

# 4-H Inspire Kids to Do Activity Guide



**Inspire kids to do all year long with fun,  
skill-building activities.**

**TIP:** You can print this or save a digital version for new ideas anytime. Many of the activities are shown as an abbreviated version—just visit the web page listed for each activity to get the full version with additional instructions and information!

# Butterfly Parts and Marks

## Activity

Learn how to identify and describe a butterfly using body part names and field marks.

► Learn more [4-H.org/Butterfly](https://4-H.org/Butterfly)

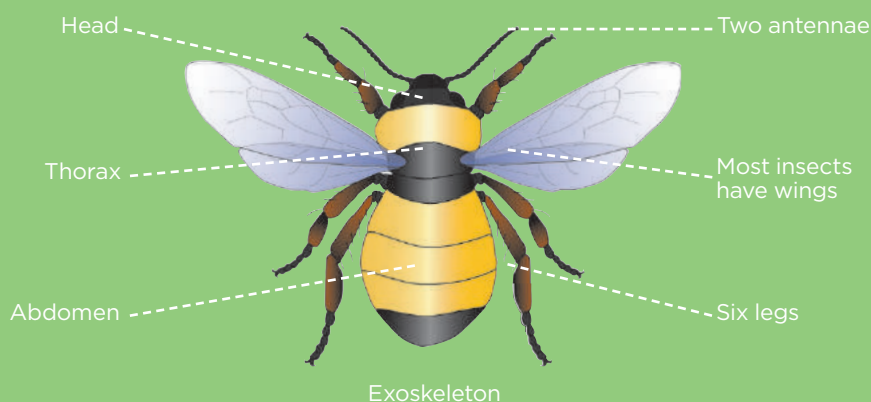


## Field marks



Field marks are the characteristic colors, patterns, shapes and sizes that enable you to accurately describe and identify butterflies.

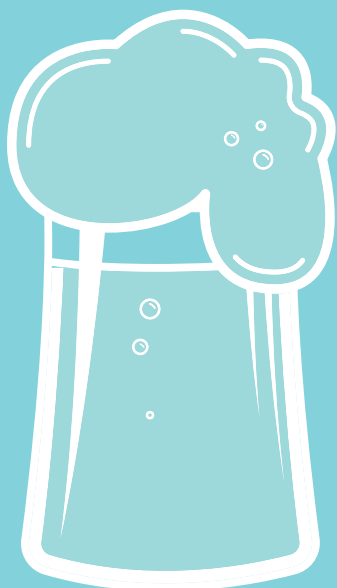
## Insect anatomy



## Colors & patterns

Colors and patterns help butterflies in different ways. Certain markings warn predators they taste bad. Some colors can attract mates. Dull colors help the butterfly blend into its environment, and eyespots and flashy colors scare or startle predators. Dark colors help warm the butterfly's body. Sometimes the male and female of one type of butterfly has different field marks. Which defenses do these butterflies have? Colors? Markings?





# Fizzy Foam Fun

**Teach kids how chemical reactions are impacted by a catalyst.**

A catalyst is a material that speeds up reactions but doesn't react itself. In this case, we'll create a colorful foam fountain by adding yeast to a mixture of chemicals.

**Questions to engage kids:**

- What did you observe before adding in the water and yeast?
- What changed when you added in the mixture?
- What do you notice if you touch the bubbles?

► **Learn more** [4-H.org/FizzyFoam](https://4-H.org/FizzyFoam)

**1**

Combine warm water and yeast in a bowl and set aside. Put bottle in the baking pan to avoid mess.

**2**

Pour hydrogen peroxide into bottle. Add in a few drops of food coloring and a couple squirts of dish soap.

**3**

Pour water/yeast mixture into bottle. Remove funnel quickly and stand back.

Brought to you by HughesNet and The Ohio State University



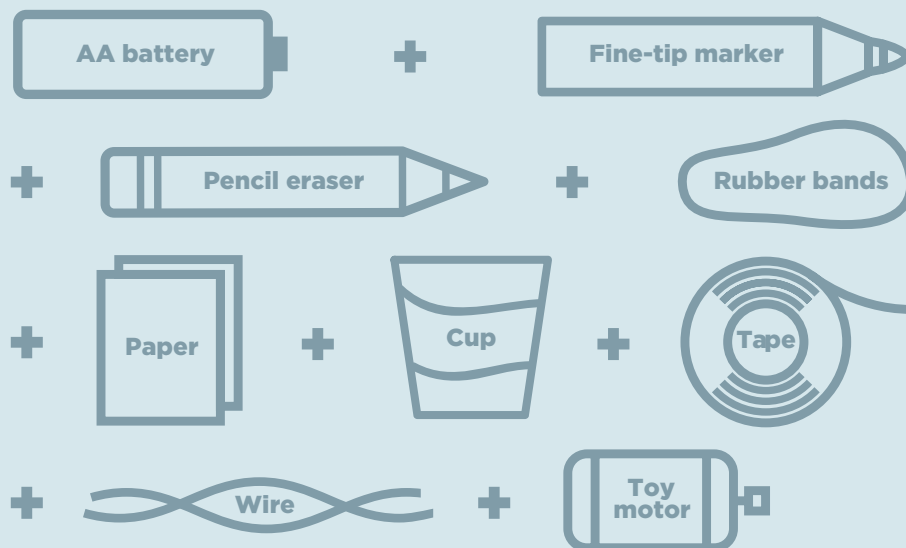
## Grow vegetables in an egg carton.

Learn how to cook and preserve them.

► **Visit:** [4-H.org/GrowVegetables](https://4-H.org/GrowVegetables)  
[4-H.org/FoodPreservation](https://4-H.org/FoodPreservation)

# Can-Can Robot

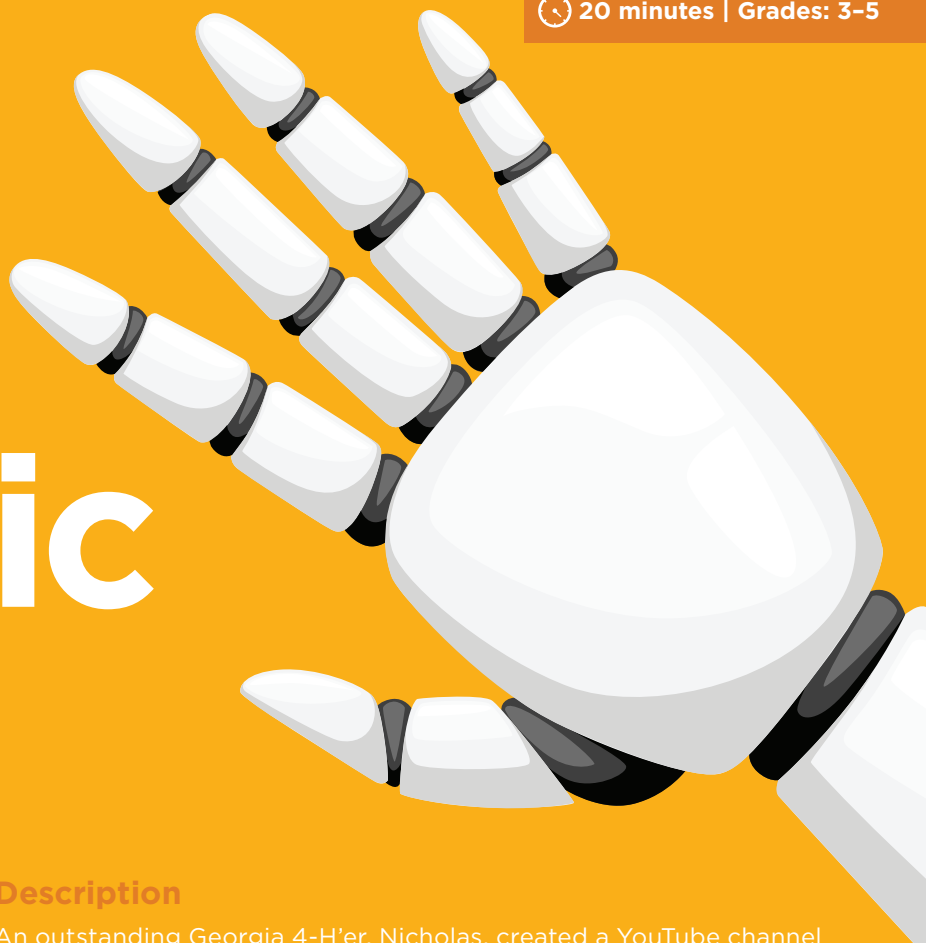
Learn how moving and non-moving parts interact when building a machine.



