

2026 4-H Exploration Days SESSION DESCRIPTIONS

**GROWING TOGETHER
STRONGER THAN EVER**



4-H EXPLORATION DAYS 2026

June 24 to 26, 2026

Michigan 4-H Youth Development | MSU Extension | Michigan State University



2026 4-H Exploration Days

June 24 to 26, 2026
Michigan State University

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Thank You to the Michigan 4-H Foundation!

Michigan 4-H extends its heartfelt gratitude to the Michigan 4-H Foundation for sponsoring and helping fund 4-H Exploration Days. The Foundation's support helps make this incredible experience more affordable for 4-H'ers across the state!

You can help make a difference! Your state or local donation to 4-H helps provide life-changing opportunities for young people to learn, lead, and thrive. To explore ways to support Michigan 4-H, please visit www.mi4hfdtn.org or contact Abbey Miller, Michigan 4-H Foundation Director (email abmiller@msu.edu, phone 517-353-4433). Together, we can grow the next generation of leaders!



General Information

4-H Exploration Days is an annual Michigan State University pre-college program that will take place June 24 to 26, 2026, on the MSU campus in East Lansing. The event draws about 900 participants aged 12 to 19 from across Michigan who can choose from a multitude of hands-on learning sessions, field trips, and recreation opportunities. During 4-H Exploration Days you'll have a chance to develop valuable skills, make new friends, get involved in lots of fun activities, and much more. You can choose from more than 100 action-packed sessions on topics that interest you! We hope you can come!

Please review the *4-H Exploration Days Handbook* (<https://bit.ly/4Hexporeg>) for the event rules, policies, and procedures that all youth and adult participants must follow.

Look for more event information online and in the *4-H Exploration Days Activity Guide* that you'll receive when you arrive on campus. If you have questions in the meantime, please contact your county MSU Extension 4-H program staff or email 4h.expodays@msu.edu.

Campus Career Connect Tracks

4-H Exploration Days has always been about helping you learn new things, meet new people, build skills in areas that interest you, have fun, and get a taste of life on MSU's campus. The Campus Career Connect (C3) tracks are designed to help you start making connections and choices related to your future world of work. On Wednesday afternoon you'll attend a C3 Track session that explores job and career options in fields like animal science, forestry, language arts, and public safety. You'll connect with MSU experts and find out about jobs in their fields, the education and training you'll need for those jobs, and MSU's programs in that area.

Fees

The registration fee for young people and adults to participate in 4-H Exploration Days covers meals from Wednesday lunch to Friday lunch, two nights of lodging, all event activities, and a T-shirt.

- **\$250 for youth participants.**
- **\$150 for adult participants**—Adults attend to support this event as instructors and chaperones and will be assigned a variety of volunteer tasks.
- **\$45 Tuesday Early Arrival Fee**—This fee covers Tuesday lodging and Wednesday breakfast for long-distance participants (primarily from the Upper Peninsula).

How to Register

The sky's the limit when you're considering which sessions to take!

[Online registration](https://www.canr.msu.edu/4_h_exploration_days) (https://www.canr.msu.edu/4_h_exploration_days) will open at 7 p.m. on March 12, 2026, and will close at 5 p.m. on April 17, 2026.

Sessions fill up quickly, so register early! It's also a good idea to have some backup sessions in mind. You can use the planning grid that follows to make your session plan!





2026 4-H Exploration Days Session Planning Grid

Please select either of these session combinations for each row labeled "My Pick":

- C3 Track + A Session AND B Session + D Session
- C3 Track + C Session + D Session

Remember, sessions fill up fast! After you fill in your first choices, it's a good idea to list a few more possibilities in case your first pick is full when you start the online registration process.

Put the session codes (for example, A-12, B-31, and D-4) into the blanks, because that's what you'll enter, not the session titles, when you register online for the event.

Sample Grid

Session pick	C3 Session Wednesday afternoon	Session A Thursday morning	Session B Thursday afternoon	Session C Thursday full day	Session D Friday morning
My 1st pick	T-6	A-2	B-38	NA	D-23
My 2nd pick	T-2	A-27	B-13	NA	D-33
My 3rd pick	T-5	NA	NA	C-3	D-7
My 4th pick	T-19	NA	NA	C-6	D-28
My 5th pick	T-17	A-36	B-2	NA	D-14

Note. NA = Not applicable.

My Session Picks

Session pick	C3 Session Wednesday afternoon	Session A Thursday morning	Session B Thursday afternoon	Session C Thursday full day	Session D Friday morning
My 1st pick					
My 2nd pick					
My 3rd pick					
My 4th pick					
My 5th pick					



2026 4-H Exploration Days Sessions

Campus Career Connect Track Sessions

Wednesday, June 24
2:30 to 4:30 p.m.

All C3 Track sessions are open to 12- to 19-year-old participants.

Track code	Track title	Track description
T-1	Be Spartan Green: A Day in the Life	Get an introduction to managing waste as a resource by going behind the scenes at the MSU Surplus Store and Recycling Center. Explore a day in the life of the facility by touring the recycling center, vermicompost hoop house, and secondhand store. Then participate in a creative reuse project in our Spartan Upcycle workshop space. See what it means to be Spartan Green!
T-2	Branch Out: Your Future in Forestry Starts Here	What draws people to trees, the outdoors, and our natural resources? Learn about jobs and careers related to sustaining forests and the ecosystem services forests provide, like conservation of biodiversity, wood, and clean water, and global climate stabilization. Participate in hands-on activities while connecting with MSU Department of Forestry faculty, staff, and students.
T-3	Broad Art Museum: Creative Careers	Explore creative careers with museum professionals at the MSU Broad Art Museum. Learn about connections between art and science that inspired the immersive exhibition <i>Darkness</i> , explore the museum, and get creative making your own art!
T-4	Elements of Science	Get an inside look at the FRIB—MSU's Facility for Rare Isotope Beams. Learn about jobs and careers related to nuclear science and chemistry. Explore the facilities on campus that are doing state-of-the-art science research!
T-5	Explore Biosystems Engineering	Biosystems engineers draw on biology, engineering, math, and other scientific disciplines to solve problems related to health, food, energy, and the environment. They analyze agricultural, ecological, and human systems to create ideas and solutions to address global problems. Learn from MSU faculty and staff about the tools, techniques, and related jobs and career opportunities.
T-6	Finding Your Field: Careers in Animal Science	Are you interested in a job or career with animals but not sure how to get there? Join 4-H educators and MSU Department of Animal Science faculty, staff, and students to explore species, fields of study, and the exciting world of animal science.
T-7	Food-Focused Future	Explore MSU's food science and human nutrition majors and learn about exciting job and career options. Be ready to engage your tastebuds and join us for a variety of hands-on experiences related to nutrition and food science!





