

4-H Cloverbud Activity Book B



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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



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)

Head



My Heart to Greater Loyalty (Right hand over heart)

Heart



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

Hands



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

Health





My Club and County Activities and Events

Activities and events I was part of:

Event	Date



Animal Ears

Have you ever noticed that animals have larger ears than us? Animals, such as dogs, have much better hearing than we do. What do you think it would be like if you had animal ears? _____

Do you think you would be able to hear better or worse? _____ Why do you think so? _____

Let's make animal ears!

Materials: Paper or Styrofoam Cups
Scissors

Procedure:

1. Using the scissors, cut the bottoms out of 2 cups.
2. Hold the smaller end of the cups up to your ears.
3. Have someone whisper, make a loud noise, talk and sing while using your "animal ears."
4. Try placing your ears in different directions to see how the sound changes.

Did the sound change as the direction of the ears changed? _____ How did the sound change? Did it get louder or quieter? _____

Could you hear better with the cups on? _____



Feathered Friends

Birds are our feathered friends. We can see different birds outside all year round. Different birds eat different things like, seeds, insects, worms, fruits and nectar.

Can you name any birds you have seen before? _____

Let's make a bird feeder!

Materials: Bagel, cut in half so there are two circles
Peanut Butter
Bird Seed
String
Plastic Knife
Newspaper
Paper Plate



Procedure:

1. Spread newspaper over your table and place some bird seed on the paper plate.
2. Tie a string to your bagel so it can be hung outside.
3. Using the plastic knife, cover the bagel with peanut butter.
4. Dip the bagel in the bird seed making sure all of the peanut butter is covered.
5. Find a good tree branch outside to hang your bird feeder on.
6. Watch for birds!



Which Birds Have You Seen?

Watch your bird feeder and go for a nature hike and check
any birds you see!



American
Goldfinch



Northern
Cardinal



Blue Jay



Black-Capped
Chickadee



White Breasted
Nuthatch



American Robin

Time to Explore on a Nature Hike



Let's explore nature by searching for animals!

With some friends and an adult, go on a nature hike and see how many animals you can find. Watch the animals and see what they are doing. Are they eating or sleeping?

Make sure to bring a camera to take pictures or a pencil and paper so you can draw the animals you see!

Draw a picture of some animals you saw here.



On my hike I saw a _____.
Describe what it looked like. _____

Where did you see it? _____
What was it doing? _____





Operation Espionage

It's time for some detective work!

The mission today is to write a secret message and then reveal it.

Materials: 1 teaspoon Baking Soda
1 teaspoon Water
Grape Juice Concentrate
Cotton Swab
Cotton Ball
Bowl
Paper or Plastic Cups
Paper
Paper Towel



Procedure:

1. In a cup, mix 1 teaspoon baking soda with 1 teaspoon water. This is the invisible ink.
2. On a sheet of white paper, draw a picture using the invisible ink and a cotton swab by dipping the cotton swab into the ink.
3. Let the paper dry completely (this will take around ten minutes.)
4. Time to reveal the secret message! Place some grape juice concentrate into a cup. Dip the cotton ball into the grape juice concentrate making sure to squeeze out the extra juice. Gently pat the cotton ball over the paper.

What happened to the message when it dried? _____

Did your message appear? _____

What color is the message? _____

Try using other liquids such as cranberry juice, colored water and apple juice to decipher your secret message! Did any of these liquids work? _____

Music Time!

Let's gather a band and make some music!



Shaker

Materials: Empty Plastic Bottle with Lid
Beads, Pebbles or Uncooked Rice

Procedure:

1. Place the beads, pebbles or uncooked rice into the plastic bottle and screw the lid on.
2. Try using different sized bottles and different items inside to see if the sound changes!

