



# 4-H RABBIT PROJECT



## 4-H THRIVE

### Help Youth:

#### Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

#### Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

#### Reach Their Goals

Help youth use the GPS system to achieve their goals.

**Goal Selection:** Choose one meaningful, realistic and demanding goal.

**Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.

**Shift Gears:** Change strategies if you're having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

#### Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character or establish connections.

In the rabbit project youth can learn about selecting and raising a rabbit. Youth learn about the breeds, characteristics, and sound care and management practices.

- Learn the basic principles of animal science by owning, caring for, and keeping records on rabbits.
- Explore knowledge of sound breeding, feeding, and management practices.
- Investigate marketing, project expansion, and how you can start a career in the rabbit business. Learn how to market the animals and products for breeding, fur, meat, or pets.

#### Starting Out *Beginner*

- Gather information and determine the best rabbit for your family.
- Determine the purpose of your rabbit projects.
- Develop a rabbit care management plan.
- Identify rabbit equipment and their uses.
- Locate and name parts of a rabbit.
- Learn proper feeding.
- Learn proper grooming.
- Discover proper rabbit showmanship steps.

#### Learning More *Intermediate*

- Learn the different types of breeds and their ideal weight.
- Learn and explain judging criteria for rabbit health.
- Learn the difference between 4-Class breed and 6-Class breed rabbit shows.
- Explore rabbit body types and their functions.
- Design a plan for preparing rabbits for show.
- Practice or learn how to tattoo rabbits.
- Learn about diseases and environment concerns.

#### Exploring Depth *Advanced*

- Learn about rabbit breeding programs and genetics.
- Design a rabbitry.
- Manage your rabbitry.
- Learn palpation techniques to determine pregnancy.
- Identify bones on a rabbit skeleton.
- Evaluate rabbit health.
- Complete rabbit pedigree and registration papers.
- Market your rabbits to others.

The activities above are ideas to inspire further project development. This is not a complete list.



# Expand Your Experiences!

## Science, Technology, Engineering, and Mathematics

- Research the nutritional needs of rabbits and compare to nutritional needs of other animals.
- Explore the need for biosecurity measures when handling animals. Create a list of recommendations for competitive rabbit events.
- Design and test various habitats to find the one that works best for your rabbit.

## Healthy Living

- Discuss the necessity of washing your hands before and after handling your rabbit.
- Discuss your rabbit's life expectancy and what to look for when they get older.
- Create a display or skit on rules for rabbit safety.

## Citizenship

- Use the confidence obtained through shows and expos in all aspects of life.
- Use your animal as therapy for sick and disadvantaged individuals.
- Create a presentation or book on the origin of the "lucky rabbit foot." Present to a group.
- Work with a local animal shelter to help with rabbit adoptions or "dumping."

## Leadership

- Become a role model for others by taking the position of Junior or Teen Leader in your project.
- Recruit younger youth into a 4-H rabbit project.

## Resources

- Healthy Pets  
[www.cdc.gov/healthypets](http://www.cdc.gov/healthypets)
- University of Illinois Pet Columns  
[vetmed.illinois.edu/pet\\_columns](http://vetmed.illinois.edu/pet_columns)
- American Vet Med Association  
[www.avma.org/firstaid/procedures.asp](http://www.avma.org/firstaid/procedures.asp)
- American Red Cross: Pet First Aid/ CPR  
[www.redcross.org/pets](http://www.redcross.org/pets)
- California State Fair  
[www.castatefair.org](http://www.castatefair.org)
- American Rabbit Breeders Association  
[www.arba.net](http://www.arba.net)

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### Connections & Events

**Presentation Days** – Share what you've learned with others through a presentation.

**Field Days** – At these events, 4-H members may participate in a variety of contests related to their project area.

**County Fair** - Enter your rabbit (s) and show the judge what you have learned in showmanship!

Contact your UC Cooperative Extension office to determine additional opportunities.

### Curriculum

- Rabbit Curriculum  
<http://shop4-h.org>
- Official Guidebook to Raising Better Rabbits and Cavies  
[www.arba.net](http://www.arba.net)
- Learning Lab Kit: Rabbit  
[ohio4h.org/books-and-resources/learning-lab-kits/rabbit](http://ohio4h.org/books-and-resources/learning-lab-kits/rabbit)
- Rabbits: From the Animals Point of View  
<http://4h.ucanr.edu/Resources/Curriculum/FREE/>

### 4-H Record Book

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit  
<http://ucanr.edu/orb/>





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