

2026 Gallatin 4-H Junior Rec Lab

Workshop Descriptions

WORKSHOP ROTATION #1 (1:00PM – 1:55PM)

- 1. *Bear Aware*** – Facilitated by Montana Grizzly Encounter staff
 - Learn essential bear safety from the experts at Montana Grizzly Encounter. This interactive workshop covers key bear facts, how to stay safe in bear country, and proper bear spray deployment techniques to help you be prepared and confident while enjoying the outdoors. Participants will gain practical knowledge for preventing and responding to bear encounters.
- 2. *Chemical Reaction Exploration*** – Facilitated by Rachel White & Nicole Berger
 - Dive into the exciting world of chemistry in this hands-on workshop where kids will explore and experiment with everyday chemical reactions. Participants will learn basic chemistry concepts, conduct experiments, and even test the pH of common household products.
- 3. *Cookie Decorating*** – Facilitated by Sarah Gavin
 - Learn the art of decorating delicious sugar cookies using royal icing. Participants will practice mixing icing colors, layering techniques, and simple decorating methods to transform cookies into edible works of art. This hands-on workshop is perfect for anyone who enjoys baking and getting creative in the kitchen.
- 4. *Introduction to Plant Identification*** – Facilitated by Elizabeth D’Imperio
 - Discover the fascinating world of plants in this hands-on workshop! Kids will learn key plant characteristics, terminology, and how to use a dichotomous key to identify different species. If possible, participants will take a short walk to practice their observation skills and explore the plants in their own environment.
- 5. *Create Your Own Code to Live By*** – Facilitated by Patrick Marble
 - In this workshop, kids will explore what a personal code or creed is and why having one matters. Using examples like the Pledge of Allegiance and the 4-H Pledge, participants will learn how guiding principles can shape their choices and actions. By the end, each child will begin crafting their own code to help guide them toward becoming thoughtful, responsible, and confident citizens.

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WORKSHOP ROTATION #2 (2:10PM – 3:05PM)

- 1. *Tae Kwon Do Basics*** – Facilitated by Patrick & Sean Marble, Randy Radke & Mark Austin
 - Get an active introduction to Tae Kwon Do, where kids will learn fundamental martial arts techniques, including kicks, punches, blocks, and basic grappling. The class emphasizes the number one rule: **NO FIGHTING**, while teaching self-defense and deescalation skills for real-life situations. Participants should wear loose-fitting clothes, remove shoes, and be ready to move, learn, and have fun!
- 2. *Light It Up*** – Facilitated by Kyle Gavin & Belgrade FFA
 - Explore the basics of energy and learn how electricity flows through a circuit in this hands-on workshop. Participants will get to wire batteries, switches, and bulbs to see electricity in action. By the end, kids will have the skills and confidence to build their very own working light system!
- 3. *Floral Design*** – Facilitated by Kelli Duncan
 - Learn the art of creating beautiful floral arrangements in this hands-on workshop. Participants will explore design principles, color combinations, and techniques for arranging flowers to make stunning displays. By the end, each child will take home their own thoughtfully designed floral creation!
- 4. *Our Fantastic Elastic Brain*** – Facilitated by Ashley Casto
 - Discover how our brains grow and change through practice in this fun, hands-on workshop about neuroplasticity and growth mindset. Participants will explore basic brain and neuron anatomy while trying interactive activities that demonstrate how repetition helps our brains get better at new skills.
- 5. *Petal Pushing*** – Facilitated by Merrita Marble
 - An introduction into plant anatomy. Learn to identify the different parts of plants, including a brief introduction to different plant life forms. Students will have an opportunity to dissect and identify the individual parts of a flower. Upon completion students will understand the complexity of flowers and mechanics of pollination.

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WORKSHOP ROTATION #3 (3:20PM – 4:15PM)

- 1. *Extreme Team Building*** – Facilitated by Maggie Radke & Roslyn Knapp
 - In this interactive workshop, kids will learn how to work together, share ideas, and make decisions as a team. Through fun activities like a blindfolded obstacle course and a rope knot challenge, participants will practice communication, cooperation, and creative problem-solving. Teamwork skills learned here will help kids succeed both in group activities and everyday life!
- 2. *Bike Maintenance Basics*** – Facilitated by Jordan & Seth D’Imperio
 - Learn how to keep your bike safe, comfortable, and in top shape in this hands-on workshop. Participants will explore drivetrain care, flat tire repair, pre-ride preparation, basic bike safety, and proper bike fit. With guidance on tools and techniques, kids will practice fixing common bike issues and gain the skills to confidently maintain their own bikes.
- 3. *Ice Cream in a Bag & The Importance of Dairy*** – Facilitated by Cassie & Bob Smieja
 - Make delicious ice cream from scratch while learning why dairy is an important part of a healthy diet. In this hands-on workshop, kids will mix, shake, and create their own ice cream in a bag, exploring how ingredients and science come together. Enjoy a tasty treat while discovering the benefits of dairy for strong bones and overall health!
- 4. *Homemade Beef Tallow Lotion*** – Lindsey Klebenow
 - Learn how to create a nourishing, all-natural beef tallow lotion in this hands-on workshop. Participants will explore the benefits of traditional tallow for skin, then follow step-by-step instructions to render, whip, and blend it with essential oils and other moisturizing ingredients. By the end, each child will take home their own handcrafted jar and the skills to make it again at home!
- 5. *Craft Your Story: Scrapbooking*** – Facilitated by Bailey Chapman
 - Get creative and preserve your favorite memories in this hands-on scrapbooking workshop. Participants will learn basic techniques for designing pages, arranging photos, and adding decorative touches. By the end, each child will have their own personalized scrapbook page with fun and meaningful creations!

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Workshop Descriptions

WORKSHOP ROTATION #4 (4:30PM – 5:25PM)

- 1. *Swing Dance Lessons*** – Facilitated by Aspen Smart & Josie Casto
 - Participants will learn basic swing steps, partner techniques, and simple routines while building confidence, coordination, and rhythm. By the end, kids will be ready to dance with energy, style, and a big smile on the dance floor!
- 2. *Lather & Learn: Goat Milk Soap Making*** – Facilitated by Lea'h MacDonald
 - Learn how to craft your own creamy, nourishing goat milk soap in this hands-on workshop. Participants will explore the soap-making process, including blending natural ingredients and adding scents or colors to create unique bars. By the end, each child will take home their own handcrafted soap and the knowledge to make more at home!
- 3. *Butter in a Jar*** – Facilitated by Hazel Nash
 - In this hands-on lesson, members will make real homemade butter using just heavy whipping cream and a jar! By shaking the jar, kids will watch cream magically transform into butter right before their eyes. This activity teaches the basics of food science, where food comes from, and how people made butter before modern machines. It's a great reminder that some of the simplest foods take real work.
- 4. *Do you Dig Dirt?*** – Facilitated by Merrita Marble
 - Have you ever wondered what the difference between soil and dirt is? Students will learn about the particles that make up the soil that plants grow in. Then get their hands DIRTY by putting those mud pie making skills to work to learn how to texture soil.
- 5. *Quick on Your Feet: Improv Games*** – Facilitated by Mattie Oostema
 - Jump into the world of improvisation in this energetic workshop! Participants will play fun games that boost creativity, quick thinking, and teamwork, learning how to build ideas together on the spot. By the end, kids will gain confidence, collaboration skills, and a whole lot of laughs!