► **Get the full instructions for this activity at** [4-H.org/Robot](https://4-H.org/Robot)

Brought to you by HughesNet, University of California Agriculture and Natural Resource and Nebraska Extension

# Low-Cost Robotic Hand



## Supplies



Hand Template



5 Straws  
with a bend



String  
five 24-inch  
pieces



Pair of  
Scissors



Glue Gun



Glue Sticks

## Description

An outstanding Georgia 4-H'er, Nicholas, created a YouTube channel full of low-cost projects to ensure that ALL children have opportunities to learn about STEM and get excited about science. [Check out his video](#) on how to build a robotic hand for less than \$0.50.



## Activity Steps

1. Print out hand template from [4-H.org/HandTemplate](#)
2. Cut out hand template.
3. Fold each line on the template toward the palm of the hand.
4. Lay straws on each finger cutting them to match the template.
5. Cut each straw into 3 parts (1 cut on the second line down on the finger, 1 cut on the palm).
6. Glue straw pieces to the template.
7. Repeat steps 4-7 for each finger.
8. Put a string through the pinky finger and pull the string to the bottom of the other side of the hand.
9. Glue the string to the back side of the hand.
10. Repeat for each finger.

- ▶ For hand template, visit [4-H.org/HandTemplate](#)
- ▶ For video instruction, visit [4-H.org/RoboticHand](#)

## Get to Know



## Sophia, Georgia 4-H

Sophia developed the program "Tie-Dye for Troops" with her 4-H agent to help kids understand mental health issues and how to deal with challenges.

► Visit [4-H.org/Sophia](https://4-H.org/Sophia)

# Classify Animals

## Description

Learn how to identify and classify animals. We'll focus on learning the classes of vertebrates in this matching activity.

## Activity Steps

1. Read information about the classes of vertebrates at [4-H.org/WildAnimals](https://4-H.org/WildAnimals)
2. Complete the table by writing the vertebrate classes for the pictures shown.
3. Visit your local zoo, nature trail or park to see if you can spot them up close and share the facts you learned.

## Supplies



Paper &  
Pencil/Pen



# Pillows for the Homeless

## Supplies



 30 minutes | Grades: 3-5, 6-8, 9-12

## Description

This is a simple, inexpensive, lightweight and helpful item to make that teaches kids that we can all help someone in need in small but meaningful ways.

## Activity Steps

1. Cut the shopping bags up into pieces and crumple them into small balls for stuffing.
2. Sew 3 sides of the towel together and stuff with bags.
3. Hand sew the last side.
4. Contact a local shelter to donate your finished pillows, or carry some in your car with various other hygiene supplies and non-perishable food items to give to community members in need.



Thanks to Analynn,  
Tennessee 4-H



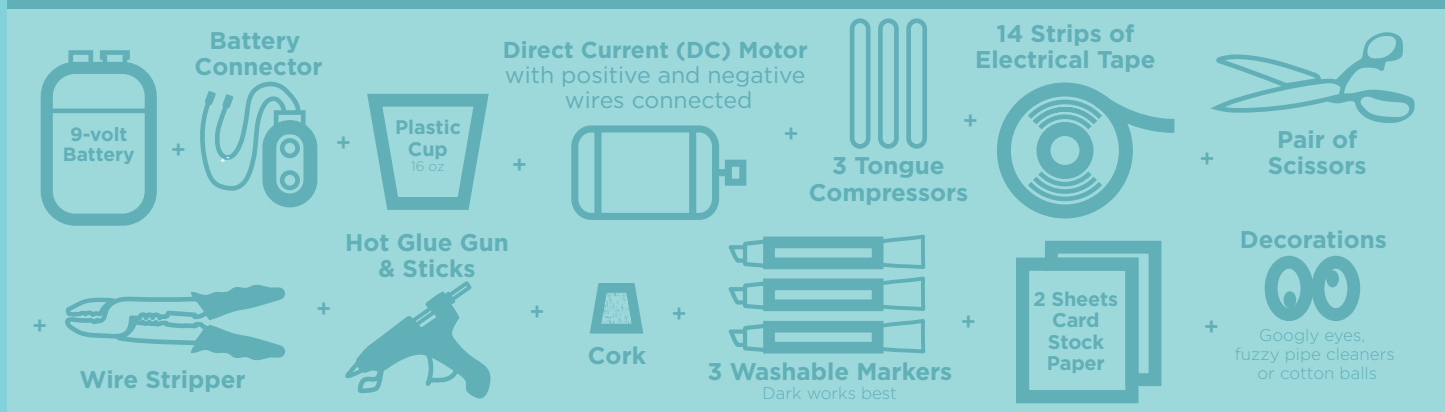
# Building an Art Bot

## Description

The Art Bot is an activity that allows students to build a robot that can draw by itself. This activity teaches students how a basic electrical circuit is built. **Bonus:** Most of the supplies can be recycled from other materials.



## Supplies



## Activity Steps

1. Use electrical tape and **tape** the 3 tongue compressors to the cork.

2. Take the **cork** and gently place the cork on top of the direct current (DC) motor with positive and negative wires connected, using the prong on top of the motor to make a hole on the cork to connect the cork and motor together. Remove the cork and it will be placed back on top of the motor at a later step.

3. **Cut a hole** on the top of the cup for the wires of your DC motor to fit through.

**Use the DC motor** to measure and it should sit flush on top of the cup. Do not attach the motor at this time.

4. **Cut** two 1/2-inch slits on cup's side.

5. **Tape** the 9-volt battery to the inside of the cup with 2 strips of tape on the opposite side of the two slits on the cup.

**Place the battery** with positive and negative connectors facing downward on the cup.

6. Using the **wire stripper** on the DC motor and the battery connector, crimp each wire to remove the plastic covering, leaving only the copper wires.

7. In a triangular shape, **tape** one marker to each side of the cup.

**Use two strips** of electrical tape per marker. Do not tape on the sides of the cup where you made the slits in Step 4. The markers can fit in front or behind the slits.

8. **Twist** the DC motor wires and battery connector wires together.

**The red wires** must twist together from the motor to the battery connector and, depending on the color of your second wire (either black or blue), must be twisted with the appropriate color from the motor to the battery connector.

9. Once wires are twisted, **tape** them together with electrical tape.

10. Feed the battery connector through the cup gently, with the DC motor sitting on top.

11. Test your **connection**.

**Make sure you** are connecting the positive side to the positive side of the battery and the negative to the negative on the battery. If the motor turns, you've done it! If the motor does not turn, check the wire connections and repeat until the motor turns when connecting the battery connector to the battery.

