4-H Cloverbud Activity Book A

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My 4-H Club

My Name: _____

4-H Club Name: _____

4-H Leader's Name: _____

Phone Number:_____

Other Club Members: _____

_____

4-H Youth Development Agent's Name:_____

Phone Number:_____

A Little Bit About Me

Place

Your

Picture

Here

Name:_____

Age:_____

My Family members: _____

_____

_____

My favorite activities: _____

_____

_____

4-H Club Emblem

The four leaf clover with the letter "H" on each leaf, which stands for head, heart, hands and health. The colors of the emblem are green and white.

4-H Motto

"TO MAKE THE BEST BETTER"
This motto challenges everyone involved in 4-H to do the very best job they can.

4-H Slogan

"LEARN BY DOING"

4-H Pledge

I pledge:

My Head to Clearer Thinking (Right hand points to forehead)

My Heart to Greater Loyalty (Right hand over heart)

My Hands to Larger Service (Arms slightly bent, palms up)

And My Health to Better Living for My Club,
My Community, My Country and My World (Arms at side)

My Club and County Activities and Events

Activities and events I was part of:

Event	Date

Create - a - Critter

Make up a brand new critter. Construct your critter by using some of the materials listed below, and then draw a picture of your creation. Decide the details by completing the sentences below.

Draw a picture of your critter here.

My critter's name is _____.

It lives in the _____.

It eats _____.

It moves by _____.

It is special because it _____.

Materials: straws, toothpicks, paper, paper plates, modeling clay, crayons, any other items you may have

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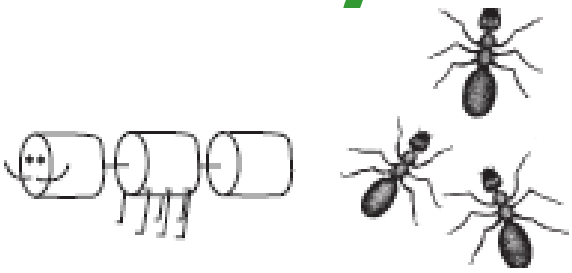
Ant ANTatomy



Create your own ANT!

Ants are a type of insect that have six legs, two antennae and three body sections. The three body sections are the head, thorax and abdomen.

Ants live in colonies made up of queens, males and workers. They are amazing creatures that come in different colors, with black being the most common. Ants can carry up to 27 times their body weight!

Where do you see ants? _____

_____

What color ants have you seen before? _____

_____

How many antennae do ants have? _____

Can you name the three body sections of an ant? _____

_____

How many legs do ants have? _____

Time to make your ant!

Materials: three large marshmallows, 4 large pipe cleaners cut in half, 2 toothpicks, scissors and markers.

Procedure:

1. Use the three large marshmallows as the body sections and connect them using toothpicks.
2. Cut 4 large pipe cleaners in half to make 8 small pipe cleaners. Use 6 for the legs and insert 2 for the antennae.
3. Decorate your ant using markers.

Create a Habitat

Draw a picture of your habitat here.

Choose an animal and create its habitat!

For this activity, choose any animal and look up its habitat. An animal's habitat is the area in which it lives. For example, your habitat is your house because it is where you live.

You can make your habitat out of anything you would like. A few suggestions are: shoebox, construction paper, glue, markers, grass and twigs.

My animal is a _____. It lives _____
_____.
It eats _____.

Let's Make Sidewalk Chalk

Place a picture of your artwork here.

