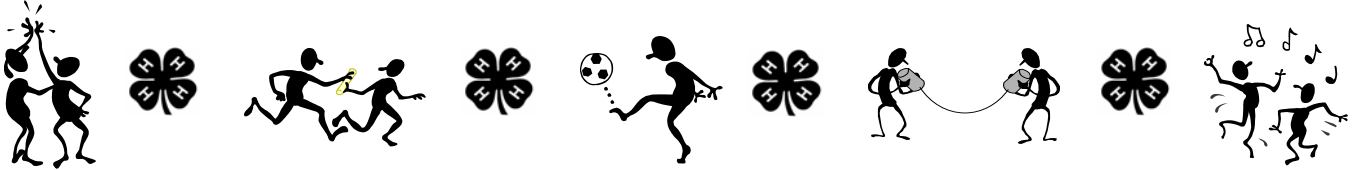




# Ohio 4-H Cloverbud Connections



Winter 2006 Issue

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

## Are you a 4-H Cloverbud Volunteer Looking for Resources?

We are always hunting for new resources and ideas to help make our 4-H Cloverbud programs simple to organize, hands-on, and more educational. One of the best ways to have a dynamic program is to utilize a variety of resources and to be an organized and enthusiastic volunteer. Here are a few resources to consider:

### 1. Click it, Print it, and Do it!

You will now find a new feature in Ohio 4-H Cloverbud Connections issue that will direct you to the web! On the web you will discover an activity that can be printed and used at your next Cloverbud meeting or event.

### 2. Ohio 4-H Cloverbud Curriculum – Series I & II

Both of these curriculums include short term, fun, cooperative, noncompetitive activities that can be used by adult volunteers with Cloverbud children. The activities will enable adult volunteers to promote life skills in Cloverbud children through a wide variety of subject areas.

### 3. 4-H Cloverbud Volunteer Guidebook

The guidebook provides 4-H Cloverbud volunteers with information about the goals and “how to” strategies of the 4-H Cloverbud program. You can purchase or borrow a copy of the guidebook from your local Extension Office.

### 4. 4-H Cloverbud Training Video

The video was developed to assist 4-H Cloverbud volunteers and consists of six sections, which includes an introduction, development of 5-8 year-old children, how to use the 4-H Cloverbud curriculum, organizing a 4-H Cloverbud group, creating a positive learning environment, and what is expected of 4-H Cloverbud volunteers. Contact your Extension Office to borrow the video.

### 5. Ohio 4-H Cloverbud Connections Website

The website is located at [www.cloverbudconnections.osu.edu](http://www.cloverbudconnections.osu.edu) and provides volunteers access to Cloverbud activities, program ideas, and research based articles about working with K-2 youth. New volunteers will find the Spring 2000 issue helpful as it contains several “how to” articles, located at <http://cloverbudconnections.osu.edu/archive/spr2000.html>

### 6. Cloverbud Activity Kits

Some counties have developed activity kits for volunteers to borrow. If your county doesn't have a selection of kits, talk with your 4-H Youth Development Educator about developing and donating a kit to your county office. These kits can compliment the existing Ohio 4-H Cloverbud Curriculum.

**Click it, Print it, Do it!**

[www.cloverbudconnections.osu.edu](http://www.cloverbudconnections.osu.edu)

**Are you looking for an easy activity to teach 4-H Cloverbuds about the 4-H Pledge? This quarter you will find two 4-H Pledge activities on-line and ready for you to print! The activity sheets include a coloring page and flag weaving activity.**

Sources:

Scheer, Scott D. “Campus Connections.” *Ohio 4-H Cloverbud Connections*. Winter 2003. Online. 09 Dec. 2005. Available: <http://cloverbudconnections.osu.edu/archive/win2003.html>

Trutner, Susan. “Volunteer Guidebook.” *Ohio 4-H Cloverbud Connections*. Spring 2005. Online. 09 Dec. 2005. Available: <http://cloverbudconnections.osu.edu/spring2005.htm>

*Bruce Zimmer*

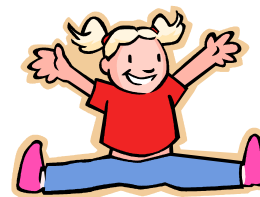
*Extension Educator, 4-H Youth Development  
Ohio State University Extension, Monroe County, Ohio*

<http://cloverbudconnections.osu.edu>

## Living the 4-H Pledge Through Community Service

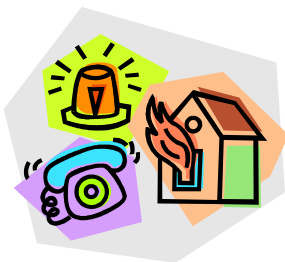
“I pledge my heart to greater loyalty, my hands to larger service...” Community service is an important part of the 4-H program. We emphasize it through the pledge, at club meetings, community events, and county-wide programs. Involvement in community service activities helps Cloverbud members develop caring attitudes and responsibility, as they learn to share with others.