12. Place hot glue on the cup or the motor to glue the motor to the top of the cup.

**If you melt the cup**, place a strip of electrical tape across the top of the cup and cut another hole through the tape. This will allow you another base to glue the motor onto the cup.

13. **Decorate** the Art Bot with googly eyes, pipe cleaners for arms and a cotton ball for the nose.

14. **Place** a sheet of card stock paper under the Art Bot.

15. **Connect** the battery connector to the battery, matching the positive and negative on the connector and battery. Then, **place** the Art Bot onto the card stock paper.

**OPTIONAL STEP:** Add more weight to the sides of the cup with magnets to steady its drawing, as well as make it draw in different directions.

**Enjoy watching your Art Bot draw by itself. Watch the Video Tutorial at [4-H.org/ArtBot](http://4-H.org/ArtBot)**

Thanks to Emilee, Oklahoma 4-H



# Homemade Bath Fizzies

## Description

Learn how to make homemade bath bombs. They make great gifts!

## Activity Steps

1. Mix olive oil and essential oil together in bowl.
2. Mix baking soda, cornstarch and citric acid together in separate bowl.
3. Make indentation in center of mixture and drizzle olive oil mixture into indentation; mix well.
4. Add water, a little at a time, and blend - adding water causes fizzing. Absorb water in cornstarch as much as possible so the fizzle does not fizz while you are mixing ingredients.
5. Once blended, scoop out 1 tablespoon of mixture. Shape into a ball, squeezing tightly. You can also use a mold, like a decorative cookie mold.
6. Allow to dry overnight before packaging.
7. Place in cellophane bags and tie off with ribbon.

► Check it out at [4-H.org/BathBomb](http://4-H.org/BathBomb) Brought to you by HughesNet

## Supplies



All Ages

# How to Be a Record Breaker

## Description

Have you got what it takes to earn a genuine Guinness World Record certificate? Learn how to apply!



## Activity Steps

1. Apply Online. ([guinnessworldrecords.com](http://guinnessworldrecords.com))
2. Get the guidelines.
3. Attempt your record.
4. Have fun with it and get creative with your ideas.
5. Send your evidence.

Brought to you by Guinness World Records

► Get the full details here: [4-H.org/RecordBreaker](http://4-H.org/RecordBreaker)



# Make Someone Happy

Make and deliver cheerful cards to local senior citizen homes.

# Tie-Dye for Troops

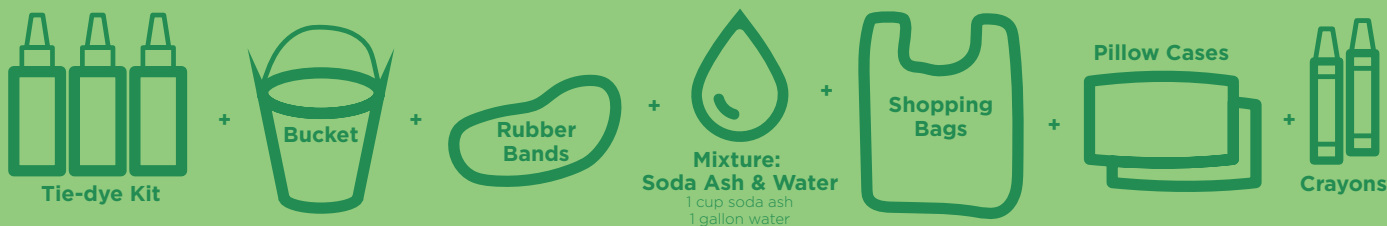


## Description

Tie-Dye for Troops is a mental health awareness activity for kids that uses colors, creativity and comic books to ensure an open conversation about feelings.

By tie-dyeing pillowcases and discussing the mix of emotions, every child is assured that, although feelings can be messy and confusing, it is okay to feel different.

## Supplies



## Discussion Guide

### Start a discussion to connect the activity to emotions. Start with colors:

- Ask what your child (or group of kids) thinks about a certain color, and whatever the consensus is, disagree with it.
- Question the group whether it is okay or not okay to not agree with the majority.
- Question them about other colors and hobbies (pass around the super pillow to give each kid an opportunity to speak).

Explain how **feelings** are like tie-dye—they can be mixed up and confusing—and how tie-dye still ends up being beautiful.

Introduce the pillow's purpose: to be a friend, secret keeper, punching bag, etc. A way to privately let out your feelings until they're ready to share them with a trusted friend, parent or confidant.

## Activity Steps

1. Give each child a pillowcase and write their name on it.
2. Pass out rubber bands and show them some tie-dye folding techniques.
3. Allow them to twist and fold their cases; wrap them in rubber bands.
4. Allow them to freely dye their pillowcases for 5-7 minutes.
5. After, have them put their pillowcases in a bag and write their name on the bag.
6. Let the pillowcases sit for 24 hours.
7. Rinse them until the water runs clear (this step is very important) and leave to dry.



Thanks to Sophia, Georgia 4-H



# Be-YOU-tiful Mirror Craft

## Description

Create a Be-YOU-tiful Mirror Craft to give kids (especially tween girls) a tool to encourage a positive self-image.

## Activity Steps

1. Cover the table/surface to protect it.
2. Set out mirrors and supplies.
3. Print quotes to write on mirrors.
4. Have fun decorating your mirrors!
5. Start a discussion about the emotions or negative feelings that this mirror may help you and your kids overcome to encourage an open dialogue.

## Supplies



Thanks to Molly, Ohio 4-H

# Yoga



Set a time for a family yoga session to release stress and introduce the concept of mindfulness.

Brought to you by JOANN

60 minutes | Grades: 3-5, 6-8

# Painted Fabric Wall Art

## Description

Learn how to transform painted cotton fabric into bold, abstract wall décor. You'll learn how to paint on fabric, then "frame" your fabric into embroidery hoops. The finished pieces are lightweight and easy to hang.



## Activity Steps

1. Spray fabric with water.
2. Brush paint on fabric in desired pattern.
3. Let fabric/paint dry.
4. Lay out embroidery hoops in desired area.
5. Cut fabric around hoops.  
**NOTE:** Leave 1 inch on outside of hoop as extra.
6. Place fabric over inside ring and place outer ring on top. Pull fabric to be snug and tighten hardware of embroidery hoop.
7. Hang on wall.

## Supplies



► For the full tutorial, check out [4-H.org/WallArt](https://4-H.org/WallArt)



# Garden of Greatness

## Description

This activity will help young kids think about and recognize positive traits within themselves and others in a fun and creative way, while creating a classroom or home “flower” display.

## Supplies



**Bulletin Board or Display Area**

+



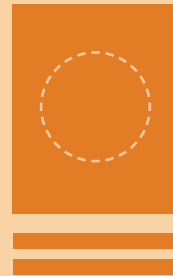
**Stapler and Staples**

+



**Masking Tape**

+



**Construction paper, cut into circles (1 circle per child) and strips wide enough to write on (4-8 strips per child)**

## Activity Steps

1. Give each kid a circle with their name on it, and four to eight strips of colored paper.
2. Instruct them to write down things they love about themselves, or something they enjoy doing, on the strips. If they're having trouble thinking of things, ask their friends or siblings to list their great qualities.
3. Once they have their petals completed, help them tape each strip onto their circle.
4. Staple or tape each flower to the bulletin board or display area (the refrigerator works great too) while calling out at least one great thing about each kid.
5. Discuss how they are all unique with different qualities and interests, and how all their individual strengths and traits create a Garden of Greatness.



