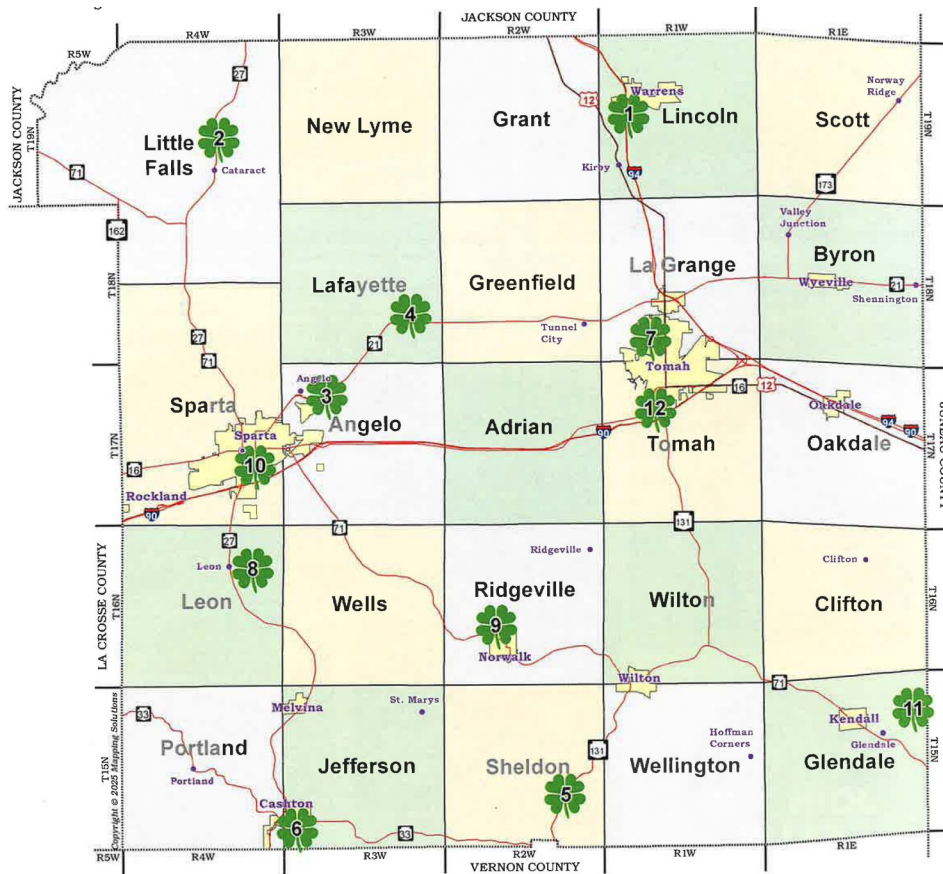


4-H Cloverbud Activity Book C 2026-2027



Monroe County 4-H Clubs

1. Clovers & Cranberries
2. Denim 'n Dust
3. Dragonflies
4. Fort McCoy Fireflies
5. Hill-N-Valley
6. Jolly Joiners
7. La Grange Tunnel-lites
8. Leon Livewires
9. Norwalk Clovers
10. Sparta Sprockets
11. Stepping Stones
12. Valle Ville



UW-MADISON EXTENSION

Materials adapted by Beth Rank, October 2019, from resources originally created by Kim Drolshagen, Michelle Grimm, and Michelle Schroeder, 2011

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Monroe County 4-H Cloverbud Project

The Monroe County 4-H Cloverbud Project is open to all youth in Kindergarten through 2nd grade. Youth in 3rd grade or higher are encouraged to join 4-H as a 4-H member. For more details contact the UW-Extension Office at 608-269-8722.

Cloverbud projects are designed for the member to explore and discover project areas. Safety is the primary concern of the 4-H Cloverbud Project Leaders. Please let your 4-H Club leader or the Extension 4-H Educator, Emily Engberg, know of any food allergies or special accommodations needed to ensure participation to the fullest extent.

This book contains activities that will be used throughout this 4-H year. Each year a new book will be distributed by the Extension Office to all registered 4-H Cloverbuds.

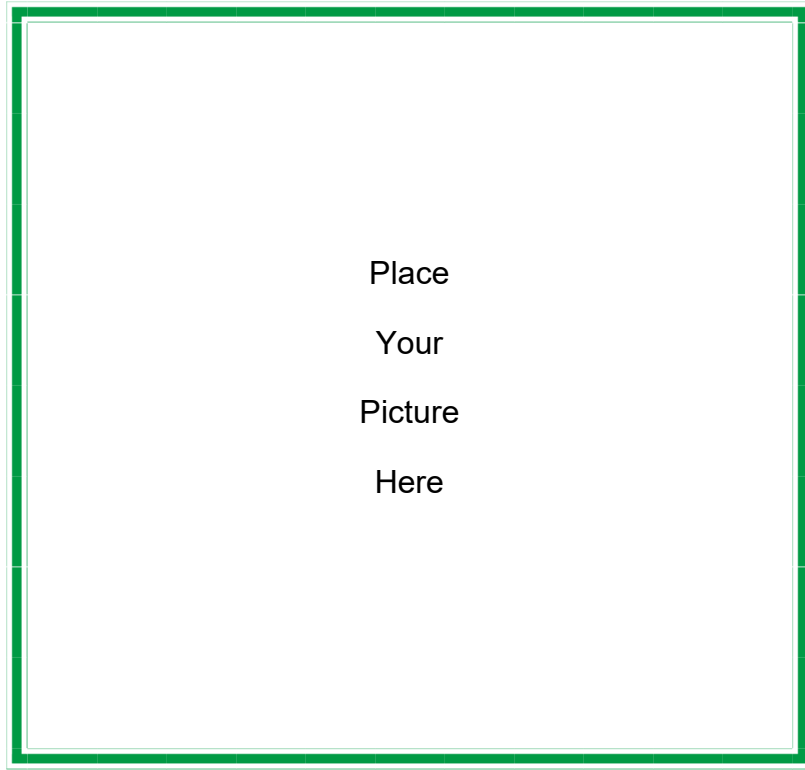
Some of the activities may be led by your 4-H leader during club meetings. Feel free to complete any of the activities on your own and include them in your Cloverbud Record Book to hand in at the end of the 4-H Year.



Have questions? Call Monroe County UW-Extension at 608-269-8722.

The 4-H Cloverbud Project is a program of Monroe County 4-H Program which is coordinated through Monroe County UW-Extension. The 4-H Cloverbud Project, Monroe County 4-H, UW-Extension and their partners do not discriminate against anyone for reasons of race, color, gender/sex, gender identity, creed, disability, religion, national origin, ancestry, age, sexual orientation, pregnancy, marital or parental status, arrest or conviction record or veteran status.

A Little Bit About Me



Name: _____

Age: _____ Grade: _____

My family members: _____

My favorite activities: _____

- ☐ The information in this Cloverbud Record Book is true and of my own work.

Member signature: _____

My 4-H Club



My Name: _____

4-H club name: _____

4-H club leader's name: _____

Phone number: _____

4-H club president's name: _____

Phone number: _____

4-H youth development educator's name: _____

Phone number: _____

My 4-H Cloverbud Story

My name is _____.