Materials:
- 2 cups water
- 2 cups Plaster of Paris
- 2 Tablespoons Tempera Paint (wet or dry)
- Toilet paper tubes with duct tape over one end
- Cookie sheet lined with aluminum foil or waxed paper

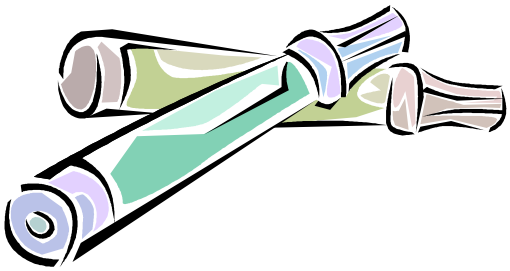
Procedure:
1. Combine and stir together all ingredients, and let stand for a few minutes.
2. Place prepared toilet paper tubes on cookie sheet lined with aluminum foil or waxed paper.
3. Pour mixture into holders, let stand until semi-firm.
4. Remove holders and let dry completely.
5. Ready to use in 1 $\frac{1}{2}$ hours.
6. Now use your sidewalk chalk to draw a picture outside!

CAUTION: DO NOT POUR PLASTER DOWN THE DRAIN AND MAKE SURE ADULTS SUPERVISE THE MIXING!

Puppet Creations

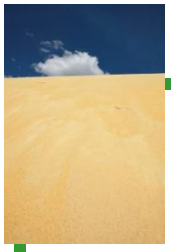
Let's create a puppet and perform a puppet show!

Materials: Lunch bag
Markers
Googly Eyes
Yarn
Glue
Pipe Cleaners
Other Craft Supplies



Procedure: Using your supplies create puppets and perform a show for your friends and family!

Draw a picture of your puppets here.



Sand Painting

Draw a picture of your artwork here.

Let's create a picture using sand!

Materials:
- Dry Sand (in paper cups)
- Pencil
- Crayons
- White Glue
- Paper or Cardboard
- Newspapers

Procedure:

1. Use a pencil to draw a picture design lightly on paper.
2. Apply a bead of glue to the pencil lines.
3. Sprinkle sand gently over the wet glue.
4. Tile the paper so the extra sand falls off the paper onto the newspaper.
5. Let dry.
6. Use crayons to add details or color to the sand painting.

Beanbag Socks

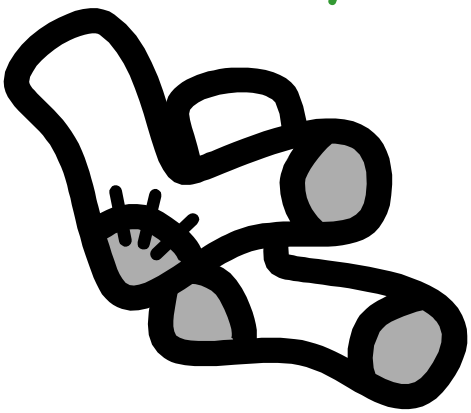
Practice some sewing skills while making a beanbag sock!

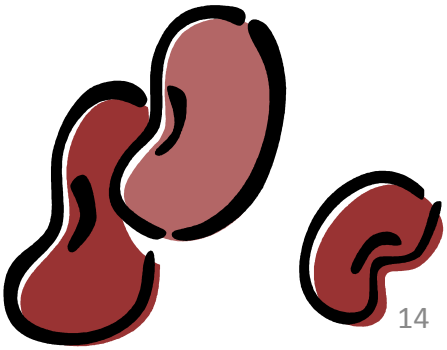
Materials: Unmatched Sock
Dried Beans
Large Darning Needle
Colorful Yarn
Scissors
Markers

Procedure:

1. Collect the materials needed.
2. Fill sock with dried beans, leaving room to sew the top of the sock.
3. To finish the sock – close to the beans stitch the top closed using the colorful yarn and darning needle.
4. Use markers to decorate the sock.

See if you can come up with a fun game to play with your new beanbag sock!





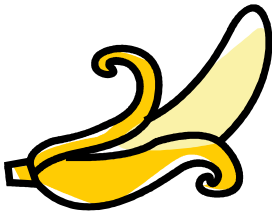
Graham Cracker Scram

Let's Make a Delicious and Nutritious Snack!

Make sure to ask an adult for help!