Many types of projects are appropriate for Cloverbuds. Keep the project active and keep members involved for best results. The Jumping-Jack-A-Thon Food Drive, found in the Cloverbud lesson guide, has been a popular activity for some of our Guernsey County clubs. Food drives are more exciting when kids are involved getting pledges and practicing their jumping jacks. One club made it a party by inviting parents and relatives to watch and cheer on their Cloverbuds. The 15 minute limit for jumping jacks keeps energy levels and meeting time reasonable.



Other Cloverbud groups have focused on nursing homes and health care centers for special projects. Members get creative with “Thinking of You” cards when supplies like construction paper, recycled greeting cards, markers, glitter pens, 3-D pens, foam shapes, stickers, decorative-edge scissors, and glue are provided. They have also filled gift bags with personal care items, and made place mats for dinner trays. Clubs have collected items for the dog shelter, Haven of Hope women’s shelter, and our troops overseas. They have helped older 4-H members with gardening and beautification projects, as well as helping to make fleece blankets for nursing home residents.

One county-wide project this year focused on safety and health education. All 4-H members were able to participate in the 4-H Takes a Stand poster contest. We asked members to create posters focusing on one of these themes: sportsmanship, health, safety, profanity, smoking, or drinking. We wanted the posters to remind people to make good behavior decisions. Our goal was to maintain a safe and welcoming environment for youth and families at our county fair by promoting sportsmanship, health and safety, and by discouraging profanity, smoking and drinking. Posters were displayed at the county fair and throughout the community. All participants received a 4-H Takes a Stand tee-shirt, donated by Guernsey County Deputies FOP Lodge #136.



Consider publicizing your service projects through the newspaper and radio. Publicity lets people know how 4-H contributes to the community and provides well-deserved recognition to 4-H members. Check with your 4-H Educator or media representatives for the best method to publicize your event. You will want lots of pictures to share with members and media, so identify the photographers in your group. Remember to get photo release forms from parents. These forms are available from the OSU Extension office.

Some of our service projects are sponsored by individual clubs, others are a group effort or county-wide initiative. Our goal is to provide lots of opportunities for all members to participate in service activities. Community service is fun, develops teamwork, builds friendships, and encourages understanding and acceptance. Help your members live the 4-H pledge through community service.

*“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.”*

*Carolyn Wilson  
Extension Educator, 4-H Youth Development  
Ohio State University Extension, Guernsey County, Ohio*

## Creative Activities for Cloverbud Meetings

Evaluations of the Ohio 4-H Cloverbud Connections newsletter show that volunteers want a larger variety of activities to incorporate into their Cloverbud meetings. Here are some activities from the web that may be helpful to 4-H Cloverbud volunteers.



Collins, Elaine. "Summer Activities for Fun and Learning." Backpack Buddies. Online. 4 Dec. 2005. Available: <http://ohioline.osu.edu/> Go to the Ohioline website, click on Youth, click on Backpack Buddies Fact Sheets, then click on "Summer Activities for Fun and Learning." This Fact Sheet includes several summer activities for children, including making a bird feeder, sock puppets and a play office.



Maddox, Mike. "Spring Fling First Grade Program." Youth Horticulture. Online. 7 Dec. 2005. Available: <http://www.uwex.edu/ces/cty/rock/hort/ChildrensGardeningActivities.html>. Linked with permission. Visit the website and click on "First Grade Program Curriculum." This curriculum includes activities that could be used during a Cloverbud meeting or as part of a field trip to an arboretum, farm, or garden. The activities include observing colors, shapes, and textures in the environment; making a flower art project; and learning the parts of plants, things that are made of plants and parts of the plant we eat.



Michigan Department of Education. "Family FUNdamentals Home Learning Activities." Online. 7 Dec. 2005. Available: <http://www.michigan.gov/mde/0,1607,7-140--69358--,00.html>. Information may be printed, copied and distributed. This site contains literacy learning activities broken down by grade level for kindergarten, first and second grades.



Substance Abuse and Mental Health Services Administration. "Building Blocks for a Healthy Future." Online. 7 Dec. 2005. Available: <http://www.bblocks.samhsa.gov/>. Linked with permission and in the public domain, free and downloadable. This site contains tabs for educators, children and family. Click on the educators tab to learn about teaching tips, best practices and to receive free reproducible tools, handouts and training manuals. The children's tab takes you to age appropriate games, songs and information from the Building Blocks Friends.



Tufts University Child & Family Web Guide. "Resources/recreation>activities with kids." Online. 7 Dec. 2005. Available: <http://www.cfw.tufts.edu/>. Linked with permission. Visit this site and click on "Resources and Recreation." Then click on "Activities with Kids." You will receive links to a variety of educational resources and activities.

