



# Ohio 4-H Cloverbud Connections

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

## Family Camping Activities

As we begin to smell the familiar aroma of charcoal burning, hear the lively sounds of songbirds, and watch the gentle white clouds amble by, the great outdoors is calling us to step outside. One excellent way to step out safely into nature is through family camping. Research shows that frequently getting young children into wild nature can provide them with improved academic, life and social skills. It is also a great way to forge lasting family connections! Here are a few children's activities to consider as you go family camping this summer.

### **FOOD & FIRE**

- ★ Tin Foil Meals—mix cut potatoes, ground sausage, veggie cubes, etc. in tin foil packets at home so all you have to do is lay them on the campfire to roast. If the kids help, this will build their anticipation for the camping trip!
- ★ Fire Building—everyone has a job in camping meals and collecting dry kindling and wood is great for energy-filled young ones. Be sure to follow park rules and give guidance on safe building techniques.
- ★ Storytelling—while sitting around the evening fire, give every family member the opportunity to tell a silly, made-up story about an object they see.

### **FUN & GAMES**

- ☺ Treasure Hunt—take along five scarves/bandanas and secretly hide them in prominent campground areas. Then provide clues to each location and send the children out to search for them. The kids can then repeat the game and make the adults hunt too!
- ☺ Bikes—bringing bicycles along can help children easily meet new friends and explore larger areas of the campground/park.
- ☺ Flashlight Fun—settling into the tent each night can be more comfortable if youth are allowed to play flashlight tag or make shadow puppets. A little freedom while camping can go a long way.

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



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Are you looking for a night-time activity for your Cloverbud camp? Check out the "Find the North Star" activity in the Click-it, Print-it, Do-it link. Included is background information, a worksheet, an answer sheet, and a challenge to go outside and find the North Star.



*Tim Tanner, Extension Educator,  
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## Cloverbud Camp Ideas

### Theme Ideas

- ▲ Cloverbuds Dig Camp-A-Saurus
- ▲ "O" is for Ohio
- ▲ Cloverbud Survivors
- ▲ Nature's Detectives
- ▲ Cloverbud Road Trip
- ▲ Charlotte's Web
- ▲ Ground Hog Day
- ▲ Winter Fun
- ▲ Fun on the Farm
- ▲ Puppet Camp
- ▲ Cloverbud Horse Camp



### Camp Classes

- Fossils & animal pelts
- Nature hike
- Butter making
- Fishing
- Archery
- Scavenger hunt
- Fairground tour
- Solarium
- Food & nutrition
- Pedal pull
- Petting zoo
- Fitness is fun
- Paddle boating/pontoon ride



### Craft Ideas

- ✂ Treasure boxes
- ✂ Painted rugs
- ✂ Copper tin punch
- ✂ Rubber stamping
- ✂ Picture frames
- ✂ Lead printing
- ✂ Bird houses
- ✂ Leather stamping
- ✂ Stick horses
- ✂ Sand art



Bruce Zimmer, Extension Educator,  
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## Tips for Working with Homesick 4-H Cloverbuds While at Camp

For many Cloverbuds, 4-H camp will be their first time away from home. Some may get homesick. Homesickness occurs in all ages. It is anxiety that people experience when they are away from home. Symptoms include: stomach aches, headaches, or even minor aches and pains. Homesick children may be misinterpreted as being physically sick and needing medical attention. Children do not understand that homesickness is temporary.



There are ways to help 4-H Cloverbuds prepare for being away from home. Encourage parents to talk with their children about how long they will be away. Make sure they understand it will not be forever. Parents should let their children know what time they will see them. Use calendars to help children keep track of time and when they will be going home. This helps them focus on the future and not how they are feeling at the moment.

Parent(s) should let the kids help pack for 4-H camp. This allows them to decide whether to bring a favorite stuffed animal or t-shirt. With familiar items, campers feel more at-home. While at 4-H camp, make sure the children have a buddy. The more involved Cloverbuds are, the less likely they will get homesick.



Many 4-H Cloverbuds are not ready for camp their first or even second year of 4-H, so do not push children into 4-H camp (especially if it is overnight). Staying at a strange place without parents, can be hard for many 4H'ers. Over time and with the help of caring adults, the feelings of homesickness will pass and children will not want 4-H camp to end.

Adapted from:

Garst, B., & Carson, A. (2004) *Frequently Asked Questions (F.A.Q.) about 4-H Camp for Parents/Guardians*. Virginia Cooperative Extension. Retrieved on 17 Feb 2006 <http://www.ext.vt.edu/resources/4h/airfield/faq.html#Q21>.

Homesickness. (2005). *Kids Health for Parents*. Nemours Foundation. Retrieved on 17 Feb 2006 [http://kidshealth.orgPageManager.jsp?dn=KidsHealth&lic=1&article\\_set=20875&cat\\_id=145&](http://kidshealth.orgPageManager.jsp?dn=KidsHealth&lic=1&article_set=20875&cat_id=145&)

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## Wildlife Learning Activities

### “Getting Familiar with Wildlife”

**Materials:** pictures or live specimens of wildlife (fish, wild flowers, butterflies), and large sheet of paper to make a list

Wildlife are plants and animals that have not been domesticated. People often think of wildlife as the deer or rabbit they hunt or the fish they catch. Wildlife includes the following: ducks, rabbits, moose, deer, squirrels, turkeys, robins, wild flowers, coyotes, frogs, elk, butterflies, mockingbirds, beavers, fish, foxes, bears, raccoons, and many other species.