Thanks to Molly, Ohio 4-H

# Bread in a Bag

## Description

Learn food science in a fun and yummy way with this easy recipe for making bread in a bag.



## Supplies



Gallon Size Ziplock Bag

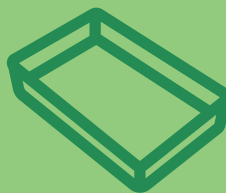


Rolling Pin

Kitchen Towel



Oven Mitts



8x10 Baking Pan

## Ingredients

- 2 cups all-purpose flour
- 1 package quick-rising yeast
- 3 tablespoons sugar
- 1 tablespoon nonfat dry milk
- 1 teaspoon salt
- 1 cup hot water (125 to 130 degrees F)
- 3 tablespoons vegetable oil
- 1 cup whole wheat flour

## Activity Steps

1. Combine 1 cup all-purpose flour, undissolved yeast, sugar, dry milk and salt in a 1-gallon heavy-duty freezer bag with zipper lock.
2. Squeeze upper part of bag to force air out. Seal bag. Shake and work bag with fingers to blend ingredients.
3. Add hot water and oil to dry ingredients. Reseal bag. Mix by working bag with fingers.
4. Add whole wheat flour; reseal bag and mix thoroughly.
5. Gradually add enough remaining all-purpose flour to make stiff dough that pulls away from bag.
6. Remove dough from bag. On floured surface, knead dough 2 to 4 minutes until smooth and elastic. Cover dough; let it rest 10 minutes.
7. Makes 16 slices

## Baking



1. Using a rolling pin, roll dough to a 12 x 7-inch rectangle. Roll up from narrow end. Pinch edges and ends to seal.
2. Place in oiled 8 1/2 x 4 x 2 1/4-inch loaf pan; cover with plastic wrap and a kitchen towel. Place in shallow pan on counter; half fill with boiling water. Place baking sheet over shallow pan.
3. Let dough rise 20 minutes or until double in size.
4. Bake in preheated oven at 375 degrees F for 25 minutes or until done.
5. Remove from pan and cool on wire rack.
6. Slice with serrated knife to serve.

# Fruit Batteries

Forget about making lemonade—generate home-made electricity instead! This activity teaches kids about the parts that make a battery work and the chemical reaction that makes it possible.



1. Give your lemon a quick roll to make sure the insides are extra juicy.
2. Carefully use a knife or scissors to cut two slots/holes in opposite ends of the lemon.
3. Insert the copper penny and the zinc nail into the pre-made holes. (If you're doing this to attempt a Guinness World Records title, you'll start the time at the beginning of this step).
4. Connect the nail and the coin (your electrodes) with the alligator clips. Make sure that one end is attached to the nail and the other to the coin.
5. Once you've joined up the lemon battery, you should be left with two free clips at either end—one coming from the nail and the other coming from the coin.
6. To complete the circuit, attach the clips to the LED.
7. If you're doing the Bonus Fun, now connect the voltmeter, take a reading of the output and photograph the display to send as evidence for the Guinness World Records title attempt.

► See the full activity at [4-H.org/Battery](https://4-H.org/Battery)

Brought to you by Guinness World Records

🕒 60 minutes | Grades: 6-8, 9-12

# Cooking Over Campfire Coals



## Description

Learn how to organize an outdoor cooking experience with this free activity guide from Iowa State University. It includes planning the

► Start planning at [4-H.org/CampCooking](https://4-H.org/CampCooking)

Brought to you by Iowa 4-H Youth Development

## Inspire Kids to Do



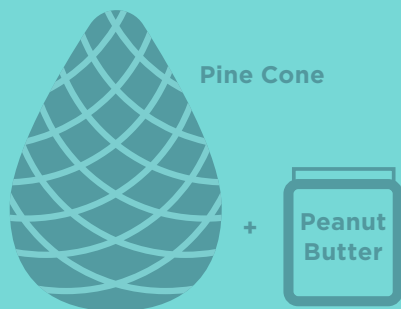
Learn to code your names and see who has the best design.

Code Your World is a four-part challenge that teaches kids ages 8-14 to apply computer science to the world around them through hands-on activities.

► Learn more: [4-H.org/NYS18](https://4-H.org/NYS18)



# Build a Bird Feeder



Monitor your bird feeder for a week and log the types of birds.

**Why is this important?** Just like people, the birds in your backyard also need nutritious foods.

► Get started: [4-H.org/BirdFeeder](http://4-H.org/BirdFeeder)

# Force and Friction



## Description

Newton's First Law of Motion states that an object will remain at rest or in motion until an outside force acts upon it. This activity uses Hot Wheels cars to explore the concepts of force and friction described by Newton. Youth will manipulate how hard a car is pushed and explore how to maximize the pull of gravity. ► Full tutorial at [4-H.org/NewtonsForce](http://4-H.org/NewtonsForce)

## Supplies

Tape Measure



Stop Watch



Masking Tape



4 Books, Movie Cases, or Boxes the Same Size



Hot Wheels Car



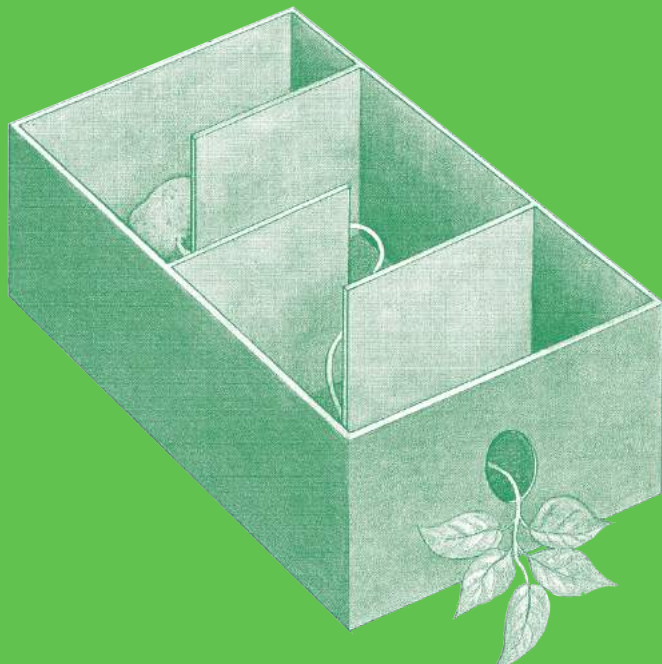
Hot Wheels Launcher



Hot Wheels Track



# Build a Potato Maze



## Description

Using just a cardboard box and a sprouting potato, do this fun activity to show kids the obstacles plants will overcome to find the light they need to grow.

## Activity Steps

1. Make a small hole in a short side of a long cardboard box.
2. With an adult's help, cut out several pieces of cardboard and stick them inside the box to make a maze like the one in the picture.
3. Put a sprouting potato at the end of the box opposite the hole and place the lid on the box.
4. Leave the box in a light place so that light can easily get into the box through the hole in the end.
5. After a few days, take the lid off the box. Has your potato found the pathway through the "maze" to reach the light?

► Get started at [4-H.org/PotatoMaze](http://4-H.org/PotatoMaze)

# Stuff a Truck for Soldiers



## Description

Create a “stuff a truck” event or collection to send care packages overseas to soldiers (or others in need like hurricane victims) by asking shoppers to buy something extra to say thank you to a soldier. It teaches kids public speaking skills, fundraising, community support and teamwork.



