

# Sew a Burlap Bag

## Description

Using yarn and a plastic needle, teach youth how to sew a burlap bag from a rectangle of burlap fabric. Using simple tools, you can teach kids basic sewing techniques.



## Supplies

Plastic Craft Needle and Yarn in Your Favorite Color



Rectangle of Burlap the Size You Want Your Bag (9"x 14" is a good size)



## Activity Steps

1. Before beginning, serge around the burlap pieces to prevent fraying.
2. Fold the burlap rectangle in half to make a 9 x 7-inch rectangle (if using the 9 x 14-inch measurement).
3. Stitch each side and tie off the ends of the thread.
4. You can then embellish with a button closure or decorative items!

Thanks to Beth, Oklahoma 4-H

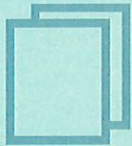


### Supplies

String



Printer Paper



LEDs



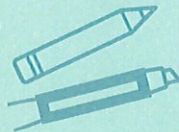
Watch Battery



Electric Tape



Colored Pencils or Markers (Optional)



# Science Bug

## Description

Learn from one of our 4-H Youth in Action Winners, Cassandra, how to make a light-up "Science Bug" necklace. Kids will learn about circuits and electricity as they practice lighting up LEDs.

► See the full activity at [4-H.org/Bug](http://4-H.org/Bug)



Brought to you by HughesNet

# Go on a Hike

## Description

Go on a hike or go to the neighborhood park and draw the view. While there, walk around and write down what you see others doing. Discuss with your group or family what you saw. Was there trash or other damage people left behind?

Learn to Leave  
No Trace at  
[4-H.org/Hiking](http://4-H.org/Hiking)



# Have a Car Wash

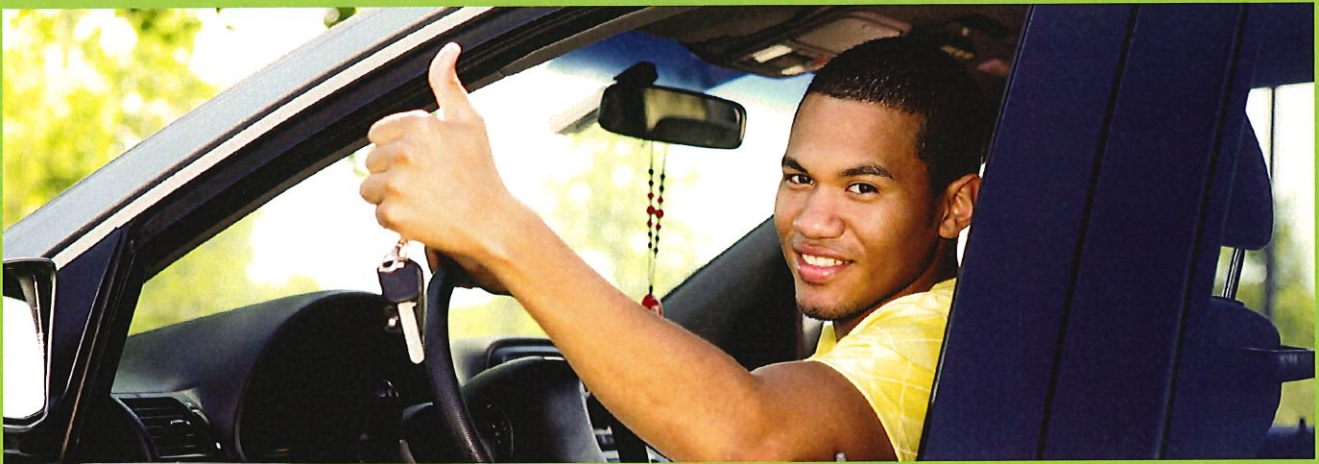


Hold a neighborhood car wash in support of a local shelter.

# Test Drive Your Trust

## Description

"Test drive" is an activity from Georgia 4-H'er, Oakley, used to build and teach the importance of trust. Through youth "driving" each other around, they will be able to see how hard it is to build and maintain trust and how easy it is to lose it. This activity works well in the social/emotional concept of healthy living, specifically for relationship and bullying prevention.