Finger Plinker

Materials: Shoebox with Lid
Scissors
Different Sized Rubber Bands



Procedure:

1. Cut a circle out of the middle of the shoe box lid using the scissors.
2. Place the lid on the shoe box and place the rubber bands around it so they cover the hole in the lid.
3. Play by plucking or strumming the rubber bands. Do the different sized rubber bands make different sounds?

Paper Plate Maraca

Materials: Paper Plates
Staples or Glue
Dried Beans or Small Rocks
Paints or Markers



Procedure:

1. Place some beans or small rocks between two paper plates.
2. Secure the paper plates by gluing or stapling around the edges.
3. Decorate and shake! Do dried beans sound different than rocks? 13



Straw-Blown Painting

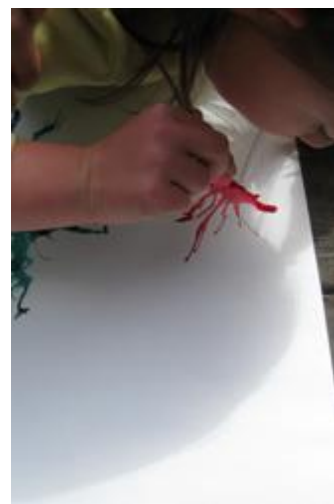
Let's create a masterpiece!

Materials: A Rimmed Baking Sheet
 Aluminum Foil
 White Paper
 Tempera Paint or Watercolor Paint
 A Cup of Water
 Plastic Straw



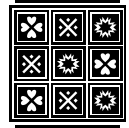
Procedure:

1. Line the baking sheet with aluminum foil and place the white paper on the sheet.
2. Pour tiny puddles of paint in a couple spots on the paper. Add a few drops of water to the paint to help it spread a little easier.
3. Take the straw and blow through it on the different puddles. Try blowing hard, soft and in different directions to see what happens.
4. Lay the painting flat and allow to dry.





Quilt Squares



Quilts tell art and family stories. Most quilts are made from pieces of fabric or material that is cut into shapes. These shapes are sewn together to make quilt blocks. The blocks are then sewn together to make a quilt.

Let's make our initials in a quilt square!

Materials: 2 - 6"x6" Pieces of White Poster Board
 Several Colors of Construction Paper or Craft Foam
 Square Shape Patterns
 Triangle Shape Patterns
 Glue Stick
 Scissors
 Pencil
 Hole Punch
 Yarn

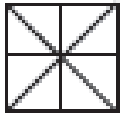


Procedure:

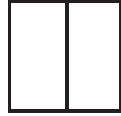
1. Find the quilt square on the Quilt Squares Activity Page that matches the first letter of your first name. Choose the shapes from patterns that are in this quilt square.
2. Use the scissors to cut out the shape patterns that you need to make your first quilt square.
3. Trace the shape patterns onto any color of construction paper or craft foam.
4. Use the scissors to cut out the shapes you traced.
5. Glue the shapes onto one of the pieces of poster board. Be sure to make your quilt square look the same as the quilt square for the first letter of your name. Set this quilt square aside.
6. Repeat these steps for the first letter of your last name.
7. Using the hole punch, punch 3 holes in the bottom of your first quilt square and 3 holes in the top of your second square (first letter of last name.)
8. Use yarn to tie the two squares together by tying a loop through each set of holes.
9. Punch 2 holes in the top of your first quilt square.
10. Use yarn to make a hanger for your quilt square initials.

