



2023 Expressive Arts Fest

01.14.23 | Christ-St.Johns, 500 Park St, West Salem

Here is your How-To Guide for families and participants on performing at the La Crosse County 4-H Expressive Arts Festival. **Expressive Arts is an opportunity to learn how to incorporate your artistic expression in your performances and exhibits as well as a way to try something new!**

Sometimes it can look scary and overwhelming. Well, we want to make it simple for you! This flyer will break down all the ways you can perform and hopefully give you a few helpful tips to guide you.

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All types of performance will be judged by merit and participation this year. Just do your best and try new things!

Please note that adjustments have been made to rules and guidelines this year, and of course, if you have any questions, please contact us at 608-785-9593 or lacrossecounty4h@lacrossecounty.org.

Don't forget to visit the website for up-to-date information and registration: <https://tinyurl.com/4Hexparts>

Special thank you to Miki Markofski, Joanna Heram and the Home Runners 4-H Club in helping with the updates to guidelines and helpful suggestions!

How can I perform?

It's a way to show off your skills in:

- Drama/Theatre
- Speaking
- Music
- Arts & Crafts
- Marketing
- Photography



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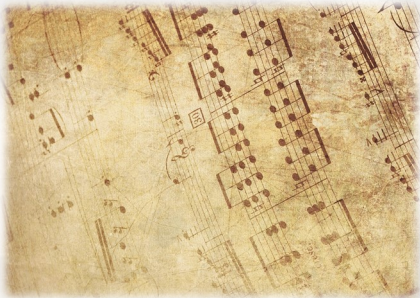
01.14.23 | West Salem | **Rules and Guidelines**

All Categories of Participation:

- If you're doing a play - don't bring hay! There were some pretty stringent rules to performances in the past that we think had something to do with mess. Please pick props and costumes that do not leave a trail behind you.
- Presentations and performances must be family friendly and appropriate.

Drama Categories:

- Groups are allowed 5 minutes apiece for set up and take down of their stage in addition to the maximum time limit of their performance.
- Youth should participate in only 1 performance per category - meaning one dual-acting performance, and one play. Not two plays, or two dual-acting performances.



Music Categories:

- Participants may utilize no more than 3 minutes each for set up and take down.
- All performances have a 12 minute time limit.
- Pianos are provided in every room, but no accompaniment will be. Please provide your own if necessary.
- No directing is permitted from the audience or in front of the stage.

For **Speaking, Arts and Crafts, Marketing, and Photography** please see each individual category and performance for guidelines and rules.

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Drama Categories - all group focused

- **Published Play:** A 30-minute group production, using a published script. Props and costumes are encouraged.
- **Original Play:** A 30-minute group production, using an original (un-published or devised) script. Props and costumes are encouraged.
- **Play Reading:** Readers are to make their selection “come alive” without the use of costumes or props. Appropriate gestures and human-produced sound effects (no artificial devices) are allowed. Scripts are to be used. Maximum time limit is 12 minutes. Groups must consist of 3 or more participants.
- **Dual-Acting Performance:** A 10-15 minute two-person, memorized production where there is minimal eye or physical contact between performers but will act a script of generally two or more characters. No props or costumes.
- **Entertaining Performance:** Produced with minimal props and costumes that can be performed in any room. Examples include skits, puppetry, group improvisation, or creative dramatics. Maximum time limit is 12 minutes.

Speaking Categories - individual focused

- **Memorized Selection:** Prose, poetry, or any other piece that must be memorized presented by an individual. No notes allowed. Maximum time limit is 5 minutes.
- **Literary Reading:** Includes prose and poetry pieces presented as a reading by an individual. No props or costumes allowed. Maximum time limit is 5 minutes.
- **Original Speech:** A speech written by and presented by an individual on any subject, preferably one pertaining to his/her 4-H project work. Notes are permitted. Maximum time limit is 5 minutes.
- **Storytelling:** Original or published narrative, told as if to a younger audience, and presented without notes by an individual. No poetry is allowed. Costumes or props are encouraged, and facial expressions or gestures are allowed. Maximum time limit is 12 minutes. Props are allowed.

What is the difference between prose and poetry?

Anything that isn't a poem, such as a story or narrative, is considered prose!

