



Ohio 4-H Cloverbud Connections

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

The Advantage of Including Older Adult Volunteers

Older adults today are more healthy and active than ever before. They also are living a lot longer and spending more time in retirement. One advantage to this extended, vibrant adulthood is the chance for seniors to spend time with members of younger generations. As a 4-H volunteer, have you considered incorporating older adults into your program activities? Intergenerational programming is becoming increasingly popular nationwide in schools and community agencies. There are a multitude of benefits to encouraging the young and old to interact!

Benefits to Children:

- Seniors often can take the time to listen, share stories and do projects with children who are craving attention.
- An older friend can teach new skills and help develop self-confidence in their young partners.
- A senior can serve as a mentor and help children with the difficult job of growing up.
- Interacting with seniors provides children with positive images of aging and helps to reduce any existing fears of older people.
- By establishing a connection with an older friend, a child who has no grandparent close by can enjoy a “pseudo” grandma or grandpa.
- Inquisitive children can have their many questions answered.

Benefits to Older Adults:

- Being a volunteer enables seniors to feel connected with their local community.
- Working with children provides a connection to young people; especially for those who either do not have grandchildren or who are living far away from them.
- Involvement in a 4-H program provides opportunities to see new things, learn new projects and try new activities.
- Working with children helps retired seniors feel productive and provides a sense of purpose.
- Volunteering with 4-H can assist with maintaining physical mobility as well as intellectual stimulation.
- Seniors can once again view the world through children’s eyes.
- If you have not already, consider recruiting older adults in your community to participate in a few planned events.

Consult these organizations for activity ideas and resources.

** Generations United <http://www.gu.org/>

Click It, Print It, Do It!





www.cloverbudconnections.osu.edu

Are you looking for an activity that will challenge your Cloverbuds minds? If so, check out the puzzles provided in the Click it, Print it, Do it activity. Use the “Cloverbud Puzzle Fun” challenge at your next meeting and see how many of your kids can help Chris Clover get to his 4-H meeting!

Christine Price,

Former OSU Extension State Specialist.



EMPOWERMENT THROUGH EDUCATION

Building Self-Esteem

Cloverbud age children face many growing up questions everyday. One of the most important is "Who Am I?" and "How do I feel about myself?" A major goal of the Cloverbud program is to help develop self-esteem by having a positive effect on a child at an early age. This will help the child develop into a happy person as an adult. The philosophical base of the program is achieved by having activity-based, short-term experiences that are cooperative (not competitive and success-oriented).

What are some of the other ways that advisors can help develop self-esteem in Cloverbuds? Here are some ideas:

- ☺ give each child some individual attention
- ☺ ask members (new members each time) to help with special tasks at a meeting (ex. lead a song, help clean up, etc)
- ☺ be accepting of all children
- ☺ say "thank you"
- ☺ provide equal recognition to all in the form of certificates, ribbons, etc.
- ☺ hand out compliments
- ☺ ask a member to share a special skill or talent with the group
- ☺ give verbal praise and be specific (ex. "Sally, your collage is pretty" versus "Sally, your collage is very colorful, and you used several kinds of interesting leaves. Good Job".
- ☺ give non-verbal praise (ex. Smile, nod)
- ☺ let members make decisions

Self-Portrait Collage

Purpose: To help members think about themselves – their hobbies, families, friends, backgrounds, favorite activities, future goals, etc. and make a collage representing themselves.

Materials: Paper, scissors, and glue
Various magazines and catalogs
Construction paper or large pieces of paper
Washable markers

Time: 15 minutes



At the meeting:

- 1) Share this information – Each of us is different, unique, and important. We all come from different backgrounds and families with our own set of values and future goals.
- 2) Ask the member to make a collage as a self-portrait representing their favorite activities, hobbies, background, friends, family, future goals, etc. Cut out pictures from the magazines and catalogs and glue on the construction paper.
- 3) Each member should put his or her name on the construction paper with a washable marker.
- 4) Ask members to stand and describe their collage to the other members of the club.
- 5) Collages may be kept by the 4-H member or saved for the club to display in the fair booth, decorate for an achievement meeting, window display or some other occasion.

*Vicki Reed, Extension Educator,
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911 for 4-H Cloverbud Volunteers

Are you a new 4-H Cloverbud Volunteer or are you looking for some fresh and easy ideas to do with your Cloverbuds? When you are in a 4-H panic, who do you call? Here are some resources and ideas to help make our 4-H Cloverbud programs simple to organize, hands-on, and more educational.

