



### Monday, June 29, 2020

**Kids In The Kitchen** - Come into the 4-H kitchen to learn how to cook and create fun, healthy, and delicious food. This club will bring out your inner chef and offer solutions to becoming healthy eaters for life!  
Ages: 5-8 – Limit 10

**Kitchen Science** - Today we turn our kitchen into a science lab...who knew with 8 simple kitchen ingredients we can learn all about ocean currents, the laws of motion, density, vortexes, centrifugal force, and so much more...sure to be a blast!  
Ages: 5-8 – Limit 10

**Kickin' Nutrition** – In this club, we will educate, entertain and empower youth to make healthy food and lifestyle choices. With a combination of comedy, hip music, cooking demonstrations, youth made videos, and fun exercises we will all become health rock stars!  
Ages: 9-13 - Limit: 10

**Mad Scientists** – Today we get to become the 'Mad Scientist' of the movies....we will create square bubbles, root beer genies, liquid layers, vanishing marbles and much more!  
Ages: 9-13 - Limit: 10

### Tuesday, June 30, 2020

**It's a Bug's Life** – If insects are your thing, then come out for a Bug Out Day! Learn about the good bugs and the bad bugs. Get a close up look! We will enjoy cool buggy games too!  
Ages: 5-8 - Limit: 10

**Karaoke Day!** – Singing with a twist...we will have blind auditions, 'Rewrite the Song', Name that Tune', Rock Stare Sing Off, and many more!  
Ages: 5-8 - Limit: 10

**Far Out Crafts** – Now here's a crazy craft for sure...participants will build their own, working 'Alien Abduction Night Light!' How far-out it that?!  
Ages: 9-13 - Limit: 10

**Aboriginal Storytelling Through Art** – Youth will learn the rich history of the Aboriginal People and discover how important storytelling through art was for them. We will create our own Aboriginal masterpieces to amaze our friends.  
Ages: 9-13 – Limit: 10

### Wednesday, July 1, 2020

**Pollinator Party!** – Would you believe honey bees talk through dancing, bumble bees can buzz a middle "C" note, and butterflies taste with their feet. Our pollinator friends lead fascinating lives and support agriculture and the environment with their pollination services.  
Ages: 5-8 - Limit: 10

**Going to the Dogs** – Who doesn't love our furry, four-legged friends? Youth will learn the basics on how to be a responsible pet owner. We'll make sure to have a visit from a friendly canine.  
Ages: 5-8 - Limit: 10

**Sew Much Fun** – We will learn the lost art of sewing! Participants will learn the basics of stitching and sewing to create their very own cool project to take home and enjoy!  
Ages: 9-13 - Limit: 10

**Art of Transfers** – In this activity we will combine photography skills with a cool technique to transfer our pictures to wood and ceramics...makes great gifts too...way cool!  
Ages: 9-13 - Limit: 10

### Thursday, July 2, 2020

**Bath time Chemistry** – Ever have a chemical reaction in your bath? We will learn the science of how certain elements react when put together and make our own 'fizzies' to take home.  
Ages: 5-8 - Limit: 10

**Tea Time & Manners** – Back by popular demand! We will spend our time preparing all the fixings for 'High Tea', from table setting, tea cakes, and brewing tea to enjoying and sharing our labors with special guests.  
Ages: 5-8 - Limit: 10

**☘ Creative Care of Home & Health** – Today we will learn to make our own homemade cleaners that are environmentally friendly and save money. Your family and friends will be impressed!

Ages: 9-13 - Limit: 10

**☘ Rolling In the Dough** – Youth will have the opportunity to discover just how easy (and delicious) it is to make their own bread and butter. We will make enough to share with our family!

Ages: 9-13 - Limit: 10

**Friday, July 3, 2020**

**☘ HOLIDAY ☘**

**Monday, July 6, 2020**

**☘ Kids In the Kitchen** – Today we continue our lessons in the 4-H kitchen to learn how to cook and create fun, healthy, and delicious food. This club will bring out your inner chef and offer solutions to becoming healthy eaters for life!

