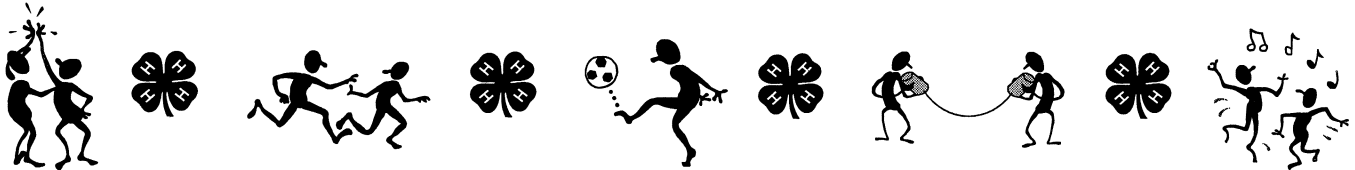




Ohio Cloverbud Connections



Winter 2003 Issue

For 4-H Cloverbud Volunteers working with grades K - 2

Volunteering as a Cloverbud Leader

Volunteering as a 4-H Cloverbud leader is an important and rewarding experience. As a caring adult you have the opportunity to build positive relationships and life skills in children. You will set the stage for young people and introduce them to the world of 4-H with a variety of *Learn by Doing* activities and teach them to value and practice service to others.

Purpose of Cloverbuds:

The goal of the Ohio 4-H Cloverbud Program is to promote the healthy development of youth in grades K-2 to become capable, competent, caring and contributing citizens. To accomplish this, Cloverbuds will:

- 1) Develop self understanding and confidence through positive and cooperative learning environments.
- 2) Experience achievement through an age appropriate and success oriented activity- based curriculum.
- 3) Develop positive attitudes of self, family and community through caring adults and older youth who serve as positive role models.

How the Cloverbud Program Works:

Clubs provide activity-based education for members. Activity-based means a variety of short term experiences for youth that creates a cooperative fun approach to learning. Youth participate in activities at club meetings that focus on topics that are of interest to this young audience. Volunteers choose activities from a variety of topic areas including: healthy lifestyles, environmental/earth science, citizenship, plants and animals, consumerism and family science, personal development, science and technology, and community expressive arts.

Volunteer Responsibilities:

- ❖ Create a positive learning environment that is caring, supportive, and fun.
- ❖ Teach activities from the Ohio 4-H Cloverbud Curriculum.
- ❖ Use cooperative-learning techniques as the children work on activities together.
- ❖ Engage the children in curriculum that promotes noncompetitive activities.
- ❖ Value and respect the diversity of all participants.
- ❖ Allow children to be creative across the eight different curriculum subject areas.
- ❖ Foster an appreciation of community service through Cloverbud activities.
- ❖ Have a low ratio of children to adults at about 6 to 1.
- ❖ Conduct success-oriented activities to help children gain confidence.
- ❖ Provide numerous subject areas that interest the participants.
- ❖ Be a nurturing role model, enthusiastic, and sensitive.



(Includes information from: Scott Scheer. **Positive 4-H Youth Development through the 4-H Cloverbud Program.** 2001 Ohio 4-H In-service, 4-H Youth Development in the 21st Century.)

Bruce P. Zimmer
Extension Agent, 4-H Youth Development
Ohio State University Extension, Monroe County

Campus Connections

Hello Cloverbud Volunteers!!!

At the suggestion of our wonderful editors, Joyce Shriner & Bruce Zimmer, my column is about resources to help you as a Cloverbud Volunteer. You are probably aware of some of these resources, but hopefully a few of them will be new materials that you can use.

1. Ohio's 4-H Cloverbud Program - Series I

Series I curriculum materials include short term, fun, cooperative, noncompetitive activities that can be used by adult volunteers with Cloverbud children to help them gain self-confidence, experience achievement, and develop positive attitudes. The Cloverbud activities will enable adult volunteers to promote life skills in Cloverbud children through subject areas of science and technology, community expressive arts, healthy life style, environmental - earth science, personal development, citizenship - civic education, consumerism - family science, and plants and animals. There are 24 curriculum pieces in the set (3 in each of the 8 subject areas) with about 9 activities per curriculum piece. Contact your Extension Office to purchase or borrow the curriculum.

