

Washington County 4-H Demonstration Handbook



Wednesday, July 30, 2025

2025 4-H Demonstrations

Washington County Demonstration Day will be held during the County Fair on Wednesday, July 30 starting at 1 pm. Demonstration registration is due through Fair Entry by 11:59 p.m. on **July 1st**. You will be contacted by staff to pick a time after the July 1 deadline.

What is a 4-H Demonstration?

Demonstration is a sophisticated term for show and tell. When we want to learn something, we often ask, "Will you show me how?" The person who shows us how is giving a demonstration.

Why Give a Demonstration?

When people see something, they remember it much longer than when they merely hear it.

- 4-H Members learn to do many useful and interesting things in their projects.
- Demonstrations are a great way of sharing what they have learned with others.
- Sharing your project helps you to learn more about your project.

Age Divisions for Demonstrations:

Demonstrations may be done as a team or an individual. The age divisions are Cloverbud (K-grade 2), grades 3-5 and grades 6 and up.

Types of Demonstrations:

Public Presentations may be related to any project that the member is enrolled in or to any area of interest or expertise the 4-H'er has. Presentations may be an individual or a two-person team.

- Demonstrations are an oral presentation that includes actually demonstrating the hands-on steps required to accomplish a task or process. This most often includes the use of physical objects and actual doing or showing. At the end of the Demonstration there should be something of a "finished product". Demonstrations may also include the use of supporting visuals like posters, charts or technology-based options like presentation software (i.e. MS PowerPoint, KeyNote, Google Slides). However, the focus of the Demonstration should be on the "doing", not the supporting visuals. Presentations may be an individual or team. Individual presentations shall not exceed 15 minutes in length and team presentations should not exceed 25 minutes in length.
- Livestock Demonstrations include: Beef, Dairy, Dairy Goat, Llama - Alpaca, Meat Goat, Poultry, Rabbit, Sheep and Swine and must include a live animal in the demonstration.. Other demonstrations involving animals can be entered under the demonstration category.
- Presentations & Speeches are oral presentations that present an idea, concept, viewpoint or experience in an educational or informative format (not for entertainment or performative purposes). Presentations & Speeches often consist of interaction with supporting visual aids like posters, charts or technology-based options like presentation software (i.e. MS PowerPoint, KeyNote, Google Slides). Supporting visuals may include tangible items, but generally little or no activity takes place with the item. Presentations & Speeches may be an individual or team. Individual presentations shall not exceed 15 minutes in length and team presentations should not exceed 25 minutes in length.

- Interactive Demonstrations are oral presentations that are continuous and include hands-on audience interaction/participation. Adequate supplies should be provided by the presenters so that all present can participate in the activity. Interactive Demonstrations may be an individual or team. Interactive Demonstrations are approximately 25-30 minutes in length but for both individual or team. Involving the audience in the process is the primary focus of Interactive Demonstrations and constitutes a major portion of the evaluation results.
- 4-H'ers who complete a Public Presentation at the State Fair will receive a \$30 cash award. These payments are made in October. 4-H'ers must be grade eligible to participate at the State Fair.
- **NOTE: 4-H'ers may bring one Livestock Demonstration, one Llama/Alpaca Demonstration and one Demonstration, Presentations & Speech or Interactive Demonstration to the State Fair. (This means one during Livestock Encampment, one during Llama/Alpaca Encampment and one during General Encampment).**
- **NOTE: 4-H'ers that win a trip to the State Fair will be asked to submit a photo of them doing their demonstration to have on display.**

Exhibit Suggestions:

- Demonstrations:
 - Teaching others a project or activity such as taekwondo, making lemonade, slime, macrame, etc.
- Livestock Demonstrations:
 - Demonstrate how to care for an animal or prepare it for showing at the fair.
 - Teaching others how to tie a halter.
 - A talk on preventative or veterinary care for a species.
 - Demonstrate how to tattoo an animal.
- Presentations & Speeches:
 - A report on leadership lessons learned through a trip to Washington DC
 - An educational presentation that explores sustainable energy options
 - A persuasive speech exploring Social Media effects on youth mental health.
- Interactive Demonstrations:
 - An interactive presentation that teaches the public how to do something. For example, teaching the audience an origami project where they follow along with your demonstration step-by-step and create the project with you.
 - An interactive yoga demonstration where you teach the audience various poses.



Planning a Demonstration:

1. **Topic:** What excites you? Select a topic for your demonstration by brainstorming things you do well that others might be interested in. Narrowing down your topic is easy when you decide who your audience will be and what topics they would be interested in. Once you decide on a topic, you must find accurate information; check out the library, school books, the internet, interview people, 4-H curriculums, etc.
2. **Title:** the attention getter! Grab the audience's curiosity by having a creative title.
3. **Introduction:** gains the audience's attention and introduces the demonstrator and the topic. It relates the topic to the listener. Why is the member interested in the topic? Usually the member tells a little about themselves, their club and their experiences.
 - The best introductions are original, short and snappy to capture the attention of your audience.
 - Include a transition into the next portion of the demonstration; bridge the attention getting introduction to the meat of the demonstration, the body.
4. **Body:** the body of the demonstration is the show and tell part. This is the main idea of the demonstration. During the body, the demonstrator tells what to do, how to do it and why it is done. Each step must be clearly shown. Planning is important; Plan what to do, what to say and the equipment or supplies needed for each step.
 - Plan ahead and be organized for a smooth demonstration.
 - Be sure that the steps are well organized and in a logical sequence.
 - Use visuals to emphasize a point.
5. **Summary:** This includes a summary of the main points, telling why each point is important. A quick review of what was done during the demonstration in a simple and practical way will encourage the audience to want to do just what you have done. Make a definite closing so the audience knows it is finished; possibly relate back to the introduction.
 - Summarize the main points
 - Do not introduce new material in the conclusion
6. **Questions:** give the audience a chance to ask questions.
7. **Conclusion:** the final part of the demonstration is the conclusion. A 1-2 sentence statement that lets the audience know you are finished.



Helpful Suggestions:

- Be appropriately groomed and clean.
- Have a title poster and possibly 1 poster with supplies and 1 with things to remember or instructions. Make sure posters are neat and can be read from a distance.
- Have equipment and supplies conveniently arranged.
- Use 2 tables or 2 trays, 1 to demonstrate on and 1 for supplies needed later.
- Keep table neat and uncluttered; remove supplies when through using them.
- Use transparent containers.
- Use trays to keep small equipment organized.
- Face and look at the audience.
- Speak distinctly and loud enough for all to hear. Speak with confidence and be confident! Speak with a tone of interest, be excited about your topic.
- Be friendly, polite and open to your audience; convey this through your voice and nonverbal language.

Speaking Jitters?

Clammy hands, uneasy stomach, dry mouth. Sound familiar? These are just a few signs of nervous stress one often feels while waiting to present. Each person shows stress in different ways, but we all have it. It is just one of those things that add to speaking jitters.

Below is a list of things you can do to help reduce some of your speaking jitters!

- Have a drink of water available
- Write down key notes of your demonstrations onto note cards in case you forget your place
- Keep a tissue in your pocket to dry off clammy hands
- Remember to take deep breaths
- Do stretching exercises to relax your muscles
- Smile - a smile back from the person in the audience will help relax you and create a great start to your demonstration!