This is my _____ year in Cloverbuds. I also went to _____ 4-H club meetings and _____ county-wide Cloverbud meetings.

I have done activities like _____ and _____.

This year, my favorite thing to do at 4-H was _____.

I liked it because _____.

My favorite project I showed at the fair was _____.

When I was working on my project, the hardest thing was _____.

I liked being a Cloverbud this year because _____.

Parent /Guardian Comments:

Parent/Guardian Signature: _____ Date: _____



4-H Emblem

The official emblem is a four leaf clover with the letter "H" on each leaf which stands for head, heart, hands, and health. The colors of the emblem are green and white.

4-H Motto

The 4-H motto is "TO MAKE THE BEST BETTER." This motto challenges everyone involved in 4-H to do the very best job they can.

4-H Slogan

The 4-H Slogan is
"LEARN BY DOING"



4-H Activities

This page gives you an idea of the activities available to 4-H Cloverbuds.
You may include pictures of Cloverbud at various 4-H activities.
Use the scrapbook pages in the back of this book.

Planned

Accomplished

Club Activities

Demonstrations

☐
☐

Talks

☐
☐

Judging

☐
☐

Recreation

☐
☐

Club Music Performance

☐
☐

Club Drama Performance

☐
☐

Picnic

☐
☐

Lead Pledges

☐
☐

Attend Cloverbud Project Meeting

☐
☐

Other:

☐
☐

Other:

☐
☐

Other:

☐
☐

Other:

☐
☐

Other:

☐
☐

County Activities

4-H Family Celebration

☐
☐

4-H Promotion/Window Display

☐
☐

Cloverbud College

☐
☐

Cloverbud Day Camp

☐
☐

Festival of Arts

☐
☐

Project Days

☐
☐

Elroy Fair (Elroy)

☐
☐

Monroe County Fair (Tomah)

☐
☐

Other:

☐
☐

Other:

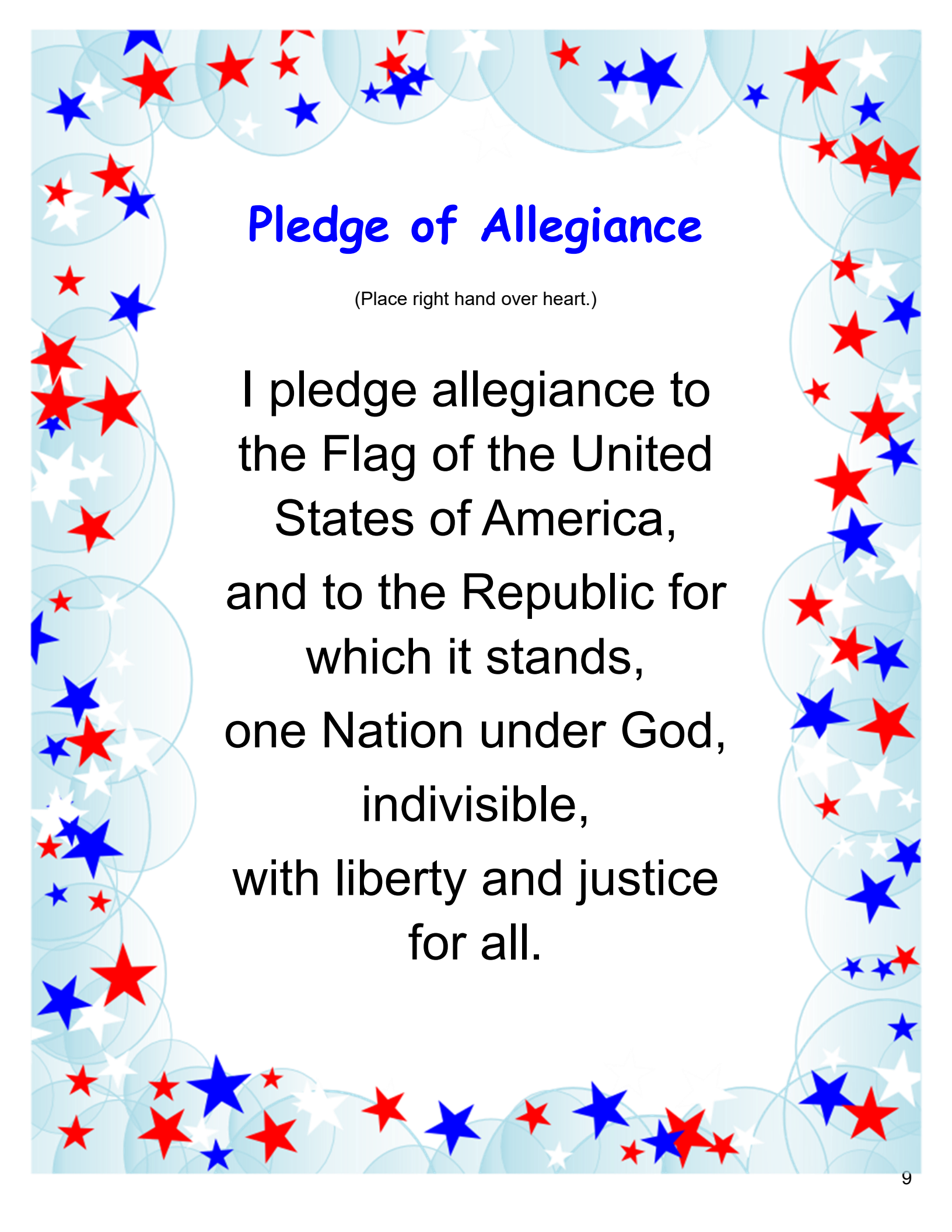
☐
☐

Other:

☐
☐

Other:

☐
☐



Pledge of Allegiance

(Place right hand over heart.)

I pledge allegiance to
the Flag of the United
States of America,
and to the Republic for
which it stands,
one Nation under God,
indivisible,
with liberty and justice
for all.

4-H Pledge

I pledge

my **HEART** to
greater loyalty,



(Right hand over heart)

my **HEAD** to
clearer thinking,



*(Right hand points
to forehead)*

my **HANDS** to
larger service,



*(Arms slightly bent,
palms up)*

and my **HEALTH**
to better living,



(Arms at sides)

for my club, my community, my country, and my world.



Monroe County Fair Exhibitor Handbook Entries

DEPARTMENT 17 – EARLY AGE CATEGORIES

Kelli Ollendick – Superintendent

Face-to-Face judging will take place on Tuesday evening from 4:00pm-6:00pm of the current fair year in the White Exhibit Building.

CLASS A – SECOND GRADE (Limit of five (5) entries)

All exhibitors in this category must be in second grade on January 1st of current fair year and enrolled in a youth organization with an education program for this age group.

Exhibitors will be notified when they are scheduled to be judged. Exhibits shall not be shown in any other department.