Joyce Shriner

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Ohio State University Extension, Hocking County, Ohio

## Recruiting Cloverbuds

Another exciting year of 4-H is almost here and many advisors are planning to recruit Cloverbuds for their groups. What can volunteers do to recruit new Cloverbuds? Hang posters with information on the program in public and private elementary schools and other public places. Also, promote the program to co-workers, the county home-schooling program and in religious organizations and other community groups. When recruiting new members, it is important for 4-H volunteers to speak with children's parents. The family's participation in the program and their encouragement will also help foster a desire to continue in the program.

Educate families about 4-H Cloverbuds and how it is a noncompetitive program. Emphasize to parents that their children's participation in Cloverbuds will help them grow intellectually, socially, emotionally and physically. Tell parents about the educational value of Cloverbuds, but let the youngsters know how much fun they will have doing different activities.

Sources: Cox, Kathryn J. "Ages and Stages of Youth Development." Extension Fact Sheet, 4-H-015-99. Lafontaine, Kenneth. "Involving Parents." Extension Fact Sheet, 4-H-013-99. Zimmer, Bruce P. "What is Ohio 4-H Cloverbuds?" Ohio 4-H Cloverbud Connections. Spring 2000. Online. 28 Nov. 2005. Available: <http://cloverbudconnections.osu.edu/archive/spr2000.html#story2>.

Jenna Shriner

Intern, December 2005  
Ohio State University Extension, Hocking County, Ohio

## Campus Connections

Hello again! It feels good to make another 4-H Cloverbud Connection with you!

It is that time of year as the weather gets cold and most of our time is spent indoors. This includes what we do with our 4-H Cloverbud members. As a result of being inside during the winter, kids can get restless and may need some assistance to settle down.

One way to help 4-H Cloverbud children to focus on their club activities and improve the “physical mastery” life skill is to do stretching and breathing exercises that are fun.

Check out the following ideas as recommended by Jeffrey Crupi from the magazine, *Teaching Pre K – 8* (2005, p. 18).

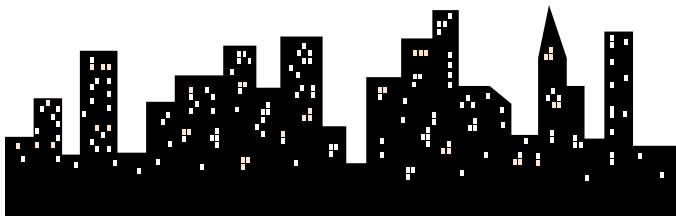
★ **Belly Breathing** – Have the kids sit up tall and place a hand on their stomachs. Next, everyone inhales as they feel their bellies expand, then exhale slowing by drawing their bellies inward. Have the kids think positive thoughts as they inhale, like their favorite activities and games, when they exhale have them image all their worries and fears going away.

★ **Tree and Ball** – Have the kids lay on the floor, backs down, arms extended above their heads in the shape of branches and legs spread as if the roots of a tree. Announce that it is now windy and their branches are moving and swaying in the wind.

★ **Sprouting Seeds** – Direct the kids to kneel down, with the back of their thighs touching their calves and to curl the rest of their bodies together like small seeds, with their faces toward the floor. Have the children begin to inhale and to image that his or her seed is beginning to grow. Guide the children to slowly straighten their bodies and hands upward toward the sky. After a good, deep stretch, direct the children to exhale and slowly curl back into being a small seed. Repeat this activity three or four times.

By doing these stretching and breathing exercises the 4-H Cloverbud members are improving their physical mastery skills and helping their bodies relax and express any excess energy.

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4-H Youth Development, The Ohio State University



## Whole Wheat Snack Mix

### Spice Mix

1/2 cup (1stick) margarine or butter  
1 tsp. paprika  
1 tsp. seasoned salt  
3/4 tsp. ground cumin  
3/4 tsp. garlic powder  
1/2 tsp. dried basil  
1/2 tsp. dried thyme  
1/4 tsp. black pepper  
1/8 tsp. ground cayenne pepper



### Snack Mix

2 cups whole wheat cereal squares  
2 cups toasted oats cereal  
2 cups whole wheat snack crackers  
1 cup dry roasted peanuts  
1 cup pretzels

Preheat oven to 250 degrees. Place butter in a 13 x 9 inch baking dish. Put the dish in the oven until the butter is melted. In a bowl, combine the spices. Remove the melted butter from the oven and stir the spice mix into the butter. Mix all the ingredients for the snack mix. Pour into the baking dish and stir to coat with the butter mixture. Bake the mix, stirring occasionally, until heated through and lightly browned, about 40-45 minutes. Cool the mix completely before serving.

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## Ohio State University Extension

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