4-H Cloverbud Activity Book C

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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.

4-H Club Colors

Green and White. Green symbolizes nature's most common color. White symbolizes purity.

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 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

Animal Tracks

Have you ever been on a walk and seen some tracks and wondered what made them? Animals make tracks as they move allowing us to study their habits.

Let's go on a search for animal tracks!

Using the animal tracks handout, go with an adult searching for animal tracks! You can look in your backyard, a park or a woods.

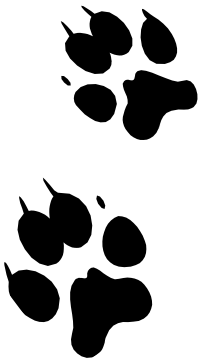
What animals did you find in your backyard? _____

_____

What animals did you find in a woods or a park? _____

_____

What type of ground (grass, mud or snow) is it easier to find animal tracks? _____

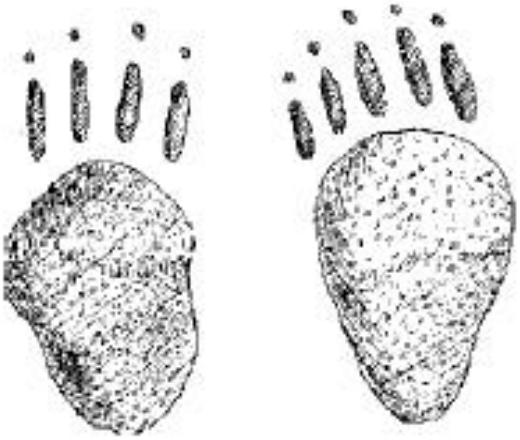


Matching Tracks

Draw a line matching the animal to its track!

Matching Tracks

Matching Tracks



Animal Track Guide

Striped Skunk

Front Foot

Hind Foot

Opossum

Front Foot

Hind Foot

Raccoon

Front Foot

Hind Foot

Gray Squirrel

Hind Feet

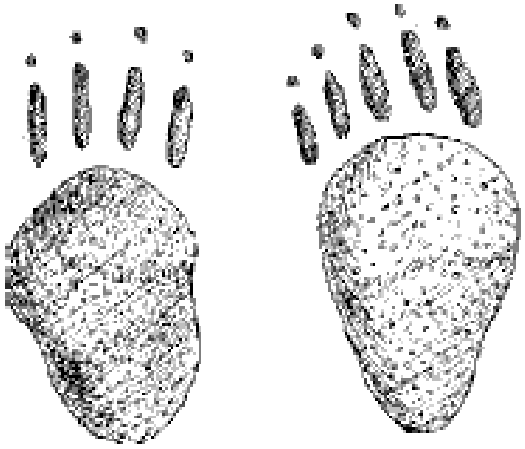
Front Feet

Rabbit

Hind Feet

Front Feet

Porcupine

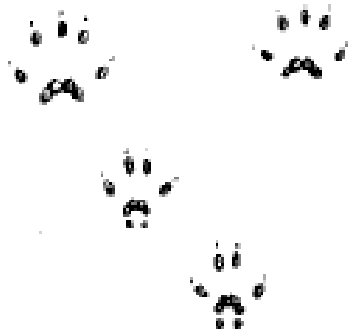


Front Foot Hind Foot

Chipmunk

Hind Feet

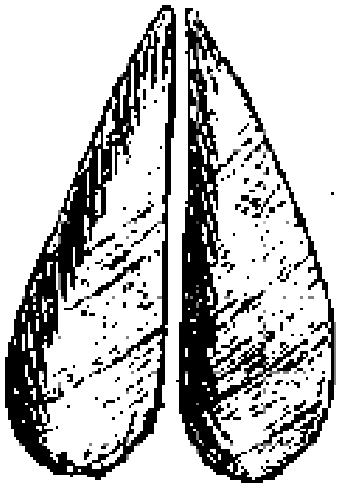
Front Feet



Dog/Coyote

Deer

Walking



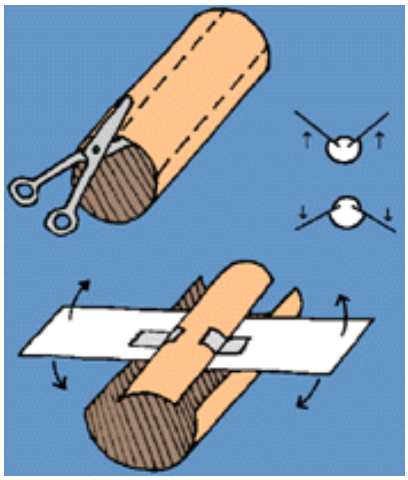
Running, or
Walking in Mud

Wild Turkey

Beautiful Butterflies

Have you ever wondered how a butterfly fluttered?