## Activity

Before the activity, set up a room with items, or use any room or area to make an obstacle course to go through. This activity is about trust and how important it is. Have the youth pair up into groups of two and instruct the groups to choose which of them will be the "driver" and which will be the "car." The driver will stand behind the "car" and provide driving instructions without speaking to the car.

### Instructions:

1. Start walking
2. Double tap on both shoulders
3. Stop walking
4. Tap once on both shoulders
5. Turn left
6. Tap left shoulder
7. Turn right
8. Tap right shoulder
9. Honk horn
10. Tap the top of the head

Have the "car" close their eyes and then have the "driver" start their engines. Allow the driving teams to drive around a bit; if volunteers are available, it is suggested to place some around to keep them safe from falling or bumping into objects. Have the driving teams switch places and drive around a bit.

### When finished, ask the group questions like:

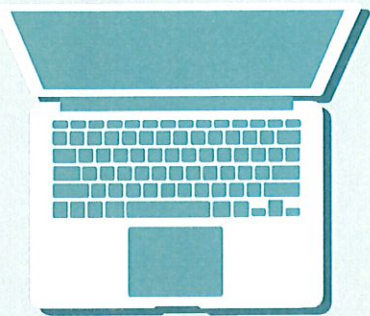
1. Who picked who would be the driver?
2. Was it difficult to be led around without seeing?
3. Did anyone lose trust in their partner?

### Why?

1. How did it feel to switch positions?
2. If you lost trust in each other, were you able to build it back?

Thanks to Oakley, Georgia 4-H

## Inspire To Do



Volunteer to help senior citizens in your neighborhood with technology and household chores.

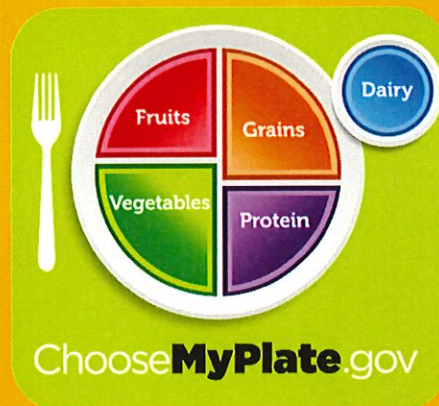
# Healthy Meals: Plan, Shop & Prepare

### Description

Teach your kid how to plan, shop for and prepare healthy meals on a budget once a week.

A healthy meal starts with more vegetables and fruits and smaller portions of proteins and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget the dairy! Make it the beverage you drink with your meal or add fat-free or low-fat dairy products to your plate.

► Learn more at [4-H.org/HealthyMeals](http://4-H.org/HealthyMeals)



⌚ 60 minutes | Grades: Pre-K-2, 3-5

## Make a Wind Vane

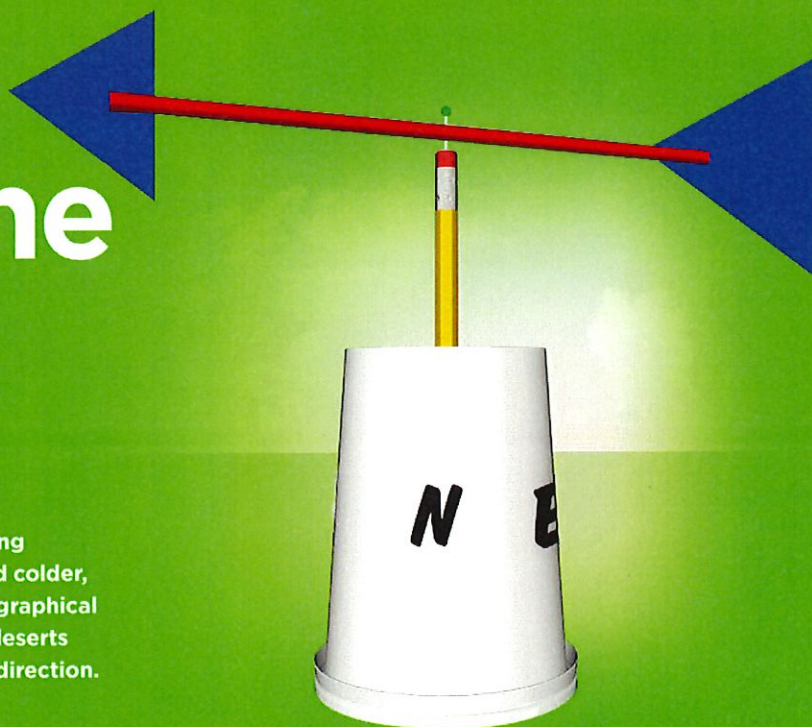
### Description

Make your very own wind vane to teach kids how wind is "made" and check the wind's direction with this super simple and fun craft.