Have the children sit on the floor in a half circle. Explain the term wildlife and have them brainstorm as many examples of wildlife species as they can. Discuss with them all the various types of wildlife and list them. Have pictures of wildlife (squirrels, fish, etc.) or live specimens (fish, wild flowers, butterflies, etc.) in which the children can learn more about. Are any considered endangered species? What does “endangered species” mean?

### “Nature Walk”

**Materials:** crayons, markers, pencils, and construction paper

Take the children for a nature walk in a wooded area, park, field, or grassy area. Familiarize children with the term wildlife and have them look for wildlife such as birds, squirrels, insects, wild flowers, etc. Ask them to be very quiet and listen to the sounds of nature. What does it sound like? Have them pick wild flowers. What do they smell like?



**Application:** After the nature walk, have the children draw with markers, crayons, or pencils on construction paper what they saw when they were on the nature walk. Ask them to think for a minute of what they saw and then draw it.

### “Crittter Creek Hunt”

**Materials:** jars, water source, tubs and nets (optional)

Take the children to a shallow stream, lake, or pond so they can observe aquatic wildlife. Have the children wade into the shallow water in search of insects, fish, or plants. The children can place anything they find into small jars and take them for further study. Make this a great learning experience.



**Note to the Volunteer:** Make sure the children are watched carefully when around water sources. If wading into water is not an option, you can make a wonderful experience on shore. Just take a large bucket and scoop water and aquatic wildlife and place in large tubs on shore. Maybe catch some small fish or insects with nets and place in tubs. The children then can simply observe the tubs of aquatic wildlife fun.

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### Teaching on Purpose

As a Cloverbud volunteer, one of your largest responsibilities is teaching. Before diving into a lesson on Safety Around Dogs, set a framework or a point of reference for the kids to associate the memory. Framing the lesson is a lot like framing a picture or poster. It helps Cloverbuds to create a file folder in their brain and associate it to another memory for future reference. The frame for this topic might be, “Do you remember the first time you came up to a dog and it barked like crazy at you?” That memory comes readily to mind and the Cloverbuds are then engaged in the lesson. Sometimes a frame may have to be a little more involved by continuing with another example of a dog’s behavior, but the kids will be right there with you. This framework is called Teaching on Purpose. It creates a point of reference for kids to easily remember lessons. If you were teaching a class on Fitness Fun and Snacks, you may want to bring a healthy snack for the kids to eat then discuss while eating, “What makes this snack healthy?” or “How could we make this snack healthier?” Then begin the lesson by discussing your topic. Teaching on Purpose by framing the topic works to engage kids’ attention.

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## Campus Connections

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

From federal education programs to your local library, helping children to read and write is a major initiative in Ohio and throughout the U.S. There are far too many children who have difficulty with reading and writing.

Our 4-H Cloverbud program can be helpful for advancing literacy skills in Ohio's children. It is undisputed that for children to be successful in school and later in life they must learn to read and write. The level of literacy skills possessed by children is the best predictor as to how well they will perform in school and later as a member in society. We develop our literacy skills throughout life, but the time between birth and age eight is considered the most critical period for literacy development (IRA & NAEYC, 1998). Hence, the important role you have as a 4-H Cloverbud advisor.

The 4-H Cloverbud program's main goal of promoting healthy development in children includes helping them to advance their learning skills for success in school and life. Children who do well at reading and writing will be well on their way to healthy development. There are other reasons as to why 4-H Cloverbuds is important for literacy development.

According to the National Association for the Education of Young Children and the International Reading Association (1998) an important activity recommended for literacy education is for children to work in small groups and to collaborate with other children. Cooperative learning and small group activity is a key element of the 4-H Cloverbud program. Therefore the 4-H Cloverbud program can have a significant role in helping children learn to read and write in Ohio. From 4-H's strong community collaborations (public libraries, senior centers, volunteer action centers, etc.) to its focus on life skill development, the outlook is bright for children in Ohio to read and succeed.

Thanks for all you do as a 4-H Cloverbud volunteer for improving the lives of children throughout Ohio!!

*Scott D. Scheer, Ph.D.*

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## Campfire Eggs Cooked in an Orange

### What you will need:

A campfire with a bed of very hot coals, oranges, knife, spoon, grilling tongs, eggs, salt & pepper

### Instructions:

- ★ Cut the oranges in half and squeeze the juice from them. This can be put in a cup to drink with your breakfast.
- ★ Remove the orange pulp and membrane so the orange peel is an empty shell.
- ★ Break one egg into each orange peel.
- ★ Take the grilling tongs and set each orange into the hot coals.
- ★ In a few minutes the eggs will begin to bubble. Watch it closely and let it cook to your desired perfection.
- ★ Remove the orange from the hot coals using grilling tongs and place it on a plate.
- ★ Add salt and pepper and enjoy!



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**4-H Cloverbuds**  
OHIO STATE UNIVERSITY EXTENSION

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