

The goal of 4-H is to develop citizenship, leadership, responsibility and life skills of youth through experiential activities and a positive youth development approach. When clubs meet in-person, they usually have a hands-on educational activity to do together. So how do you offer a virtual activity that youth can participate in while creating a sense of belonging with one another? Try some of these ideas:

Practice 4-H Demonstrations

At each meeting, have one youth give a presentation. Members watching can provide feedback orally or in the [chat box](#).

Community Service

Brainstorm ideas with youth about doing something to make a difference in their community. Ideas might include organizing a drive-by birthday shoutout, covering a healthcare worker’s mailbox with hearts, helping adults learn how to use a form of technology, stacking wood or offering yard clean-up for an elderly person.

Notes of Gratitude

Everyone one loves to get a letter in the mail and feel appreciated. Write thank you notes to healthcare workers, first responders, grocery store employees or teachers.

Practice stress management skills.

Take a few minutes of your virtual meeting to encourage strategies like deep breathing, stretching and chair yoga to help manage stress. Turn up the music and have a three-minute dance party.

Arts & Crafts Workshop

Choose an activity. Provide a supply list prior to the meeting or send materials. Show a video clip ([YouTube](#) or other source) to demonstrate the steps. Answer questions and comment on their progress as they work. Invite youth to submit their project to the Fair Exhibit Hall.

Scavenger Hunt

Provide a list of items and challenge youth to spend five minutes to see how many of the items they can find in their house.

Club Exchange

[Plan a virtual meeting](#) with another club. Learn more about a project they are working on, have youth from one club teach a skill to the other club or practice for a Quiz Bowl or livestock judging event.

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