Quilt Squares Activity Page

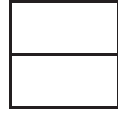
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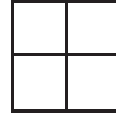
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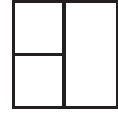
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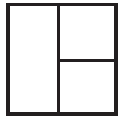
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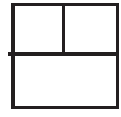
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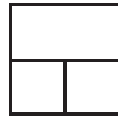
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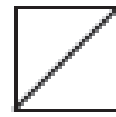
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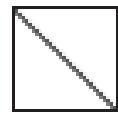
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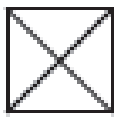
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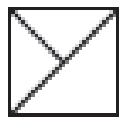
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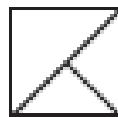
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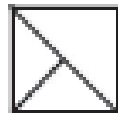
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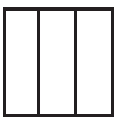
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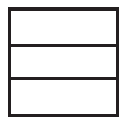
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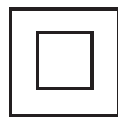
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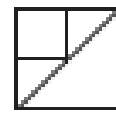
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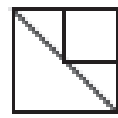
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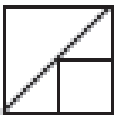
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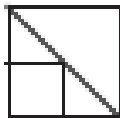
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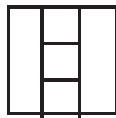
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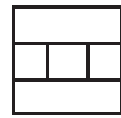
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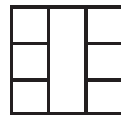
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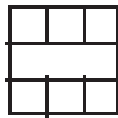
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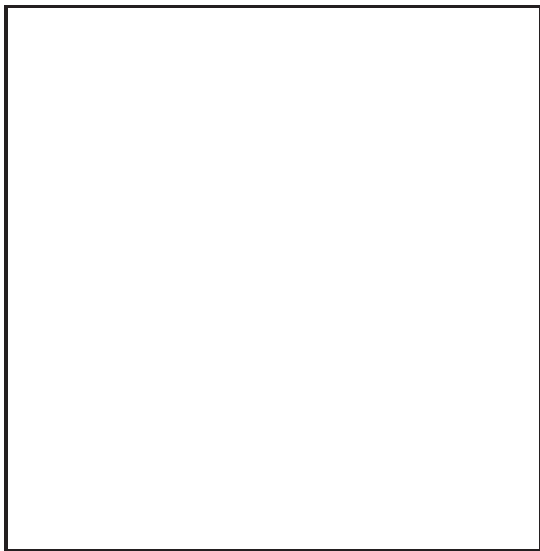
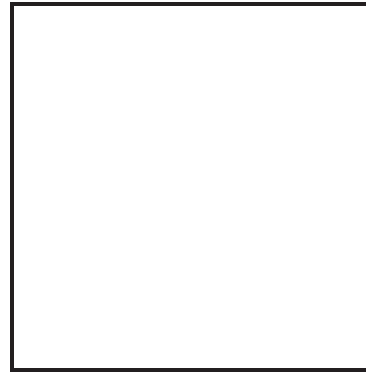
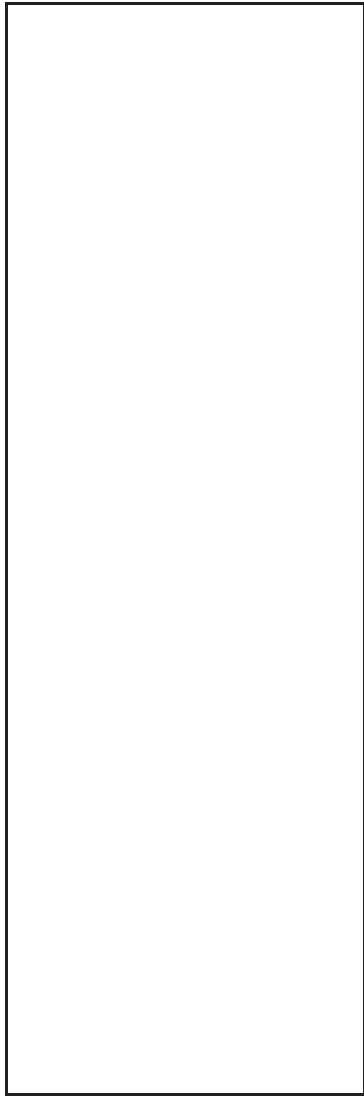
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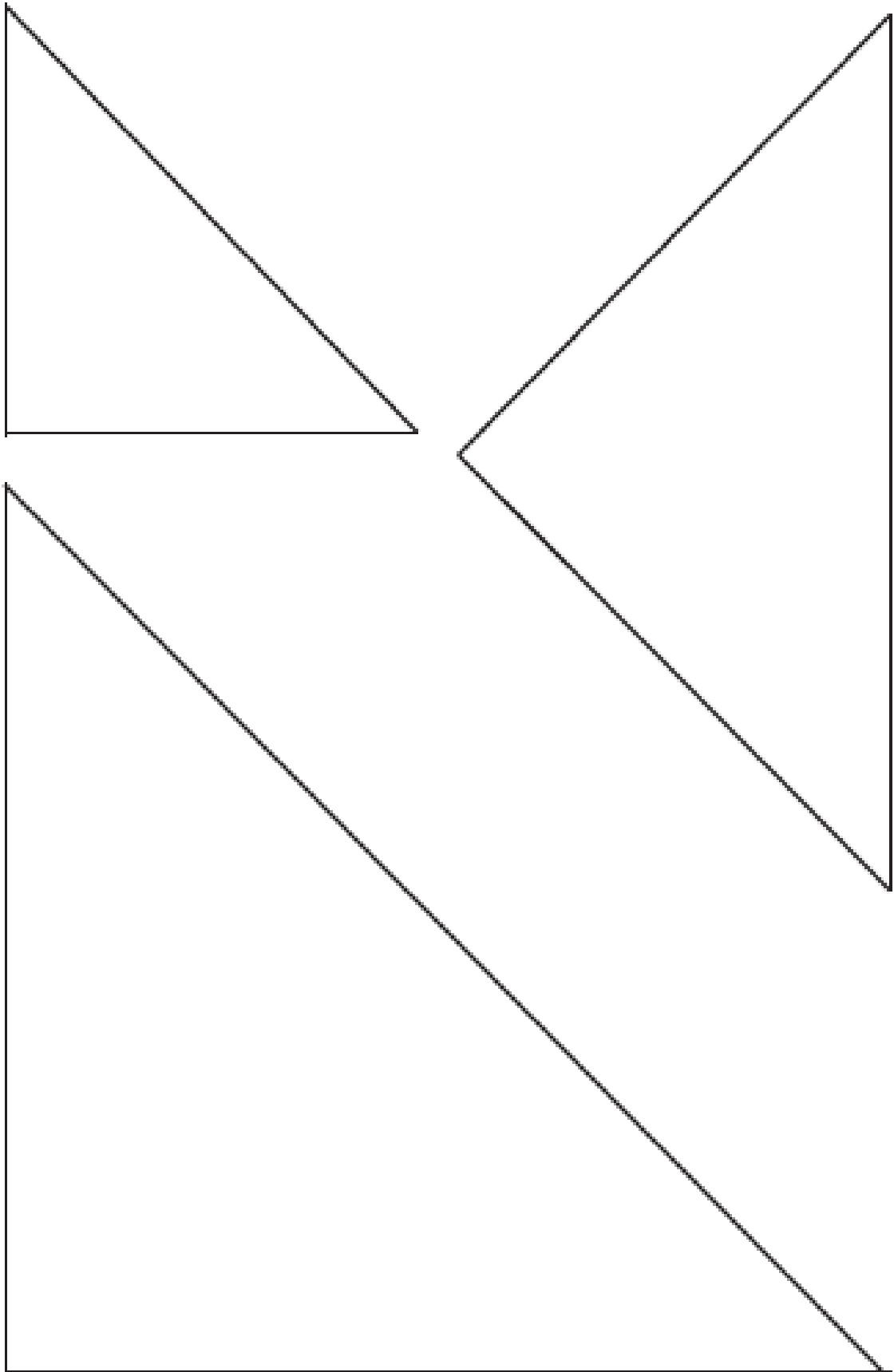
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Square Shape Patterns



