

Ohio County Mini



4-H Handbook

What is 4-H?

4-H is an out-of-school, volunteer-led, family-oriented program.

4-H is for boys and girls enrolled in grades K – 12 (inclusive) in any given year.

4-H is for ALL youth in Ohio County; urban and rural, farm and non-farm, regardless of race, color, religion or creed.

4-H helps young people to develop life skills. A life skill is an ability that one can use in everyday life. There are five basic skills that 4-H teaches. These are:

1. Building self-confidence.
2. Developing an inquiring mind.
3. Setting goals and making decisions.
4. Relating to other people.
5. Developing a concern for the community.

How does **4-H** do this? Through access to programs, development of projects, interaction with other 4-H and non 4-H youth, and adult volunteer leadership.

MOTTO: “To Make The Best Better”

EMBLEM: The 4-H Emblem is the four-leaf clover with the letter “H” on each leaf. The “H” stands for Head, Heart, Hands and Health.

COLORS: The 4-H Colors are green and white. Green symbolizes nature’s most common color and represents life, springtime, and youth. White symbolizes purity.

PLEDGE: 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.





Welcome to Cloverbud 4-H

Ohio County Cloverbud 4-H is a fun and educational program designed to help build self-esteem by providing youth the opportunity to learn and be recognized through non-competitive experiential learning. It also helps develop an interest in continuing into the 4-H Program.

Who can join Cloverbud 4-H?

It is open to any child currently in Kindergarten, 1st or 2nd grades as of January of the enrollment year.

How do I enroll?

Each year an Ohio County Cloverbud 4-H Enrollment Form must be turned into the Extension Office. The Enrollment Form is where you indicate which projects you want to take. You can choose as many projects as you would like to exhibit.

What do I do after I enroll?

You should work with your parents/guardians on what you would like to exhibit at the fair. A description of exhibit options for each project is located in this handbook. You are eligible to participate in one of the many 4-H Clubs Ohio County offers. By participating in a 4-H Club you will meet new friends and learn many new skills. The club leaders can also offer you help on choosing an exhibit.

What do I do with my exhibits?

You will bring your project exhibit(s) to Cloverbud 4-H Project Check-in and Judging that is held on Saturday morning at the start of the fair. You should check the 4-H Newsletter for specific date and time; however project check-in and judging is typically held from 8AM-Noon. Each exhibit will be checked-in and judged while you wait. All exhibits will receive a ribbon and will be on display during the fair. You should return the last Friday evening of the fair to pick up your projects. You should check the 4-H Newsletter for specific date and time.

Where to turn for help?

The great thing about 4-H is that there is always someone willing to help. Before you get frustrated and not complete your exhibits, try one of the following places to get the answers you need:

- ❁ 4-H Newsletter
- ❁ Older 4-H Members or Parents
- ❁ 4-H Volunteers
- ❁ Stop by the Extension Office
- ❁ Call the Extension Office at 438-3656

These are in no order; you should choose the avenue you are most comfortable with. Do not be afraid to ask questions, many people before you have asked the same question.

Cloverbud 4-H
Enrollment Deadline is March 1st
May 1st is the deadline for drop/add

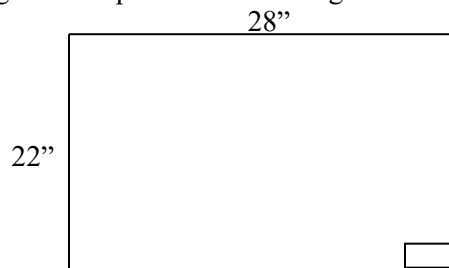
The Cloverbud program is designed for youth in grades kindergarten, first and second as of January 1st of current year. The project areas include:

Bicycle	Collections	Crafts	Dinosaurs	Farm Animals
Foods	Forestry	Gardening	Models	My Pet & Me
Plants & Flowers	Rabbits	Sewing	Sun, Stars & Space	
Whales & Dolphins	Wildlife			

- The completed projects of the Cloverbuds are brought to the fair for viewing at the same time as the regular 4-H members.
- A Cloverbud ribbon will be awarded to each of the projects exhibited.
- Participants in Cloverbuds have optional activity days; members will be contacted for dates and times. Members are encouraged but not required to participate.
- The Cloverbud program is sponsored by the Ohio County 4-H Junior Leaders.

Cloverbud Poster Guidelines

1. All 4-H posters should be made HORIZONTALLY on 22"x 28" poster board (unless otherwise specified in project manual). Poster board may be of any color (unless otherwise specified in project manual).
2. All poster exhibits must be labeled with an official Ohio County entry tag. These are available at the Extension Office.
3. Entry tag must be placed on lower right hand side of poster.



← Entry tag placed on lower right inside of plastic

4. All posters must be on a stiff backing ($\frac{1}{4}$ " is required). Some that work well are: foam core board, very stiff card board, and wood paneling.
5. All posters must be covered with clear plastic. You may buy the plastic sleeve at the Extension Office or at a discount store, hardware store, or lumber yard.

