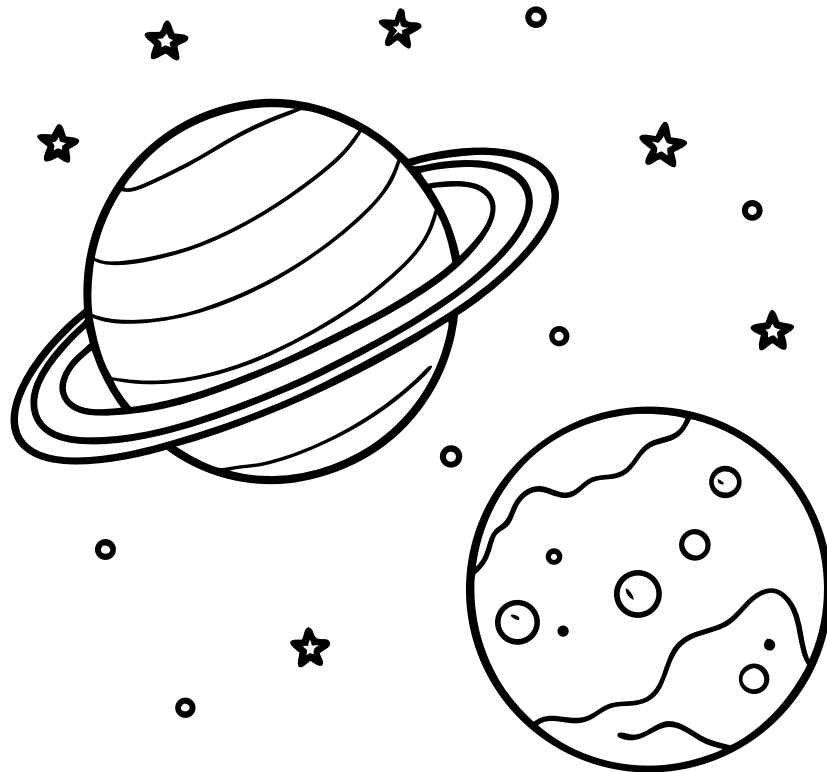


White County  
Mini 4-H

# Space

Rev. 2026



Extension - White County



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*White County*  
**Mini 4-H**

# Mini 4-H

## Project Requirements

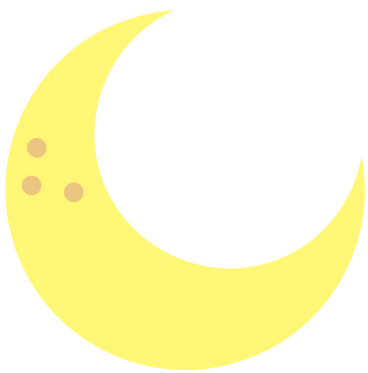
- Exhibit a 22" x 28" stiff-backed horizontal poster, covered in clear plastic, which describes an activity you completed from this curriculum or similar age-appropriate topic  
OR
- Exhibit a a display, covered in clear plastic, based an activity you completed from this curriculum or similar age-appropriate topic  
OR
- A notebook (3 ring binder) based on one activity from this curriculum or similar age-appropriate topic

Your project must have a label with your **Name, Grade, and 4-H Club**. Labels are to be attached in the lower right-hand corner of poster projects.

# Activity #1

## Space Gear Creation

Astronauts wear a lot of equipment when they go out into space. They have to carry their own oxygen as well as wearing a thick spacesuit to keep them safe and warm. In this activity, we will create our own space gear!



Materials: aluminum foil, construction paper, 2 oatmeal containers, glue, yarn, scissors, markers, masking tape

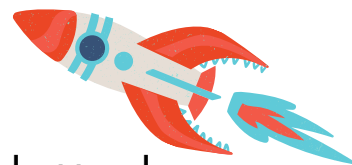
Steps:

1. Fasten two oatmeal containers together side-by-side using masking tape.
2. Cover oatmeal containers with aluminum foil or construction paper.
3. Make backpack type handles by connecting yarn to the top and bottom of each oatmeal container.
4. Decorate the tanks!
5. Have fun around the house wearing your space gear!