2. Spanish Translation of the Ohio's 4-H Cloverbud Program - Series I

For all Cloverbud Spanish-speaking volunteer leaders, Ohio 4-H Youth Development is pleased to offer the Cloverbud Curriculum Series I in Spanish available through the Internet only at: <http://www.ohio4h.org/cloverbuds/handbook/seriesone/esp/frontpage.htm>. Series I - Spanish Version is recommended for use by Spanish-speaking Cloverbud advisors working with Cloverbud children regardless of their language orientation. There is no cost to you for accessing and using the Ohio 4-H Cloverbud Series I - Spanish Version.

3. Ohio's 4-H Cloverbud Program - Series II

Second set of instructional Cloverbud curriculum recommended for use by Cloverbud leaders and advisors with K—2 children. Same goals and objectives as Series I. Series II has been reviewed and approved by the National 4-H Curriculum Review Process. Contact your Extension Office to purchase or borrow the curriculum.

4. 4-H Cloverbud Volunteer Training Video

This video, published in 2002, was developed to help volunteer Cloverbud leaders better understand the program and serve children in Cloverbuds by promoting their healthy development as life skills are enhanced. The video is about 25 minutes long and can be used in its entirety or a section at a time. The video consists of six sections, which are labeled on the video box with approximate running time.



It is organized in the following manner:

- I. Introduction (0 - 5 minutes)
- II. Program Parameters (5 - 14 minutes) (including the development of 5-8 year-old children)
- III. How to Use the Cloverbud Curriculum (14 - 17 minutes)
- IV. Organizing a Cloverbud Group (17 - 22 minutes)
- V. Creating a Positive Learning Environment for Cloverbuds (22 - 24 minutes)
- VI. What is Expected of Cloverbud Advisors (24 - 26 minutes)

5. Cloverbud Connections Website

Visit the *Cloverbud Connections* website for all the past issues at: <http://www.ag.ohio-state.edu/~monr/Cloverbud/clvbud.htm>. If you don't have a computer or an Internet connection at home, go to your local library with this URL address. They will be able to help you.

6. Cloverbud Connections Spring 2000: Volunteer Issue

If you are a new Cloverbud volunteer or would like to freshen up on the Cloverbud program, check out the Spring 2000 Special Issue of *Cloverbud Connections*. It contains segments such as: What is the Ohio 4-H Cloverbud Program?; What is *Cloverbud Connections*?; Who are these K-2 Cloverbud children?; Cooperative and competitive learning: What's best for Cloverbud kids?; and Making Cloverbuds an awesome experience. Cloverbuds deserve great 4-H volunteers, and so much more. It can be found on the Internet at: <http://www.ag.ohio-state.edu/~monr/archive/spr2000.html> or check with your local County 4-H Extension Professional for their back issue of Spring 2000.

Again, if you have difficulties finding these materials, check with your County 4-H Extension Professional. They will direct you on how to find, buy or borrow the item you would like.

Thanks for all that you do as Cloverbud Leaders and Advisors!!

*Scott D. Scheer, Ph.D.; State Extension Specialist, 4-H Youth Development,
Preadolescent Education, The Ohio State University*

Featured Activity of the Season

from the Ohio 4-H Cloverbud Curriculum

Fitness is Fun

What is Physical Fitness?

Materials: None **Time:** (4-6 minutes)

Gather the children into a circle and tell them you would like to find out about being healthy and physically fit. Ask and discuss the following questions:

- ⇒ What does physical fitness mean?
- ⇒ Why do you think it's important to be physically fit?
- ⇒ What do you think it is like to not be physically fit?
- ⇒ What are some ways to keep our bodies healthy and physically fit? Be sure to include getting enough sleep and eating right, as well as plenty of exercise.
- ⇒ Think of all the ways we exercise our bodies.
- ⇒ Can each of you share your favorite way to exercise?

Application: Think about how many times you exercise your body during the day. Do you:

- ⇒ walk to the bus stop?
- ⇒ climb stairs?
- ⇒ run on the playground?
- ⇒ play outside with your friends?
- ⇒ play sports?
- ⇒ take dance or gymnastics?



Exercise Spinners

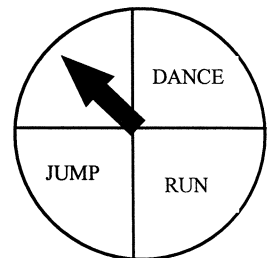
Materials: paper plates, scissors, brads or thumb tacks, construction paper strips (1 x 4") and crayons. **Time:** (6-8 minutes)

Help children divide their paper plates into four sections with crayons. Have them write an exercise (toe touches, jumping jacks, etc.) in each section, and decorate each section with a different color. Give each child a construction paper strip and thumb tack. Help attach them to the center of the plate. Spin it. Does it work? Help children make needed adjustments.