Track code	Track title	Track description
T-8	From Farm to Table: Exploring Global Agriculture	Join the MSU Department of Agricultural, Food, and Resource Economics to explore the global food supply chain. Put yourself in the shoes of global coffee growers, traders, roasters, and supermarket operators to learn how coffee gets from the farm to your cup. Develop your skills in supply chain strategy and teamwork. Learn about agricultural economics and what strengths and skills you'll need for a successful career in the field. Hear from current MSU graduate students about opportunities that have helped them prepare to become effective leaders who make lasting impacts in agriculture and beyond.
T-9	Grow Your Green Thumb With MSU Horticulture & the Michigan 4-H Children's Garden!	Discover what it's like to work with plants, grow cool things, and see how science, creativity, and nature all come together. Do you enjoy fresh fruits and vegetables, landscapes, trees, plants, or public gardens? Are you inspired to help feed the world? Are you intrigued by modern agricultural production methods or the possibility of owning and operating your own company? If you answered "yes" to any of these questions, join MSU faculty and staff members who work with the Michigan 4-H Children's Garden to explore the types of jobs or careers your interests might blossom! Tour the gardens, propagate plants, visit the herbarium, and explore related technology.
T-10	Horticulture Tech Tools & Career Pipeline	Horticulture is all about using plant knowledge to grow food, design landscapes, care for gardens, improve the environment, and even use tech tools to study and grow plants better. Learn about and use the technology tools of horticulture and research. Jump into a world where science, creativity, and nature unite. Dabble with 3D printing and Tinkercad. Explore a future in horticulture and what MSU has to offer.
T-11	Inspiring Educators: Paths to Teaching & Learning	Here's a little-known fact: Every teacher you've ever had started out as a student. Find out what inspired them to step to the front of the classroom—and why that might be the place for you, too—in this hands-on, interactive track. You'll talk with MSU College of Education faculty, staff, and students to explore educational paths ranging from high school preparation to advanced graduate degrees. Engage in simulations of real teaching and learning environments for an authentic glimpse into life as an educator.
T-12	Legal Eagles: Law & Politics	Do you want to fight for justice? Do you want to lead others in changing the world? Do you like debating important issues? Do you want to change the laws in your community? Join us to explore the many forms of political leadership in which you can get involved and the educational options available at MSU.
T-13	Mental Health, Counseling & Social Work	In this track we'll explore the careers and MSU departments associated with mental health, including social work, counseling, and psychology. Professionals in these fields focus on individual-, family-, and community-level mental health development and wellness.
T-14	Move, Measure, Motivate: Careers in Kinesiology & Human Performance	People working in the field of kinesiology focus on the science of how humans move. They measure how babies, kids, and adults move, and they work to motivate and train everyone to move in sports and in their everyday lives. In this track you'll work with faculty, staff, and students from the MSU Department of Kinesiology to learn about career paths in movement science, health, rehabilitation, and performance—from entry-level roles to doctoral study. You'll take part in simulations of real-world kinesiology experiences that will help you envision your future in the field.





Track code	Track title	Track description
T-15	Preserving Information, Records & History	Join us for a behind-the-scenes look at the MSU Libraries. We'll explore the unique collections, spaces, resources, and hidden treasures of one of the biggest research libraries in the U.S. We'll also learn about the work of an academic librarian and about other library-related careers.
T-16	Sample 4-H Great Lakes & Natural Resources Camp	Learn about fisheries, natural resources careers, and our amazing Great Lakes through three fun, hands-on activities from 4-H Great Lakes Natural Resources Camp. If you like the outdoors, natural resources, wildlife, and fisheries, and if you enjoy this snapshot of what camp is like, MSU Extension and Michigan Sea Grant Extension hope to see you at camp, too!
T-17	Science of Care: What It Means to Be a Nurse	Join us to find out what it really means to be a nurse by exploring the range of roles nurses play in healthcare and the educational paths that support those careers. You'll engage in hands-on activities that simulate real-world nursing skills and learn how nurses combine science, problem-solving, communication, and compassion in their daily work. Guided by staff and students from the MSU College of Nursing, this session will offer you an inside look at the nursing profession and the possibilities of a future in healthcare.
T-18	Serve & Protect: Public Safety	Explore jobs and careers in the public safety and law enforcement arena. You'll meet with representatives from the MSU Department of Police and Public Safety to learn about their jobs and careers and what it takes to become a member of the force.
T-19	Speak Your Future: The Impact of Learning New Languages	Talk with a panel of MSU professors who will answer your questions about the benefits and opportunities that come with learning new languages. You'll also explore different languages through interactive games and discover traditional items, foods, and artifacts representing various cultures. Find out how language learning opens doors to careers and more. Hear from professionals who use language skills in their work and lives. Reflect on how your interests and language skills could support your goals. Map out your next steps for exploring a new language or career path.
T-20	Veterinary Medicine: Where All Types of Creatures Count!	Veterinary medicine benefits individual animals and the environment, food safety, public health, and private industry. It focuses on the prevention, control, diagnosis, and treatment of diseases affecting the health of domestic, wild, and food animals. Participate in hands-on activities like dissecting a sheep brain and pig heart and explore career paths open to veterinary medical professionals worldwide. Find out all that the MSU College of Veterinary Medicine has to offer.





A Sessions

Thursday, June 25
8:30 to 11:30 a.m.

*Indicates a session that is also offered in another time slot.

Note: You'll receive an email before the event if a session you're enrolled in has a footwear or clothing requirement, or if there are supplies or equipment you'll need to bring.