The suggested project exhibits are described on the next few pages. Feel free to do as many of the activities that are listed as you would like, but only bring one per project to the fair for judging. If you have any questions please contact the Extension Office at 438-3656.

Bicycle

- Draw a picture of you and your bike based on one activity in the manual.
- Take a picture of you and your bike. Add a picture of Traffic Signs, Ways I Use My Bicycle, Rules of the Road, Bicycling is Fun, or Labeling Bike Parts.
- Draw a picture or take a picture of your bicycle helmet. Tell why it is important to wear a helmet.
- Decorate your bicycle as though it were going to be in a parade. Have pictures taken of you with your decorated bicycle and use them for your exhibit.
- Plan a short trip to the grocery store, to a friend's house, etc. Make a map showing your route. Draw traffic signs, speed limits, danger points, corners, one way streets, etc. Include a picture of yourself with your bicycle, things you need for your trip, and anything else you can imagine for your exhibit.

Collections

You can exhibit your collection in many ways. You may be creative! But, make sure that when you put your collection together that it will stay together through the fair.

Still need some hints? You can make a poster or a scrapbook, use a shoe box, and egg cartons work great too! Are your items very small? Try plastic bags or bottles. Anything will work if it helps keep your collection neat and clean.

Here is a list of projects that can be shown at the 4-H Fair. Pick *one* of the projects you would like to exhibit at the fair. You do not need to make the projects in a special order. If you have any questions about your project, please call the Extension Office.

- Collect and exhibit 5 items or 5 pairs of items. These articles can be rocks, coins, insects, salt and pepper shakers, pencils, or any kind of fun collection. Attach a 3x5 inch card that tells what you are collecting and why you collected the items.
- If you take collections more than one year, add 5 more articles to your collection each year.
- Go to a museum and look around at the collection of things. Write a short report on your visit. Here are some things that you might want to put in your report:
 - ✓ Why do museums collect stuff? List some things that they collect.
 - ✓ Ask someone who works at a museum how they get things for their collection.
 - ✓ What is the best collection of items? What is the most unusual?
(If a museum is not in your home area, try the library)
- Talk to family and friends. Ask them what they like to collect and why they like to collect it. Then make a chart to show your information.

Crafts

Listed below are projects you can exhibit at the 4-H Fair. Choose one project each year from the list and bring it to 4-H Fair Judging.

- Splatter Painting
- Beaded Necklace
- Decoupage
- Hand Print
- Drawing
- Craft Kit
- Seed Picture
- Gift Bag
- Your Creative Craft

Dinosaurs

Here is a list of projects that can be shown at the 4-H Fair. Pick *one* of the projects. You do not need to make the projects in a special order

- Make a fossil cast. Use something that will make a fossil that might have been around 200 million years ago. (Examples: bones, leaves and twigs).
- Find four pictures of dinosaurs. Answer these questions for each picture. You can use the dinosaurs in this book. Put the pictures and information in a self-made notebook.
 - ❖ Name of dinosaur
 - ❖ Size of dinosaur
 - ❖ Weight of dinosaur
 - ❖ Type of dinosaur
- Make a poster that shows how big dinosaurs were. Draw pictures of yourself, your house, your school, and your favorite dinosaur. Answer these questions for each thing.
 - ❖ Name of thing
 - ❖ Size of thing
- Make a model of your favorite dinosaur. You can use model materials of your choice.
- Collect five types of plants that dinosaurs would be able to eat if they lived today. (Hint: the plants that dinosaurs ate did not have flowers) Put the plants in a self-made notebook. Answer the following questions next to each plant.
 - ❖ Name of Plant
 - ❖ Why a dinosaur would eat it
 - ❖ Where you found the plant

Farm Animals

- Write a story about your favorite farm animal.
- Make a poster showing the different things that farm animals make for us. (Example: hamburgers, wool, eggs, etc.)
- Make a poster showing the different kinds of farm animals.
- Talk to a farmer. Ask him questions about working on a farm, the farm animals he raises, and the feed that he uses. You can ask him your own questions. Write a story about the farmer.
- Write or rewrite your favorite fairytale using farm animals. Example: Cinderella on the Farm)
- Make a model of your favorite farm animal. If you want, add it to a farm scene made in a shoebox.

Foods

- A peanut butter sandwich cut into two or four pieces. Use two slices of bread, peanut butter and your choice of an added ingredient.
- Popcorn snack displayed in a small plastic sandwich bag. Start with popped corn and add other ingredients to make it your own.
- Two no bake cookies.
- Display a poster you made that shows at least three kitchen safety rules.
- Display a poster you made that shows the MyPlate .
- Two Marshmallow Treat squares.

Forestry

- Make a poster labeling the parts of a tree.
- Make a poster with pictures cut from a magazine or pictures taken with a camera of items that are made of wood. You could title the poster “Uses of Wood”
- Make a poster about animals that live in trees.
- Take a walk in the yard or in the park and collect leaves. Display them on a poster and label what kind of tree they are from.
- Use a notebook or plain white paper. Make a bark or leaf rubbing of different trees and leaves.