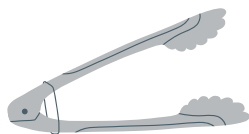
# Activity #2

## Astronaut Training

In order to be an astronaut, your mind and body have to be well trained! Astronauts study a long time before they would go into space. They need to be good at math and figuring out problems. They also need to be healthy and strong. This activity will help you train to be an astronaut!



Materials: four different styles of tongs (ice tongs, slotted spoons, pliers, salad tongs, etc.), four different things to pick up (ball of aluminum foil, a marble, rock, ping pong ball, button), two baskets or bowls, ribbon, markers, glitter, scotch tape, glue, scissors



Steps:

1. Place the 4 items to be picked up in a basket or bowl.
2. Line all of the 'trainees' up along the edge of the activity so they can see each person run and cheer.
3. Call one trainee's name and have them stand about 15 feet from the basket of items. Place an empty basket beside the trainee getting ready to run, skip, or hop.
4. Give the running trainee a pair of tongs and tell them what they must bring back and place in the empty basket.

# Activity #2

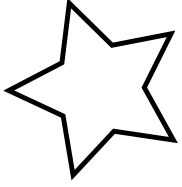
## Continued

5. When you say go, have the trainee run, hop, or skip with the tongs to the full basket and use the tongs to get out the requested item.
6. The trainee brings the item back while holding it with the tongs and drops the item in the empty basket.
7. The trainee then uses the next set of tongs to pick up the next item you request. The trainee continues until all the items are moved from one basket to the other.
8. Once the first trainee finishes, the second trainee repeats the exercise. Continue until all trainees have done the exercise.
9. Cut and color the medal and certificate on the next page when finished with training. Feel free to add glitter, decorative ribbon, etc.

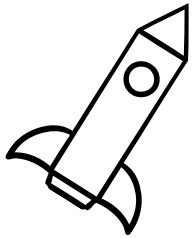
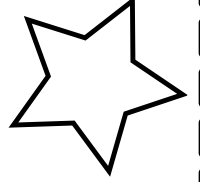


# Activity #2

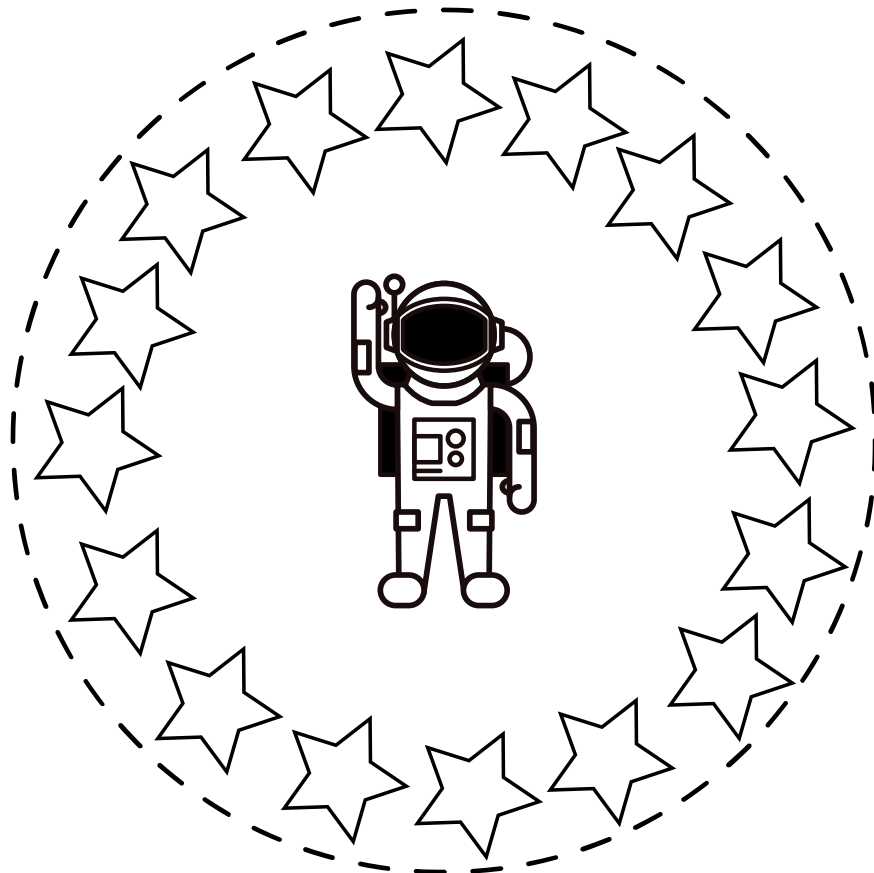
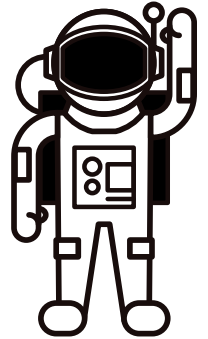
## Certificate & Medal