Session code	Session title	Session description	Age range
A-1*	Acting Improv	Improvisational theatre is all about making it up as you act along without a script. In this session, you'll learn improv basics, build foundational acting skills, and have plenty of fun with scene prompts, your castmates, and a box of props.	12 to 19
A-2	All About Swine	Discover the fascinating world of pigs and their important role in agriculture. In this hands-on session, you'll learn about swine breeds, behavior, nutrition, and care while exploring what it takes to raise healthy pigs. Whether you're new to livestock or already involved in 4-H swine projects, this session is a fun way to build your knowledge and confidence around pigs.	12 to 19
A-3	Beat the Clock: 4-H Escape Room	Pit your problem-solving, leadership, and teamwork skills against two locked-room scenarios in this brains-on session! We'll be racing against the clock to help Farmer Fred find his lost mare and puzzle our way through the ghostly games set by the MSU Playful Spirits.	12 to 19
A-4*	Clicking for Success	Whether you want to improve your dog-training skills or to try training your chickens, clicker training and positive reinforcement are the keys to success. You'll explore the power of positive reinforcement, practice clicker techniques with each other, and build valuable animal-training skills in this clickers-on session.	12 to 19
A-5*	Click-It Time! Be an Informed Driver & Passenger	Learn about seat belt safety and the perils of distracted and impaired driving in this session. You'll also create a decorative seat belt cover.	12 to 19
A-6*	Computer Science Basics	Explore the history of computing and its impact on the world. You'll learn some core computer science concepts like algorithms, then dig into a hands-on block-coding exercise.	12 to 19
A-7*	Cracking the Code: Understanding Egg Quality Inside & Out	In this hands-on session, you'll learn how to judge egg quality by examining the egg's shell, insides, and breakout characteristics. You'll also discover what makes an egg valuable and safe and develop the knowledge and confidence you need to grade eggs.	12 to 19
A-8*	Create Your Own TV Show	Step into the world of television production by joining a studio crew and creating your own program. You'll take on a variety of on-camera and behind-the-scenes roles in this hands-on session.	12 to 19



Session code	Session title	Session description	Age range
A-9*	DNA in Real Life: Extracting, Observing, & Understanding DNA	Join us and learn what DNA is, where it's found, and how it shapes the traits of all living things. As you extract DNA from living organisms, you'll explore how each step of the process works. Then you'll learn about genetic inheritance through activities that show how traits are passed from parents to offspring. You'll leave the session understanding what DNA is and how it influences the traits you see in animals, plants, and yourself.	12 to 19
A-10*	Equine Games	Get ready for our favorite equine games—where horse smarts meet wacky challenges. Race through silly puzzles, crazy barn tasks, and brain-teasing games that will have you thinking fast and laughing even faster. Whether you're a seasoned horse enthusiast or just in it for fun, this event is all about learning, laughing, and seeing who can take home the gold.	12 to 19
A-11	From Field to Finish Line: How Agriculture Fuels Runners	Ready . . . set . . . explore! Run across campus to interactive stations that connect agriculture directly to the sport of running. Learn how the food runners eat, the gear runners wear, and the surfaces runners train on all start on the farm—and how agriculture supports endurance, recovery, and performance at every mile. Participants should be prepared to run up to three miles total.	12 to 19
A-12	Game, Set, Laugh!	Get ready to have fun learning the basics of tennis. In this beginner-friendly session, you'll learn how to hold a racket, practice swings, and try out simple rallies designed for new players. No experience is needed—just plenty of energy.	12 to 19
A-13*	Hand Knitting Blankets	In this session you'll learn how to knit cozy blankets by hand using thick yarn.	12 to 19
A-14	Hunger Fighters Unite	Calling all hunger fighters! Travel the globe with us to explore food security issues and discover how you can make a difference. We'll use simulations to dive into careers, cultures, and global connections while tackling one of the world's greatest challenges. You'll leave with ideas, resources, and inspiration to continue your journey as a future hunger fighter.	12 to 19
A-15*	Ice Dyeing	Discover the science behind the stunning and surprising designs created when colors split. You'll explore how melting ice and dye interact to form vibrant patterns while you learn about chemistry and color theory in action. This session blends art and science for a colorful experiment you can wear or share.	12 to 19
A-16*	Jelly Roll Quilt Top	Create a simple lap quilt top using 2.5-inch fabric strips in this beginner-friendly quilting session. (Note: You'll complete the quilt top only during the session.)	12 to 19
A-17	Learn to Use a Sewing Machine	Learn how to confidently use your sewing machine by practicing essential skills such as threading the machine, filling a bobbin, and sewing forward and backward. This session is perfect for beginners who want to build a solid foundation in machine sewing.	12 to 19





Session code	Session title	Session description	Age range
A-18	Marketing Your Best Self	Want to improve your communication skills and learn how to connect confidently without relying on artificial intelligence, or AI? Join the Livingston County 4-H Ambassadors for a hands-on session about positive networking and real-world social skills. You'll practice introductions, conversation skills, application writing, email etiquette, and crafting an elevator speech—and leave with greater confidence in your communication abilities.	12 to 19
A-19*	Mini Boxy Pouch	Sew an adorable mini boxy pouch with a swivel hook that's perfect for attaching to a backpack, purse, duffel, or tote. They're so irresistible, cute, and handy that you won't want to stop at creating just one!	12 to 19
A-20*	MSU Bug House	Join us in this session and explore the MSU Bug House, where you can interact with live insects, view interactive displays, develop and practice your insect and arthropod identification skills, and learn about careers in entomology.	12 to 19
A-21*	Nothing Up My Sleeve! Magic & Illusions	Amaze and impress your friends and family by learning simple magic tricks you can create with everyday household items. This session explores the science and psychology behind illusions and takes a historical look at optical tricks, all while helping you build your own budget-friendly magic kit.	12 to 19
A-22	Outdoor & Environmental Education	This session focuses on outdoor and environmental education through a nature hike, orienteering activities, and interactive lessons that will help you explore and appreciate the natural world.	12 to 19
A-23*	Outdoor Survival Skills	Learn essential outdoor survival skills in this session and build your confidence and preparedness for real-world outdoor survival situations.	12 to 19
A-24*	Pulp to Pages	Get creative from start to finish in this hands-on session as you make your own paper, design a custom journal, and learn simple, mindful journaling techniques. It's a fun, relaxing way to reflect, create, and express yourself one page at a time.	12 to 19
A-25	Rabbit Showmanship for Beginners	Learn what it takes to succeed in rabbit showmanship classes at your county fair. Explore how to use the newly revised edition of the <i>Michigan 4-H Rabbit Fitting and Showing Member Guide</i> to evaluate your rabbits. For beginning rabbit exhibitors.	12 to 19
A-26*	Ready! Set! Pull!	During this hands-on session you'll learn the parts of a gun, shooting techniques, and gun safety. You'll also try your hand at trap shooting.	12 to 19
A-27	Reality Check With MSU Federal Credit Union	Reality Check is an interactive financial education simulation that brings budgeting and money management to life. You'll be assigned an income and set of expenses, then calculate costs and "what-ifs" to build a workable personal budget.	12 to 19
A-28*	Rugby for Rookies	Learn the basics of rugby, including rules, gameplay, passing techniques, and teamwork, then put your new skills and knowledge to the test in a flag rugby scrimmage. Be ready for plenty of running and active fun. No experience needed.	12 to 19