Gardening

- Exhibit one of the following:
 - One plant in a pot (no larger than 10 inches in diameter). You must have taken care of your plant for at least the last two months before judging.
 - A plate with a maximum of three vegetables

Models

Exhibit one of the following:

- Make one snap together plastic model. Do not glue or paint your model.
- Make a model out of clay or Popsicle sticks.
- Make a model using two to four different items of your choice. Examples: clay, toothpicks, sticks, ceramics, sugar cubes, etc.
- Visit a museum and look around at different models. Write a short report on your visit. Here are some things that you might want to put in your report:
 - ❖ What kind of models did you see?
 - ❖ Ask someone who works at the museum how they build their models? Or do they buy the models already done?
 - ❖ What was your favorite model? Why did you like this model? How big was the model? How big would the real life item be?
- Make a model using as many different items of your choice. Make a model background to display your model.
- Example: paint a shoebox so that a plastic model car looks like it is driving down the road, across the field, through the water or the air.

My Pet and Me

Exhibit the following:

Make your very own scrapbook or a poster (poster guidelines on page 4) about your special pet.

Inside you may want to put some of these things:

- ✓ My name is.....
- ✓ I am this old
- ✓ My pet is a
- ✓ My pet's name is
- ✓ My pet is this old
- ✓ My pet likes to eat this food
- ✓ My pet sleeps in a
- ✓ I like my pet because
- ✓ A funny story about my pet would be

Plants and Flowers

Exhibit one of the following:

- Three cut flowers in a vase. The flowers can be the same kind or different kinds.
- A flowering plant in a pot. Attach a small label that tells the kind of flower plant.
- A house plant. Attach a small label that tells the kind of plant.
- A cacti. Attach a small label that tells the kind of cacti.
- Make a poster that shows the different parts of a plant.
- Find at least three pictures of flowers. Write the name of the flower next to it. You can use the flowers in this book. Put the pictures in a self-made notebook.

Rabbits

- Make your very own scrapbook or a poster (poster guidelines on page 4) about your rabbit. Inside you may want to put some of these things
 - ✓ My name is _____
 - ✓ I am this old _____
 - ✓ My rabbit is a _____
 - ✓ My rabbit's name is _____
 - ✓ My rabbit is _____ months or years old
 - ✓ My rabbit likes to eat _____
 - ✓ I like my rabbit because _____
 - ✓ A funny story about my rabbit would be _____
 - ✓ What kind of rabbit would you like to have _____
 - ✓ Find a picture of the rabbit breed that you would like to own.
 - ✓ Tell the features of that breed.

Sewing

Exhibit one of the following:

- Sewing Kit – You may want to include a few items in your sewing kit that you will be using with your future sewing project. (Examples: Scissors, Pins, Needles, Tape Measure, Pin Cushion, Thread, Tailor's Chalk, etc)
- Pin Cushion
- Kool Cat and Honey Bear
- On a poster label the parts of a basic sewing machine.
- Throw Pillow – Exhibit on throw pillow that you have made.

Sun, Stars & Space

Exhibit one of the following:

- Make a solar system mobile. You may use any materials that you want. Make sure that you label each planet.
- Exhibit the asteroid that is made out of a foam ball. Paint the foam ball brown.
- Create a comet to exhibit at the fair.
- Make a model or poster of the shuttle. Label the main parts of the shuttle.
- Make a poster showing one or two different constellations.
- Make a poster about one or two different planets. Label the planets and tell something about them.
- Make a poster about Planet X. Be creative. If you were going to visit this planet, what would you find?

Whales & Dolphins

Exhibit one of the following:

- Find four pictures of whales. Answer these questions for each picture. You can use the whales in the CloverBud Whales and Dolphins manual. Put the pictures and information in a self-made notebook
 - ❖ Name of whale
 - ❖ Size of whale
 - ❖ Weight of whale
 - ❖ Type of whale
- Find three pictures of dolphins. Answer these questions for each picture. You can use the dolphins in the CloverBud Whales and Dolphins manual. Put the pictures and information in a self-made notebook.
 - ❖ Name of dolphins
 - ❖ Size of Dolphins
 - ❖ Weight of Dolphins
 - ❖ Type of Dolphins
- Make a poster that shows how big whales are. Draw pictures of yourself, your house, your school, and your favorite whale. Answer for each thing:
 - ❖ Name and Size of each
- Make a model of your favorite whale or dolphin. You can use any model materials.
- Make a Whalarama.
 - ❖ Find a large shoebox.
 - ❖ Paint the inside of the box to look like an Ocean.
 - ❖ Make models of whales, dolphins, ocean, mountains and valleys and put them inside.

Wildlife

Exhibit one of the following:

- ❖ Birds Poster or Mobile or Feeder
- ❖ Three Insects
- ❖ Bird Watching Chart Poster
- ❖ Animal Characteristics Poster