4-H Cloverbud Handbook

Name: ____________________________

4-H Club: _______________________

2020-2021 4-H Year
Welcome! I am so excited to have you as a Cloverbud in Cloud County! My name is Melissa Swenson and I am your 4-H Program Manager. Bring this book with you to your Club meetings, so you complete the monthly activities with your leaders. I am here to help you with all things 4-H. Please contact me at (785) 243-8185 or at mswenson19@ksu.edu. I cannot wait to meet you!

~ Melissa Swenson
LET’S STAY CONNECTED!

River Valley 4-H

@rivervalleydistrict4h

River Valley Extension District

Bi-Monthly Newsletter

https://rivervalley.k-state.edu
https://ksre.k-state.edu
TAPE/GLUE
YOUR
PICTURE
HERE
My 4-H Club

Name: ________________________________

4-H Age (Age on January 1, 2021): __________

Local 4-H Club: ________________________________

Club Leader(s): ________________________________

Leader Contact Information: ________________________________

Monthly Club Meeting:

Date: ________________________________

Time: ____________ a.m.  p.m.

Location: ________________________________

_______________________________

Cloud County Fair Dates:
July 6 – 11, 2021
I pledge my **HEAD** to clearer thinking,
my **HEART** to greater loyalty,
my **HANDS** to larger service,
and my **HEALTH** to better living.

For my club, my community, my country, and my world.
Trace the letters below to write the 4-H Motto.

To Make the Best Better
4-H Colors

Green is nature’s most common color, it represents life, springtime, and youth.

White symbolizes purity.

4-H Emblem

The green four-leaf clover has a white H on each leaf to represent the four H’s: Head, Heart, Hands, and Health.
Let’s Color and 
EXPLORE 
4-H 
PROJECTS 

Cloverbuds can participate in non-competitive, age-appropriate events at the fair. Please contact your local extension office with questions.
FOODS & NUTRITION
SPACE TECH
Additional Projects

Refer to the parent letter for age restrictions regarding 4-H projects. For project descriptions, please visit: https://www.kansas4-h.org/projects/.
Monthly Activities

2020 – 2021 4-H Year

Money Management

Livestock

Growing Flowers

Plant a Flower

Body Language – *Talking without Words*

Staying Healthy
Activity 1: Money Management

Most things in life cost money. It’s important to consider how to **SPEND**, **SAVE**, and **SHARE** your money.

- **SPEND** = Buy
- **SAVE** = Keep
- **SHARE** = Help Others

Discuss how you **SPEND**, **SAVE**, and **SHARE** your money.

Draw a line to match the coin to the correct amount on the piggy bank.
Collect the five pennies in the maze and deposit them into the piggy bank!
Activity 2: Livestock

Write the number of the body part next to the name, then color the bucket calf.

5 Neck
__Ear
__Tail
6 Back
7 Body
8 Eye
3 Nose
4 Knee
9 Head
10 Hoof
Help the farm animals find their way home.
Activity 3: Growing Flowers

This is Mr. Bee. Mr. Bee is hungry. In the middle of all flowers is yummy yellow nectar. This is Mr. Bee’s FAVORITE food.

Mr. Bee is a messy eater…

Look how dirty he is when he is done. The brown spots represent pollen.

Mr. Bee is STILL hungry. So, he finds a new flower.

Mr. Bee was so dirty from the pink flower that he got the blue flower all dirty too.

When Mr. Bee mixes his food from the pink flower to the blue flower, he is spreading pollen. When he does this, it helps the flowers to grow seeds and make more plants. How cool!

Thanks Mr. Bee!
**Growing Flowers**

**ACTIVITY**

**Step 1:** Pour M&M’s in the bottom of a bowl.

**Step 2:** Pour Cheetos on top of the M&M’s.

**Step 3:** Try and grab the M&M’s with your hand.

**Step 4:** What does your hand look like? Is it dirty? Just like Mr. Bee?

**Step 5:** Let’s grow flowers. Pollenate the flower above with your orange fingers.
Activity 4: Plant a Flower

**Step 1:** Get a paper cup.

**Step 2:** Fill the cup ¾ full of soil.

**Step 3:** Poke a small shallow hole in the middle of the dirt. Place one seed in the hole and then lightly cover it up.

**Step 4:** Gently water your seed once a day.

**Step 5:** Watch it grow.

Club Leaders will gather seeds and more detailed instructions from their local extension office.
Parts of a FLOWER

Label and color the parts of the flower!

stem
petals
leaf
roots
Activity 5: Body Language –

*Talking without Words*

**Step 1:** Face a partner.

**Step 2:** Take turns making happy, sad, and mad faces at each other. Guess which face they are making.

**Step 3:** Find a different partner and try **Step 2** again.

**Step 4:** Between your two partners, was it easier or harder to tell which face they were making? Why?

**Step 5:** When you are at school or with family/friends, can you tell how someone feels?

**Step 6:** Could you think of other ways to talk without words, such as a hug?
FACIAL Expressions

Draw a line to match the faces that feel the same.
Activity 5: Staying Healthy

It’s important for us to stay physically active every day. It’s time to get our bodies moving. Sing and dance along with us!

Let’s Move!

Wave your arms, Shake a leg, Nod your head,
And touch your chest to feel your heart.

Stomp your feet, Snap your fingers,
Rub your belly, And wiggle your toes,

Now stand very tall and touch your nose.
We want to eat a variety of foods at each meal and snack. Let’s think about different foods that fit in each of the five food groups. **Draw and color your favorite food in each food group.**

Club Leaders will be sent a fun snack activity to share with each of you.
How do you feel about your Cloverbud year? (Circle One)

Write your four favorite things about your Cloverbud year.

1. 

2. 

3. 

4. 

How do you feel about your Cloverbud year? (Circle One)

Club Leader Signature: ____________________ Date: __________
Cut and glue/tape pictures of your Cloverbud year above. Pictures may include Club photos, fair photos, activities and events you participated in this year.
WE ARE HAPPY YOU JOINED US!

Sign up to participate in 4-H next year on October 1, 2021.
Re-enroll by visiting; https://v2.4honline.com.

K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, or a dietary restriction please contact the Belleville Office at 785-527-5084, the Clay Center Office at 785-632-5335, the Concordia Office at 785-243-8185, or the Washington Office at 785-325-2121.