Lot No. Description	1 st	2 nd	3 rd	4 th
	2.00	1.75	1.50	1.25
1. 8 Insects, mounted & named				
2. 5 colored pictures taken by exhibitor or drawings of Wildflowers w/ names				
3. Poster or scrapbook with pictures or at least 6 birds, named				
4. Collection of at least 5 leaves, mounted & named				
5. Article made from recycled materials				
6. Any other project related to Natural Science				
7. Woodworking article made by exhibitor – no kit				
8. Snap-together model				
9. Any other article related to mechanical projects				
10. Holiday craft decoration				
11. A game or puzzle made by exhibitor				
12. Creative artwork, any media				
13. Foam craft item				
14. Ceramics, any article				
15. Craft article made by exhibitor, no kit				
16. Article made by exhibitor from a kit				
17. Any sand art project				
18. Soap, made from store or kit				
19. Decorated T-Shirt				
20. Any other craft article				
21. 3 Photos taken by exhibitor, mounted				
22. First aid kit for use in home				
23. Safety booklet				
24. 3 cut flowers, grown by exhibitor, same variety, in container				
25. Small terrarium made by exhibitor				
26. Potted houseplant				
27. Vegetable garden display containing three vegetables (2 of each kind) grown by exhibitor				
28. Simple knitted or crocheted article				
29. Simple article sewn by exhibitor				
30. Simple stitchery				
31. Cookies, display of 2				
32. Muffins, display of 2				
33. Cake made from mix, unfrosted (bring entire pan)				
34. Memory book page or album				
35. Poster/scrapbook/story of club trip				
36. Scrapbook or poster about your pet				
37. Any other exhibit related to Animal Science				
38. Poster 11"x14" pertaining to horses/horse equipment				
39. Model horse w/ breed, color and activity attached to hind leg				
40. Display 3 grooming items, identified and their uses				
41. Story with 1 picture, animal related, limited to 50 words				
42. Any other exhibit not listed which is the result of work done as a member of the youth group				

CLASS B – KINDERGARTEN/FIRST GRADE (Limit of three (3) entries)

All exhibitors in this category must be in kindergarten or first grade on January 1st of current fair year and enrolled in a youth organization with an educational program for this age group.

Exhibitors will be notified when they are scheduled to be judged. Exhibits shall not be shown in any other department.

Lot No. Description	1 st	2 nd	3 rd	4 th
	2.00	1.75	1.50	1.25
1. 6 Insects mounted, named				
2. 4 Bird pictures, mounted/named				
3. Rock collection				
4. 4 Leaves, mounted/named				
5. Article made from recycled materials				
6. Any other project related to Natural Science				
7. Paper Bag puppet				
8. Holiday craft article				
9. Ceramic article				
10. Dough art				
11. Pompom and/or pipe cleaner decoration				
12. Foam craft item				
13. Creative artwork, any media				
14. Any other craft article				
15. Soap, made from store or kit				
16. 3 Photos taken by exhibitor, mounted				
17. Houseplant				
18. Puppet				
19. 3 Cut flowers, grown by exhibitor, same variety, in container				
20. Woodworking article made by exhibitor				
21. Snap-together model				
22. Something baked by exhibitor				
23. Simple article sewn by exhibitor				
24. First aid kit for use in home				
25. Memory book page or album				
26. Poster/scrapbook/story of club trip				
27. Scrapbook or poster about your pet				
28. Any other exhibit not listed above which is a result of work done as a member of the youth group				
29. Any other exhibit related to animal science (no live animals)				
30. Poster 11"x14" pertaining to horses				
31. Model horse breed and horses name attached to hind leg				
32. Display 2 grooming items, identified and their use				
33. Display self-drawn pet/animal picture				
34. Picture story limited to 5 pictures, any medium/media				



Go to www.monroecountyfairwi.com/ to enter!

Excerpted from the 2026 Fair Exhibitor Handbook.

Elroy Fair Exhibitor Entries

**Monroe County 4-H Cloverbuds enrolled in
Stepping Stones, Norwalk Clovers, and Hill-N-Valley 4-H Clubs
are eligible to show at the Elroy Fair**

Department 17-Early Age

- Must be enrolled in a Cloverbud/Explorer program.
- Majority of work must have been done by exhibitor.
- All posters must be 14"x 22".
- Note for Entry #16: Small Animal Show- Small animals must be appropriate for member's age and ability. Member must be able to maintain control of animal. Animal may not be shown in any other class. Health requirements listed under specific animal departments apply. Animal does not stay on grounds. Small Animal Show will be at noon on Friday in the tent by office.
- Placings will be made using a modified Danish system.
- On entry, list both class letter and lot number

Class A Grades K-2 Class B Grade 3

Premiums: \$1.75 \$1.50 \$1.25 \$1.00

Lot Number

1. Garden box, 4 different vegetables, 1 each, from garden that member has grown/helped grow and care for.
2. Houseplant member has grown or cared for
3. Bouquet of cut flowers, 3 spikes or blooms
4. Painting using any type of paints
5. Drawing using any medium
6. Drawing with title "I Like the Fair Because..."
7. Computer generated art/clip art
8. Scale model, kit may be used
9. Simple leather craft project, kit may be used
10. Simple craft item, not ceramics
11. Simple sewn item
12. Woodworking item
13. Homemade musical instrument
14. Nature collection of at least 5 items, labeled—No real bird nests
15. Sample of nutritious snack made by member

16. Small Animal Show-animal does not stay. No pigs.
17. Animal poster, any subject
18. Embellished clothing item
19. Stamped item
20. Project made with Legos, K'nex, etc.
21. Two photos taken by exhibitor
22. Scrapbook page
23. Whole scrapbook
24. Item made from recycled material
25. Simple ceramic item
26. Any other item not listed above



Go to
www.FairEntry.com
to enter the Elroy Fair

Making Mosaics

Mosaics are pictures made out of different objects glued together. They can be made out of any objects, such as tiles, pieces of glass, beads, beans, seeds, squares of paper, etc.

Materials:

- Large piece of cardboard 8"x8" minimum
- Construction paper for background behind pumpkin
- Pumpkin Template (see next page)
- Scissors
- White Liquid Glue
- Yellow Popcorn Kernels
- Dried black beans
- Dried green split peas

Safety Tip: Seeds and beans can be choking hazards. Do not let young children play with them.

4-H Connection

Every mosaic is unique based on the media used and how the artist envisions the creation to look. We need to celebrate what makes us each unique. Physical features, ideas, age, race, ethnicity, gender, ability, etc.

Regardless of differences, our job as adults and youth in the 4-H Youth Development program is to be sure that everyone is invited and can fully participate in programs. One way to take that a step further is to learn about ourselves and each other. As Wisconsin 4-H Youth Development programs continue to explore the needs of all youth, an important job for everyone is to think about how we create a welcoming environment that is safe for all young people.

Procedure:

1. Cut out the Pumpkin Template (page 17 in this book) and carefully cut around the pumpkin. Discard scraps.
2. Glue construction paper to large cardboard. Then glue Pumpkin Template onto construction paper.
3. Apply a layer of glue on the stem of the Pumpkin Template. Press the flat side of the dried green split peas into the glue. Be careful to press the seeds close together so there are no gaps.
4. Optional: If you want to make a Jack 'O Lantern pumpkin mosaic, apply a layer of glue on the pumpkin where you want the eyes, nose, and mouth and press dried black beans into the glue.
5. Apply a layer of glue all over the rest of the pumpkin and press popcorn kernels all over the pumpkin. Press the seeds close together so there are no gaps.
6. Let your pumpkin mosaic dry.