Ages: 5-8 - Limit: 10

**☘ Catapult Challenge** – Who is up for a challenge? Today we put our engineer hats on to construct our own catapult and learn about potential and kinetic energy. We will wrap up with an official catapult competition.

Ages: 5-8 - Limit: 10

**☘ Kickin' Nutrition** – Our kitchen adventures continue as we educate, entertain, and empower youth to make healthy food and lifestyle choices. With a combination of comedy, hip music, cooking demonstrations, youth made videos, and fun exercises. We will all become health rock stars!

Ages: 9-13 - Limit: 10

**☘ Commercial Creations** – “Just Do It”, “Have it Your Way”, or “What’s Up”... these are all commercial ‘tag lines’ that will stay in our minds for years to come. We will study what makes a memorable commercial, then create our very own 4-H Promotional Commercial!

Ages: 9-13 - Limit: 10

**Tuesday, July 7, 2020**

**☘ Terrific Terrariums** – If you love to watch things grow, then this is the class for you. Participants will make their own personal self-sustaining world in a terrarium to take home and enjoy for years to come.

Ages: 5-8 - Limit: 10

**☘ Italian Day** – Whether it is the leaning tower of Pisa, the Roman Coliseum, or simply the best pizza creations...youth will learn and experience the wonders of beautiful Italy.

Ages: 5-8 - Limit: 10

**☘ Can-Can Robots** – Welcome to the world of mechanical engineering. We will learn how moving & non-moving parts interact when building a machine. We will design and build a robot that can draw on paper!

Ages: 9-13 - Limit: 10

**☘ Funny Money** – Do you like shopping, movies, video games, or eating out with friends? Maybe you want to buy a car or go to college someday....well this activity is for you! We will learn the basics of money management, earning, saving, budgeting, credit/debit card management, charitable contributions, and much more.

Ages: 9-13 - Limit: 10

**Wednesday, July 8, 2020**

**☘ Camping In & Out** – Living in the great outdoors can be a blast....youth will learn how to set up their own tent, campfire building/cooking, outdoor first aid, campfire songs and s’mores!

Ages: 5-8 - Limit: 10

**☘ Smart Moves** – Time to get moving and grooving with some of the latest dance moves! What a better way to have a great time AND get fit too!

Ages: 5-8 - Limit: 10

**☘ All Ball Day** – For all you ball fanatics...traditional games are combined with the not so traditional...learn Pickle Ball, Lacrosse, Bocce Ball, and Cricket...learn about ball sports popular in other countries.

Ages: 9-13 - Limit: 10

**☘ Art of Improv** – In this activity, youth will learn to think on their feet through the art of improvisation. We will sight-read and perform several short plays for our peers to enjoy.

Ages: 9-13 - Limit: 10

**Thursday, July 9, 2020**

**☘ What Floats Your Boat** – Who doesn’t love an engineering challenge? Youth will be given a variety of materials to build a functional boat. Youth will then present and explain their designs. Lastly, youth will put their boats to test against their peers.

Ages: 5-8 - Limit: 10

☘ **We Like to Move It, Move It!** – Time to shake a leg, get moving, and grooving with some of the latest dance moves...what a great way to have fun and get fit!  
Ages: 5-8 – Limit: 10

☘ **Air Fair Day** – Awwwww....the freedom of flight! We will learn all about aerodynamics and the amazing history of flight. We will also create, design, and test our own flying prototypes.  
Ages: 9-13 – Limit: 10

☘ **Mission Impossible** – Can we figure out who done it? This activity is all about how to be a crime investigator. Come learn tips on forensic science and what it takes to solve crimes and mysteries.  
Ages: 9-13 – Limit: 10