Research



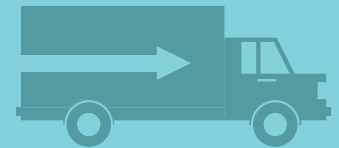
Create Signs/Posters



Find a Store



Donation Jar



Send Donations

## Activity Steps

1. Research the many organizations providing care packages for soldiers, what kind of donations they need and where/how you can send supplies.
2. Select your organization and create signs or posters to inform people about the cause and organization you're supporting.
3. Pick a local store with a lot of foot traffic (or a handful if you'll do this with a big group or multiple times) and dates for your activity—visit the store to speak with a manager to get approval for your plans.
4. Have kids stand by the main entrance of a popular store with posters describing their cause, pre-printed notes with items for the public to purchase and bags to put them in.
5. Have a donation jar out and prime it with a few dollars.
6. Help the kids develop their pitches. For example: “Would you like to say thank you to a soldier by buying just a few items to put in a care package?” or “Would you like to add another item to your basket to help families affected by the hurricane?”
7. Teach the kids to thank the person whether they participate or not.
8. Send the donated items to the organization you chose, following their guidelines of where, how and what.

Thanks to Cathy, Massachusetts 4-H

# Paper Crafting

## Description

Check out this project idea guide that contains a list of activities and tips related to paper crafting. Paper crafting comes in many forms, but the main supply, as the name implies, is paper. Many of the other supplies can be found around the house, making this an inexpensive hobby.



## Pick One or More

The project guide at [4-H.org/PaperCraft](https://4-H.org/PaperCraft) lists many different paper craft techniques and ideas like card making, decoupage, origami, paper embroidery, embossing and more. Read starter ideas for each topic and select one or more to try your hand at.

Brought to you by Ohio 4-H Youth Development

30 minutes | Grades: Pre-K-2

## Fun and Tempting M&M Math



## Description

Practice early math skills with this tasty and tempting activity to help even the littlest of kids count and categorize their M&Ms—if they can resist the temptation!

► Start practicing at [4-H.org/Math](https://4-H.org/Math)

60 minutes | Grades: 3-5

## Grow a Bean in a Bottle



Learn about the life cycle of a plant from **Serena**, an Oklahoma 4-H'er, and discover what their plant needs to survive. They will also learn about innovative gardens that don't require going outside. This activity showcases how agriculture and science go hand-in-hand.

► Learn more: [4-H.org/Bean](https://4-H.org/Bean)



# Building Bridges

## Description

Try this fun challenge from Indiana 4-H'er, Arianna, to teach kids the concepts of engineering. Using toothpicks and gumballs, students will build a small bridge. First, we do the design phase, where students discuss characteristics of real bridges, and how it helps with common challenges. Then students build their bridges and go through testing stages before they present their final project.



**For a group of 10 kids:** Two 100-packs of wooden toothpicks (overestimate, you'll use a lot of them!) + Four packs of gumballs + A variety of materials to test the students' bridge strength + Small prizes for the winners

Thanks to Arianna, Indiana 4-H

## Activity Steps

1. Define "engineering" or, for older kids, confirm their understanding of what "engineering" is.
2. Explain the project, as well as how it relates to engineering—mention the specific concepts it teaches: design process, critical thinking, etc.
3. Discuss what common problems need to be addressed when building a bridge—start by discussing what a bridge's function is, and what might impede that function.
4. Pull up pictures of real bridges, and discuss what design features they have in common. Then discuss how these features contribute to the bridge's successful function.
5. Have students list the steps they'll use to make the bridge, or draw the bridge. Push them to be as detailed as possible—when they start building, they'll be glad they were.
6. Once designs are complete, set out materials. Students should have unlimited access to materials, but tell them to be reasonable—they shouldn't use an entire box of toothpicks on one bridge.
7. Using pre-selected materials, begin running students' prototype bridges through strength challenges. Each new challenge should be heavier than the last. These challenges will reveal structural flaws in the students' bridges.
8. Send students back to the drawing table, and have them re-work their bridges to fix the flaws. Consider having them start the entire process again—write out what issue they're facing, then draw/list how they'll fix it in their new design.
9. Bring all students' completed bridges together and run them through a single final challenge. This should be the heaviest challenge you present. Any student whose bridge supports the weights for at least 10 seconds wins the challenge!



# Wind Energy

## Description

Learn how wind can be converted into energy. In this activity, youth will build a simple windmill and use it to power a pulley system to lift a bucket.

► Get started at [4-H.org/UsingWind](https://4-H.org/UsingWind)

Brought to you by Hughesnet and Illinois 4-H Foundation



## Supplies

Construction Paper



+

String



+

Paper Clips



+

Small & Large Disposable Cups



+

Scissors



+

Tape



+

Rubber Bands



+

Large & Small Straws



# Origami Cube

## Description

Don't be square—have a go at the record for the fastest time to make a modular origami cube! The challenge here is that it's made from not one sheet of paper but six, inspired by traditional Japanese design.



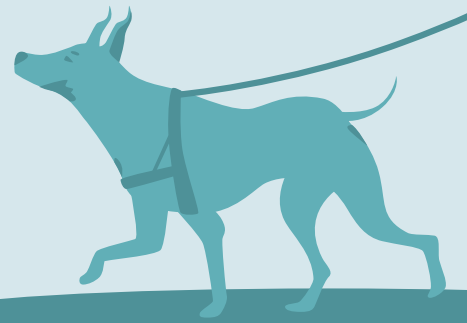
## Supplies

- Six Pieces of Square Origami Paper or Rectangular Paper Cut into Squares
- Stop Watch

► Get started at [4-H.org/Origami](https://4-H.org/Origami)

Brought to you by Guinness World Records

# Inspire to Do



## Volunteer

Volunteer as a dog walker once a week at a local shelter.

# Intelligent Eggs {experiment}



Teach your kids about the principles of buoyancy with this fun “magic trick” using only simple household items!

► Start your experiment at [4-H.org/Eggs](https://4-H.org/Eggs)

## 1 SETUP

- Two 8-ounce glasses
- Water
- 4 tablespoons sugar
- Two uncooked eggs
- Laundry marking pencil

## 2 THE ACT

Announce you have two intelligent eggs that obey written commands. Give them to a member of your audience with a marking pencil and give him or her the choice...

## 3 TIPS

This trick uses an old standby of magicians called “misdirection.”



## Create a Gratitude Journal

Help your kid learn to notice and appreciate the little things.

🕒 60 minutes | Grades: 3-5, 6-8, 9-12

# Marshmallow Catapult

You'll need good aim and a faithful lab assistant (or at least a willing buddy) to take on this sweet experiment. Perhaps don't mention that their role will mainly involve having marshmallows fired at them!

### Supplies

- Bulldog Clip
- Bottle Caps
- Craft Sticks (Two Sizes)
- Marshmallows

### You will also need:

- Glue Gun
- Scissors



► Visit [4-H.org/Catapult](https://4-H.org/Catapult)

Brought to you by Guinness World Records

# Simple Healthy Lunch

## How to Make a Simple Healthy Lunch with a Friend

To encourage kids to eat healthier, show them how simple it is to make a healthy snack that tastes good. This activity encourages independence and thoughtfulness about what they're putting in their bodies.

### Supplies



2 Apples



1/2 Cup Strawberries



1/3 Cup Peaches



1/4 Cup Grapes



3/4 Cup Orange Juice



1 Tablespoon Lemon Juice



Juice of 1/2 Grapefruit



Measuring Cup & Spoons



Knife



Hand Juicer



Serving Bowls

### Activity Steps

1. Chop and measure apples.
2. Chop and measure strawberries.
3. Chop and measure peaches.
4. Chop and measure grapes.
5. Place fruit in a medium-sized bowl.
6. Juice 1 lemon, measure and pour onto fruit.
7. Juice 1 grapefruit, measure and pour onto the fruit.
8. Measure out the orange juice and pour onto fruit.
9. Stir well and serve.