This is to certify that



has successfully completed  
Mini 4-H  
Astronaut Training



# Activity #3

## The Shape & Color of Stars

Do you know what shape a star is? Some people think a star has five, six, or more points on it and looks like these



Stars do not really have points like the pictures. Stars are really round balls of burning gas. Stars can be several different colors, which gives scientists called astronomers a clue to how old the star is. In this activity, you will make your own star!

Materials: 8.5" x 11" sheet of black or dark blue construction paper, tissue paper (red, orange, yellow, white or blue), hole punch, glue, colored chalk, hairspray

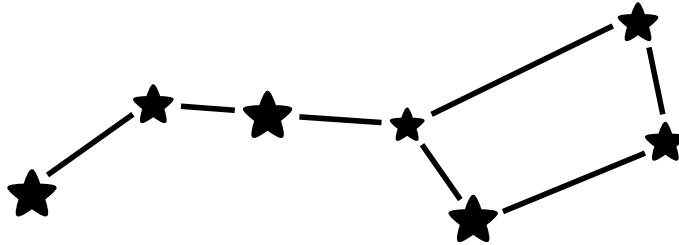
Steps:

1. Fold the construction paper into fourths.
2. Use the hole punch to punch several holes in the folded paper.
3. Unfold the paper. Tear small pieces of tissue paper and glue them on the back of the paper to cover all the holes. Add planets and other things to your picture using colored chalk. Spray your picture lightly with hairspray to keep the chalk from smearing. Hang your picture in a window so the light can make your stars shine.

# Activity #4

## Make a Constellation

Have you ever lain on the grass at night and looked up at the sky? You probably saw lots and lots of stars. A long time ago when people looked up at the sky at night they saw lots of stars just like you do, but they also saw something else. They saw pictures that the stars made. When they looked at the stars they imagined that there were lines connecting some of the brightest stars to create a sort of dot-to-dot picture. They called the pictures the stars made **constellations**.