### Fun Fact

Did you know that the sun is responsible for creating winds? As the air is warmed by the sun, it rises, and colder, denser air moves in to replace it. This is wind! Geographical features, such as mountains, bodies of water and deserts help determine the nature of wind—its speed and direction.

► Learn how to build your wind vane at [4-H.org/WindVane](http://4-H.org/WindVane)



# Sweet, Savory and Tennessee

## Description

This activity developed by Tennessee 4-H'er Justin, will enable youth to make sweet and savory snacks from dairy products, while learning more about agriculture and healthy living. You will learn to make your own homemade butter and whipped cream.



### Supplies (Butter)

2 oz. Plastic  
Cups with Lids



+

Heavy Whipping  
Cream



+

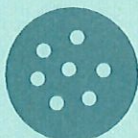
Salt  
(if desired)

+



+

Crackers



### Supplies (Whipped Cream)

Measuring Cup



+



Vanilla  
Extract

+

Sugar

+



Whisk and  
Mixing  
Bowl

+



Your Choice of  
Fruit (strawberries  
and blueberries are  
recommended)

+



### For making butter:

1. Fill the 2 oz. plastic cup about 2/3 full of heavy whipping cream.
2. Seal the cup and shake the heavy whipping cream for 5-10 minutes, until solid butter is formed.
3. Drain the remaining liquid (buttermilk) and add salt (if desired).
4. Spread the butter on crackers and eat.

### For making whipped cream:

1. Add 2 cups of whipping cream, 1 tsp. vanilla extract, and 1-2 tbsp. of sugar into a metal mixing bowl.
2. Whip the mixture in the mixing bowl until it becomes thick.
3. Once it has reached your desired texture, add to fruit and enjoy!

Thanks to Justin, Tennessee 4-H

# Luau Bash for Healthy Living

Thanks to Bryanne,  
California 4-H

## Description

To encourage exercise in a fun environment, the "Luau Bash" concept, created by California 4-H'er Bryanne, consists of several fun and active games that promote healthy lifestyles.

## Activities Include:

- Pineapple Bowling encourages guests to get moving.
- Aloha Limbo allows everyone to practice and strengthen their flexibility.
- Musical Towels encourages everyone to dance.
- Kebab Relay will nourish guests while getting in some exercise for this healthy treat.

## Supplies & Instructions

### Pineapple Bowling

- 6 pineapples
- 1 coconut

Set up six pineapples in a triangle pattern. Walk 10 feet away from the pineapples and give the first contestant a coconut to knock over the pineapples. Set up pineapples after each player's turn. Each player gets one turn that consists of two chances to knock down as many pineapples as possible. The player who knocks over the most pineapples wins!

### Aloha Limbo

- 5 flower leis
- 2 helpers

Cut one snip in each of the five flower leis. Tape leis together to form one long chain. Assign two "holders" to stretch the lei chain. Have players line up perpendicular to the chain. Start by holding the chain high. Each player must bend backwards slightly (if necessary). Lower the chain for the next round. If anyone touches the chain, they are out. The person who can limbo the lowest wins!

### Musical Towels

- 10 towels (based on number of guests)
- Hawaiian music

Arrange X towels in a circle on the grass (X=1 less than number of players). Have guests stand in a circle outside of the towels. Begin music. Stop music after at least seven seconds (vary the time elapsed each round). The person not sitting on a towel is out! Repeat until one player is left.