Triangle Shape Patterns





Fruity Milkshake

Let's make a delicious and nutritious snack!
Make sure to ask an adult for help!

Ingredients: 2 Cups Skim or Low-Fat Milk
1 Cup Diced Fruit such as Apples, Pears,
Strawberries, Bananas, Peaches, Berries or
Melon

Dash of Ground Cinnamon

Equipment: Blender
Liquid Measuring Cups
Dry Measuring Cups
Measuring Spoons
Cups



Procedure:

1. Wash your hands with warm water and soap.
2. In a blender, combine milk and fruit.
3. Blend until smooth.
4. Pour into cups and top with a dash of ground cinnamon
5. Enjoy!

Can you think of any other fruits you could add to your smoothie?





Five a Day



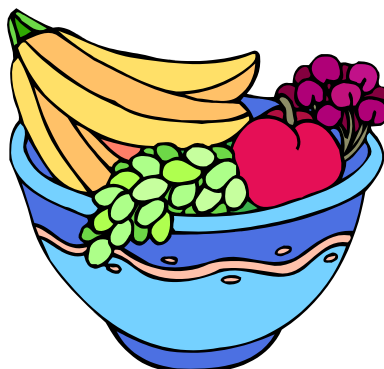
It is important to get 3 servings of vegetables and 2 servings of fruit every day.

Complete the My Fruit and Vegetable Diary to see if you can get five servings of fruits and vegetables a day!

What types of fruits could you try? _____

What types of vegetables could you try? _____

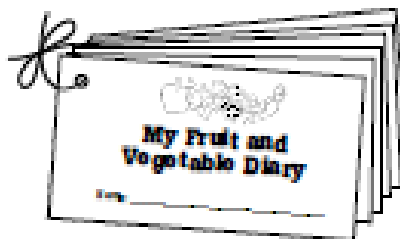
How many serving of fruits and vegetables do you need every day? _____



Name: _____

Make a Fruit and Vegetable Diary

1. Cut out the pages on the dotted lines.
2. Put them in the correct order.
3. Have your teacher make a hole through the circle.
4. Tie the pages together.
5. Draw or write the fruits and vegetables you eat.
6. How many fruits and vegetables did you eat each day?



My Fruit and Vegetable Diary

Name: _____

MONDAY

Fruits

Vegetables

TUESDAY

Fruits

Vegetables

WEDNESDAY

Fruits

Vegetables

THURSDAY

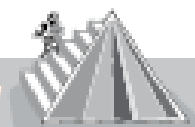
Fruits

Vegetables

FRIDAY

Fruits

Vegetables





Takeoff!



Construct 2 different paper airplanes to see which one travels farther!

Materials: 8 $\frac{1}{2}$ " x 11" sheets of paper
 Paper Clips
 Simple Airplane Template and Dart Paper Airplane Template
 Measuring Tape
 Pencil

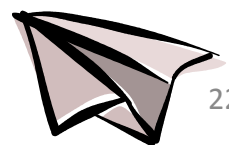


Procedure:

1. Construct one airplane using the Simple Airplane Template and one airplane using the Dart Paper Airplane Template.
2. Test each airplane by gliding it. Measure the distance they traveled and record them on a sheet of paper. Test each plane three times to compare the results.
3. Try adding a paper clip to each plane's nose.
4. Retest each airplane by gliding it. Measure the distance they traveled and record them on a sheet of paper.

