



4-H I CAN DO
MORE

RECORD SHEET

Alabama Cooperative Extension System, Alabama A&M and Auburn Universities

Child Development, 19 _____

Name _____ Age _____

Date Record Was Begun _____ Date Record Was Completed _____

First, read the list of suggested activities in Leaflet YHE-223, “4-H I Can Do More—Child Development.” Then, check all the things listed here that you plan to do this year. As you complete each activity, fill in the date you completed it. Then, write down one or two things you learned from your experience.

Activity	I Plan To Do	Date I Did It	What I Learned
Physical Development			
Learn what preschoolers like to do.			
Make a safe toy and play with a child.			
Watch a young child. Record physical changes you see.			
Collect safe toys children enjoy playing with.			
Record what children can do at different stages.			
List physical activities to do with a baby.			
Learn to feed children in different stages.			
Make a nutritious snack for a child.			
Take a babysitting course.			
Intellectual Development			
Read a book, tell a story, listen to music, or sing a song with a child.			
Find ideas to entertain and teach a baby, a toddler, and a preschooler.			

Activity	I Plan To Do	Date I Did It	What I Learned
Play with and observe a small child.			
Make up stories with a small child.			
Talk with a child from another culture.			
Teach a finger play to a small child.			
Teach a child a new skill.			

Personality And Social Development

Watch children play at a kindergarten or day-care.			
Lead games for a group of children			
Write down how children learn to get along.			
Practice showing love and support to young children.			
Write about the importance of support, discipline, and security.			

Sharing With Others

Write a paper about child development.			
Give a talk about what children learn from play.			
Tell a friend what you learned from this project.			
Make an exhibit of pictures of children playing.			



Recommended for Extension use in Alabama by Jacquelyn Robinson, *4-H Program Specialist—Educational Design*, Associate Professor, Vocational and Adult Education, Auburn University.

For more information, call your county Extension office. Look in your telephone directory under your county's name to find the number.

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