### Kebab Relay

- 6 skewers (3 per team)
- 60 pieces of chopped fruit (30 in each bowl)
- 2 tables

Place two bowls of fruit on one side of the yard on a table. Place second table 20 feet away and set skewers on the table. Split guests into two teams. Have guests line up behind the fruit table. On "go" guests will grab one piece of fruit, run to the next table and carefully place on skewer (10 pieces of fruit per skewer). First team to assemble all three fruit kebabs wins!

⌚ 5 minutes | All Ages

# The 4-H Pledge & Yoga Sequence

## Description

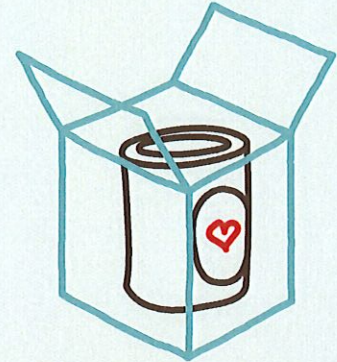
Learn eight yoga poses that you can do along with the 4-H pledge.

Watch the video demonstration at [4-H.org/Yoga](https://4-H.org/Yoga) to learn the 4-H pledge and the poses!

Brought to you by Arkansas 4-H Youth Development



## Inspire To Do



Help your kid organize a neighborhood food drive for a local shelter or food pantry.

⌚ 45 minutes | Grades: 3-5, 6-8

# Build a Rubber Band Car

## Description

In this activity, kids will build a four-wheeled car from items found in your home and learn about the engineering design process and physics!



Many of the items in this activity can be swapped out for other similarly shaped household items.

▶ Start building at [4-H.org/Cars](https://4-H.org/Cars)

Brought to you by Guinness World Records

# Calm Jars

## Description

Calm jars are a tool used to lead kids through developing positive “self-talk” practices which can help boost confidence, optimism and motivation while decreasing negative thoughts and emotions.

## Supplies

### Glass Jars



Decorations for the jars such as: Glitter, stickers, markers, etc.



Print “calm cards” on colorful paper. You’ll see a few examples below, but get creative with your own ideas!



Cut calm cards so everyone has one copy of each sheet.



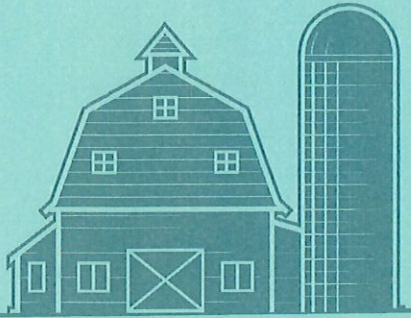
## Activity Steps

1. Set out your supplies.
2. Have each youth decorate a glass jar in any way they wish.
3. Fold the calm cards and put them inside of the jar.
4. Talk kids through how to use the tool and ask them about the situations and emotions they’re feeling when they think this exercise could be useful:
  - Sit in a calm safe space (like your bedroom or outside).
  - Begin by taking several deep breathes.
  - Take each slip out, one at a time, and read aloud while taking a deep breath.
  - Use the cards to calm your stress, nerves or anger.
  - Cards can also be used daily by selecting a new one each day.

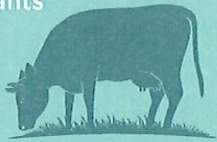
► Visit [4-H.org/CalmCards](https://4-H.org/CalmCards)

Thanks to Molly, Ohio 4-H

# Take a Tour



Take a tour of a farm or nursery in your area. Ask three questions about the plants and animals.



# Sunfold Printed Scarf

In this video tutorial from CreativeBug.com, you'll learn how to create vibrant, textural prints on textiles and home décor.

To make these prints, you'll use Inkodye—a special light-sensitive fabric dye that comes out of the bottle translucent and develops in the sunlight, resulting in beautifully dyed fabric.

Watch the video tutorial to learn the technique for applying Inkodye, and several ways to fold fabric to create organic printed designs as well as intricate stripes and swooshes. You'll also learn ideas for moving beyond the scarf, printing on throw pillows, curtains and pashminas.

