy!

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

238 Unlocking the Human Body: AI, Health, and the Future of Medicine

Dennis Donaldson

Virginia State University

This two-part interactive workshop invites teens to explore the human body through artificial intelligence, health science, and hands-on 3D printing. In the first session, participants use AI tools to increase anatomy literacy and connect body systems to health and medicine. After a short break, the second session dives into future-forward science with Yamanaka factors and regenerative health. Teens will 3D print and examine anatomical models, making tangible connections between structure, function, and the future of medicine.

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.

244 You Are the Solution to Rural America

Claire West, Hannah Walker, Micah Mensing

Rural 1st

This interactive workshop designed to empower youth to recognize their potential as changemakers in their communities. Participants will explore why Rural America matters, reflect on their personal experiences and strengths, and tackle real-world challenges facing their hometowns. Through guided activities and discussion, they'll identify their unique role in shaping the future of their community and leave inspired to lead with purpose.

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

253 Fuel the Future: STEM + Nutrition Workshop

Dareon Rios

University of Guam

This workshop introduces high school students to the science and creativity of healthy meal and snack planning. Teens learn how to build energizing breakfasts and smart snacks using STEM concepts, safe cooking techniques, and teamwork. The workshop focuses on real-life skills, choosing nutrient-rich ingredients, understanding portion balance, and practicing safe knife skills, while encouraging creativity and teamwork in the kitchen.

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

258 CWF: Civic Engagement & Leadership

Spotlight Kitchens or Carter Sampson

CWF @ Ignite Sub-Committee

Learn how leaders make a positive impact as you explore the basics of citizenship and civic engagement. In this workshop, you'll discuss key ideas and build the foundation you need to better impact your community.

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

259 CWF: Active Listening & Civil Discourse

Spotlight Kitchens or Carter Sampson

CWF @ Ignite Sub-Committee

Strengthen your ability to truly hear others by exploring what active listening, civility, and respectful dialogue look like, especially when people see the world differently. Through hands-on activities and real conversations, you'll build the skills and confidence to communicate across differences and help bring more understanding to your community.

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

260 CWF: Media Literacy

Spotlight Kitchens or Carter Sampson

CWF @ Ignite Sub-Committee

Sort fact from fiction as you explore the basics of media literacy, freedom of the press, and the power the media has to shape what we think and believe. Through hands-on activities and real-world examples, you'll build the skills to evaluate information critically and responsibly share what you see online.

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.

262 CWF: Local Government & Advocacy

Spotlight Kitchens or Carter Sampson

CWF @ Ignite Sub-Committee

Discover how local governments operate and how their structures can differ from one community to another. Through hands-on activities, you'll explore the differences between advocacy, activism, and lobbying and build the skills to speak up effectively and create positive change in your own community.

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.