Name:________________________

4-H Club:_______________

4-H Handbook

Name:________________________

4-H Club:____________________

2022-2023 4-H Year
Hello, Cloverbuds!

I am so excited to have you be a part of our River Valley District 4-H family. My name is Macy Hynek and I am the 4-H Youth Development Agent. I develop and deliver educational programs to school-aged youth in Clay, Cloud, Republic, and Washington counties. I cannot wait to meet you and to see all the amazing things you do in 4-H. Please contact me at (785) 527-8054 or at mhynek@ksu.edu.

- Macy E. Hynek
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
My 4-H Club

Name: __________________________________________

4-H Age (Age on January 1, 2023): _______

Local 4-H Club: ______________________________

Club Leader(s): ________________________________

Leader Contact Information: ____________________

Monthly Club Meeting:

  Date: _______________________________________

  Time: _______ a.m.  p.m.

  Location: _________________________________

  _______________________________________

Washington County Fair

Dates:

  July 18-23, 2023
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.
4-H Motto.

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.
PHOTOGRAPHY
STEM
Addițional Projects

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

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Monthly Activities
2022 – 2023 4-H Year

OCTOBER
Activity 1: Welcome

NOVEMBER
Activity 2: Pets

DECEMBER
Activity 3: Coding

JANUARY
Activity 4: Sink or Float

FEBRUARY
Activity 5: Livestock

MARCH
Activity 6: Money Management
Activity 7: Growing Flowers

Activity 8: Plant a Flower

Activity 9: Scavenger Hunt

Activity 10: Fair

Activity 10: Body Language – *Talking without Words*

Activity 11: Staying Healthy
Activity 1: Welcome

Let’s learn more about 4-H and you!

Find the 4-H words in the box below.

ACTIVITIES
CLOVER
CRAFTS
FLAG
FRIENDS
FUN
GAMES
GREEN
HANDS
HEAD
HEALTH
HEART
LEADERS
MEMBERS
NATURE
PLEDGE
SCIENCE
SNACKS
SONGS
WHITE

ACTIVITIES
CLOVER
CRAFTS
FLAG
FRIENDS
FUN
GAMES
GREEN
HANDS
HEAD
HEALTH
HEART
LEADERS
MEMBERS
NATURE
PLEDGE
SCIENCE
SNACKS
SONGS
WHITE
ALL ABOUT Me

Name: ____________________________________________________________

Age: _____________________ Grade: ________________________________

Family Members: _________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

Favorite Activities: ________________________________________________

TAPE/GLUE YOUR PICTURE HERE
Activity 2: Pets

“You’ve got a friend in me!”

In 2022, 70 million households in the United States owned a pet. Did you know you could bring your pet to the County Fair? Come share about your pet at Cloverbud judging in July. Let’s make a pet together. It can be a pet you would like to have or resemble a pet you have at home!

SUPPLIES:
- Brown paper lunch bags
- Scraps of colorful paper
- Fake feather or other random craft supplies
- Crayons or colored pencils
- Yarn
- Googly Eyes
- Scissors
- Glue (stick, liquid, or hot)

INSTRUCTIONS:
- Select supplies to craft your paper bag pet. Try to include at least two of the animal parts of your pet.
- Glue supplies to paper bag.
- Give your pet a name and describe him/her on the next page.
Here is a picture of my pet! (Paper Bag Pet)

My Pet’s Name: ____________________________________________

Type of Animal: ____________________________________________

Pet’s Description: ____________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

What I feed my Pet: ____________________________________________
Activity 3: Coding

Help the turtle get through the maze! Draw the missing arrows to tell the turtle which way to go to get to the end of the maze.
A hero can be a parent, sibling, grandparent, friend, teacher, coach, or anyone! What do you think makes someone a hero?

Meet Greg!

He is someone’s hero! Superheroes come in all shapes and sizes. Each one is special and unique in their own way.

Directions:

Choose someone in your life that is a hero to you. Draw a picture of them and tell us what their special powers are.
Activity 4: Sink or Float

Different objects sink or float when dropped into water. Let’s try different objects and record if they sink or float.

SUPPLIES:
- Sponge
- Paper Clip
- Penny
- Spoon
- Piece of Paper
- Pencil
- Crayon
- Bowl with Water

INSTRUCTIONS:
Make predictions of which items will sink and which items will float.

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?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
SINK

FLOAT
Activity 5: Livestock

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

5 Neck  _Nose  _Knee  _Body  _Eye
6 Ear  _Tail  _Back  _Head  _Hoof
Help the farm animals find their way home.
Activity 6: Money Management

Draw a line to match the coin to the correct amount on the piggy bank.

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.
Collect the five pennies in the maze and deposit them into the piggy bank!
Activity 7: 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 8: 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.
Parts of a FLOWER

Label and color the parts of the flower!

stem  petals  leaf  roots
Activity 9: Scavenger Hunt

Let’s go outside, enjoy the weather, and complete the scavenger hunt below. When you find the item, cross it off.
Matching Tracks

Draw a line matching the animal to its tracks.
Activity 10: All About the Fair

Cloverbud Fair Rules:

1. 4-H Cloverbuds may exhibit or showcase age-appropriate activity items from their 4-H Cloverbuds experiences.

2. The Cloverbud may showcase a product, poster, or notebook for a show and tell display.

3. A 4-H Cloverbud may showcase a pet from the approved list during his/her show and tell. Pets cannot be included in overnight exhibits. No livestock can be exhibited.

4. The Cloverbud may not participate as a competitive exhibitor and is not eligible to receive premiums or awards. A 4-H Cloverbud may receive a 4-H Cloverbud ribbon or participation award.

Fair Dates:
Cloud - TBD
Washington Counties - July 18-23
Clay County - July 25-30
Republic County – July 31 – August 6
TAPE/GLUE
YOUR
PICTURE
FROM FAIR
HERE
Activity 11: 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 12: 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.**
How do you feel about your Cloverbud year? (Circle One)

1. 
2. 
3. 
4. 

Write your four favorite things about your Cloverbud year.

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, 2023. Re-enroll by visiting; https://v2.4honline.com.

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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