► Check it out: [4-H.org/Scarf](http://4-H.org/Scarf)

Brought to you by JOANN

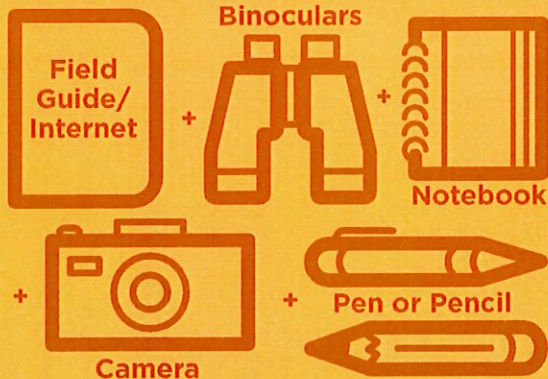
All Ages

# Signs of Wildlife

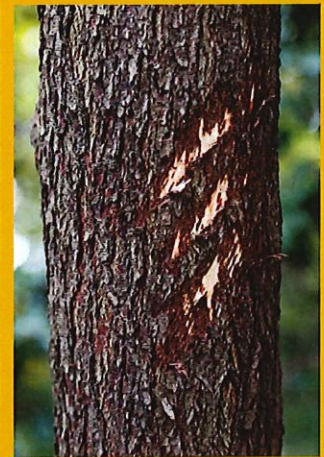
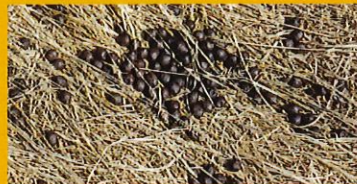
## Description

Start a neighborhood nature club and teach kids about nature right in their backyard.

## Supplies



► Get started at [4-H.org/NatureClub](http://4-H.org/NatureClub)



## Activity Steps

1. Hike around the neighborhood looking for signs of wildlife (home/park/nature preserve as possible locations).
2. Walk quietly try to observe all wildlife.
3. Listen to wildlife sounds.
4. Record what you see and hear in a journal.
5. Use identification guides to determine what animals you saw and heard.

# Healthy Recipes on a Budget



## Description

Indiana 4-H'er, Madison, had the opportunity to visit a ranch to learn more about global hunger and how to address hunger in her local community. With her fellow 4-H'ers, Madison developed an action plan for their community built around teaching people how to make healthy, simple and affordable meals in a hands-on workshop. She's sharing two recipes you can make with your family tonight!

### Overnight Oats:

#### Recipe:

- 32 oz. plain Greek yogurt
- 2 cups of old fashioned oats
- 2 2/3 cups of milk or almond milk
- 6 tsp. chia seeds
- 1/4 cup honey

#### Preparation:

These can be eaten at any meal or as a snack; they are both filling and refreshing. We will make a batch in a large bowl and then fill in single-serving jars.

- Combine all ingredients and fill individual containers a little over 1/2 full (like mason jars or any other single-serving container you have in the house), seal and refrigerate overnight.
- For breakfast or snacks throughout the week, simply take out of the fridge and add any fresh fruit or toppings you like and enjoy!

### Greek Spinach Pasta Salad:

#### Recipe:

- 1 package of whole wheat penne pasta
- 1 package (6 oz.) fresh baby spinach
- 1 pint of grape tomatoes, cut in half
- 6 oz. crumbled feta cheese
- 1/2 cup sliced Greek olives

#### For the salad vinaigrette:

- 1/2 cup olive oil
- 1/2 cup white wine vinegar
- 1/3 cup grated Parmesan cheese
- 1 tbsp. Dijon mustard
- 2 garlic cloves, minced
- 1 tsp. dried oregano
- 1/4 tbsp. salt
- 1/4 tsp. pepper

#### Preparation:

This recipe makes 10 servings and stays fresh in the fridge for a week, making healthy eating easy to fit into our busy schedules.

- Cook the pasta according to the package and set aside to cool (with a little olive oil so it doesn't stick).
- Prepare the vinaigrette while the pasta is cooking: mix all ingredients in a resealable container and shake/stir (kids love to help here) until well blended.
- Combine the salad ingredients in a large bowl with the pasta.
- Add the vinaigrette and mix. Store sealed in a large bowl or individual containers for on-the-go for up to a week!