Session code	Session title	Session description	Age range
A-29*	Savvy Animal Science	Learn key animal science skills like giving injections, reading medication labels, calculating medication dosages, and identifying and tagging animals in this hands-on session. We'll explore the basics of recognizing and diagnosing animal illness and discover the range of animal products humans use (like meat, milk, leather and much more). We'll also try a leather-stamping activity.	12 to 19
A-30*	Showmanship & Sportsmanship	Sportsmanship, or fair play, is essential for anyone showing livestock or companion animals or exhibiting still projects like photography or educational displays. Whether you're seeking new knowledge to grow your 4-H experience or looking for a refresher before your next show, this session will offer valuable insights at all levels.	12 to 19
A-31*	Simple Loom Weaving	Learn the basics of weaving by using yarn on a simple loom to create bookmarks, bracelets, and small tapestries.	12 to 19
A-32*	Slam Dunk Your Way to Better Basketball Skills	Improve your basketball skills through drills, races, and scrimmages while getting to know other players and practicing teamwork and communication. All skill levels are welcome. You must wear proper athletic clothing and shoes.	12 to 19
A-33*	Softball	Step up to the plate and learn the fundamentals of softball in this active, hands-on session for beginners and intermediate players. We'll cover basic rules, field positions, and essential skills like throwing, catching, batting, and base running. With a focus on teamwork, sportsmanship, and confidence building, this session is ideal if you're new to the sport or looking to strengthen your basic skills. Bring your own mitt if you have one.	12 to 19
A-34*	Target Archery	Join us on the firing line for an introduction to the fundamentals of target archery. You'll learn how to nock, draw, aim, and release an arrow, as well as explore basic equipment, range rules, and competition opportunities, all while enjoying hands-on practice with bows and arrows.	12 to 19
A-35*	Teach What You Create!	In this hands-on session we'll work in teams to design a short animal science lesson to share. We'll explore topics like biosecurity, digestive systems, animal tracks, animal identification, and veterinary care, then turn our ideas into fun activities ranging from matching games to science experiments. With plenty of supplies and inspiration from the <i>4-H Animal Science Anywhere</i> series, this session lets you step into the role of a county 4-H program coordinator.	12 to 19
A-36	T-Shirt Vinyl Cutting Class	Turn your own design into wearable art by cutting it in vinyl and applying it to a T-shirt in this hands-on, creative session.	12 to 19
A-37*	Veterinary Nurse for a Day	Discover the role of the veterinary healthcare team, what a veterinary nurse does, and the educational and career paths in the field. You'll explore case reports, play games, and enjoy hands-on activities, including visiting with Rosie, the educational tortoise.	12 to 19





Session code	Session title	Session description	Age range
A-38	Which Apple Would You Choose?	After harvest, producers use low-oxygen environments and other storage methods to make sure we can enjoy fresh fruit year-round. Join us to taste-test apples from a long-term storage trial that uses even lower than usual oxygen levels. We'll evaluate the effect of the new method on the flavor and aroma of the apples, helping generate data on fruit acceptability and contributing to research on whether this storage innovation is beneficial.	12 to 19
A-39*	Zen Zone: Yoga for EveryBODY	Yoga is for everybody! In this active session you'll build a love and understanding of the practice of yoga while learning tools for relaxation and grounding. You'll undergo a one-hour vinyasa-style yoga class, then a full-body relaxation experience that will prepare you to develop a yoga and relaxation practice at home.	12 to 19





B Sessions

Thursday, June 25
1:30 to 4:30 p.m.

*Indicates a session that is also offered in another time slot.

Note: You'll receive an email before the event if a session you're enrolled in has a footwear or clothing requirement, or if there are supplies or equipment you'll need to bring.

Session code	Session title	Session description	Age range
B-1*	Amazing Racing	Join us for this adventure-filled game where you and your team will travel through stations, follow clues, and complete checkpoint challenges as you race to the finish line. Fast-paced and highly interactive, this session encourages teamwork, problem-solving, and skill-building while keeping the experience fun and engaging.	12 to 19
B-2	American Sign Language for Beginners	American Sign Language (ASL) has its own grammar, word order, and style. This beginner-friendly session introduces the ASL alphabet, the numbers 1 to 20, everyday vocabulary, and basic sentences. It's designed for participants with little or no ASL experience who want to learn this important language.	12 to 19
B-3	Artistic Wooden Blossoms	Become a floral artist for a day as you learn how to dye, preserve, and arrange your own wooden flower bouquet. These long-lasting blooms never fade, allowing you to enjoy your beautiful arrangement year-round.	12 to 19
B-4	Beat the Competition	Selling a livestock market animal and looking for an edge over the competition? This session covers marketing and communication strategies to help you elevate your project. We'll explore cow/calf and feedlot operations and give you plenty of practical tips to improve your market animal success.	12 to 19
B-5	Canning Food Using Water-Bath Canners	Join us for this hands-on activity and take home a jar of canned salsa you make yourself. You'll learn the science behind water-bath canning, why salsa can be safely shelf-stable when prepared with a research-tested recipe, and how to can foods properly at home.	12 to 19
B-6	Canning Foods: Behind the Scenes	In this hands-on session you'll learn the science and safety principles behind canning foods. You'll rotate through key canning steps—prep, cooking and mixing, filling, processing, and labelling—and leave with a canned product to take home.	15 to 19
B-7*	Click-It Time! Be an Informed Driver & Passenger	Learn about seat belt safety and the perils of distracted and impaired driving in this session. You'll also create a decorative seat belt cover.	12 to 19
B-8*	Computer Science Basics	Explore the history of computing and its impact on the world. You'll learn some core computer science concepts like algorithms, then dig into a block-coding exercise.	12 to 19
B-9*	Create Your Own TV Show	Step into the world of television production by joining a studio crew and creating your own program. You'll take on a variety of on-camera and behind-the-scenes roles in this hands-on session.	12 to 19