Butterflies flap their wings by contracting the thorax (the body part where the legs and wings are attached).



Let's build a model to see how it works!

Materials: Cardboard Toilet Paper Tube
Index Card
Scissors
Clear Tape
Markers

Procedure:

1. Make 2 longitudinal cuts along the toilet paper tube. Cut the tube so there are two parts – one larger and one smaller.
2. Cut an index card in half and tape each half to an edge of the larger portion of the tube. Leave about 1 $\frac{1}{2}$ inch overhang towards the middle of the tube.
3. Tape the edges of the smaller portion of the tube to the inner edges of the cards. Hold the tube (the thorax) with the smaller part of the tube on the top.
4. While holding the bottom tube section (the larger one), press down and then release the upper section. The index card "wings" will begin to flap up and down.
5. Decorate your butterfly!

Where are the wings of a butterfly attached?

_____

Adapted from: Clover Kids Beautiful Butterflies. Iowa State Extension.
*www.extension.iastate.edu/4H/**Clover**/Documents/**Butterflies**CK.doc*

Toad Abode

Let's build a house for a toad and observe these fascinating creatures. Watch for toads feasting on their favorite food – bugs! Toads eat insects, grubs, slugs, worms and other invertebrates. They can eat up to 110 a day!

Materials: 4 Inch Diameter Terra Cotta Pot
Acrylic Paints
Paint Brush
Newspapers
Small Spade

Procedure:

1. Spread newspapers on your workspace.
2. Decorate the pot using paints.
3. Once the pot has dried, take it outside to a spot in the soil (a flower bed or a spot under a bush or tree works great).
4. Take the spade and dig down in the soil a little ways to burry the pot half way in the ground on its side. Leave the soil turned up and don't pat it down.
5. Now it's time to wait for a toad! If you don't get a toad in one spot, try another!

Describe what a toad looks like. _____

_____

Name some things a toad may eat. _____

_____

Let's Sculpt

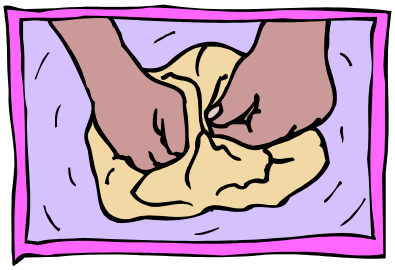
Place a picture of your artwork here.

Make a sculpture using homemade play dough!

Materials: $\frac{1}{4}$ Cup Salt
1 Cup Flour
$\frac{1}{4}$ Cup Water

Procedure:

1. Combine the salt, flour and water in a large mixing bowl.
2. Knead or stir the mixture until it is like clay consistency. You may need to add more water.
3. Divide the dough into as many pieces as you would like colors. Add food coloring to each piece of dough to get the color you would like.
4. Make a sculpture out of your dough and let sit overnight to dry.



Mime Time

Miming is the acting out of something, using no words or sounds.

Materials: Any Props That Are Handy

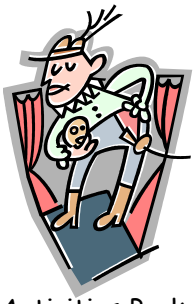
Procedure:

1. Gather a group of friends and family and take turns guessing actions such as foods with action (popcorn, toast in a toaster, eggs, sizzling bacon, etc) or any other actions you can come up with.
2. Now, try pretending like you have hundreds of strings attached to all muscles in your body. Pretend an outside force is pulling from above. All parts of your face should snap up. Do the same with forces pulling from the right, left and down.

What are some actions you could act out by miming? _____

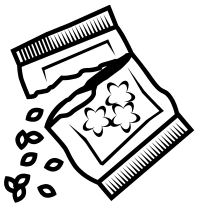
_____

_____



Adapted from: Mime and Yours. Cloverbuds Activities Packet. By: Richard Moreland and Lori K. Hutchins. University of Minnesota Extension Service.