Music Categories - group or individual

- **Instrumental:** Perform selection(s) from any genre using only musical instruments.
- **Vocal:** Perform selection(s) from any genre using their voices only. Costumes are permitted, but no props are allowed.
- **Dance:** Perform choreography from any genre. Costumes and props are permitted, but the focus should be on the group's movements. Music set to the choreography may only be instrumental.
- **Novelty:** Provide musical, vocal, or movement entertainment by combining a variety of instrumental, vocal, or dance techniques. Examples of a Novelty performance include, but are not limited to lip syncing, variety shows, show choirs, or other musical performances that do not fit in the first three categories above.

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Arts & Crafts Category

Participants submit arts & crafts items for display and judging. Youth are not required to be present for the day, but can simply drop off their exhibits in the morning and pick them up in the afternoon after judging. Make sure to follow these directions:

- All entries must have a 3"x5" index card listing title of piece, artist name, club, grade, date completed and brief description of materials used attached securely somewhere to the piece.
- Participants may only enter 5 arts and crafts exhibits (but can submit in other categories)
- Note: to submit an item for the La Crosse Interstate Fair, you are restricted to 24"x24" size for your item. This is not a requirement for Expressive Arts.

Marketing Category

Participants submit items that could be used to market the 4-H program. Youth are not required to be present for the day, but can simply drop off their exhibits in the morning and pick them up in the afternoon after judging. Make sure to follow these directions:

- All entries must have a 3"x5" index card listing title of piece, artist name, club, grade, date completed and brief description of materials used attached securely somewhere to the piece.
- Any item is acceptable does not have to be marketing 4-H but if you need a 4-H logo reach out to lacrossecounty4h@lacrossecounty.org and we'll get one too you based on the needs of your piece!
- Virtual options are acceptable (for ideas on what to do: 1 min news spot, 3 min story, or 30 second commercial), however, participants must provide the equipment that will host/play the piece. Outlets and extension chords will be provided, but bring any power chords for the equipment. Someone will be in the room to keep watch over any equipment.

Photography Category

Participants submit original photographs for display and judging. Youth are not required to be present for the day, but can simply drop off their exhibits in the morning and pick them up in the afternoon after judging.

- All entries must have a 3"x5" index card listing title of piece, artist name, club, grade, date completed and brief description of materials used attached securely somewhere to the piece.
- Participants may only enter 5 photography exhibits (but can submit in other categories)
- Photos must be participant's own original work.
- Note: to submit a photo to the La Crosse Interstate Fair, you are restricted to a 5"x7" photo mounted on poster board of any color no larger than 6"x8". This is not a requirement for Expressive Arts.



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01.14.23 | West Salem | **General Speaking Tips**

Below are some tips to keep in mind when practicing and giving your performance!

Prepare for the Day

- Dress appropriately, words and pictures on shirts (even club shirts) can distract from your performance.
- Remember that the judge knows you are doing your best, but they will give you constructive feedback. This means while there are things you do really well, there are always ways to improve. They will want to give you ideas on how to improve your performance!

Introduction

- Always give acknowledgement to the author even if it's "unknown."
- Tell why it was selected!

Here is a Sample Introduction to Memorize!

Use your own details to personalize it:

"Hi, my name is Millie Smith. I am 13 years old in the 8th grade. I am in the Home Runners 4-H Club in La Crosse County. Today I will read you a poem called "My Hope" by Lester Lawrence. I chose this piece because it is a beautiful picture of how hope can pull us through hard times. I want you to enjoy it as much as I do."

Other Speaking Tips

- Stand still - try not to wiggle your feet!
- Talk over your paper, not into it (do not hide your face with your paper).
- Make eye contact with the audience.
- Be loud and soft in different parts with your voice.
- Use inflection and slow, clear articulation.
- If reading a piece, mount it on dark construction paper to make it look nicer and make it more rigid.
- Keep your place by scrolling down with one thumb as you read in case you get lost while looking up.
- It is very appealing when a piece is self-written!

General Tips for Handling Constructive Criticism

- Be you! Part of Expressive Arts is learning how to put your artistic expression in the performances and exhibits you do. With every bit of feedback you receive be sure to reflect on what is useful and what you feel will not help you in your personal expression. One judge is not going to determine the success of your art.
- When we put our vulnerable expressions out there for feedback, it can feel hurtful (as participants and parents, too!) to receive ways we can improve. If you are passionate about your craft and looking to get better, try to acknowledge the truth of the feedback and be objective about your performance. None of us are perfect, and we all are working to get better!