Get creative...add raspberries, kiwi, blackberries and more.

Thanks to Adarra, Oklahoma 4-H

# Learn the Right Way to Wash Your Hands



## Description

Learn how to wash your hands correctly to keep your kids and family better protected from germs.

## Supplies



Liquid Hand Soap



Paper Towels or a Hand Towel(s)



Sink/Water for Demonstration and Practice



8 oz. Bottle of Glo Germ and UV light

## Activity Steps

- 1. Apply Glo Germ to hands and hold hands under the UV light to show coverage.**
- 2. Wash your hands:**
  - Wet your hands with clean, running water (warm or cold), turn off the tap and apply soap.
  - Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers and under your nails.
  - Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
  - Rinse your hands well under clean, running water.
  - Dry your hands using a clean towel or air dry them.
- 3. Check hands under UV light to show areas that are not washed properly.**



Thanks to Sofia, California 4-H



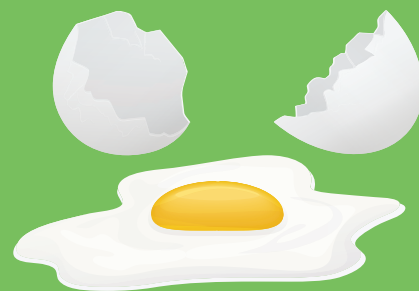
# Herbs in a Jar

## Description

Plant your favorite herbs in a mason jar—look for recipes to use them as they grow.



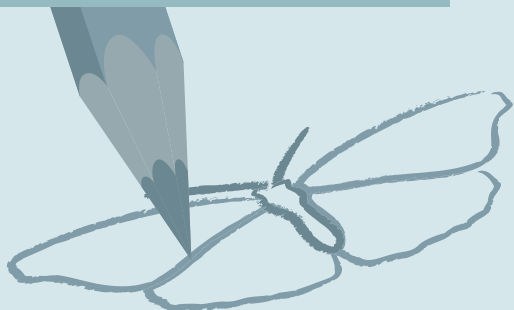
# Egg Drop Challenge



Hold an egg drop challenge—build containers to keep the egg from cracking.

The object of the game is for each team to determine how to drop an egg without breaking it.

► Get started: [4-H.org/EggDrop](https://4-H.org/EggDrop)

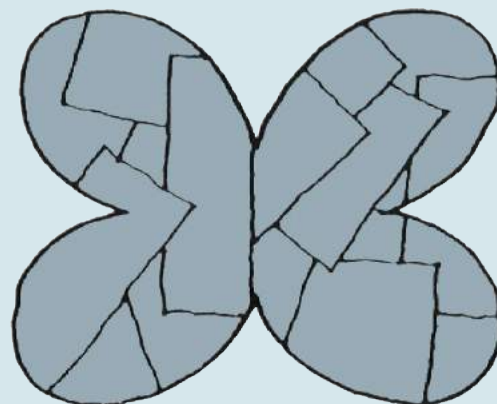
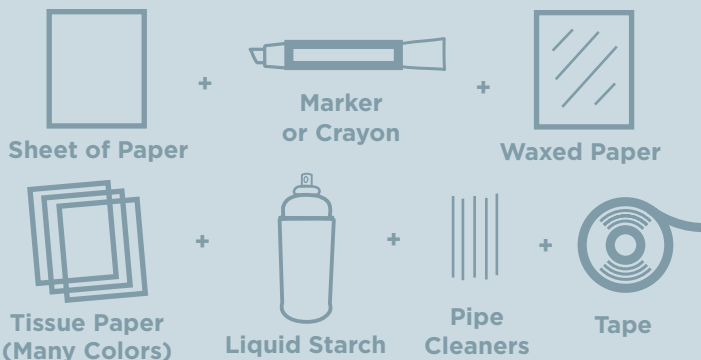


# “Stained Glass” Butterflies

## Description

Beautiful and delicate butterflies are a favorite for many kids. Their wings are covered with tiny overlapping scales that give them their lovely colors. Try this fun craft to enjoy this beauty every day from your window.

## Supplies



► Check it out at [4-H.org/GlassButterfly](https://4-H.org/GlassButterfly)

# Sew a Burlap Bag

## Description

Using yarn and a plastic needle, teach youth how to sew a burlap bag from a rectangle of burlap fabric. Using simple tools, you can teach kids basic sewing techniques.



## Supplies

Plastic Craft Needle and Yarn in Your Favorite Color



Rectangle of Burlap the Size You Want Your Bag (9"x 14" is a good size)



## Activity Steps

1. Before beginning, serge around the burlap pieces to prevent fraying.
2. Fold the burlap rectangle in half to make a 9 x 7-inch rectangle (if using the 9 x 14-inch measurement).
3. Stitch each side and tie off the ends of the thread.
4. You can then embellish with a button closure or decorative items!

Thanks to Beth, Oklahoma 4-H



# Science Bug

## Supplies

String



Printer Paper



LEDs



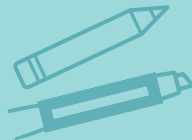
Watch Battery



Electric Tape



Colored Pencils or Markers (Optional)



## Description

Learn from one of our 4-H Youth in Action Winners, Cassandra, how to make a light-up “Science Bug” necklace. Kids will learn about circuits and electricity as they practice lighting up LEDs.

► See the full activity at [4-H.org/Bug](https://4-H.org/Bug)



Brought to you by HughesNet

# Go on a Hike

## Description

Go on a hike or go to the neighborhood park and draw the view. While there, walk around and write down what you see others doing. Discuss with your group or family what you saw. Was there trash or other damage people left behind?

Learn to Leave No Trace at [4-H.org/Hiking](https://4-H.org/Hiking)



# Have a Car Wash



Hold a neighborhood car wash in support of a local shelter.



# Test Drive Your Trust

## Description

“Test drive” is an activity from Georgia 4-H'er, Oakley, used to build and teach the importance of trust. Through youth “driving” each other around, they will be able to see how hard it is to build and maintain trust and how easy it is to lose it. This activity works well in the social/emotional concept of healthy living, specifically for relationship and bullying prevention.



## Activity

Before the activity, set up a room with items, or use any room or area to make an obstacle course to go through. This activity is about trust and how important it is. Have the youth pair up into groups of two and instruct the groups to choose which of them will be the “driver” and which will be the “car.” The driver will stand behind the “car” and provide driving instructions without speaking to the car.

### Instructions:

1. Start walking
2. Double tap on both shoulders
3. Stop walking
4. Tap once on both shoulders
5. Turn left
6. Tap left shoulder
7. Turn right
8. Tap right shoulder
9. Honk horn
10. Tap the top of the head

Have the “car” close their eyes and then have the “driver” start their engines. Allow the driving teams to drive around a bit; if volunteers are available, it is suggested to place some around to keep them safe from falling or bumping into objects. Have the driving teams switch places and drive around a bit.

### When finished, ask the group questions like:

1. Who picked who would be the driver?
2. Was it difficult to be led around without seeing?
3. Did anyone lose trust in their partner?

### Why?

1. How did it feel to switch positions?
2. If you lost trust in each other, were you able to build it back?

Thanks to Oakley, Georgia 4-H



# Inspire To Do



Volunteer to help senior citizens in your neighborhood with technology and household chores.

# Healthy Meals: Plan, Shop & Prepare

## Description

Teach your kid how to plan, shop for and prepare healthy meals on a budget once a week.