Making Mosaics

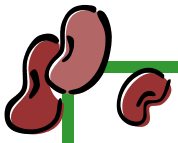


Mosaics are pictures made out of different objects glued together. They can be made out of any objects, such as tiles, pieces of glass, beads, beans, seeds, squares of paper, etc.

Materials: Tag Board or Heavy Paper
White Glue
5-6 Kinds of Dried Beans or Seeds
Newspaper

Procedure:

1. Place newspaper over the workspace.
2. Place the tag board or heavy paper on the workspace and glue the beans or seeds to it to make a picture.
3. Let sit to dry.



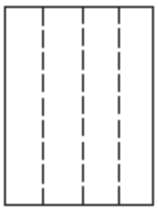
Place a picture of your artwork here.

Tic-Tac-Toe Weaving

Take a close look at the fabric of your clothes. What do you see? Fabrics and baskets are often made by weaving. Weaving is where threads are put over and under each other in a pattern.

Time for some Tic-Tac-Toe

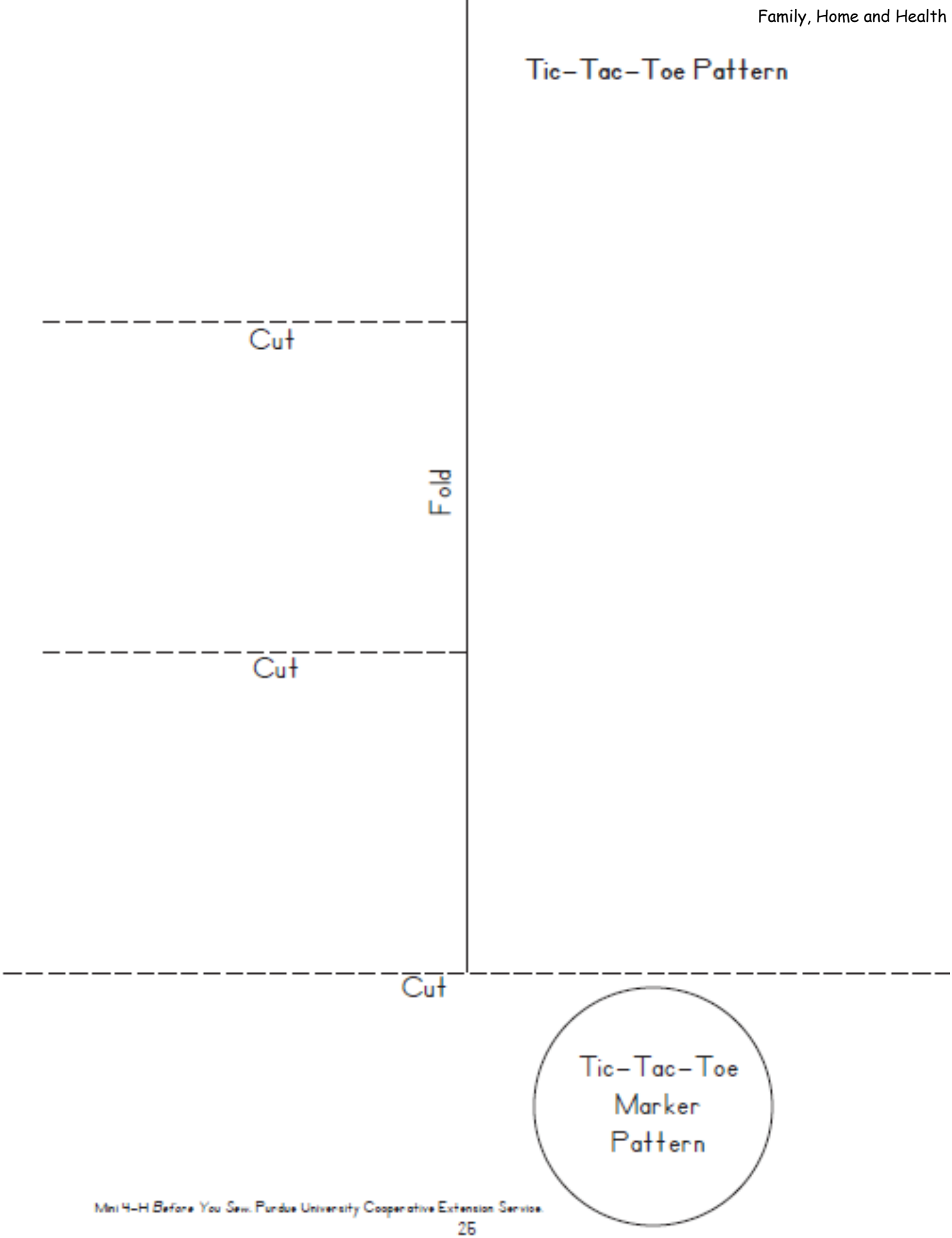
Materials:
- 1 – 8 $\frac{1}{2}$ Inch x 11 Inch Piece of Colored Card Stock
- 2 – 8 $\frac{1}{2}$ Inch x 11 Inch Pieces of Colored Paper
- 12Piece of Poster Board That Are Different Colors and Different Colors From the Colored Paper
- Scissors
- Glue
- 1 Letter Sized Envelope
- Tic-Tac-Toe Pattern Page