Ingredients: Graham Crackers
Peanut Butter
Bananas, sliced
Low-fat milk

Equipment: Plastic Knife
Paper Plates
Plastic Glasses, for milk
Napkins



Procedure:

1. Before making the snack, make sure to wash your hands with soap and warm water.
2. Use the plastic knife to slice the bananas.
3. Take a half of a graham cracker and spread peanut butter on it and then top the peanut butter with sliced bananas. Add the other half of the graham cracker to the top and enjoy with a glass of low-fat milk.

This snack is made with everyday foods that are healthy for us, like peanut butter and fruit. Can you think of any other everyday foods you could use to make a similar snack? _____

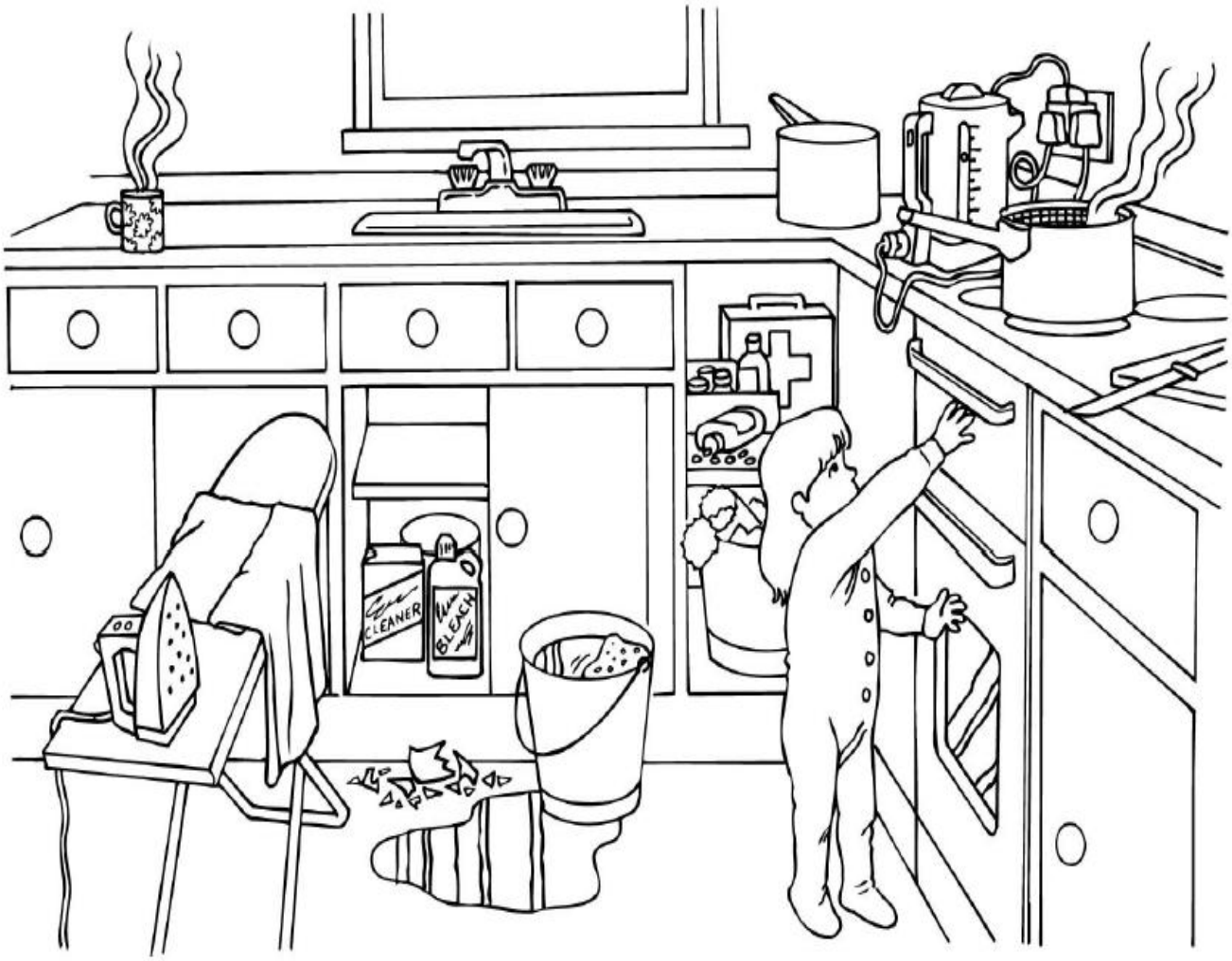
_____

_____

Recipe adapted from Kitchen Science for Kids, Cornell University Cooperative Extension, 1995 and Kangaroo Jump 5: Power Up the Day, Michigan State University Extension

Kitchen Safety

Circle all of the unsafe things in this picture.



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Do you have any of these habits in your kitchen? _____

List the things you will change about your own safety habits.

_____

_____

First Aid

Examine the items you find in a first aid kit, and write what they are used for.

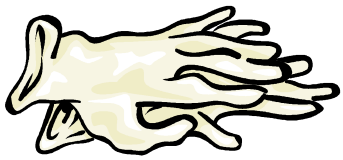
Bandages

Sterile Gauze

Adhesive Tape

Antiseptic Wipes

Antibiotic Ointment



Sterile Gloves

Now, let's make a First Aid Kit!

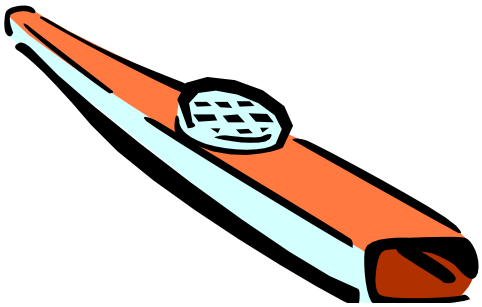