A healthy meal starts with more vegetables and fruits and smaller portions of proteins and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget the dairy! Make it the beverage you drink with your meal or add fat-free or low-fat dairy products to your plate.

► Learn more at [4-H.org/HealthyMeals](http://4-H.org/HealthyMeals)



⌚ 60 minutes | Grades: Pre-K-2, 3-5

# Make a Wind Vane

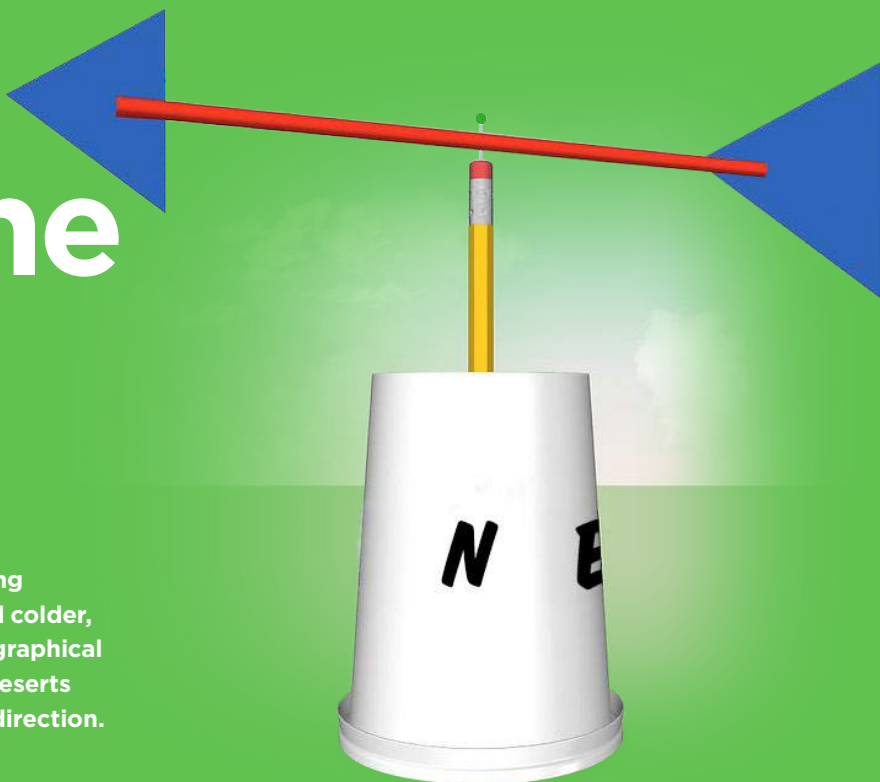
## Description

Make your very own wind vane to teach kids how wind is “made” and check the wind’s direction with this super simple and fun craft.

## Fun Fact

Did you know that the sun is responsible for creating winds? As the air is warmed by the sun, it rises, and colder, denser air moves in to replace it. This is wind! Geographical features, such as mountains, bodies of water and deserts help determine the nature of wind—its speed and direction.

► Learn how to build your wind vane at [4-H.org/WindVane](http://4-H.org/WindVane)





# Sweet, Savory and Tennessee

## Description

This activity developed by Tennessee 4-H'er Justin, will enable youth to make sweet and savory snacks from dairy products, while learning more about agriculture and healthy living. You will learn to make your own homemade butter and whipped cream.



### Supplies (Butter)

2 oz. Plastic  
Cups with Lids



+

Heavy Whipping  
Cream



+

Salt  
(if desired)

+



+

Crackers



### Supplies (Whipped Cream)

Measuring Cup



+



Vanilla  
Extract

+

Sugar

+



Whisk and  
Mixing  
Bowl

+



Your Choice of  
Fruit (strawberries  
and blueberries are  
recommended)

+



### For making butter:

1. Fill the 2 oz. plastic cup about 2/3 full of heavy whipping cream.
2. Seal the cup and shake the heavy whipping cream for 5-10 minutes, until solid butter is formed.
3. Drain the remaining liquid (buttermilk) and add salt (if desired).
4. Spread the butter on crackers and eat.

### For making whipped cream:

1. Add 2 cups of whipping cream, 1 tsp. vanilla extract, and 1-2 tbsp. of sugar into a metal mixing bowl.
2. Whip the mixture in the mixing bowl until it becomes thick.
3. Once it has reached your desired texture, add to fruit and enjoy!

Thanks to Justin, Tennessee 4-H

# Luau Bash for Healthy Living

Thanks to Bryanne,  
California 4-H

## Description

To encourage exercise in a fun environment, the “Luau Bash” concept, created by California 4-H'er Bryanne, consists of several fun and active games that promote healthy lifestyles.

## Activities Include:

- Pineapple Bowling encourages guests to get moving.
- Aloha Limbo allows everyone to practice and strengthen their flexibility.
- Musical Towels encourages everyone to dance.
- Kebab Relay will nourish guests while getting in some exercise for this healthy treat.

## Supplies & Instructions

### Pineapple Bowling

- 6 pineapples
- 1 coconut

Set up six pineapples in a triangle pattern. Walk 10 feet away from the pineapples and give the first contestant a coconut to knock over the pineapples. Set up pineapples after each player's turn. Each player gets one turn that consists of two chances to knock down as many pineapples as possible. The player who knocks over the most pineapples wins!

### Aloha Limbo

- 5 flower leis
- 2 helpers

Cut one snip in each of the five flower leis. Tape leis together to form one long chain. Assign two “holders” to stretch the lei chain. Have players line up perpendicular to the chain. Start by holding the chain high. Each player must bend backwards slightly (if necessary). Lower the chain for the next round. If anyone touches the chain, they are out. The person who can limbo the lowest wins!

### Musical Towels

- 10 towels (based on number of guests)
- Hawaiian music

Arrange X towels in a circle on the grass (X=1 less than number of players). Have guests stand in a circle outside of the towels. Begin music. Stop music after at least seven seconds (vary the time elapsed each round). The person not sitting on a towel is out! Repeat until one player is left.

### Kebab Relay

- 6 skewers (3 per team)
- 60 pieces of chopped fruit (30 in each bowl)
- 2 tables

Place two bowls of fruit on one side of the yard on a table. Place second table 20 feet away and set skewers on the table. Split guests into two teams. Have guests line up behind the fruit table. On “go” guests will grab one piece of fruit, run to the next table and carefully place on skewer (10 pieces of fruit per skewer). First team to assemble all three fruit kebabs wins!

# The 4-H Pledge & Yoga Sequence

## Description

Learn eight yoga poses that you can do along with the 4-H pledge.

Watch the video demonstration at [4-H.org/Yoga](https://4-H.org/Yoga) to learn the 4-H pledge and the poses!

Brought to you by Arkansas 4-H Youth Development



## Inspire To Do



Help your kid organize a neighborhood food drive for a local shelter or food pantry.

🕒 45 minutes | Grades: 3-5, 6-8

# Build a Rubber Band Car

## Description

In this activity, kids will build a four-wheeled car from items found in your home and learn about the engineering design process and physics!



Many of the items in this activity can be swapped out for other similarly shaped household items.

► Start building at [4-H.org/Cars](https://4-H.org/Cars)

Brought to you by Guinness World Records



# Calm Jars

## Description

Calm jars are a tool used to lead kids through developing positive “self-talk” practices which can help boost confidence, optimism and motivation while decreasing negative thoughts and emotions.

## Supplies

Glass Jars



Decorations for the jars such as: Glitter, stickers, markers, etc.



Print “calm cards” on colorful paper. You’ll see a few examples below, but get creative with your own ideas!