Procedure:
1. Fold one of the 8 $\frac{1}{2}$" x 11" pieces of colored paper in half lengthwise. Fold this paper in half again lengthwise so when it is opened there are four sections.
2. Use the scissors to cut along the folds so there are four paper strips. Lay the strips aside. (Only 3 of the strips are going to be used)
3. Lay the Tic-Tac-Toe Patter on top of the second 8 $\frac{1}{2}$" x 11" piece of colored paper. Cut off the bottom portion to create a square.
4. With the pattern still on top of the colored paper, fold the papers in half on the fold line.
5. Starting at the fold, cut along the dotted line. Unfold both papers and lay the pattern piece aside.
6. Weave the first strip through the square with the cuts in it. Weave the strip first under one and over one, continuing to the opposite side of the paper. The next strip is woven first over one and then under one, continuing as before. Push the first strip to the top of the cuts and push the second strip close to the first strip. Weave the last strip through the square using the under one, over one patter the first strip used. The square should look like a tic-tac-toe board.
7. Glue the woven tic-tac-toe board to the card stock and cut off excess strip paper.
8. Lay the tic-tac-toe board so the card stock side is facing up. Glue the envelope onto the board. Lay the board aside.
9. Cut out the pattern piece for the markers. Trace the round pattern piece onto the colored poster board nine times.
10. Cut out the markers and store in the envelope on the back of your tic-tac-toe board.
11. Play!

Adapted from: Mini 4-H Before You Sew. By: Roylene Laswell. Purdue University Extension Service.

Tic–Tac–Toe Pattern



Mini 4–H Before You Sew. Purdue University Cooperative Extension Service.
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Adapted from: Mini 4-H Before You Sew. By: Roylene Laswell. Purdue University Extension Service.

Scrumptious Sundae

Let's Make a Delicious and Nutritious Snack!

Make sure to ask an adult for help!

Ingredients: $\frac{1}{2}$ Cup Low-Fat Flavored Yogurt
$\frac{1}{2}$ Graham Cracker Sheet
$\frac{1}{2}$ Banana

Equipment: Plastic Knife
Small Bowl
Spoon

Procedure:

1. Before making the snack, make sure to wash your hands with soap and warm water.
2. Measure the yogurt into a cup
3. Break the graham cracker into small pieces and put on top of the yogurt.
4. Peel and slice the banana and place it on top of the sundae.
5. Enjoy!

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

_____

_____

Family Flag

Flags are used to represent something like a state or country. Years ago families had flags representing themselves. These flags had designs of special things and talents. These flags ere called coats of arms.

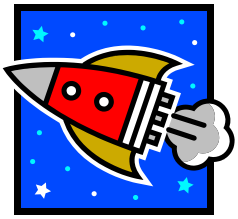
Think about your family's special likes and talents. Design a flag or coat of arms to represent your family.

You may construct your flag using anything you would like. You may draw a flag, make it using construction paper and craft items or sew a flag.

I added _____ to my family's flag because _____ _____.

Place a picture of your flag or coat of arms here.

Balloon Rocket



A rocket is a type of spacecraft that is powered by gases that are forced out of one end.