Spin an Exercise

Materials: Exercise spinners. **Time:** (4-6 minutes)

Have the children spread out. Let each child have a turn spinning a spinner and leading the group in the exercise. If duplications occur, ask the child who spun to think of a special way that exercise could be done differently (backwards, in slow motion, etc.).



Source: "Fitness is Fun." Ohio 4-H Cloverbud Curriculum
Ohio State University Extension

Cloverbud Meetings

Cloverbud 4-H clubs provide activity-based, educational programs for youth in kindergarten through second grade. Cloverbud members are energetic and enthusiastic. They have short attention spans and enjoy getting involved in fast-paced programs that teach lessons through a series of short activities. Cloverbud leaders also need to be enthusiastic, and energetic, as well as patient, and organized. Here are some Ideas to help make Cloverbuds an awesome experience.

How Many Members Should a Club Have?

- Successful clubs have a good balance between numbers of members and leaders. A ratio of six Cloverbud members per volunteer works well. Some activities and trips may require one adult for every two Cloverbuds.

What Happens During a Meeting?

- A typical Cloverbud meeting lasts about one hour. The meeting is called to order, the 4-H pledge recited, and attendance is taken during the first 10 minutes. The lesson from the Cloverbud curriculum takes about 30 - 40 minutes. The remaining time is spent enjoying refreshments and recreation.

What is Cooperative Learning?

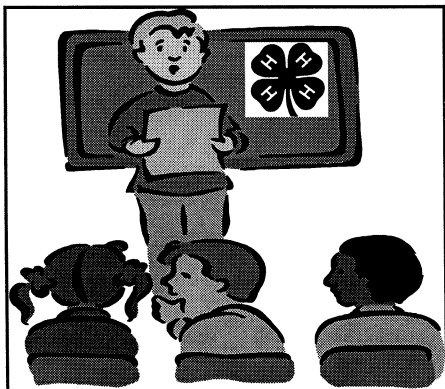
- The Cloverbud program offers cooperative, not competitive, activities. Cloverbuds receive recognition for participating in activities. Any form of recognition, prize, award, or ribbon must be given equally to all Cloverbud members.

How Do I Involve Parents?

- Parents of Cloverbuds usually help as needed. They may host a meeting in their home, donate craft supplies and/or refreshments, chaperon a special tour, plan a community service project, make telephone calls, provide transportation, or share a special skill.

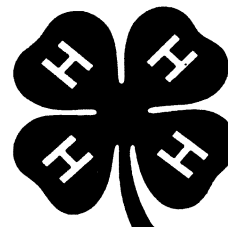
Because of the enthusiastic leaders, hands-on activities, and energetic youth, Cloverbud clubs are fun for all.

Joyce Shriner
Extension Agent, Family and Consumer Sciences
Ohio State University Extension, Hocking County.



Snow Balls & Hot Chocolate

Bake cupcakes using a white cake mix. Cool. Give each Cloverbud a cupcake on a small, disposable plate and a plastic knife. Have each child remove the cupcake wrapper and frost the cupcake using white cake frosting or whipped cream. Garnish the snowball with flake coconut. Serve with hot chocolate.



Ohio State University Extension

Cloverbud Connections is published four times annually by OSU Extension in Monroe and Hocking Counties, providing volunteers and teachers working with kindergarten through second grade access to unbiased, research-based information.

Editors: Bruce P. Zimmer, Extension Agent, 4-H Youth Development, Monroe County, 101 North Main Street, Room 17, Woodsfield, Ohio 43793, Phone - (740) 472-0810, E-mail - zimmer.2@osu.edu; Joyce A. Shriner, Extension Agent, Family & Consumer Sciences, Hocking County, 150 North Homer Avenue, Logan, Ohio, 43138-1730, Phone - (740)385-3222, E-mail - shriner.3@osu.edu.

Design & Production: Jennie Shaw, Support Staff, OSU Extension, Monroe County.

All educational programs conducted by Ohio State University Extension are available to clientele on a non-discriminatory basis without regard to race, color, creed, religion, sexual orientation, national origin, gender, age, disability or Vietnam-era veteran status.
Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture,
Keith L. Smith, Director, Ohio State University Extension.
Hearing impaired readers may request information about educational topics by calling TDD #1-800-589-8292 (in Ohio) or 1-614-292-1868 (outside Ohio). For those with physical disabilities, special arrangements for participating in educational programs can be made by contacting your local Extension Office.