Session code	Session title	Session description	Age range
B-10*	DNA in Real Life: Extracting, Observing & Understanding DNA	Join us and learn what DNA is, where it's found, and how it shapes the traits of all living things. As you extract DNA from living organisms, you'll explore how each step of the process works. Then you'll learn about genetic inheritance through activities that show how traits are passed from parents to offspring. You'll leave the session understanding what DNA is and how it influences the traits you see in animals, plants, and yourself.	12 to 19
B-11*	Equine Games	Get ready for our favorite equine games—where horse smarts meet wacky challenges. Race through silly puzzles, crazy barn tasks, and brain-teasing games that will have you thinking fast and laughing even faster. Whether you're a seasoned horse enthusiast or just in it for fun, this event is all about learning, laughing, and seeing who can take home the gold.	12 to 19
B-12	Flatbreads Around the World	Join us for a hands-on outdoor cooking adventure exploring four iconic flatbreads from around the world: corn tortillas, flour tortillas, pita, and lafa. Using grills, pans, and specialty trays, we'll prepare each type from scratch while learning about the cultural stories, ingredients, and history behind them. This global cooking experience highlights how food connects communities—one delicious flatbread at a time.	12 to 19
B-13*	Hand Knitting Blankets	In this session you'll learn how to knit cozy blankets by hand using thick yarn.	12 to 19
B-14*	How to Adult-ish: Real Skills for Real Life	This interactive, laughter-filled session will help build your confidence as you practice real-life skills that make "adulting" feel more manageable. You'll learn how to have hard conversations, set healthy boundaries, communicate effectively, and other practical tools and skills you can use at school, at work, and in everyday life.	12 to 19
B-15*	Ice Dyeing	Discover the science behind the stunning and surprising designs created when colors split. You'll explore how melting ice and dye interact to form vibrant patterns while you learn about chemistry and color theory in action. This session blends art and science for a colorful experiment you can wear or share.	12 to 19
B-16*	Jelly Roll Quilt Top	Create a simple lap quilt top using 2.5-inch fabric strips in this beginner-friendly quilting session. (Note: You'll complete the quilt top only during the session.)	12 to 19
B-17	Language of Flowers Through Floral Artistry	Explore the beauty and hidden meanings behind flowers in this creative, hands-on floral design workshop. You'll learn essential arranging techniques while discovering how different blooms and styles can express emotions, celebrate milestones, and tell a story. We'll also cover color harmony, balance, and symbolism as you create a personalized arrangement that reflects your artistic vision.	12 to 19
B-18	Laser Cutting Design	Learn how to use a laser cutter to cut wood or engrave designs on a variety of surfaces, gaining hands-on experience with this creative and versatile technology.	12 to 19





Session code	Session title	Session description	Age range
B-19	Make a Fabric Basket	Choose your fabric from our stash and sew a cute and functional fabric basket in this hands-on session.	12 to 19
B-20*	Mini Boxy Pouch	Sew an adorable mini boxy pouch with a swivel hook that's perfect for attaching to a backpack, purse, duffel, or tote. They're so irresistible, cute, and handy that you won't want to stop at creating just one.	12 to 19
B-21	Money Moves: Your Cash Quest for Smart Choices	Level up your money skills in this interactive session focused on saving smarter, investing wisely, and understanding the basics of credit. We'll explore real-life strategies for making money work for you, avoiding common financial pitfalls, and building a strong foundation for your future goals. Whether you're planning a big purchase or dreaming about long-term success, this session will help you make confident money moves.	12 to 19
B-22*	MSU Bug House	Join us as we explore the MSU Bug House, where you can interact with live insects, view interactive displays, develop and practice your insect and arthropod identification skills, and learn about careers in entomology.	12 to 19
B-23	MSU Feedlot Tour & Beef Cattle Management	Take a guided tour of the MSU feedlot in this session, then learn about growing and finishing beef cattle, beef cattle nutrition, carcass evaluation and grading, animal handling and behavior, and feeder calf selection.	12 to 19
B-24*	Nothing Up My Sleeve! Magic & Illusions	Amaze and impress your friends and family with simple magic tricks you can create using everyday household items in this session. We'll explore the science and psychology behind illusions and take a historical look at optical tricks, all while helping you build your own budget-friendly magic kit.	12 to 19
B-25*	Outdoor Survival Skills	Learn essential outdoor survival skills in this session and build your confidence and preparedness for real-world outdoor survival situations.	12 to 19
B-26	Paper Quilling Art	Paper quilling, also known as paper filigree, is the art of rolling and shaping narrow strips of paper to create intricate designs. It's a folk art that dates back centuries. In this session, you'll learn the basics and create your own framed quilled artwork.	12 to 19
B-27	Public Speaking 101	Speaking in public might scare you, but once you learn a few basic skills, it becomes much easier and far less stressful. In this interactive session you'll pick up tips and tricks to help you the next time you're asked to give a speech, share information in an interview, or simply introduce yourself. From improving eye contact to reducing filler words, we'll explore techniques that will help you become a stronger, more confident public speaker.	12 to 19
B-28*	Pulp to Pages	Get creative from start to finish in this hands-on session as you make your own paper, design a custom journal, and learn simple, mindful journaling techniques. It's a fun, relaxing way to reflect, create, and express yourself one page at a time.	12 to 19