1.) **Cloverbud Activity Kits:** As a result of generous grants from the Ohio 4-H Foundation, a number of kits have been developed for each county in Ohio. The kits focus on lessons taken directly from the Ohio 4-H Cloverbud Curriculum – Series II. The Kits include: The Science of Sound, Our Country, Food Fun, Sports Fun, and Fitness is Fun. The last two kits have written material only for clubs to develop their own kits. Contact your OSU Extension Office to borrow a kit or make your own by printing the materials from the web: <http://www.ohio4h.org/youth/cloverbud/cloverbudresources.html#7>

2.) **Click it, Print it, and Do it!** Are you looking for an activity to help your Cloverbuds learn about a new topic? These topics are ready to print and do! Find them on the web at: www.cloverbudconnections.osu.edu



3.) **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. These are available for purchase from your OSU Extension Office or by checking on the web: <http://www.ohio4h.org/youth/cloverbud/cloverbudresources.html>

4.) **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 OSU Extension Office or through this link: <http://estore.osu-extension.org/productdetails.cfm?PC=2587>



5.) **4-H Cloverbud Training Video:** The video was developed to assist 4-H Cloverbud volunteers in planning and organizing a 4-H Cloverbud program. Contact your Extension Office to borrow the video or by checking on the web: www.ohio4h.org/youth/cloverbud/cloverbudresources.html

6.) **Ohio 4-H Cloverbud Connections Website:** The website is located at www.cloverbudconnections.osu.edu and provides volunteers access to Cloverbud activities, program ideas, and research based articles about working with K-2 youth.

7.) **Connect to College:** This 4-H Cloverbud curriculum piece raises awareness about college through a series of engaging group activities. Includes 12 activities, supporting materials, and *On Campus with Cornelius*, an original, full-color storybook about an adventurous hedgehog who visits a college. Some of this material is available in PDF format and for purchase. See this web link for curriculum:

<http://www.ohio4h.org/youth/cloverbud/documents/Connect%20to%20College%20online.pdf>, supporting material: <http://www.ohio4h.org/youth/cloverbud/documents/712GPM3ConnecttoCollegeFlashcards2-23-12.pdf> and all material with children’s book can be purchased through this link, <http://estore.osu-extension.org/productdetails.cfm?PC=2757>



8.) **Cloverbud Farms at the Fair:** this 4-H Cloverbud resource will help involve 4-H Cloverbud members in a fair setting. It is a helpful resource that works well for getting 4-H Cloverbud kids engaged in fair activities, while meeting the 4-H Cloverbud program guidelines and goals. See the PDF link: <http://www.ohio4h.org/youth/cloverbud/documents/Cloverbud%20Farms%20at%20the%20Fair.pdf>

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Campus Connections

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

Children at one time or another will have conflict with each other (sharing materials or play space) or with themselves (understanding material or having difficulties participating) when involved in Cloverbud activities. Conflictual experiences can hinder the development of self-understanding and social-interaction skills when not handled properly. When working with Cloverbud youth, we can help them by using the following conflict resolution techniques:



- ★ Approach children calmly - a peaceful, calm, adult demeanor will help them sort through the problem to reach a solution.
- ★ Acknowledge their feelings - simply state the feelings you observe. Such a statement helps children identify and understand why they are having feelings of frustration or anger.
- ★ Gather information about the problem - listen to each child's point of view. This will help you understand the situation as the children see it and to discover with them what to do next.
- ★ Restate the problem - repeat what the children have said to convey that their point of view has been heard; it also allows more time for emotions to settle.
- ★ Ask for feedback and ideas to solve problems - open a dialogue with the children to consider various solutions to the problem; help them consider the consequences of their suggestions.
- ★ Give support - be there to help the children carry out the solution (Graves, 1996).

Children who learn how to problem solve and deal with conflict are self-confident. They also expand their self-understanding and social-interaction skills.

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

Scott D. Scheer, Ph.D.

*State Extension Specialist, Preadolescent Education
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Tuna Treat

- 1 12 oz. can water-packed tuna, drained
- ¼ cup pickle relish
- ¼ cup diced celery
- low-fat or fat-free mayonnaise

Mix first three ingredients together. Add enough mayonnaise to moisten and make spreading consistency. Refrigerate until served. Serve on crackers or toast with tomato or vegetable juice as the beverage.



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