

CLOVERBUD READING ADVENTURES

Best Friends Sleep Over

By Jacqueline Rogers

Gilbert goes on a sleep over with his friends and has fun until it is time for bed. His friends give him the support he needs to make it through the night.



ACTIVITIES AND CRAFTS

Breathing Buddy



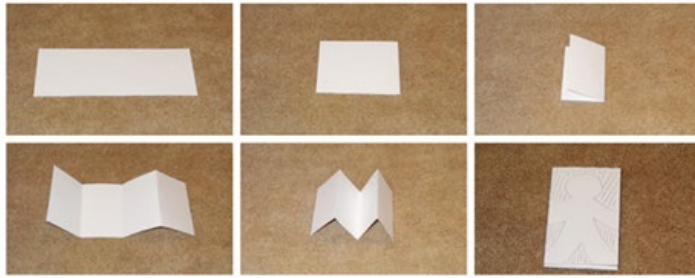
In the book, Gilbert is nervous about staying overnight. Sometimes taking slow, deep breaths can calm us down.

Materials: A paper cup; scissors, items to decorate the cup, glue dots or double-sided tape, colored pencils, different colors of crepe or tissue paper

What to do:

1. Cut the bottom out of the paper cup.
2. Decorate the cup to look like an animal or have the Cloverbuds use their imaginations to create something unique
3. Cut strips of tissue paper or crepe paper and attach them to the inside of the cup (using the glue dots or tape)
4. Have the Cloverbuds inhale through their noses and exhale through the cup slowly making the streamers move.

Being a Friend



At the sleepover, Gilbert had fun with his friends and learned that when he needed them the most, his friends were there to support him. This activity will help Cloverbuds think about what it means to be a friend.

Materials: white paper, markers, crayons or colored pencils, scissors

Plan Ahead: Prior to your Cloverbud meeting, prepare a paper doll for each participant to cut out at the meeting. Depending on the scissor skills of the Cloverbuds, the paper dolls could be pre-cut.

To prepare the paper doll, start with a half sheet of paper. Then fold it in half. Fold it in half again. Unfold it to see where the creases are. Then refold it along the lines, but this time in an accordion fashion. Draw an outline of a person on one side of the paper, making sure that the arms and legs both went all the way to the side of the paper.

What to do:

1. Brainstorm ways to be a friend and write them on a large sheet of paper or white board for everyone to see.
2. Have each Cloverbud cut out a paper doll chain (or group of friends) or provide them with a precut chain. Remind them to not cut the ends of the arms and legs.
3. Have the Cloverbuds write one way to be a friend on each of the people using the ideas your brainstormed together or ones they come up with on their own.

GAMES

Friendship Yarn Game

Supplies: ball of yarn (a ball works better than a skein)



How to play:

1. Have everybody sits in a circle. Ask for (or pick) a volunteer to be the first person holding the ball of yarn.
2. The first person throws the ball of yarn to someone else and says something they like about that person, or why they are a good friend. Then the next person throws it to someone else. Keep throwing the yarn until everyone has been picked.



Friendship Wheel

Supplies: large sheet of white paper (a roll of paper works well for this activity); markers, crayons, or colored pencils

How to play:

1. Cut a large circle from the white paper (you can tape multiple sheets together to make a bigger circle)
2. Fold the circle into sections (8 sections is a good size)
3. Allow Cloverbuds to choose something to draw with (crayons, markers, or colored pencils)
4. Have each child write his or her name in the slice. Then add drawings that reflect about themselves. Cloverbuds should only draw in his or her slice. They can, however, take a part of a drawing that the person beside them started and turn it in to something else. For example, a watermelon in one section becomes a basketball in the next. Encourage them to think of ways to connect their pictures. Encourage Cloverbuds to share about what they are drawing as they work.



Shake A Friend's Hand Song

Listen to a version of Shake a Friend's Hand and follow the direction in the song. This is a fun way to get Cloverbuds up and moving around and interacting with their friends.

Classic Songs and Traditional Tunes by Andy Z:

<https://www.youtube.com/watch?v=YLxfleParIU>

SpencersSingAndSay: <https://www.youtube.com/watch?v=uEB3S33BeR8>

Shake a Friend's Hand Shake a friend's hand, shake the hand next to you
Shake a friend's hand and sing along
Shake a friend's hand, shake the hand next to you
Shake a friend's hand and sing – sing this song!

Verses: give a high 5, bump a friend's hip, and scratch a friend's back.



SNACKS



Friendship Fruit Salad

Plan Ahead: Ask each Cloverbud to bring a fruit to share to the meeting. You could also ask Cloverbuds to bring a can of fruit to make preparing the salad easier.

If you have enough help, have the Cloverbuds help you prep the fruit for the fruit salad. Peel and cut the fruit. Each Cloverbud should have a part in making the salad which is part of what makes this a friendship fruit salad.

OTHER BOOKS TO READ ALOUD

How to Be a Friend, by Laurie Krasny Brown and Marc Brown

Peanut Butter and Cupcake by Terry Border

How to Be a Friend: A Guide to Making Friends and Keeping Them by Laurie Krasny Brown

The Fruit Salad Friend by Maria Dismondy

How to Grow a Friend by Sara Gillingham

Resources:

<https://www.giftofcuriosity.com/how-to-be-a-friend/>

<https://teachingideas.ca/2018/08/22/art-project-for-kids-3/>

EVALUATION

We value your input! After completing a Reading Adventure with your Cloverbuds, please tell us what you think. Your feedback will be used to improve the Reading Adventure program. Type the link in your browser and navigate to the evaluation site:

<https://go.osu.edu/evaladventures>

4-H CLOVERBUD READING ADVENTURES

Reading Adventures are part of the Ohio 4-H Cloverbud Program. This adventure was developed by Christy Millhouse, Extension Educator, 4-H Youth Development, Ohio State University Extension. It contains well-known activities, games, and snacks. Sources are indicated where appropriate. Find more reading adventures online at ohio4h.org/cloverbudresources.

TIP:

This 4-H Cloverbud Reading Adventure works well with Chapter 25 'My Feelings' in *The Big Book of 4-H Cloverbud Activities* available through OSU Extension offices or online at extensionpubs.osu.edu. Ohio residents get the best price when they order and pick up their purchases through local Extension offices.