Lets use our aerospace skills to make a balloon rocket!

Materials:
- 6 Feet of String
- 4 Inch Piece of Drinking Straw
- 2 Chairs
- 9 Inch Round Balloon
- Spring Clothespin
- Transparent Tape

Procedure:

1. Thread the string through the straw and tie both ends of the string to the backs of the chairs.
2. Position the chairs so the string between them is very tight.
3. Inflate the balloon and twist the open end of the balloon and secure it with the clothespin.
4. Move the straw to one end of the string.
5. Tape the inflated balloon to the straw.
6. Time for takeoff! Carefully remove the clothespin from the balloon.

How far did your balloon travel? _____

Now try using different amounts of air in your balloon to see if it travels farther or shorter. What happened when you tried different amounts of air? _____

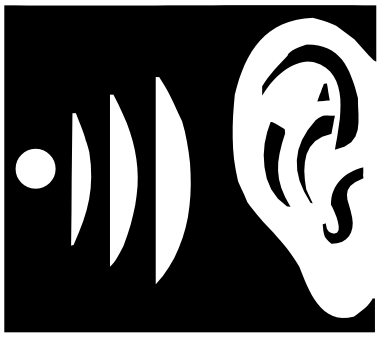
Noisy Cups

Sound vibrations travel through liquids, gases and solids. In this activity sound is traveling through a solid.

Try making noise with a dry string, a wet string and a string covered with dishwashing liquid. Which one will make the loudest sound? _____
Which will make the quietest sound? _____

Let's make some noise!

Materials:
- Paper or Plastic cups
- Large Paper Clips
- Cotton String
- Scissors
- Sharpened Pencil
- Tape
- Water
- Dishwashing Liquid



Procedure:
1. Poke a small hole in the bottom of a cup with a pencil.
2. Pull 2 feet of string through the bottom of the cup and tie a paper clip to the end that's inside the cup.
3. Pull the string tight, so the paper clip rests at the bottom of the cup. Tape the paper clip flat.
4. Hold the cup in one hand and the string in the other near the bottom of the cup.
5. Squeeze the string tightly between your fingers and thumb and slide them down the string as fast as you can.
6. Now, let's experiment with water! Wet the string with water and slide your fingers along the string again. Try once more using dishwashing liquid.

Which way made the loudest noise? _____
Which made the quietest noise? _____
Was there any surprises? _____

Adapted from: Screaming String Thing. Fetch! PBS Go Kids. http://www.pbs.org/parents/fetch/activities/act/index.html

The Mystery of Water and Oil

Does water and oil mix? Let's try mixing water and oil to see what happens!

Make a prediction! What do you think will happen to the water and vegetable oil when they get put into the same container?_____

_____

Materials:
- Plastic Bottle with Lid
- Food Coloring
- Water
- Vegetable Oil
- Funnel
- Measuring Cup

Procedure:

1. Place $\frac{1}{2}$ cup of water into the plastic bottle.
2. Add a few drops of food coloring to the water.
3. Add $\frac{1}{2}$ cup of vegetable oil to the plastic bottle and secure the cap on the bottle.
4. Observe the location of each liquid. Which liquid is on top? _____ _____ Which liquid is on the bottom? _____
5. Time to shake! Make sure the lid is secured tightly and shake up the bottle. What happens to the liquids? _____ Where is each liquid located now? _____
6. Let the bottle rest on a flat surface for 2 minutes and observe what happens. What happened to the oil and water? _____ _____

Which liquid do you think is lighter? _____
Why? _____

Cave Formations

Have you ever wondered what those crystal-like things in caves were?

Caves have stalactites and stalagmites that make formations over thousands of years. Stalactites hold tight to the ceiling of the cave and stalagmites are mighty and stand up on the cave floor.

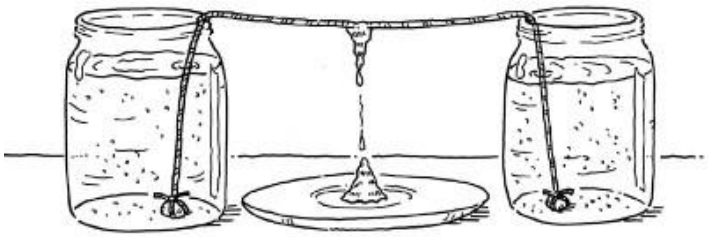
Let's make our own cave formations!