Making Mosaics

Now that you know how to make a mosaic pumpkin, please share what you learned while completing this craft.

What was your favorite part of making your mosaic pumpkin?

What was the most difficult part of this activity?

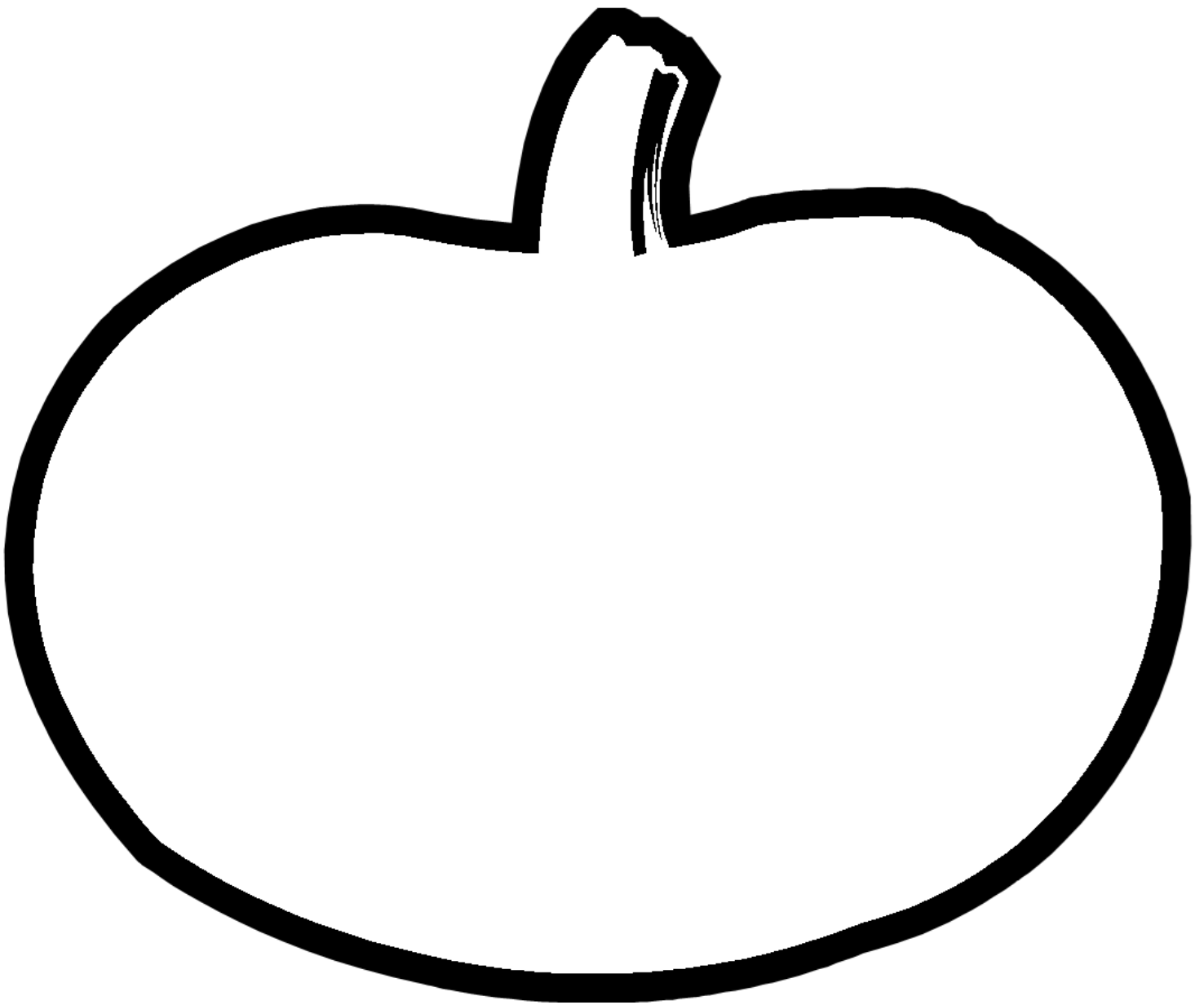
If you could make another mosaic, what would you make?

This mosaic pumpkin can be entered in the Monroe County 4-H Cultural Arts Fest under Arts & Crafts. This contest is usually held in the late winter/early spring. If you enter this in the Cultural Arts Fest and/or the County Fair, please write what placing you received (blue ribbon/first place, red ribbon/second place, etc.).

Draw a picture or attach a photo of you with your mosaic pumpkin.

Pumpkin Template

Directions: Cut this page out of your Cloverbud Activity/Record Book and cut around the outside of the pumpkin. Discard scraps in recycling or garbage.



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Homemade Hot Cocoa Mix

This mix is easy to make and store, and costs a lot less than the packets available at the grocery store. It also makes an excellent gift! Kids, and gift recipients, will fall in love with its creamy, chocolatey flavor, and it makes a great warm drink for cold days.

Ingredients:

- 1 1/2 cups nonfat dry milk powder
- 1/4 cup sugar
- 1/4 cup unsweetened cocoa powder
- 1/4 cup nonfat dry creamer (flavored, if desired)
- Decorative baggies or containers
- Gift tag directions for making cocoa
- Hole punch
- Ribbon or tape to secure directions for making cocoa

Makes 21 servings of 1/3 cup each. It looks nice to have 3 servings per baggie or container.

4-H Connection

Generosity is one of the four Essential Elements of Positive Youth Development. Young people need to feel their lives have meaning and purpose. They need opportunities to connect to their communities and learn how to give back to others. Service-learning allows youth to reflect on what they learned and discover something new in addition to the service to the community.

To prepare mix:

1. Wash your hands and ensure all surfaces are clean.
2. Measure ingredients into mixing bowl, stirring well to combine.
3. Measure three 1/3 cup servings into baggies or containers (1 cup of dry mix per baggie or container).
4. Attach directions about how to make a cup of hot cocoa from this mix.
5. Enjoy making one cup into hot cocoa you can drink today or package up to give to someone else. Then decorate 6 packages. Each package should contain three servings of mix (one cup of mix total) and donate them to a nursing home, care facility, or women's shelter.



Nutrition Facts		
Serving Size 4 1/2 c. dried mix (35g)		
Servings Per Container 14 c. hot cocoa		
Amount Per Serving		
Calories 90	Calories from Fat 5	
% Daily Value*		
Total Fat 0.5g		1%
Saturated Fat 0g		0%
Cholesterol 5mg		1%
Sodium 80mg		3%
Total Carbohydrate 18g		6%
Dietary Fiber 1g		4%
Sugars 15g		
Protein 6g		
Vitamin A 6%	•	Vitamin C 2%
Calcium 20%	•	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Source: Kids a Cookin' lesson from K-State Research and Extension Family Nutrition Program found online at <https://www.kidsacookin.org/drinks/Hot-Cocoa-Mix.pdf>

Homemade Hot Cocoa Mix in a Jar

Now that you know how to make a hot cocoa mix, please share what you learned while completing this activity.

