

Ohio 4-H Cloverbud Connections

For 4-H Cloverbud Volunteers Working with Grades K—2

October - December 2015 Issue

How to Make Friends/How to Treat Friends

By Candie Glover, Program Manager: Ohio Military Kids, 4-H Youth Development (The Ohio State University).



4-H Cloverbuds and friendships have a lot in common...they are both FUN, EXCITING and ENGAGING! And the best part...you do it all with FRIENDS! If you were to mention those four words to a child, chances are, they will want to participate.

Making friendships and learning how to treat those friends is an important life skill! How can we, as parents/guardians ensure our children are getting the most out of their experiences? How can we help them build important, positive friendships? How can we ensure

they know how to treat one another?

It all starts with CONNECTIONS. Whether it is a brief (intentional) introduction, allowing them to have the freedom of (adult-supervised) free-play at the local park/pool/recreation center, playing organized games or participating at a 4-H Cloverbud meeting, connections are being made. The more connections children are given, the higher the opportunity to gain/retain friendships.

As adults, we are not obligated to become best friends with every individual we meet. Children are no different. We need to allow them the freedom to connect with others. Through interactions, they communicate. During communication, they share ideas and interests. They learn about one another while they learn more about themselves. Friendships are developed not only from similarities, but also differences and curiosity about those differences.



Serving as a positive role model for our children is one of the most important things we can do as a parent/guardian. Helping children understand challenges, encouraging them to learn from their experiences and promoting social interaction are just a few life skills 4-H Cloverbuds can develop. Building friendships takes a lot of “Head, Heart, Hands and Health.” Joining and participating in 4-H Cloverbuds helps young people gain the experiences needed to achieve life skills as they benefit from those important connections in life, which lead to friendships.



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Building Friendships

Looking for easy to teach resources for your next meeting? Check out the most recent Click it, Print it, Do it activity for your Cloverbuds!

Fall Fun Activity for Cloverbuds

By Brittany Mendez, 4-H Youth Development Educator/CED,
Athens County (OSU Extension).

Although 4-H tends to slow down during the fall, it is important to keep kids active and plan activities appropriate for the season. Below, find the directions for making your very own 4-H leaf sun catcher!

1. Gather the leaves.

Encourage 4-H Cloverbuds to gather many different colors of fall leaves off the ground (preferably picking nice red, orange, and yellow leaves).

2. Give each child a piece of sticky clear contact paper and have them stick as many leaves as possible to the sheet. Then, put another sheet of contact paper on top to help keep the leaves inside.

Many children will find it hard to keep the leaves from scooting around while putting the two sheets together—have helpers on hand to help and keep kids from getting frustrated!

3. Have youth trace the clover** multiple times on top of the leaf contact paper so that they have a few different clovers. Then, have youth cut out the clovers.

If leaves start to fall out, cover with another piece of contact paper, sealing them in.

4. Have youth punch a hole at the top of the 4-H leaf clover and run a red, orange, or yellow ribbon through it, to make it hangable. They can use it as a sun catcher or nice fall decoration!

**Clover is on page 3.



Campus Connections

By Scott Scheer, Ph.D., State Extension Specialist,
4-H Youth Development (The Ohio State University).

Hello again! Great to make this 4-H Cloverbud Connection with you!

Friendships matter. Having more friends is not necessarily better than having a few friends. What is important is that kids have at least one or two people they can call friends. Friendships are important because children who are isolated or lonely can feel sad, anxious, and lack self-confidence. One of the great things about the 4-H Cloverbud program is that it promotes getting along skills through its cooperative learning format. Children work together to successfully complete learning activities. As a result, 4-H Cloverbud members have the opportunity to develop and make friends. Even children with a shy personality are engaged with others through the 4-H Cloverbud format that is group-centered. As a Cloverbud advisor, don't forget to recognize the importance of friendships that children may form while participating in 4-H Cloverbuds.



Thanks for your commitment to the 4-H Cloverbud program as we enhance the healthy development of children throughout the state!



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.

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