



San Diego County's 4-H Tips



Ages and Stages of 4-H

Young people act differently at various ages. Think about the young people you know. A six year old is very different from an eleven year old. They are different in their size, how they think, and what skills they perform successfully.

Because of these differences, 4-H projects and activities work better when they are designed for a targeted age group. Characteristics of these age groupings are given in the chart on the next page. Keep in mind that these are the characteristics that have the most impact on the 4-H experience. Keep in mind that these groupings are based on averages, and that each child is an individual who develops at his or her own rate.

Some 4-H projects and activities work with youth from mixed age groups. If you are working with these types of groups you need to consider the developmental characteristics of all the youth. Here are some tips for working with mixed age groups:



Hands on activities work best



Divide into smaller groups to do activities
(these could be age specific)

Find leadership roles for older members
(for example demonstrate project skills or
lead smaller groups)



Involve members in the planning of their own learning experiences

Remember that senior members can plan, implement and evaluate 4-H activities.