What was your favorite part of making the hot cocoa mix?

Why do you think it is important to measure ingredients correctly and follow the directions for this activity? What was the most difficult part of this activity?

If you could make another hot cocoa mix, would you do anything different?

This lesson is about generosity and sharing what you make. Write the name of three people who you think would enjoy receiving a package of hot cocoa mix from you? Will you actually give it to them?

Draw a picture or attach a photo of you with your hot cocoa mix packets.

Homemade Hot Cocoa Mix in a Jar

To make directions to attach to each baggie or container of Homemade Hot Cocoa Mix, cut out each of the outside of the tag shape then use a hole punch to punch out the circle at the top of the tag then tie it to the package with a ribbon or simply attach the tag with tape.



Homemade Hot Cocoa Mix

Fill a microwave-safe mug with 1 cup of water.
Microwave for 2 minutes on high.

Measure 1/3 cup hot cocoa mix and stir into hot water.

Enjoy!



Homemade Hot Cocoa Mix

Fill a microwave-safe mug with 1 cup of water.
Microwave for 2 minutes on high.

Measure 1/3 cup hot cocoa mix and stir into hot water.

Enjoy!



Homemade Hot Cocoa Mix

Fill a microwave-safe mug with 1 cup of water.
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Measure 1/3 cup hot cocoa mix and stir into hot water.

Enjoy!



Homemade Hot Cocoa Mix

Fill a microwave-safe mug with 1 cup of water.
Microwave for 2 minutes on high.

Measure 1/3 cup hot cocoa mix and stir into hot water.

Enjoy!



Homemade Hot Cocoa Mix

Fill a microwave-safe mug with 1 cup of water.
Microwave for 2 minutes on high.

Measure 1/3 cup hot cocoa mix and stir into hot water.

Enjoy!

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Pop-up Greeting Cards

Thank a helper with your own 3-D creation! Identify helpers in your community and create a unique 3-D card to thank them. You can also make holiday greeting cards this way too.



The earliest pop-up books were not made for children. The oldest identified book with a moving element was made in the 13th century by a Catalan philosopher who added a revolving disk to one of his books. After that, books with moving parts were used to teach anatomy, create secret codes and tell fortunes.

It wasn't until the late 1800s when these types of books were made for children. Each moving part was made by hand so pictures would move along with the story. In the 1930s, Blue Ribbon Publishing of New York was the first company to call these "pop-up" books.

Now, you can see pop-up elements in greeting cards. You can find lights and music in some of the pop-up books and cards made today!

We are going to thank some community helpers by making pop-up cards for them. You get to decide who you will make your cards for.

Who are some people that help your community? (Police, firefighters, EMTs, people who answer 911 calls, etc.)

How do they help us?

How do you like to be thanked when you help someone?

Materials:

- Examples of pop-up books or greeting cards
- Plain white paper
- Pencils and crayons, colored pencils, or markers
- At least one piece of heavy cardstock per child
- Selection of construction paper, scrapbooking paper, wrapping paper, etc.
- Scissors
- Glue sticks

Directions:

1. Fold cardstock in half, short sides together.
2. Cut two equal slits in the folded edge.
3. Push the section between slits out so it folds in and "pops up" when opened. Decorate as desired.

4-H Connection

Community service is an important part of 4-H. As children learn new skills in 4-H activities, we want to encourage them to share these skills with others to make our community better.

When you send your pop-up cards to community helpers, you are using your talents to thank them for keeping you safe, happy, and healthy.

Pop-up Greeting Cards

Now that you know how to make greeting cards that pop-up, please share what you learned while completing this paper craft.

What was your favorite part of making your greeting card?

What was the most difficult part of this activity?

If you could make another card, what would you make and who would you send it to?

This Pop-up Greeting Card can be entered in the Monroe County Festival of Arts. This contest is usually held in the late winter/early spring. If you enter this in the Festival of Arts and/or the County Fair, please write what placing you received (blue ribbon/first place, red ribbon/second place, etc.).

Draw a picture or attach a photo of you with your pop-up greeting card.

Birdseed Cakes



Whether you are looking to attract more birds to your backyard or giving them to someone as a gift, these birdseed cakes are simple to make and provide a wintertime treat to our feathered friends.

Materials:

- 12" to 18" length of twine, string, or ribbon
- Simple shaped cookie cutters
- Waxed paper
- Styrofoam plate
- Unflavored gelatin powder
- $\frac{1}{2}$ cup measuring cup
- Medium mixing bowl
- Spoon
- $1\frac{1}{2}$ cups to 2 cups Birdseed
- 2" long piece of a drinking straw

4-H Connection

Just like you need to center the twine in your birdseed cake so it hangs properly, we strive to find a balance within our 4-H club meetings between business, educational programs, and recreation. All three parts should be present in some form at each meeting. An icebreaker that gets youth up and active, can serve as but education and recreation if the participants are learning names and being active.

Procedure:

1. For each birdseed cake, cut a 12" to 18" length of twine, string, or ribbon. Loop the ends in a knot so you have a circle not a line.
2. Mix 1/2 ounce gelatin (2 packages) with 1/2 cup boiling water. Safely stir well to dissolve gelatin completely. Be careful not to splash the hot liquid on your skin.
3. Add about 1 1/2 cups birdseed to gelatin solution. Mix well. If mixture is still watery, add more birdseed until it has a stiff but sticky consistency.
4. Add one layer of waxed paper on top of the Styrofoam plate. Place cookie cutter on top of waxed paper.
5. Fill each cookie cutter half-full of birdseed mixture.
6. Place the circle of twine, string, or ribbon on top of mixture and center cookie cutter so 1/2 to 1/3 of the loop is hanging outside the cookie cutter mold.
7. Fill cookie cutter with more birdseed mixture on top of loop. Firmly press mixture with back of spoon to compact in place.
8. After a few hours, gently unmold each cake onto fresh waxed paper. Let dry, flipping birdseed cake every few hours. It may take 72 hours to completely set up enough to handle birdseed cake without it crumbling.

CAUTION: Use caution while stirring the gelatin into the boiling water so as not to burn your hands. Adult supervision and assistance is required.

Note: If your birdseed cake crumbles, you can still feed the mixtures to the birds, just use a paper plate or birdfeeder to contain the mixture.

Birdseed Cakes

Now that you know how to make birdseed cakes, please share what you learned while completing this activity.

What was your favorite part of making your birdseed cake?

What was the most difficult part of this activity?

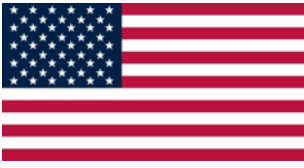
If you could make another birdseed cake would you change anything? If yes, what?

Find a place to hang your birdseed cake. Using the internet visit the Wisconsin Department of Natural Resources Environmental Education for Kids website to identify Wisconsin's Favorite Winter Birds <https://eekwi.org/critter/bird/birdposter/index.htm>.

Draw a picture or attach a photo of you with your birdseed cake.