Which paper airplane design traveled farther? _____

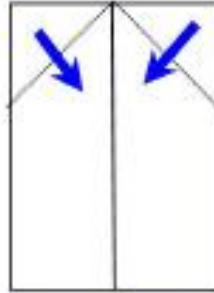
Did adding the paper clip change the distance the plane traveled? _____



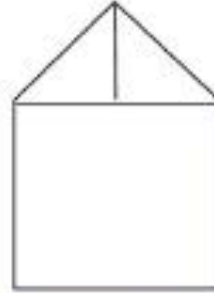
A Simple Paper Airplane Template
(fold at dotted lines)



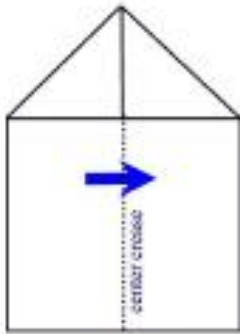
Crease paper in half



Fold corners down



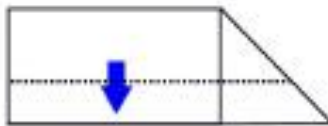
Should look like this



Fold plane in half at center crease



Should look like this



Fold wings down

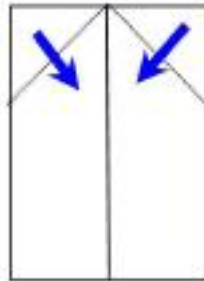


Should look like this

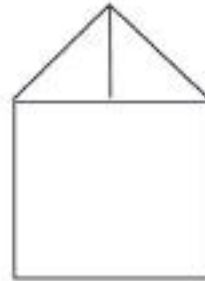
Dart Paper Airplane Template
(fold at dotted lines)



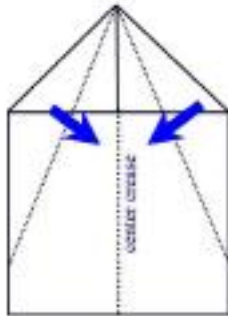
Crease paper in half



Fold corners down



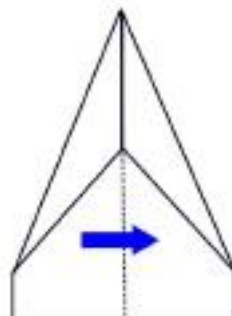
Should look like this



Fold sides into center crease



Should look like this



Fold plane in half at center crease



Fold wings down



Should look like this

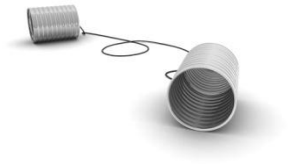


Sound Vibrations

Construct string telephones to hear sound travel.

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.

Materials: 2 Plastic Cups
String
Paper Clips
Sharpened Pencil (For Poking Holes)

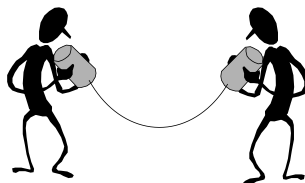


Procedure:

1. Carefully poke a small hole in the bottom of each cup using the pencil.
2. Tie the paper clip to one end of the string.
3. Thread the other end of the string through the hole in the inside bottom of the cup. The paperclip will keep the string from going all the way through the hole.
4. Then thread the string through the hole in the second cup, but do it from the outside of the cup.
5. Tie the second paper clip to the other end of the string. The paper clip should be inside just like the first cup.
6. Then, pull the cups so the string is tight and have another person hold the other cup. Talk to the person while they have the cup held to their ear.

What is the farthest distance you can get the telephone to work?

Try using soup cans or different sized cups to see if your telephones work farther apart.





Fly a Kite

Let's build a kite!