### **Friday, July 10, 2020**

☘ **Appalachian Story Telling, Music and Dance** – Today we will dive into the lost art of storytelling tradition of Southern Appalachian. We will also learn some traditional mountain music and dances.  
Ages: 5-8 - Limit: 10

☘ **Creating With Clay** – Love Crafts? Do you need a quick gift? Learn how to make the “perfect” craft through ceramics. You will create and paint your masterpiece, wait for it to fire, and then take this beauty home.  
Ages: 5-8 - Limit: 10

☘ **Reporter "4" A Day** – This activity teaches the basics of journalism and interviewing for the big story. We will get the scoop from our friends and learn to put together a newsletter.  
Ages: 9-13 - Limit: 10

☘ **Preserve and Serve** – Today we will learn the art of food preservation and learn to make and process sweet jam and jellies. Youth will take home samples of their sweet treats to enjoy and share with others.  
Ages: 9-13 - Limit: 10

### **Monday, July 13, 2020**

☘ **Kids in the Kitchen** – Today we continue our lessons in the 4-H kitchen to learn how to cook and create fun, healthy, and delicious food. This club will bring out your inner chef and offer solutions to becoming healthy eaters for life!  
Ages: 5-8 - Limit: 10

☘ **Stream Keepers** - We will learn the importance of keeping our local streams clean and beautiful, and how to tell when a stream is healthy. Youth will take part in cleaning up the stream along the Riverwalk in Newland.  
**Please wear old shoes that can get wet!**  
Ages 5 –8 – Limit: 10

☘ **Kickin' Nutrition** – Our kitchen adventures continue as we educate, entertain, and empower youth to make healthy food and lifestyle choices. With a combination of comedy, hip music, cooking demonstrations, youth made videos, and fun exercises we will all become health rock stars!  
Ages: 9-13 - Limit: 10

☘ **Class Act and Party Planning** – Today we will learn basic manners and planning. We will plan all aspects of how to throw a terrific party for young or old.  
Ages: 9-13 - Limit: 10

### **Tuesday, July 14, 2020**

☘ **Bread and Butter Time** – Youth will have the opportunity to discover just how easy, and delicious, it is to make their own bread and butter We will make enough to share with our family.  
Ages: 5-8 - Limit: 10

☘ **Avery's Got Talent** – Let's see who's got what it takes to be the next 'Avery Idol'! Come discover your hidden talents and become Avery's newest 4-H star! We will be showcasing our talents in the afternoon for all to enjoy. ALL talent(s) welcome.  
Ages: 5-8 – Limit: 10

☘ **Earth Rebirth** – Come learn how to be an active participant in making this world a more beautiful place. We will learn and investigate simple lifestyle changes we can all make to support our planet.  
Ages: 9-13 – Limit: 10

☘ **Trash-N-Show** – In keeping with our lessons on the three r's...recycle, reduce and reuse. We will gather discarded but usable items to create and model in our own 'Trash-N-Show' competition.  
Ages: 9-13 – Limit: 10



### Wednesday, July 15, 2020

**☘ Blast Off!** – 3...2...1...BLAST OFF to a great time! Come make your very own model rocket to take home. This class is sure to 'take off' with barrels of fun and excitement!  
Ages: 5-8 - Limit: 10

**☘ Holiday's Around the World** – Today we will learn about the amazing traditions from around the globe...Kwanzaa, Omisoka, Mardi Gras, St. Lucia Day, and many more! Youth will make several unique crafts to take home and teach their family about new traditions.  
Ages: 5-8 - Limit: 10

**☘ Dress Your Tater Contest** – How do we honor our beloved sweet potatoes....dress 'em up and put them in a contest! Participants may choose to dress their taters as a person, thing, or animal. Prizes will be awarded in 5 categories!  
Ages: 9-13 - Limit: 10

