



# Project Guide

For Breeding, Market, and Pet

## Getting Started

Welcome, and congratulations on taking a 4-H rabbit project! Your participation in 4-H is one of the very best ways to learn about caring for rabbits and about the rabbit industry.

## Before You Begin

1. Select a project helper.

Your project helper should be someone who can help if you have difficulty understanding or completing an activity. They can be a parent, project leader, club advisor, or an older friend who knows about rabbits. Your project helper also can help you find more information about an area of the project in which you are very interested. After you complete the activities in this book, review them with your project helper. Discuss what you did and what you have learned.

Write the contact information for your project helper here:

Name \_\_\_\_\_

Relationship to 4-H member \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

2. Record the date you are starting this project. Date started: \_\_\_\_\_
3. When this project is complete, sign and date this statement.

I hereby certify that as the 4-H member of this project, I have personally kept records on the rabbit project and have personally completed this project and record book.

Signature \_\_\_\_\_ Date completed \_\_\_\_\_

### Follow these tips to get the most out of your project experience.

- Plan on completing a new record book each year. Use an ink pen on the cover but use pencil on the activities that may take more than one try, like the growth chart.
- Think about how what you are learning applies to how you care for and manage your rabbit(s).
- Work with your project helper to complete the activities in this book. Your project helper is a valuable resource person.
- Look beyond the project book to explore topics that interest you. You can find more information about particular topics in magazines (for example, *Domestic Rabbits*), books like the *Rabbit Resource Handbook* and others, breed associations, rabbit websites such as the one for the American Rabbit Breeders Association, and your local Extension office. More resources are listed in the appendix.



# Your Project Level

Project levels are based on years of experience in the project or on school grade. Check the project level that is the best fit for you:

- ☐ The **beginning level** is for project members in grades 3, 4, and 5 or those in their first, second, or third years in the rabbit project.
- ☐ The **intermediate level** is for project members in grades 6, 7, and 8 or those in their fourth, fifth, or sixth years in the rabbit project.
- ☐ The **advanced level** is for project members in grades 9 and above or those with seven or more years of experience in the rabbit project.

## Project Guidelines

1. Obtain your project animal by the required possession date for your county. Contact your county Extension office for this date.  
The required date of possession for my county is \_\_\_\_\_ .
2. Complete all the project pages that apply to your animal, including this project guide (learning activities, learning experiences, topic of interest, and leadership and citizenship activities), animal records, financial records, and quality assurance.
3. Take part in a project review at a club meeting or at the county level. This project review can take place with your parent, club advisor, or project helper. There may be club or county awards based on experience level.
4. Take part in county project judging. This step may be optional. Check your county's guidelines. This type of judging is usually referred to as skillathon or interview judging.



# Learning Activities

Learning activities are your opportunity to demonstrate and apply what you are learning. Here's what to do: Browse through your *Rabbit Resource Handbook* to get ideas. What are five activities you could do to show the interesting things you are learning by raising and caring for a rabbit? Pick activities that are appropriate for your level:

- An example of a **beginning activity** is "List some desirable traits for market rabbits."
- An example of an **intermediate activity** is "Using correct terminology, list and define your animal(s) desirable market rabbit traits."
- An example of an **advanced activity** is "Using correct terminology and observing market rabbit traits, judge a class of market rabbits and recite your reasons to your project helper."

Would you like more examples of learning activities? Hundreds of ideas are available online at [go.osu.edu/4hrabbitresources](http://go.osu.edu/4hrabbitresources). Click on Learning Activity Ideas.

Follow these guidelines:

- Select **at least five** activities that are new for you this year, not ones you completed previously.
- Select activities that are appropriate for your level (beginning, intermediate, or advanced).
- Write the activities you plan to do in the table.
- Ask your project helper to initial and date the activities as you complete them.
- Advance to the next level after completing 15 or more activities or after reaching the next appropriate level.

Learning Activity	Date Completed	Project Helper's Initials
<i>Example: Explain the differences among kits, does, and bucks.</i>	<i>3/11/YR</i>	<i>T.W.</i>
1.		
2.		
3.		
4.		
5.		
Do as many additional learning activities as you want.		



# Learning Experiences

Learning experiences are meant to complement the learning activities, providing the opportunity for you to expand and apply your knowledge even more. Participate in **at least two** learning experiences each project year. Follow these guidelines:

- Learning experiences should be different from the project activities you complete, and they should be different from year to year. The idea is for you to continue to expand your knowledge and experiences with rabbits.
- Review the suggestions here and identify the experiences that interest you the most. If you have your own idea for a learning experience, simply talk to your project helper and see if they approve. Write what you want to do in the table that follows. You may add or change your plan at any time.

## Beginning

1. Attend a sanctioned ARBA rabbit show. Watch the evaluation of the animals. Listen to the judge's comments on placings.
2. Attend a sanctioned ARBA rabbit show. See how many rabbit breeds you can find and identify.
3. Assist with the care of a new litter.
4. Describe the behavior of the kit and the doe following birth.
5. Learn how to properly put a harness on your pet rabbit.
6. Work with your rabbit to walk on a harness.
7. Attend an area or statewide rabbit information meeting, clinic, or workshop.
8. Attend a rabbit showmanship clinic.
5. Speak with an expert about common rabbit diseases and their signs and/or symptoms. Document treatment methods.
6. Participate in a quality assurance training program.
7. Speak with a veterinarian about health management. Work together to create a VCPR and a health management plan for your animal(s) or herd.
8. Join a state or national breed association.
9. Show your breeding rabbits or meat pens at the county fair and/or state fair.
10. Sell your rabbits if applicable.