Cut calm cards so everyone has one copy of each sheet.



## Activity Steps

1. Set out your supplies.
2. Have each youth decorate a glass jar in any way they wish.
3. Fold the calm cards and put them inside of the jar.
4. Talk kids through how to use the tool and ask them about the situations and emotions they’re feeling when they think this exercise could be useful:
  - Sit in a calm safe space (like your bedroom or outside).
  - Begin by taking several deep breathes.
  - Take each slip out, one at a time, and read aloud while taking a deep breath.
  - Use the cards to calm your stress, nerves or anger.
  - Cards can also be used daily by selecting a new one each day.

► Visit [4-H.org/CalmCards](https://4-H.org/CalmCards)

Thanks to Molly, Ohio 4-H

# Take a Tour



Take a tour of a farm or nursery in your area. Ask three questions about the plants and animals.



# Sunfold Printed Scarf

In this video tutorial from CreativeBug.com, you'll learn how to create vibrant, textural prints on textiles and home décor.

To make these prints, you'll use Inkodye—a special light-sensitive fabric dye that comes out of the bottle translucent and develops in the sunlight, resulting in beautifully dyed fabric.

Watch the video tutorial to learn the technique for applying Inkodye, and several ways to fold fabric to create organic printed designs as well as intricate stripes and swooshes. You'll also learn ideas for moving beyond the scarf, printing on throw pillows, curtains and pashminas.

► Check it out: [4-H.org/Scarf](https://4-H.org/Scarf)

Brought to you by JOANN

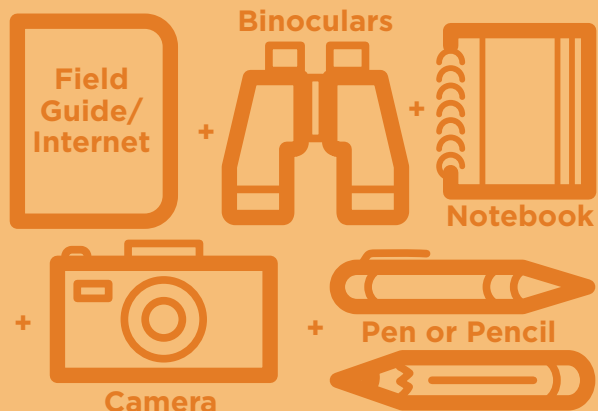
All Ages

# Signs of Wildlife

## Description

Start a neighborhood nature club and teach kids about nature right in their backyard.

## Supplies



► Get started at [4-H.org/NatureClub](https://4-H.org/NatureClub)



## Activity Steps

1. Hike around the neighborhood looking for signs of wildlife (home/park/nature preserve as possible locations).
2. Walk quietly try to observe all wildlife.
3. Listen to wildlife sounds.
4. Record what you see and hear in a journal.
5. Use identification guides to determine what animals you saw and heard.

# Healthy Recipes on a Budget



## Description

Indiana 4-H'er, Madison, had the opportunity to visit a ranch to learn more about global hunger and how to address hunger in her local community. With her fellow 4-H'ers, Madison developed an action plan for their community built around teaching people how to make healthy, simple and affordable meals in a hands-on workshop. She's sharing two recipes you can make with your family tonight!

### Overnight Oats:

#### Recipe:

- 32 oz. plain Greek yogurt
- 2 cups of old fashioned oats
- 2 2/3 cups of milk or almond milk
- 6 tsp. chia seeds
- 1/4 cup honey

#### Preparation:

These can be eaten at any meal or as a snack; they are both filling and refreshing. We will make a batch in a large bowl and then fill in single-serving jars.

- Combine all ingredients and fill individual containers a little over 1/2 full (like mason jars or any other single-serving container you have in the house), seal and refrigerate overnight.
- For breakfast or snacks throughout the week, simply take out of the fridge and add any fresh fruit or toppings you like and enjoy!

### Greek Spinach Pasta Salad:

#### Recipe:

- 1 package of whole wheat penne pasta
- 1 package (6 oz.) fresh baby spinach
- 1 pint of grape tomatoes, cut in half
- 6 oz. crumbled feta cheese
- 1/2 cup sliced Greek olives

#### For the salad vinaigrette:

- 1/2 cup olive oil
- 1/2 cup white wine vinegar
- 1/3 cup grated Parmesan cheese
- 1 tbsp. Dijon mustard
- 2 garlic cloves, minced
- 1 tsp. dried oregano
- 1/4 tbsp. salt
- 1/4 tsp. pepper

#### Preparation:

This recipe makes 10 servings and stays fresh in the fridge for a week, making healthy eating easy to fit into our busy schedules.

- Cook the pasta according to the package and set aside to cool (with a little olive oil so it doesn't stick).
- Prepare the vinaigrette while the pasta is cooking: mix all ingredients in a resealable container and shake/stir (kids love to help here) until well blended.
- Combine the salad ingredients in a large bowl with the pasta.
- Add the vinaigrette and mix. Store sealed in a large bowl or individual containers for on-the-go for up to a week!

Thanks to Madison, Indiana 4-H



# Farm Animal Finger Puppets

Brought to you by JOANN

## Description

Learn how to make a whole gang of farm animal finger puppets. Templates are included to make a dog, cat, pig, chick and bunny, and each finger puppet is made the same way—with two pieces of felt and a few simple stitches. But the cute hand-stitched faces and little details are what give each farm animal their distinctive traits. Watch the video on CreativeBug.com for step-by-step instructions, tips for free-hand stitching the features and a demonstration on how to sew the front to the back with a blanket stitch.

► Learn more at [4-H.org/FingerPuppets](https://4-H.org/FingerPuppets)



All Ages

# Write a Letter

## Description

Write a thank you letter to someone who has impacted your community.



## Get to Know



## Thaddeus, Illinois 4-H

Thaddeus has been a mentor for FIRST Lego League and the Illinois State Robotics Competition teams for four years. Over the course of his work in 4-H, he has helped to introduce STEM and robotics to more than 6,000 youth across Illinois.

► Watch now at [4-H.org/Thaddeus](https://4-H.org/Thaddeus)



# The Beautiful and the Bruised Apple

## Description

Aimed at anti-bullying, this activity shows kids how unkind words affect others with a simple yet impactful apple demonstration.

## Supplies

- 2 Red Apples
- Knife
- Cutting Board



## Activity Steps

1. Before the activity, take one of the apples and hit it against a table to cause bruising on the inside of the apple (but don't let the kids see you do this, and try not to damage the outside of the apple).
2. Have kids sit in a circle on the floor and hold up both apples. Ask them to describe the similarities between both apples.
3. Next, take the "Bruised" apple and begin to call it names or tell it how "horrible" it looks. Tell the kids that because you don't like it, you don't want them to like it either.
4. Pass the apple around the circle and have everyone make fun of it and call it names. When everyone has had a turn, put it to the side.
5. Now take the "Beautiful" apple and give it praise and compliments. Pass it around the circle so the kids can do it too.
6. Place the "Beautiful" apple on the cutting board and slice it in half. Say something like "The apple we were kind to is so fresh and clear on the inside!"
7. Then cut the "Bruised" apple open and say something like "The apple we were bullying and unkind to is all bruised and mushy inside!"
8. Ask the kids why they think it's bruised? How do they feel when others say unkind things to them?
9. Use it as a conversation starter to have the kids discuss how they feel and situations they've experienced. Make a point to ensure they understand that when kids are bullied, they feel bruised on the inside, but may not show it on the outside, and how they can help when they see others being bullied.

Thanks to Karee, North Carolina 4-H