- Materials:
- Colored 11" x 17" Paper
 - Tape
 - Ruler
 - Pencil
 - Popsicle Stick
 - Hole Punch
 - 6 to 10 Feet of String or Yarn
 - Plastic Bag Cut in 1" Spiral or Streamers
 - Crayons or Markers



Procedure:

1. Place your paper horizontally on the table with the long ends on top and bottom.
2. Fold in half taking the left side to the right side. Leave the paper folded.
3. From the folded edge at the top, measure in $\frac{1}{2}$ " and mark this spot. From the opposite end at the bottom, measure in 3" and mark this spot. Draw a line to connect these two marks.
4. Fold along this line from right to left and then left to right to make a crease for both wings. Pinching the first fold (the straight fold) open up both wings and place a tape along the fold to hold in place.
5. Turn your paper slightly to where the point is at top and the angled fold is straight up and down. Take your stick and tape across the top of the wings of the kite.
6. Turning the kite over, punch a hole about $\frac{1}{3}$ of the way down from the top and about $\frac{1}{2}$ " from the fold. Secure the hole with tape or a paper reinforcement. Tie your string or yarn through the hole. You can tape the end of the string to a popsicle stick for a handle.
7. Lastly, cut a tape the spiraled plastic bag to create a tail for your kite. Decorate your kite and take it out to fly.



Nature Rubbings

Living things all have texture. By making nature rubbings you can see things you may not have otherwise noticed. When you make a rubbing of a leaf, the veins, stem and shape stand out. You can also compare the texture of items by making rubbings of them.

Let's observe nature!

Materials: Newspaper
Crayons (With Paper Peeled Off)
Fresh Leaves, Wild Flowers, Weeds, Grasses, Twigs or Reeds
White Paper



Procedure:

1. Go on a nature walk and collect some leaves, wild flowers, weeds, grasses, twigs or reeds.
2. Spread newspaper onto the work area.
3. Place your findings onto the newspaper.
4. Place the paper on top of the leaves or wildflowers you would like to make rubbings of.
5. Hold the crayon sideways and rub over the objects.
6. Watch the leaves and wildflowers appear as you rub the crayon over them.
7. Try making different patterns by arranging the materials in rows or circles.
8. Now, let's go outside with our paper and crayon and make rubbings from surfaces such as brick walls, tree trunks or anything else with texture!



Growing with Groundwater

Plants need water to grow, and it comes from precipitation and groundwater. We are going to build a miniature terrarium that will allow our plants to grow using groundwater as the source of water.

Time to plant!

Materials:



Clear Jar with Lid

Gravel

Potting Soil

Spray Bottle Filled with Water

Plant Seeds (Herbs or Vegetables Grow Quickly)

Large Spoon or Trowel



Procedure:

1. Fill the bottom of your jar with 1 to 2 inches of gravel and add about 4 inches of potting soil on top of the gravel.
2. Plant the seeds as stated on the package.
3. Water generously with a spray bottle. Watch as the water trickles down through the soil and into the gravel layer. The water you see below the surface of the soil is called groundwater and will be used by the seeds.
4. Secure the lid and place in a sunny window. Over the next few days watch as the sides of the jar become foggy. This is condensation or clouds. As the water on the walls of the jar becomes heavy it will fall to the ground as rain and will become groundwater again.
5. If your jar becomes too foggy, open the lid slightly for a day or two. If you leave the lid off too long, the soil may dry out. If this happens just spray some more water in the jar.
6. Watch your seeds grow!



What Do Seeds Need?

Plants just like humans need certain things to survive. The four things plants need to survive are water, sunlight, food and air.

Let's Experiment!

Let's experiment with the needs of seeds. We will try planting seeds and placing one to grow in the light and the other in a dark place.

Which plant do you think will sprout more quickly the plant in the light or the plant in the dark? _____

What are the 4 things plants need to survive? _____

Materials: 2 Plastic Cups or Pots
Potting Soil
Seeds
Water



Procedure:

1. Fill the plastic cups or pots 2/3 full with potting soil.
2. Plant the seeds according to the directions on the package.
3. Water the seeds so the soil is damp.
4. Place one cup or pot in a well lit area and the other in a dark area without light.
5. Water regularly and watch them grow!

What happened to the seed that was placed in the light? _____

What happened to the seed that was placed in the dark? _____





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