Session code	Session title	Session description	Age range
B-29	Rabbit Showmanship for Advanced Exhibitors	Rabbit showmanship may look complicated, but this session breaks down each step—from handling to examination—to help experienced exhibitors like you prepare for a winning performance. We'll supply rabbits you can use for hands-on practice.	12 to 19
B-30*	Ready! Set! Pull!	During this hands-on session you'll learn the parts of a gun, shooting techniques, and gun safety. You'll also try your hand at trap shooting.	12 to 19
B-31*	Rugby for Rookies	Learn the basics of rugby, including rules, gameplay, passing techniques, and teamwork, then put your new skills and knowledge to the test in a flag rugby scrimmage. Be ready for plenty of running and active fun. No experience needed.	12 to 19
B-32*	Savvy Animal Science	Learn key animal science skills like giving injections, reading medication labels, calculating medication dosages, and identifying and tagging animals in this hands-on session. We'll explore the basics of recognizing and diagnosing animal illness and discover the range of animal products humans use (like meat, milk, leather, and much more). We'll also try a leather-stamping activity.	12 to 19
B-33*	Showmanship & Sportsmanship	Sportsmanship, or fair play, is essential for anyone showing livestock or companion animals or exhibiting still projects like photography or educational displays. Whether you're seeking new knowledge to grow your 4-H experience or looking for a refresher before your next show, this session will offer valuable insights at all levels.	12 to 19
B-34*	Slam Dunk Your Way to Better Basketball Skills	Improve your basketball skills through drills, races, and scrimmages while getting to know other players and practicing teamwork and communication. All skill levels are welcome. You must wear proper athletic clothing and shoes.	12 to 19
B-35*	Softball	Step up to the plate and learn the fundamentals of softball in this active, hands-on session for beginners and intermediate players. We'll cover basic rules, field positions, and essential skills like throwing, catching, batting, and base running. With a focus on teamwork, sportsmanship, and confidence building, this session is ideal if you're new to the sport or looking to strengthen your basic skills. Bring your own mitt if you have one.	12 to 19
B-36	Spa Day	Learn how to make your own soaps and bath bombs in this fun, hands-on session focused on simple self-care creations.	12 to 15
B-37*	Target Archery	Join us on the firing line for an introduction to the fundamentals of target archery. You'll learn how to nock, draw, aim, and release an arrow, as well as explore basic equipment, range rules, and competition opportunities, all while enjoying hands-on practice with bows and arrows.	12 to 19





Session code	Session title	Session description	Age range
B-38*	Teach What You Create!	In this hands-on session we'll work in teams to design a short animal science lesson to share. We'll explore topics like biosecurity, digestive systems, animal tracks, animal identification, and veterinary care, then turn our ideas into fun activities ranging from matching games to science experiments. With plenty of supplies and inspiration from the <i>4-H Animal Science Anywhere</i> series, this session lets you step into the role of a county 4-H program coordinator.	12 to 19
B-39	Turning Vegetables Into Power	Did you know that we can turn vegetable waste, like carrot peels, into energy? In this session, you'll gain hands-on experience at the MSU Anaerobic Digestion Research and Education Center, learning how anaerobic digestion works and how Michigan's vegetable production contributes to sustainable energy solutions.	12 to 19
B-40	What Makes Michigan English Special?	What makes Michigan English unique (beyond "ope," "pop," and "Devil's Night")? In this session, we'll explore how Michiganders speak today by examining words, accents, and audio diary recordings from thousands of state residents. Through games and experiments, you'll test your predictions about how Michigan English varies across regions and age groups.	12 to 19
B-41	Youth Take the Stage: An Introduction to Interactive Theatre	In this session we'll develop short dramas that help peers think through their own solutions to problems while learning acting skills they can take on the road. No experience is needed—just a willingness to have fun exploring real issues facing young people today.	12 to 19
B-42*	Zen Zone: Yoga for EveryBODY	Yoga is for everybody! In this active session you'll build a love and understanding of the practice of yoga while learning tools for relaxation and grounding. You'll undergo a one-hour vinyasa-style yoga class, then a full-body relaxation experience that will prepare you to develop a yoga and relaxation practice at home.	12 to 19





C Sessions

Thursday, June 25

8:30 to 11:30 a.m. & 1:30 to 4:30 p.m.

Note: You'll receive an email before the event if a session you're enrolled in has a footwear or clothing requirement, or if there are supplies or equipment you'll need to bring.

Session code	Session title	Session description	Age range
C-1	Early Childhood Education: Keeping Kids Engaged & Having Fun	Explore what it takes to work with young children in this session. You'll learn the business of babysitting, discover career possibilities, and leave with developmentally appropriate activities you can use with kids in your care.	12 to 19
C-2	Family Tree Fun	Ever wonder if you're related to a princess—or maybe an outlaw? Explore your roots and build your family tree to uncover the royalty or rogues you're descended from.	12 to 19
C-3	Pellet Rifle & Air Pistol Target Shooting Fundamentals	In this hands-on session you'll learn the target shooting styles used by competitors in local 4-H clubs and groups all the way up to the Olympic Games. We'll cover three-position target shooting for pellet rifles and air pistols, along with firearm safety, equipment basics, and techniques to improve shooting skills.	12 to 19
C-4	Raspberry Pi Creations	In this session, you'll use Raspberry Pi microprocessors to code your own project using expansion boards and sensors. Beginners will work with block-based coding, while more experienced coders may choose from Python or Java. We'll also compare the advantages and disadvantages of different microprocessor brands.	12 to 19
C-5	Teens as Teachers: 4-H Healthy Living	Are you interested in health and wellness, leadership, and teaching younger kids? Join the Michigan 4-H Teens as Teachers program, where you'll learn to teach others about mental health, fitness, and healthy lifestyles while building public-speaking skills through fun teamwork activities. Participants in this session will earn a full \$250 scholarship for 4-H Exploration Days, will be required to complete online training sessions before the event, and must commit to teaching in their communities after it. (We'll tell you more about the program at https://bit.ly/4qdZ4r2 .)	13 to 19
C-6	Working With Search & Rescue K9's	Discover what it takes to train a search and rescue dog in wilderness air scent, human remains detection, and disaster response. Through hands-on activities with the dogs and their handlers, participants will explore real-world skills used in search and rescue work.	12 to 19





D Sessions

Friday, June 26
8:30 to 11 a.m.

*Indicates a session that is also offered in another time slot.

Note: You'll receive an email before the event if a session you're enrolled in has a footwear or clothing requirement, or if there are supplies or equipment you'll need to bring.

