



NATIONAL 4-H SOCCER TOURNAMENT WORKSHOP GUIDE

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



At Ignite by 4-H 2026, National 4-H Soccer Tournament teen participants will pre-register for the following workshop sessions:

- 1 Career Connections Workshop
- 3 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

There are four sessions during Career Connections. All teens participating in the National 4-H Soccer Tournament have been auto-enrolled in **Career Connections Session 2: B Lunch**. You may choose any available workshop for Career Connections Session 1. You are welcome to visit the Career Exploration Expo once you finish your lunch during Career Connections Session 2.

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**.

Teens participating in the National 4-H Soccer Tournament will also participate in various soccer-related workshops, activities and skill games onsite at The Fields at RFK Campus that do not require any type of registration.

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 National 4-H Soccer Tournament are eligible to participate in three Explore workshops, Explore Workshops 1-3 on **Saturday, March 28** at the following times:

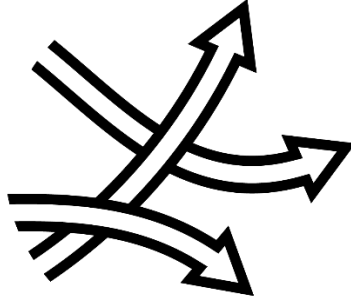
- **Explore Workshop 1:** 9 a.m. – 9:50 a.m.
- **Explore Workshop 2:** 10 a.m. – 10:50 a.m.
- **Explore Workshop 3:** 11 a.m. – 11:50 a.m.

Teens will be auto-enrolled in the **Third Half Soccer Lunch & Trophy Presentation** for **Explore Workshop 4** and **133 Play Beyond High School: Inside the World of College Sports** for **Explore Workshop 5**.

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!



Career Connections Workshops

Thursday, March 26, 2026

Career Connections Session 1: 11 a.m. – 11:50 a.m.

- 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 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.

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.

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.

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.

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.

208 Master Your Minutes: Time & Wellness Skills for Life

Jenna Jones

University of Maryland - College Park

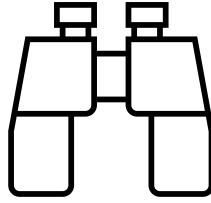
In this session, participants will discover proven time-management techniques and mental-health best practices that set them up for success in school, work, and beyond. Through a fast-paced "Workday Challenge" game, teams will allocate tasks, adapt to surprises, and race the clock, then debrief real-world 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.

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.



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
- 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 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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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 crystalized 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.

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.

216 Shake What Ya Mama Gave You – Island Dance Style

Easter Ulu , Kenneth Jargon , Suelynn Moles
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 apiarist, 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.

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.

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.