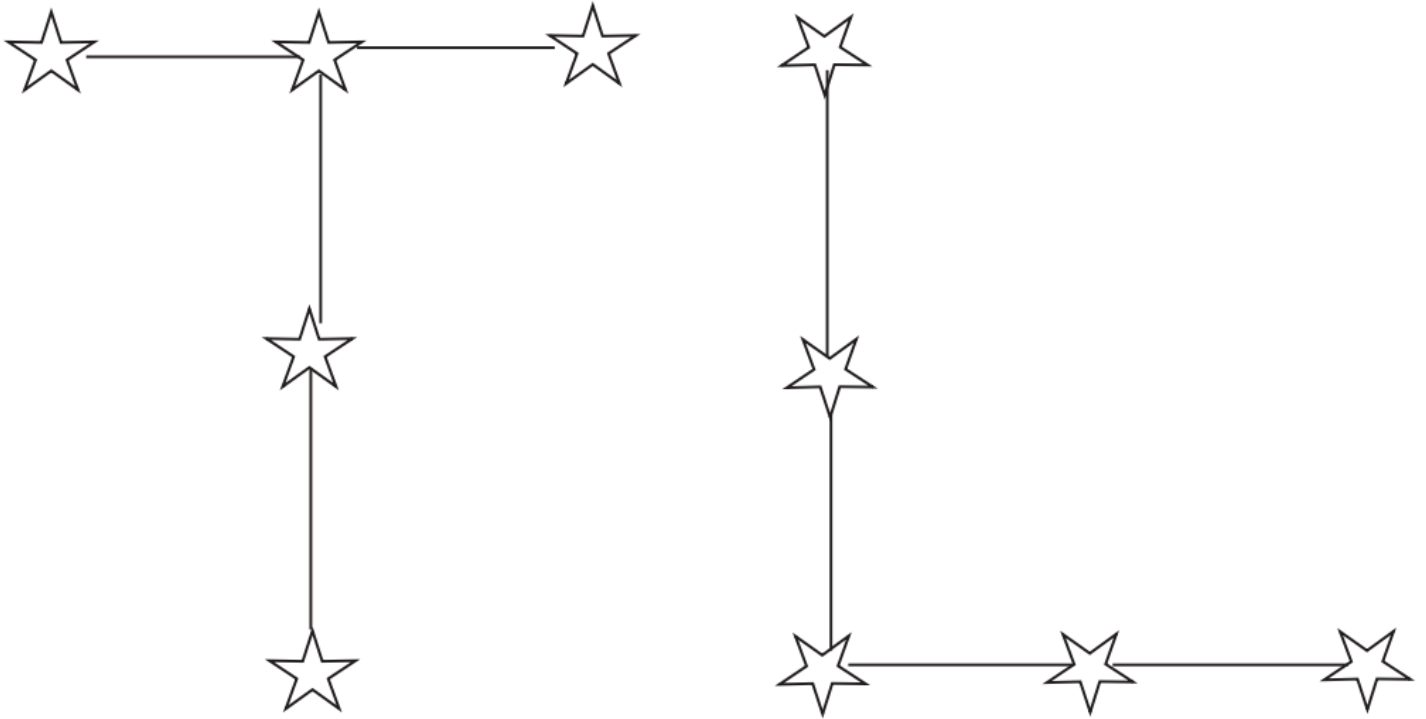
Materials: 11"x17" White Paper, pencil with eraser, star-shaped stickers, several newspapers, 11"x17" black piece of construction paper, black marker, safety pin, white crayon

Steps:

1. Print your name on the white paper using pencil. Make it big enough to fill the paper
2. Trace over the letters of your name with a black marker
3. Lay several layers of newspaper on a flat surface. Next lay the black paper over the newspaper. Finally, lay the white paper with the child's name on it over the black piece of paper. Be sure the name is facing up
4. Stick the safety pin through both papers into the layers of newspaper approximately every 2" along the lines of the letters that spell out the name. Be sure to poke a hole where all the points of the letters are and where all the lines making the letters end.
5. Remove the white paper and place a star sticker over every hole in the black paper
6. Use the White Crayon to connect the stars (stickers) to make their own name constellations.

# Activity #4 Continued

Example of an initial constellation above.



Constellations or star pictures were named after things that people were familiar with. Some constellations were named after animals like bears or lions. Some were named after the characters in myths or stories that the people had heard like Orion, the hunter, or Gemini, the twins. What kinds of names do you think people today might give some of the constellations? Do you think they might name them after cars or sports heroes? What kinds of things would you name the constellations after?

**Bonus Activity:** Use Q-tips to dab dots of paint onto black or dark blue paper to make stars. Now look closely at the stars. Do you see a star picture? Use a white crayon to connect the stars and create a constellation. Be sure to name your constellation

# Exhibit Options

This is a list of project activities that can be shown at the 4-H fair or other places. Pick a project activity you would like to try. These are just examples. If you have any questions, please call the Extension Office. There are people there who can help you.

- Make a poster or a group mural of space. Be sure to include some constellations.
- Design and make your own rocket using materials around your house like paper towel tubes and construction paper
- Make a poster or a book showing some things you have discovered about astronauts
- Make a scrapbook of pictures showing your family having fun while making the project activities in this manual.
- Make the star constellation of your choice using two different techniques from this manual or make up your own method
- Write a short poem about what you think it would be like to explore space. Design a space cover for your poem.

## Additional Resources

Indiana 4-H Mini 4-H Space Curriculum



Climate Kids- NASA

NASA Kids' Club

White County  
Mini 4-H