Session code	Session title	Session description	Age range
D-1*	Acting Improv	Improvisational theatre is all about making it up as you act along without a script. In this session you'll learn improv basics, build foundational acting skills, and have plenty of fun with scene prompts, your castmates, and a box of props.	12 to 19
D-2*	Amazing Racing	Join us for this adventure-filled game where you and your team will travel through various stations, follow clues, and complete checkpoint challenges as you race to the finish line. Fast-paced and highly interactive, this session encourages teamwork, problem-solving, and skill-building while keeping the experience fun and engaging.	12 to 19
D-3	American Sign Language: The Next Level	Deepen your knowledge of American Sign Language with more complex sentences and larger vocabulary, and build your confidence in signing and comprehension. You must have completed the American Sign Language for Beginners session or already know the alphabet, the numbers 1 through 20, basic sentence structure, and some words.	12 to 19
D-4*	Clicking for Success	Whether you want to improve your dog-training skills or to try training your chickens, clicker training and positive reinforcement are the keys to success. You'll explore the power of positive reinforcement, practice clicker techniques with each other, and build valuable animal-training skills in this clickers-on session.	12 to 19
D-5*	Click-It Time! Be an Informed Driver & Passenger	Learn about seat belt safety and the perils of distracted and impaired driving in this session. You'll also create a decorative seat belt cover.	12 to 19
D-6	College & Your Future	What's in your future? College? An apprenticeship? Work? In this session you'll explore whether college is the right fit for you and what factors to consider as you decide. We'll also cover the college search process and how to pay for college.	15 to 19
D-7*	Cracking the Code: Understanding Egg Quality Inside & Out	In this hands-on session, you'll learn how to judge egg quality by examining the egg's shell, insides, and breakout characteristics. You'll also discover what makes an egg valuable and safe, and develop the knowledge and confidence you need to grade eggs.	12 to 19
D-8*	Create Your Own TV Show	Step into the world of television production by joining a studio crew and creating your own program. You'll take on a variety of on-camera and behind-the-scenes roles in this hands-on session.	12 to 19





Session code	Session title	Session description	Age range
D-9	Cuttings to Creations	Love plants and want to own more of them without spending a dime? Explore the science, and the bit of magic, behind plant propagation in this hands-on session. You'll learn how plants grow and how to create new ones from a single stem, and you'll take home your own propagated plant to begin your growing journey.	12 to 19
D-10	Farm Livin' Is the Life for Me!	Experience a day in the life of a dairy farmer and learn about the many career opportunities in agriculture and natural resources. We'll explore the education, jobs, and careers connected to the agriculture industry by playing interactive games and working through real-life scenarios.	12 to 19
D-11	Fun With Micro:Bit	Dive into a hands-on coding experience using Micro:Bit processors. You'll learn to code using block-based programming (similar to Scratch) and then create your own project. You'll also take home a Micro:Bit so you can continue exploring your inner coder.	12 to 19
D-12	Health Rocks! Decisions, Stress & Staying Strong	This interactive session tackles real-life challenges young people face every day. Using activities from the <i>4-H Health Rocks!</i> curriculum, we'll explore stress management, decision-making, and the risks of vaping, smoking, and substance use. You'll learn practical strategies to make healthy choices and build confidence in tough situations, leaving with tools to help you stay strong, informed, and in control of your future.	12 to 15
D-13	Houseplants Hands-On	Collecting, nurturing, and displaying houseplants is a popular hobby, and this session highlights creative ways you can showcase your houseplants in stylish home décor projects. You'll design and build your own bioactive terrarium featuring live plants, miniature creatures, and decorative props, and create a kokedama, a Japanese moss ball planter and living sculpture.	12 to 19
D-14*	How to Adult-ish: Real Skills for Real Life	This interactive, laughter-filled session will help build your confidence as you practice real-life skills that make "adulting" feel more manageable. You'll learn how to have hard conversations, set healthy boundaries, communicate effectively, and develop other practical tools and skills you can use at school, at work, and in everyday life.	12 to 19
D-15	Lighted Festive Garland	Use holiday lights and craft materials to create a decorative garland that's perfect for brightening up a room, mantel, or doorway.	12 to 15
D-16	Mindful Moshing: Move, Groove & Reflect	This high-energy session will blend upbeat music with fun dance movements to help you explore how different rhythms can influence your mood. You'll learn ways to channel your energy and emotions through intentional movement while discovering how music affects the mind. Enjoy a lively mix of music, motion, and mindfulness designed to help everyone let loose and feel the vibes.	12 to 15





Session code	Session title	Session description	Age range
D-17	One Hundred Percent Chocolate	Explore fascinating facts about chocolate—from its origins with the Mayans to modern trends—in this deliciously engaging session. Learn the surprising history of the treat, such as that cacao beans (the source of chocolate) were once used as currency and about chocolate's role in wartime innovations. Finally, you'll taste chocolate from around the world and make your own tasty chocolate treats.	12 to 19
D-18	One World, Many Religions	Join us to explore different religions from around the world and how their core beliefs are similar and different. We'll learn through discussion and a related craft activity.	12 to 19
D-19*	Outdoor Survival Skills	Learn essential outdoor survival skills in this session and build your confidence and preparedness for real-world outdoor survival situations.	12 to 19
D-20	Pellet Rifle for Beginners	Three-position pellet rifle shooting is featured in programs ranging from 4-H to the Olympics. In this hands-on session, you'll learn firearm safety, explore different types of equipment, and practice the fundamentals of prone, kneeling, and standing shooting positions.	12 to 19
D-21	Personal Leadership Journey	Explore your personal leadership style and characteristics with members of the State 4-H Youth Leadership Council. You'll have the chance to try different leadership styles while building towers, solving lock boxes, setting up tents, and navigating mazes. Learn about opportunities to grow your skills at the local, state, and national levels.	12 to 19
D-22	Pickleball Basics	Learn to play the fastest growing sport in the country! After practicing some basic shots and learning a few rules, you'll have the chance to play a few games.	12 to 19
D-23	Quilted Table Runner	Learn the basics of sewing and quilting as you work through the steps to create a simple quilted table runner.	12 to 19
D-24	Rabbit Raising for Beginners	How do you raise a rabbit? In this interactive, hands-on session for beginning 4-H rabbit project members, you'll learn the basics of rabbit care, including palpating and nail clipping. You'll leave with the skills you need to breed and raise young rabbits.	12 to 19
D-25	Reality Farm	Roll the dice on the Reality Farm and see whether you can make money with your 4-H project animal at auction in this interactive simulation. You'll also learn practical tips to help improve your real-life livestock project sales.	12 to 19
D-26*	Rugby for Rookies	Learn the basics of rugby, including rules, gameplay, passing techniques, and teamwork, then put your new skills to the test in a flag rugby scrimmage. Be ready for plenty of running and active fun! No experience needed.	12 to 19