Ask an adult to help gather the materials listed above. Find an old coffee can, plastic zip-lock bag, old lunch box, plastic container or anything that can help hold your first aid supplies. Keep your first aid kit in a safe place you can easily get to.

Let's Learn About Sound!

Sound is a vibration moving through air, water, or some other material. Our ear collects these vibrations and turns them into a signal which is sent to our brain.

Let's Make Some Noise!

Build a Kazoo



Materials:
- Toilet Paper Tube
- Waxed Paper
- Rubber Band
- Crayons
- Scissors

Procedure:
1. Cut a square of waxed paper to cover the toilet paper tube.
2. Secure the waxed paper to the end of the toilet paper tube using a rubber band.
3. Decorate your kazoo using crayons.
4. Practice humming without your kazoo.
5. Now try to hum using your kazoo.

Does your humming noise sound different when your use a kazoo? _____ What is vibrating on your kazoo? _____
Do you think that changing the length of the kazoo will change the sound? _____. Try it!

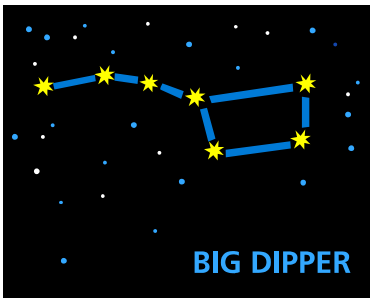
Make a Constellation

Constellations are pictures made up of stars. They were often named after items people were familiar with like animals or mythical people.

Constructing a Constellation

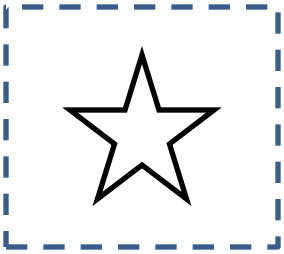
Materials:

- 8 $\frac{1}{2}$ " x 11" White Paper
- 8 $\frac{1}{2}$ " x 11" Black Construction Paper
- Pencil
- Metal Pin
- Stars Cutouts
- Scissors
- Glue
- White Crayon



Procedure:

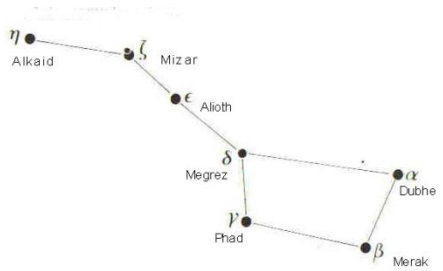
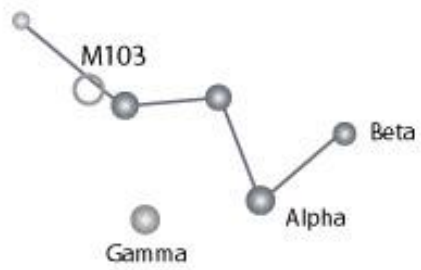
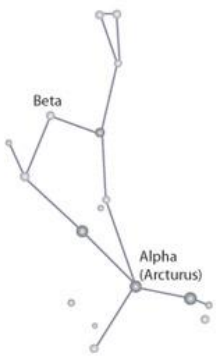
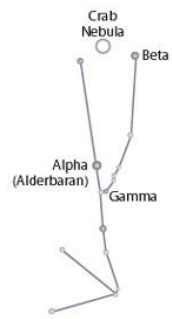
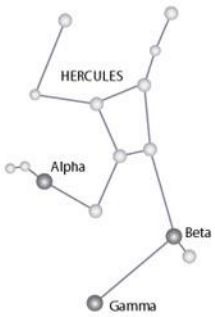
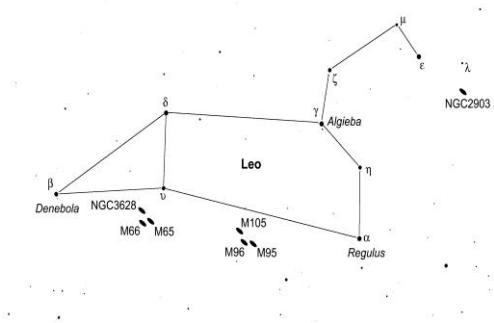
1. Draw a picture of your constellation on the white paper. You may draw a constellation from one listed on the next page or create your own.
2. Line up your white and black papers. Using the metal pin, poke a hole through every corner of your design.
3. Cut out stars and glue one on every pin hole.
4. Connect the stars using a white crayon.



Star Cutout Pattern

Adapted from: Mini 4-H Space. By: Roylene Laswell. Purdue University Extension Service.

Examples of Constellations

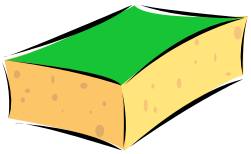
ALL YEAR	 **Big Dipper**	 **Cassiopeia**
WINTER	 **Boötes**	 **Taurus**
SUMMER	 **Hercules**	 **Leo**

Sink or Float?

Does it float? Try different objects and record if they sink or float.

Materials:

- Sponge
- Paper Clip
- Toothpick
- Marble
- Plastic Spoon
- Penny
- Plastic Straw
- Crayon
- Plastic Dishpan or Bucket, filled with water
- Towel
- Piece of Paper
- Pencil



Procedure:

1. Divide your piece of paper into two. On one side write FLOAT and on the other write SINK.
2. Make predictions of which objects you think will sink and which will float.
3. Time for testing! With the container filled with water, place each object in it one at a time and record whether the object floats or sinks.

Which items did you guess correctly? _____

_____

Why do you think some items sink and some float? _____

_____.

All About Leaves

Let's collect, identify and preserve leaves!