Materials:
- 2 Jars
- Water
- Epsom Salts
- String
- Small Weights (i.e. Rocks or Fishing Sinkers)
- Plate

Procedure:
1. Fill both jars with warm water and mix in Epsom salts until no more will dissolve.
2. Wet the string and tie a weight to each end. Drop one end of the string into each jar.
3. Put a plate between the two jars with the string hanging over the plate.
4. Let the stalactites and stalagmites begin! Make sure to check your cave every day to see if any have formed.

Did you have any stalactites form? _____ Where were they located? _____

Did you have any stalagmites form? _____ Where were they located? _____



Adapted from: Stalactite and Stalagmite Experiment for Kids. TLC Family. http://tlc.howstuffworks.com/family/nature-activities-for-kids1.htm

Ocean in a Bottle

Have you ever been amazed by the movement of waves on a beach?

Waves are energy in motion. The waves or energy force the sand to move along the shore.

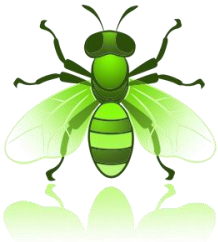
Let's experiment with waves and make an ocean in a bottle!

Materials:
- Jar or Glass Bottle with Lid
- Hot Glue Gun – Ask an adult for help!
- Water
- Vegetable Oil
- Blue Food Coloring
- Sand
- Seashells

Procedure:

1. Spoon some sand into a clean jar.
2. Fill the jar $\frac{1}{2}$ full with water. Add blue food coloring to the bottle one drop at a time until you get the blue color you like.
3. Add a few shells to your ocean.
4. Add vegetable oil until the bottle is almost full. Make sure to leave a small space at the top for air.
5. Have an adult take the hot glue gun and put glue around the lid of the bottle. Quickly place a lit on the bottle.
6. Turn the ocean on its side and watch as the waves go back and forth. Do any of the sand particles move? _____
7. Shake up the bottle and observe what happens.
   What happens to the sand? _____ What happens to the shells? _____ Does all the sand move as the waves move or just a little at a time? _____

Nature Scavenger Hunt



Let's go on a scavenger hunt!

Using the Nature Scavenger Hunt Checklist go on a scavenger hunt in a park, woods or your backyard with some friends and an adult.

Bring a camera or pencil so you can get a picture of what you saw during your hunt while using your checklist. Make sure not to disrupt the area you are hunting in.

See how many items you can find!

Were you able to find every thing on the list? _____

What was the most difficult to find? _____

Did you notice anything while doing the scavenger hunt you may not have otherwise seen? _____

What was the most interesting thing you saw? _____

_____

Nature Scavenger Hunt Checklist

See how many items you can find on the list and then draw a picture of each one. See if you can identify the leaf or animal!

- ❑ Feather
- ❑ Insect with Wings
- ❑ Animal Tracks
- ❑ Something a Squirrel Would Eat
- ❑ Hole in a Tree
- ❑ Something a Bird Might Eat
- ❑ An Animal that has Fur
- ❑ Spider Web
- ❑ Singing Bird
- ❑ A Fallen Leaf
- ❑ Leaf that has been Partially Eaten
- ❑ A Coniferous Tree
- ❑ A Deciduous Tree
- ❑ An Animal that Likes to be Near Water
- ❑ Bird's Nest

References

- http://www.education.com/activity/
    - A great website for activity ideas.
- 4-H Mini Before You Sew. By: Roylene Laswell. Purdue University Extension Service.
- Clover Kids Beautiful Butterflies. Iowa State Extension. www.extension.iastate.edu/4H/Clover/Documents/ButterfliesCK.doc
- Cloverbud Program Manual. Montana 4-H. http://www.montana4h.org/#project:53.
    - Environment/Earth Science Activity Guide
- Mime and Yours Cloverbuds Activities Packet. By: Richard Mooreland and Lori K. Hutchins. University of Minnesota Extension Service.
- Screaming String Thing. Fetch! PBS Go Kids. http://www.pbs.org/parents/fetch/activities/act/index.html
- Stalactite and Stalagmite Experiment for Kids. TLC Family. http://tlc.howstuffworks.com/family/nature-activities-for-kids1.htm