**☘ Minute 2 Win It** – Who doesn't like a fun and funny challenge? This famous game show classic is sure to be a favorite with such challenges as Dizzy Mummy, Breakfast Scramble, Nose Dive, This Blows, and etc.  
Ages: 9-13 - Limit: 10

### Thursday, July 16, 2020

**☘ Spa Day** – What better way to pamper yourself than a day at the spa? Enjoy a manicure, pedicure, a European facial. We will also learn tips for taking care of yourself on a daily basis.  
Ages: 5-8 - Limit: 10

**☘ Ship Wrecked** – Do you ever wonder what to do if you were stranded on a deserted island? Loads of activities from building boats, writing messages in a bottle, to an exciting scavenger hunt for buried treasure and needed supplies!  
Ages: 5-8 - Limit: 10

**☘ Camp Cooking** – Come into the wonderful world of camping! Learn the basics of dining in the woods! We will learn safety tips for the wild, how to set up a proper campsite, sing camp songs, and enjoy a few s'mores.  
Ages: 9-13 - Limit: 10



**☘ Power of the Sun** – Learn how to harness the power and energy of the sun. Youth become engineers and investigate how to capture this awesome power to make their own working oven, powered by the sun!  
Ages: 9-13 - Limit: 10

### Friday, July 17, 2020

**☘ Summer Time Stitching** – Who doesn't love the pool? Today we will practice machine sewing and create our own beach/pool bag to impress our friends.  
Ages: 5 – 8 - Limit: 10

**☘ The Wisdom and Science of the Gingerbread Man!** – Today we get to revisit the age-old story of the Gingerbread Man. We will learn some new and interesting facts and science about our delicious friend we never knew.  
Ages: 5 – 8 - Limit: 10

**☘ Snapping and Scrapping** – Today we will combine lessons on photography and the current 'scrapbooking' craze. We will discuss tips on how to take a memorable photo and how to display our work.  
Ages: 9-13 - Limit: 10

**☘ Best Foot Forward** – Youth will gain valuable lessons and leadership skills that will take them far in life such as employability and interviewing skills, public speaking, resume writing, and etc. We will even video our own 'mock' job interviews.  
Ages: 9-13 - Limit: 10

### Monday, July 20, 2020

**☘ Kids in the Kitchen** – Today we continue our lessons in the 4-H kitchen to learn how to cook and create fun, healthy and delicious food. This club will bring out your inner chef and offer solutions to becoming healthy eaters for life!  
Ages: 5-8 - Limit: 10

**☘ 2 Dye 4** – Be the envy of all your friends with your very own tie-dyed tee, designed by you! Take home your 'one-of-a-kind' creation.  
Ages: 5-8 - Limit: 10



☘ **Kickin' Nutrition** – Our kitchen adventures continue as we educate, entertain, and empower youth to make healthy food and lifestyle choices. With a combination of comedy, hip music, cooking demonstrations, and youth made videos and fun exercises we will all become health rock stars!  
Ages: 9 -13 - Limit: 10

☘ **Under the Big Top** – This is sure to be a favorite. We will learn to set up and run our very own working carnival with game booths such as ring toss, balloon darts, and etc.  
Ages: 9 -13 - Limit: 10

### **Tuesday, July 21, 2020**

☘ **Make It & Take It** – As we explore and learn about the 'wild and wonderful' world around us, we will create various art projects from our nature discoveries to take home and share with our friends and families.  
Ages: 5 -8 - Limit: 10

☘ **Stream Keepers** – We will explore our local stream and learn the importance of keeping our water clean and beautiful. Youth will take part in cleaning up our stream while also learning other ways we can care and protect our earth. ***Bring pair of old tennis shoes that can get wet!***  
Ages: 5 -8 - Limit: 10

☘ **Eco-Bots to the Rescue!** – Youth will become engineers for the day with the mission to build a robotic prototype that can assist with cleaning up a highly toxic chemical spill at a local lake. Are you up for the challenge?  
Ages: 9 -13 - Limit: 10