## Intermediate

1. Participate in a rabbit judging contest, a rabbit quiz or knowledge bowl contest, or a rabbit skillathon contest at the state level.
2. Participate in a sanctioned ARBA rabbit show.
3. Visit and tour a rabbitry in your county or surrounding county. Interview the owner. Take notes and share what you learn with an advisor or project helper.
4. Attend a meeting where a feed company representative or other nutrition specialist talks about rabbit nutrition.

## Advanced

1. Help a new member select an animal for a project animal.
2. Help a younger member learn how to judge a rabbit class.
3. Assist a member with showmanship using their rabbit.
4. Judge a class of rabbits and give oral reasons (explain your placings).
5. Attend a rabbit show at a county or state fair other than your own.
6. Attend a rabbit breed association meeting, annual convention, or other event.



7. Speak with an animal nutritionist, evaluate your feeding program, and identify possible improvements.
8. Interview and spend a day with someone who has an animal-related career. Explain what you observed and learned.
9. Visit a college or university with an animal sciences program.

- You can repeat a learning experience if each instance is sufficiently different. For example, a county rabbit show is different from a breed association rabbit show.
- After you do the learning experience, describe at least one thing you learned.
- Finally, ask your project helper to initial and date as needed.

Learning Experience	Date Completed	Project Helper's Initials
<p>Example 1:</p> <p><i>Attended the Ohio State Fair to compete in the 4-H Rabbit Judging Contest for the first time.</i></p>	8/1/YR	T.W.
<p>What I learned:</p> <p><i>It is important to bring your Standard of Perfection to the judging contest because you might be judging a breed you have never seen before. I judged four classes (Havana Junior Does, Crème d'Argent Junior Bucks, Californian Single Fryers, and Dutch Senior Bucks) during the contest, placing them 1st – 4th place. I also had to answer five questions about the four rabbits in each class.</i></p>		
<p>Example 2:</p> <p><i>Attended and participated in a Rabbit Showmanship Clinic.</i></p>	4/1/YR	T.W.
<p>What I learned:</p> <p><i>I learned that keeping my feeding and watering routine from home the same once we get to fair decreases the stress on my rabbit. I practiced flipping over my rabbit and got assistance from the teacher on proper holding technique to better control my rabbit. I also got the chance to learn about different breeds of rabbits from other 4-H members at the clinic.</i></p>		





Learning Experience	Date Completed	Project Helper's Initials
1.		
What I learned:		

2.		
What I learned:		

Optional extra learning experience can go here.		
3.		
What I learned:		



# Topic of Interest

Select and write about one of the specific topics in this year's rabbit focus questions at [go.osu.edu/4hrabbitresources](https://go.osu.edu/4hrabbitresources). Attach additional pages as needed.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# Leadership and Citizenship Activities

Developing leadership and citizenship skills is an important part of your 4-H experience. As your experience in 4-H grows, you learn to be an effective speaker, practical organizer, and valued contributor to your community. Each year you are asked to complete **at least two** leadership and citizenship activities. Here are the steps to follow:

1. Leadership and citizenship activities should be different from each year's learning activities and learning experiences. They do not necessarily have to be different each year, but each year you should be able to demonstrate expanded responsibility and leadership. For example, let's say you always attend 4-H camp. At first you simply attend, but over time you might take on leadership roles and eventually become a camp counselor.
2. After reviewing the list of activities below, place a check next to the ones you plan to do this year.
3. With the approval of your project helper, you may add to or change your plan at any time.
4. Ask your project helper to initial and date the experiences you complete.

Leadership and Citizenship Activity	Plan to Do	Date Completed	Project Helper's Initials
<i>Example: Write a news story for a local newspaper.</i>	✓	3/11/YR	T.W.
Lead the Pledge of Allegiance, a song, or a game at a 4-H meeting.			
Promote 4-H by writing a news story for a local paper or by participating in a radio or television program.			
Give a presentation (demonstration, illustrated talk, or a speech) to your club.			
Serve as a host for a 4-H meeting, as the chair of a committee, an officer of your club, or as a junior leader.			
Participate in a community service project.			
Attend 4-H camp or a leadership conference.			
Serve as clerk, chairperson, or apprentice judge at a 4-H show.			
Serve as a camp counselor.			
Plan an activity for your club by making tour arrangements, recruiting a speaker, etc.			
Help plan or conduct a quality assurance program, a project quiz bowl, a skillathon, or a judging contest.			
Participate in the annual meeting of a local rabbit organization.			





Leadership and Citizenship Activity	Plan to Do	Date Completed	Project Helper's Initials
Prepare a window display during national, state, or local 4-H week.			
Do something to improve your neighborhood.			
Help in some way to educate the public in animal owner responsibilities and animal pet problems; offer some solutions.			
Add your own activity here.			
Add your own activity here.			