Family/Nautical Flags

Flags are used to represent something like a state or country...or an organization (like 4-H!). Years ago families had flags representing themselves. These flags had designs of special skills and talents. These flags were called coats of arms. Flags have symbols, colors, patterns, words, and numbers. These help tell a story.



Some flags have patterns like the US flag consisting of white stars (50 since July 4, 1960) on a blue canton with a field of 13 alternating stripes, 7 red and 6 white. The 50 stars stand for the 50 states of the union, and the 13 stripes stand for the original 13 states.



Source: <https://www.britannica.com/topic/flag-of-the-United-States-of-America>

Some flags have a symbol like the 4-H emblem in the middle of the flag. The white color of the 4-H flag symbolizes purity. (Source: <https://sheboygan.extension.wisc.edu/4-h-youth-development/facts-about-4-h/>)

Think about your family's special likes and talents. Design a flag or coat of arms to represent your family.

You may construct your flag using anything you would like. You may draw a flag, make it using construction paper and craft items or sew a flag. If you want to include the 4-H flag or US flag on your family flag, cut them out from the templates provided.

4-H Connection

Take a look at the 4-H clover on the flag. Which way does the tail on the clover go? The 4-H emblem is highly protected so we need to make sure the tail always goes to the right!

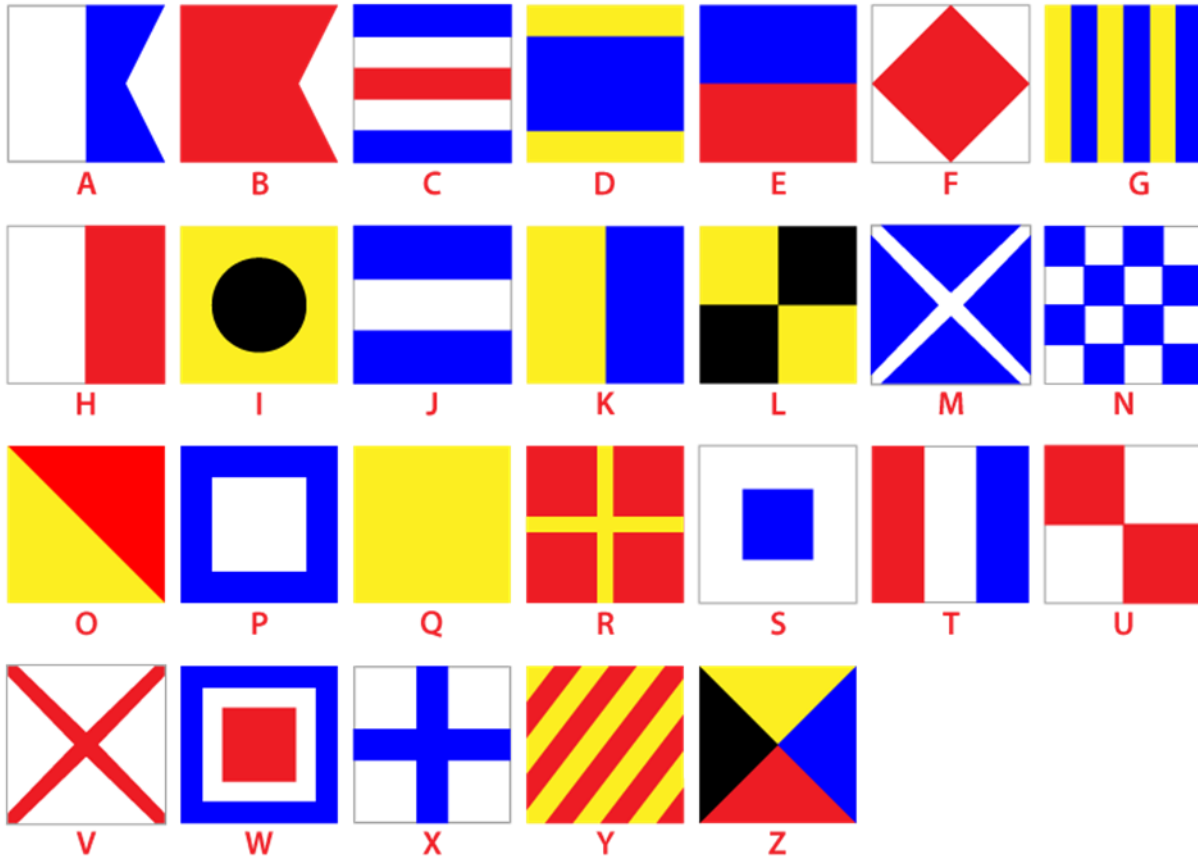
I added _____ to my family's flag because _____

I used _____ colors because _____

Family/Nautical Flags

Nautical Flags

The colorful flags below are known as the international maritime signal flags. They correspond directly with the NATO alphabet and can be used to spell a message letter by letter. As well as representing an individual letter, each flag also has a [specific standard meaning](#). For instance, the yellow and red flag for O also means "Man overboard."



Try spelling out your last name using signal flags.

Nautical flag source: <http://www.puzzazz.com/how-to/codes>

Family/Nautical Flags

Now that you know how to make a Family Flag, please share what you learned while completing this activity.

What was your favorite part of making your flag?

What was challenging about making your flag?

If you could make another family flag, would you change anything? If yes, what?

Was it easy or difficult to spell your last name in Nautical Flags? What made it easy or difficult?

Your Family Flag can be entered into the County Fairs if you attach your flag to a piece of white poster board that is 14" x 22" and neatly write why you made your flag the way you did, and why this represents your family. This can be entered in the Monroe County Fair under Department 17 Cloverbuds, Class A under Lot 13 Creative Artwork, Any Media, or in the Elroy Fair under Department 17 Cloverbuds, Class A, Lot 26 Any Other Item Not Listed Above. If you entered your Family Flag poster in the County Fairs, please write here what ribbon you received.

Draw a picture or attach a photo of your Family Flag.

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If you want to include the US flag or 4-H clover as part of your family flag, please cut out these images instead of drawing them.



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Scrumptious Sundaes

Ingredients:

- 1/2 cup low-fat flavored yogurt
- 1/2 graham cracker sheet
- 1/2 banana



Supplies:

- Measuring cup
- Rubber spatula
- Plastic knife
- Small plate or cutting board
- Small bowl
- Spoon

4-H Connection

The fourth of the four H's is "health," which includes things like good sleep habits, choosing nutritious foods, getting exercise, and making other choices that support our well-being. In 4-H, youth can explore a wide range of projects where they can learn about health, including: child development; fun and fitness; foods and nutrition—from growing or raising their own food to cooking; safety; lots of different outdoor activities like hiking, canoeing, camping, and more. Over time, they may become a youth leader in health projects they love.

Directions:

1. Wash your hands with warm running water and soap. Also check that the surface you are making your snack on is clean and dry.
2. Measure 1/2 cup of yogurt in a measuring cup using the rubber spatula. Then place in the bottom of your bowl.
3. Break up the graham cracker into small pieces and put on top of the yogurt.
4. Peel and slice the banana using the plastic knife on the cutting board or small plate. Place sliced banana pieces on top of the sundae.
5. Enjoy your yummy snack that contains three different food groups (dairy, fruit, and grains)



What is another healthy snack that has at least two food groups? _____

You could enter this activity into the County Fair under Department 17, Class A, Lot 13 or 14, if you make a poster (size 14"x22") showing two healthy snack options with an explanation of why they are good choices. To make your poster more attractive try to find images or nicely draw your snacks on paper plates or bowls and attach them to the poster.