☘ **Pizza Pizzaz** – Sausage, pepperoni, cheese, onions, mushrooms, and much, much more! Youth will create their own works of art, out of healthy pizza, to snack on!  
Ages: 9 - 13 - Limit: 10

### **Wednesday, July 22, 2020**

☘ **Muffin Mania** – Creative cooking at its best...we will plan, create, and taste-test various muffin recipes that are both delicious and nutritious!  
Ages: 5-8 - Limit: 10

☘ **Dazzle Days** – Come to this class and you will be able to dazzle your friends! Use 'cool' beads and other craft supplies to design 'hot' jewelry or photo frames to wear, share, and impress!  
Ages: 5 -8 - Limit: 10

☘ **X-Treme Science** – Time to get our inventors hats on. We will be giving youth a variety of 'maker station' items they can use to create and invent useful items. We will conclude with presentations on our creations.  
Ages: 9-13 - Limit: 10

☘ **I'm Worth It!** – This activity is all about learning to love and respect ourselves. We will explore and learn how unique we are as individuals and how to have a positive 'self-image'. We will also make our very personal journal to write or draw about our thoughts and feelings.  
Ages: 9 -13 - Limit: 10

### **Thursday, July 23, 2020**

☘ **World of the Wonder Bean** – Come learn the amazing history of the powerful soybean, from crayons, and chocolate, to oil to fuel for your car! We will enjoy a hands-on demonstration and receive our own backpack and other goodies to take home!  
Ages: 5 -8 - Limit: 10

☘ **Flower Power** – Flowers are the laughter of the earth. We will study different local flowers and plants, then create a cool vase to house our own special plants that we can take home and care for!  
Ages: 5 -8 - Limit: 10

☘ **The Joy of Soy** – Here we will dive into the one crop that is found in all 100 counties in NC...the magical soybean! We will receive hands-on lessons in the many uses of soy, from cosmetics, biodiesel, and building materials, to infant formula? We also receive several goodies we can take home and enjoy.  
Ages: 9 -13 - Limit: 10

☘ **Shark Tank** – Have you got the next great invention??? Youth will problem-solve, design, create, and sell their great ideas and inventions to one another. Activity is based on the popular TV Show.  
Ages: 9 -13 - Limit: 10





### **Friday, July 24, 2020**

**☘ Puppets Masters** – What could be better than a puppet show? How about a puppet show that you create yourself?! Youth will design the sets and puppets to act out their own shadow-puppet show. Sure to be a favorite!

Ages: 5 -8 - Limit: 10

**☘ Journal of Gratitude** – Today we discuss and share all the many things we are grateful for, and learn about the benefits of journaling or sketching our thoughts and idea. We will end by creating our own personal journal to keep.

Ages: 5 -8 - Limit: 10

**☘ Game Show Mania** – Welcome to the game show challenge of Jeopardy, Who's Line Is It Anyway, and Who Wants to Be a Millionaire. Come ready for a day of adventure and cheesy prizes!

Ages: 9 -13 - Limit: 10

**☘ Rescue 911** – 911, What is your emergency? Would you know what to do in a real-life crisis? Most of us need to learn first aid and CPR to be able to help save someone. Learn from the professionals and be prepared for any type of emergency.

Ages: 9 -13 - Limit: 10

### **Monday, July 27, 2020**

**☘ Kids in the Kitchen** – Today we continue our lessons in the 4-H kitchen to learn how to cook and create fun, healthy and delicious food. This club will bring out your inner chef and offer solutions to becoming healthy eaters for life!

Ages: 5 -8 - Limit: 10

**☘ Kit & Kaboodle** – It's time to get our inventors hats on! We will be giving youth a variety of 'maker station' items they can use to create and invent useful items. We will conclude with presentations on our creations.