Materials:

- Roll of Wax Paper
- Fresh Fall Leaves
- Plain, Scrap Paper
- Iron for Pressing
- 9 x 12" Construction Paper
- Stapler
- Permanent Marker for Labeling Leaves
- Tree Field Guide

Procedure:

1. Take a nature walk and collect some fall leaves.
2. Using a tree field guide identify each leaf.
3. Press the leaves by layering them between plain paper. Repeat layers until all leaves are placed. Make a paper-and-leaf sandwich and place a heavy book on top. After a couple of days carefully remove the pressed leaves.
4. Cut a piece of waxed paper 2 feet long. Lay out the pressed leaves on the waxed paper in any pattern, but make sure to leave a 1 inch border on the long sides and a 2 inch border at each end.
5. Have an adult help you lay the waxed paper design on an ironing board. Place another layer of waxed paper on top of your design. Working gently and quickly use the iron to press the wax layers together. You will only need a second or two for the wax to adhere.
6. Use the construction paper to make a border around your waxed paper and adhere it using a stapler.
7. Have an adult help hang your artwork in a window!

Leaf Identification Guide

Maple	Oak	Birch	Ash	Poplar
Black Walnut	Hickory	Sycamore	Basswood	Cottonwood

These are just a few types of leaves, please use a Tree Identification Guide for more information.

Let's Grow Vegetables!

Let's identify seeds using a handy seed chart.

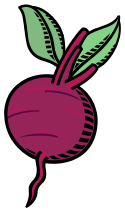
Materials:
- White Paper Plate
- Ruler
- Glue
- Markers
- 8 Kinds of Seeds (Example: Bean, Pea, Spinach, Corn, Radish, and Cucumber)

Procedure:
1. Divide the paper plate into eighths, like a pie. First divide the plate in half, then in fourths, followed by eighths. Draw lines using a marker and a ruler.
2. In each segment, glue a seed, label it, and draw a picture of the vegetable.

It's now time to plant some seeds!

Materials:
- Seeds (leftover from the handy seed chart)
- Potting Soil
- Paper Egg Carton
- Water

Procedure:
1. Remove the lid from the egg carton and fill each section about $\frac{3}{4}$ full with potting soil.
2. Place the seeds in the soil according to the package directions.
3. Place the egg carton in a location of natural light and water the seeds regularly.
4. Watch your garden grow! As the seedlings get larger, transplant them into your garden or larger pots by cutting the egg carton segment and planting the whole part in the ground.



Measuring Rain

Rain is a type of precipitation that is often measured using a rain gauge. Let's make a rain gauge!

Materials:
- Glass Jar
- Permanent Marker
- Ruler
- Stickers
- Paint

Procedure:

1. Place a ruler along a glass jar and mark every $\frac{1}{2}$ inch using a permanent marker. Make sure to label the marks.
2. Decorate your rain gauge using stickers or paints however you would like.
3. Place rain gauge outside in a flat open area. Make sure to empty the jar after each rain.

Observations:

How much rain was in your rain gauge after a storm?_____

What other types of precipitation are there? _____

_____

References

- http://www.education.com/activity/
  - A great website for activity ideas.

- 4-H Mini Space. 4-H-911-6. By: Roylene Laswell. Purdue University Extension Service.
  http://www.extension.purdue.edu/extmedia/4H/4H-911-6.pdf

- Cloverbuds Activities Packet. By: Richard Moreland and Lori K. Hutchins. University of Minnesota Extension Service.

- Cloverbud Program Manual. Montana 4-H.
  http://www.montana4h.org/#project:53.
  - Environmental Science/Plants & Animals Activity Guide
  - Science and Technology Activity Guide

4-H Members,

We have compiled new project material for 4-H Cloverbuds. The material will now be on a three year rotation, with 4-H Activity Book A, B, and C. Each year, all Cloverbuds will be doing projects out of the same activity book.

The Cloverbud Activity Book is designed to introduce Cloverbuds to many different 4-H areas. The new booklets provide activities in Animal Sciences/Animal Life, Expressive Arts, Family, Home, and Health, Science, and Natural Resources.

Please give feedback about the new 4-H Cloverbud Activity Book and return it to the UW Extension Office.

Sincerely,

Michelle Grimm

Taylor County 4-H Youth Development Agent

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Comments about the new 4-H Cloverbud Activity Book: _____

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