HEALTHY DIET



Scrumptious Sundaes

Now that you know how to make a scrumptious sundae, please share what you learned while completing this activity.

What was your favorite part of making your sundae?

If you could make this recipe again, would you change anything?

The scrumptious sundae snack had three different food groups. What are they?

If you chose to make a poster of two healthy snack options to enter in the County Fairs, was there anything hard about making a poster? Did you receive a ribbon?

If you enjoy thinking about healthy snacks and meals, check out MyPlate Kid's Place for fun nutrition related activities. If allowed, and with adult supervision, go to <https://www.choosemyplate.gov/kids>.

Draw a picture or attach a photo of you with your scrumptious sundae.

Better Bubbles

Bubbles are simply air trapped inside a liquid. The surface of a liquid, like water, has a "surface tension" which makes the surface behave like a stretchy, rubber sheet.

Soap allows the surface of water to stretch more and keeps bubbles from breaking. Adding glycerin to water prevents bubbles from drying out quickly.

You can vary the ingredients to change the characteristics of bubbles. More soap allows for bigger bubbles. Glycerin makes stronger, longer-lasting bubbles.

Scientists ask questions and try different ways to answer them by doing experiments. We are going to do our own experiment...with bubbles!

Let's investigate the ingredients in bubbles and the types of bubbles that different solutions make.

Basic bubble solutions are made of three different ingredients—water, soap and glycerin. *Glycerin is a natural by-product in soap and is used as a moisturizer in personal care products. You can find 100% glycerin in most pharmacies or supermarkets. Karo Syrup (corn syrup) can be substituted by leaves surfaces slightly sticky.

Mix the following solutions the day before you plan to do the activity. Bubble solutions improve with age. Shallow containers with labels (#1 and #2) work best for blowing bubbles.

Next, make homemade bubble wands from pipe cleaners, string, craft wire, straws, etc. Experiment with which material makes better, consistent bubbles.

4-H Connection

Whether children participate in the full club meeting or just for a part of it, it is important that they begin to know what to expect at club meetings and how they can be involved. Talk about how they help make decisions about what to do in the club (business), learn new things (education), and make friends and have fun (recreation).



Bubble Solution #1—More Soap

(Bigger Bubbles)

4 cups water

1/3 cup dish soap (Dawn Pro recommended)

2 1/2 teaspoons glycerin*

Bubble Solution #2—More Glycerin

(Stronger Bubbles)

4 cups water

1/4 cup dish soap (Dawn Pro recommended)

1/2 cup glycerin

Experiment with both bubble solutions and remember which solution made bigger bubbles and which one made stronger bubbles.

Better Bubbles

Now that you know how to make homemade bubbles and wands, please share what you learned while completing this activity.

What was your favorite part of today's activity?

If you could make homemade bubbles which solution would you use?

Both homemade bubble solutions had three ingredients. What are they?

Draw a picture or attach a photo of you blowing bubbles.

Beautiful Butterflies



Many plants, animals, and insects begin a new life cycle in springtime. To learn about the life cycle of one beautiful insect, read the book *The Very Hungry Caterpillar* by Eric Carle. Though real caterpillars do not eat holes through ice cream cones or pizza, they do go through four distinct stages. This activity includes making a poster that can be entered in the County Fair under Department 17, Class A, Lot 6 Any Other Project Related to Natural Science.

Materials:

- 14"X22" poster board
- Paper plate
- Scissors
- Markers
- Glue
- Small pom poms
- Scrap of green construction paper
- 4" piece of pipe cleaner
- Pieces of dried medium shell shaped pasta
- Words and pictures for poster

Procedure:

1. Divide the paper plate into four equal spaces by drawing a line horizontally then another line vertically across the middle of the plate.
2. Glue one stage card in each of the four spaces (egg, caterpillar, chrysalis, and butterfly).
3. Glue the Egg card to one of the four places. Cut out a leaf shape from the green construction paper and glue a few pom poms onto the leaf with glue.
4. Glue the Caterpillar card to the space next to the egg. Wind the pipe cleaner around a pencil or pen. Remove the pencil or pen and glue the pipe cleaner to the paper plate.
5. Glue the Chrysalis card to the space next to the caterpillar. Glue a few pieces of dried medium shell shaped pasta to the paper plate.
6. Glue the butterfly card to the space next to the chrysalis and egg. Cut out and color the beautiful butterfly on the next page.
7. Cut out and glue the title of your poster onto the top of the poster board. Alternatively, you could neatly write the words.
8. Glue the paper plate with the four life stages onto the center of the poster.

Beautiful Butterflies

Now that you know how to make a poster and about the four stages of a butterfly's life cycle, please share what you learned while completing this activity.

What was your favorite part of this activity?

What was challenging about this activity?

If you could make another poster would you change anything? If yes, what?

Was it easy or difficult for you to put together this poster about butterflies?

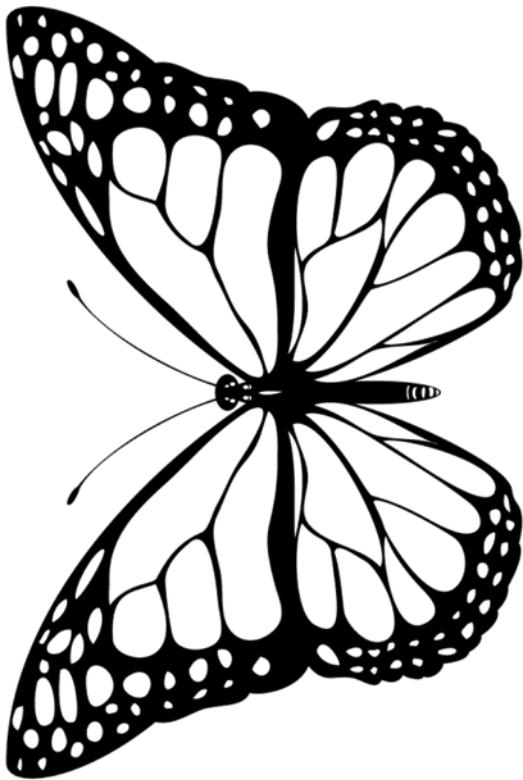
Your Beautiful Butterflies poster can be entered into the County Fairs. It must be made on a poster board that is 14" x 22". This can be entered in the Monroe County Fair under Department 17, Class A, Lot 6 Any Other Project Related to Natural Science or in the Elroy Fair under Department 17, Class A, Lot 26 Any Other Item Not Listed Above.

Eggs

Caterpillar

Chrysalis

Butterfly



Directions: Cut out all words and around the butterfly. Use these pieces to create your Life Cycle of a Butterfly poster.

Life Cycle of a

Butterfly

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Balloon Rockets/Balloon to the Moon

A rocket is a type of spacecraft that is powered by gases that are forced out of one end.