Thanks to Madison, Indiana 4-H

# Farm Animal Finger Puppets

Brought to you by JOANN

## Description

Learn how to make a whole gang of farm animal finger puppets. Templates are included to make a dog, cat, pig, chick and bunny, and each finger puppet is made the same way—with two pieces of felt and a few simple stitches. But the cute hand-stitched faces and little details are what give each farm animal their distinctive traits. Watch the video on [CreativeBug.com](http://CreativeBug.com) for step-by-step instructions, tips for free-hand stitching the features and a demonstration on how to sew the front to the back with a blanket stitch.

► Learn more at [4-H.org/FingerPuppets](http://4-H.org/FingerPuppets)



All Ages

# Write a Letter

## Description

Write a thank you letter to someone who has impacted your community.



## Get to Know



## Thaddeus, Illinois 4-H

Thaddeus has been a mentor for FIRST Lego League and the Illinois State Robotics Competition teams for four years. Over the course of his work in 4-H, he has helped to introduce STEM and robotics to more than 6,000 youth across Illinois.

► Watch now at [4-H.org/Thaddeus](http://4-H.org/Thaddeus)

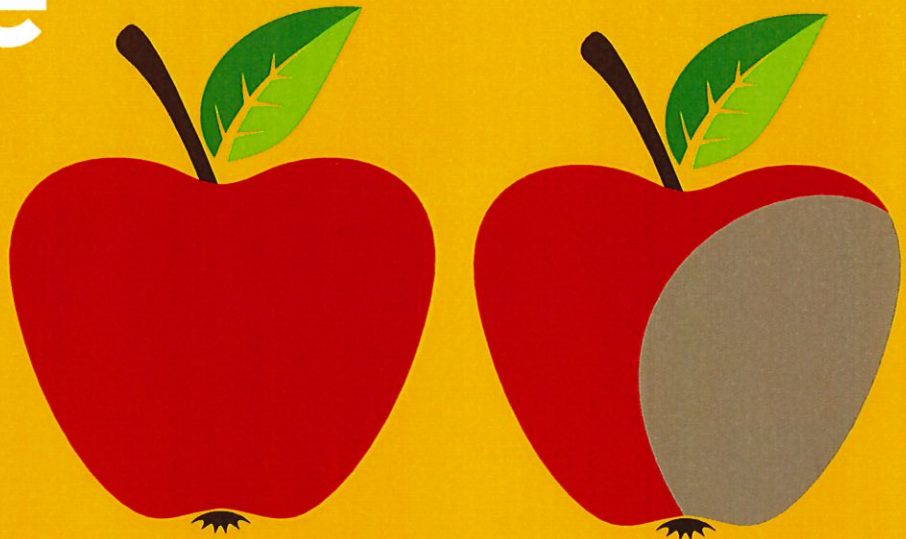
# The Beautiful and the Bruised Apple

## Description

Aimed at anti-bullying, this activity shows kids how unkind words affect others with a simple yet impactful apple demonstration.

## Supplies

- 2 Red Apples
- Knife
- Cutting Board



## Activity Steps

1. Before the activity, take one of the apples and hit it against a table to cause bruising on the inside of the apple (but don't let the kids see you do this, and try not to damage the outside of the apple).
2. Have kids sit in a circle on the floor and hold up both apples. Ask them to describe the similarities between both apples.
3. Next, take the "Bruised" apple and begin to call it names or tell it how "horrible" it looks. Tell the kids that because you don't like it, you don't want them to like it either.
4. Pass the apple around the circle and have everyone make fun of it and call it names. When everyone has had a turn, put it to the side.
5. Now take the "Beautiful" apple and give it praise and compliments. Pass it around the circle so the kids can do it too.
6. Place the "Beautiful" apple on the cutting board and slice it in half. Say something like "The apple we were kind to is so fresh and clear on the inside!"
7. Then cut the "Bruised" apple open and say something like "The apple we were bullying and unkind to is all bruised and mushy inside!"
8. Ask the kids why they think it's bruised? How do they feel when others say unkind things to them?
9. Use it as a conversation starter to have the kids discuss how they feel and situations they've experienced. Make a point to ensure they understand that when kids are bullied, they feel bruised on the inside, but may not show it on the outside, and how they can help when they see others being bullied.

Thanks to Karee, North Carolina 4-H