Ages: 5 -8 - Limit: 10

**☘ Kickin' Nutrition** – Our kitchen adventures continue as we educate, entertain, and empower youth to make healthy food and lifestyle choices. With a combination of comedy, hip music, cooking

demonstrations and youth made videos and fun exercises we will all become health rock stars!

Ages: 9 -13 - Limit: 10



**☘ Glass, Marbles and Magnets** – This is a one of a kind activity. We will create unique magnets and photo frames using various craft materials. This is great for gift giving!

Ages: 9 -13 - Limit: 10

### **Tuesday, July 28, 2020**

**☘ Stories, Stunts, and Skits** – Have you ever considered being famous or becoming a performer? This class will open the curtain on your acting career. Youth will write and perform their own skit.

Ages: 5 -8 - Limit: 10

**☘ Wild, Wild West** – Today it is about all things having to do with the Wild, Wild West. Make crafts such as weaving, roping skills, a game of horseshoes, and we'll even learn a few cowboy tunes!

Ages: 5 -8 - Limit: 10

**☘ It's Electric!** – "Amps, voltage, AC, transformers", no this is not a special language, it's the world of electricity. Youth will make and take home a great electric project.

Ages: 9 -13 - Limit: 10

**☘ From Socks to Safari** – This fun craft project is where we get to create and put together our favorite safari creatures such as lions, elephants, and zebras...oh my!

Ages: 9 -13 - Limit: 10

### **Wednesday, July 29, 2020**

**☘ Go Fly a Kite** – Let's get into the amazing power and study of wind! We will learn about air pressure, trade winds, wind energy, and much more! We will also design, build, and fly our own kites!

Ages: 5 -8 - Limit: 10

**☘ Crafty Barn Yard Buddies** – Travel back in history and learn the farming practices of our original founding fathers, as compared to today's practices. We will also learn about promising farming practices of the future.

Ages: 5 -8 - Limit: 10

**☘ Motion Commotion** – Today we will investigate potential and kinetic energy, polymer chains design, and build an automobile prototype to demonstrate and test what we learn. We will work on how to market and sell our cars in the global market.

Ages: 9 -13 - Limit: 10

**☘ Yoga A to Z.** – Downward Dog, Warrior, Cobra, Cow Face, and Happy Baby, these are just a few of the amazing poses we will learn in this popular yoga class. Come learn this gentle art that helps the body and mind!

Ages: 9-13 - Limit: 10



### **Thursday, July 30, 2020**

**☘ Digging Up History** – What kind of clothes did people wear 2,000 years ago? What's this odd object I found in the field? What was this old tool used for? Come study the field of Archaeology and help us dig for interesting artifacts.

Ages: 5-8 - Limit: 10

**☘ For the Birds** – We will investigate and learn all about the birds that live in our mountain area. We'll then give our feathered friends something back! Youth will design and build their own bird feeders to take home to enjoy watching their winged visitors.

Ages: 5-8 - Limit: 10

**☘ Kan-Jam** – Come learn about the fun and fastest growing disc game today, Kan-Jam! This popular game will liven up your next party and provide youth with hours of fun!

Ages: 9 -13 - Limit: 10

**☘ Bocce Day** – Bocce is the #1 game in Italy and has now arrived in Avery County! Bocce is similar to outdoor bowling and easy for all ages.

Ages: 9 -13 - Limit: 10

### **Friday, July 31, 2020**

## **FINAL DAY OF WOW**

### **BACK TO SCHOOL BASH!**

## **FINAL DAY – PARTY, PARTY, PARTY!**

### **IMPORTANT REMINDERS:**

- ☘ We will swim 2 days per week, but do not know what days yet. Please bring a swim suit, towel, and floaties (if needed). All need to be clearly marked.
- ☘ Please bring a labeled water bottle. Staff will assist youth with refilling.
- ☘ Due to accidents, youth are asked **NOT** to wear flip-flops or other shoes that do not fit securely on their feet.
- ☘ All participants will be entered into the NC 4-H Online system.