Session code	Session title	Session description	Age range
D-27	Safety Detectives & Creativity After Injury on the Farm	Explore how farm injuries happen and what farmers can do to stay safe in this hands-on adventure with MSU Extension's AgrAbility program and Occupational and Environmental Medicine (OEM). You'll create your own farm safety plan, try completing chores with only one hand, experience what it's like to measure without sight, and more. This session highlights how anyone can continue farming, no matter the challenges they face.	12 to 19
D-28*	Savvy Animal Science	Learn key animal science skills like giving injections, reading medication labels, calculating medication dosages, and identifying and tagging animals in this hands-on session. We'll explore the basics of recognizing and diagnosing animal illness and discover the range of animal products human use (like meat, milk, leather, and much more). We'll also try a leather stamping activity.	12 to 19
D-29	Sew a Tote Bag	Learn to sew a tote bag in this beginner-friendly sewing session. Basic sewing experience is recommended.	12 to 19
D-30*	Simple Loom Weaving	Learn the basics of weaving by using yarn on a simple loom to create bookmarks, bracelets, and small tapestries.	12 to 19
D-31	Soap Making	Channel your creative side and learn how to make soap in this beginner-friendly, fully hands-on class. You'll work with nourishing oils to create your own bar of soap while also learning about the history and process of soap making.	12 to 19
D-32*	Softball	Step up to the plate and learn the fundamentals of softball in this active, hands-on session for beginners and intermediate players. We'll cover basic rules, field positions, and essential skills like throwing, catching, batting, and base running. With a focus on teamwork, sportsmanship, and confidence building, this session is ideal if you're new to the sport or looking to strengthen your basic skills. Bring your own mitt if you have one.	12 to 19
D-33	Stop-Motion Animation Challenge	Create your own stop-motion animation using just a phone or tablet in this session. Practice video planning and storyboarding, explore stop-motion software, and channel your creativity to produce a short animated film. (Note: You'll need access to a phone or tablet with stop motion software installed [such as Stop Motion Studio's free version, available for iOS and Android].)	12 to 19
D-34	Super Collisions of Atomic Nuclei	Break nuclei made of marbles and then explore a world-class isotope laboratory where real nuclei are smashed into a target at nearly half the speed of light! Go behind the scenes at MSU's Facility for Rare Isotope Beams, or FRIB, where researchers create and study atomic nuclei that don't exist naturally on Earth. Join us to explore the incredible range of physical science-related careers.	12 to 19





Session code	Session title	Session description	Age range
D-35	Supply Chains: From Products to Professions	Part A is manufactured in China using heavy metals from Brazil, then it's shipped to Michigan for assembly in a vehicle that will be sold in the U.S. How does all that happen? Who makes it all happen? In this session you'll find out how everyday products are made, moved, and delivered—and the many careers in logistics, procurement, sustainability, and more—involved in the process. We'll explore each step of a supply chain through interactive activities, real-world examples, and quick case studies.	12 to 19
D-36	Using GitHub & AI to Create & Host Websites	In this session you'll start designing a website on paper, then take a quick dive into source control (the process of tracking and managing source code changes) using GitHub software automation tools. Then you'll create an account and use an AI (artificial intelligence) assistant to help build your website.	13 to 19
D-37*	Veterinary Nurse for a Day	Discover the role of the veterinary healthcare team, what a veterinary nurse does, and the educational and career paths in the field. You'll explore case reports, play games, and enjoy other fun activities, including visiting with Rosie, the educational tortoise.	12 to 19
D-38	Vision Boards for Bold Goals	Discover what truly matters to you and how that shapes the life you want to live. In this session you'll explore your personal values, learn why they're important, and create a unique vision board that reflects your goals and identity. Through fun activities and creative expression, you'll gain tools that will help boost your confidence, keep you motivated, and align your choices with your core values. You'll leave with a visual reminder of the best version of yourself and how to start living it today.	12 to 19

The Michigan 4-H State Awards Program

The Michigan 4-H State Awards Program is your opportunity to earn recognition while preparing to be Beyond Ready for life, expanding your network, and improving your leadership skills. The program encourages you to put together a cover letter, resume, and portfolio highlighting your 4-H experiences that you can repurpose later for job, college, and scholarship applications.

The program also offers you the chance to earn cash prizes up to \$500, a \$50 scholarship toward the 4-H Exploration Days registration fee, and other recognition. The 4-H State Awards recognition celebration is held during lunch on the first day of 4-H Exploration Days.

We'll tell you more about the 4-H State Awards and provide application materials at <https://tinyurl.com/295bkv23>. Submit your application by April 1, 2026.

The Michigan 4-H Teens as Teachers Program

You're invited to become a part of the Michigan 4-H Teens as Teachers Healthy Living Program. This program empowers teens ages 13 to 19 to become leaders and peer educators by teaching younger children about mental health, physical wellness, and positive life choices.

You'll receive hands-on training, an official program shirt, teaching materials, and ongoing support from MSU Extension professionals. You'll also earn a full scholarship to 4-H Exploration Days at Michigan State University and, after teaching your first lesson, a \$100 stipend.





This is a wonderful opportunity for you to build confidence, communication skills, and leadership experience that will benefit you in school, in your career, and in your community.

Key 2006 Dates

- April 15: Registration deadline
- April 21: Online orientation (with parents or guardians)
- May 19 & June 16: Online training sessions
- June 24–26: In-person training during 4-H Exploration Days
- July–December: Teen-led workshops and monthly support meetings (in person or online)

Register today at <https://bit.ly/4qdZ4r2>.

