

## **360 Your Feelings Matter**

### **Project Description**

Feelings can be confusing. This project lets you explore what emotions are, how to express them, and how to react to them in a positive way. After this project, you'll have tools and techniques to help you through any emotional situation.

### **To Complete the Project**

1. Complete all 7 activities in the project book.
2. Complete all the Talking It Over questions.
3. Complete at least 2 citizenship activities.
4. Take part in at least 2 learning experiences.
5. Complete the "Project Review" section of project book.
6. Take part in 4-H project judging. If you choose not to participate in judging, plan to discuss and review completion of your project with your 4-H Advisor.

### **Judging of this Project**

Interview judging for this project will be on Non-Livestock judging day at the Jr. Fair building. Please refer to the 4-H calendar for judging dates.

\*Requirements for Judging:

1. Completed project book.
2. Display of something learned in the project.

### **Project Display**

Prepare a display that shows the judge and fair visitors what you learned and accomplished in your project. For example, something you made, visuals or other items used to complete project activities, or a poster to share learned information.

**Your project book cannot serve as your project display.**

### **Display Areas**

At the Wood County Fair, your 4-H project will be displayed in the Wood County Jr. Fair building in your 4-H Club assigned booth.

### **Project Pick-Up**

You must pick up your project display at the end of the fair or arrange for someone to get it for you. Please refer to the Wood County Fair book or the 4-H Newsletter for project release times.

Projects not picked up by 3:00 p.m. on the last day of the fair will be disposed of.

**\*Ohio State Fair Project**