Let's use our aerospace skills to make a balloon rocket!

Materials:

- 12 feet of string
- 4 inch piece of drinking straw
- 2 chairs
- 9 inch round balloon
- Spring clothespin
- Transparent tape
- Measuring tape



4-H Connection

4-H creates a safe space where youth can take what they know, develop an idea (or hypothesis) and test it out. It doesn't matter if their idea does or doesn't work. It doesn't matter if their hypothesis was or wasn't right. What does matter is the exploration of their ideas, trying something new, and knowing it is okay to fail sometimes. That's when the learning happens.

Procedure:

1. Thread the string through the straw and tie both ends of the string to the backs of the chairs.
2. Position the chairs so the string between them is very tight.
3. Inflate the balloon and twist the open end of the balloon and secure it with the clothespin.
4. Move the straw to one end of the string.
5. Tape the inflated balloon to the straw.
6. Time for takeoff! Carefully remove the clothespin from the balloon.
7. Measure how many inches your balloon traveled.

Now, let's do a science experiment using your balloon rocket

1. We are going to guess how far you think the rocket will travel
2. Measure how big around your balloon is at the biggest part.
3. Test how far the balloon rocket really did travel.
4. Write down the results in the chart on the next page.
5. Then you get to repeat the same trials three times for accuracy.



Balloon Rocket Experiment

How far did they fly?	Test 1 Balloon inflated to 15 inches	Test 2 Balloon inflated to 15 inches	Test 3 Balloon inflated to 15 inches	Test 1 Balloon inflated to 20 inches	Test 2 Balloon inflated to 20 inches	Test 3 Balloon inflated to 20 inches
I think it will fly...						
The balloon rocket really flew...						

Did your balloon rocket go a longer or shorter distance than you guessed?

What happened when you tried the bigger balloon?

The bigger balloon had more air than the smaller balloon, did that make a difference?

If you enjoyed this science experiment and want to learn more about rockets and how the balloon rocket worked, ask an adult to help you search the internet for "balloon rockets" and learn about thrust.

Animal Tracks



Have you ever been on a walk and seen some tracks and wondered what made them? Animals make tracks as they move allowing us to study their habits. Let's go on a search for animal tracks and make a cast/mold!

Using the Animal Tracks Guide (next two pages), go with an adult searching for animal tracks! You can look in your backyard, a park or the woods. Look for tracks near trees and in open places where grass doesn't grow.

4-H Connection

Wildlife WHEP Wisconsin 4-H & Wisconsin 4-H Forestry offers hands-on learning activities, art contest, and wildlife/forestry contests. These educational opportunities are open to youth in grades 3-13, so it's something to look forward to. For more information:

<https://fyi.uwex.edu/whepwi4h/>

What animal tracks did you find in your backyard _____

What animal tracks did you find in a woods or park? _____

What type of ground (grass, mud, or snow) is it easier to find animal tracks? _____

Now we are going to make a cast or mold of an animal track.

1. Mix two parts plaster to one part water. A plastic bag works well to mix everything together.
2. Dig around the track a few inches.
3. Mix the plaster and water together, pour the mixture into an animal track within 5-10 minutes of mixing or it will harden in the bag. If it does harden in the bag, dry it completely and use it for sidewalk chalk.
4. Allow the cast to dry for 30-60 minutes.
5. Using a small shovel or spoon to dig around the plaster mold and remove it from the ground. Allow the cast to harden completely.
6. Using a soft brush (old toothbrushes work well) brush away any leftover dirt.

Note: this activity can be done indoors using cake pans filled with damp sand. Press an animal track into the sand then follow the directions above.

While your plaster mold is drying, complete the Matching Tracks activity. Try to match the animal track to the animal.

Note: You could also use the rubber animal tracks to make animal print t-shirts using acrylic paint.

Animal Track Guide

Striped Skunk



Front Foot



Hind Foot

Opossum



Front Foot



Hind Foot

Raccoon



Front Foot



Hind Foot

Gray Squirrel



Hind Feet



Front Feet

Rabbit

Hind Feet

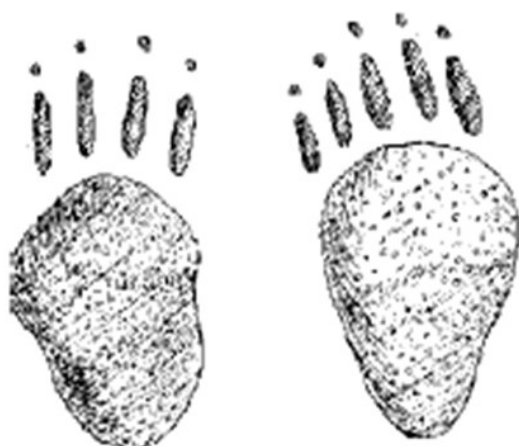


Front Feet



Animal Track Guide

Porcupine



Front Foot

Hind Foot

Chipmunk

Hind Feet



Front Feet



Dog/Coyote

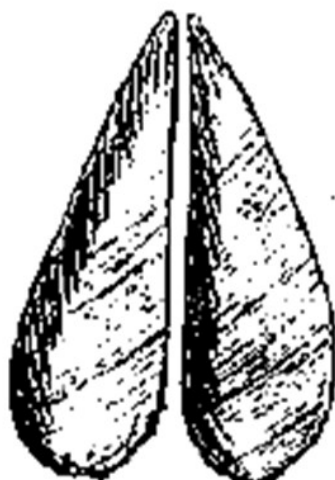


Wild Turkey



Deer

Walking



Running, or
Walking in Mud



Matching Tracks

Draw a line matching the animal to its track! Answers are on the last page of this book.



Matching Tracks



Matching Tracks



Let's Sculpt

NOTE: This activity will be completed after you submit your Cloverbud Activity/Record Book to your 4-H Club Leader. We will make copies of this activity available at the September 4-H Cloverbud meeting. You have the option to complete this activity before that meeting and use it as one of your seven complete activities in order to Achieve in 4-H this year.

4-H Connection

Arts & Crafts is a national 4-H project. It features curriculum that will guide you through the project. For a copy contact your County 4-H Office . For more internet resources explore: <https://fyi.uwex.edu/wi4hprojects/arts-communication/arts-crafts/>

Make a sculpture using homemade play dough!

Materials: $\frac{1}{4}$ Cup Salt
 1 Cup Flour
 $\frac{1}{4}$ Cup Water

Procedure:

1. Combine the salt, flour and water in a large mixing bowl.
2. Knead or stir the mixture until it is like clay consistency. You may need to add more water.
3. Divide the dough into as many pieces as you would like colors. Add food coloring to each piece of dough to get the color you would like.
4. Make a sculpture out of your dough and let sit overnight to dry.

What was your favorite part of making your own sculpting dough?

Was there anything that challenged you while you made the dough or sculpted something?



Mime Time



Miming is the acting out of something, using no words or sounds.

Materials: Any Props That Are Handy

Procedure:

1. Gather a group of friends and family and take turns guessing actions such as foods with action (popcorn, toast in a toaster, eggs, sizzling bacon, etc) or any other actions you can come up with.
2. Now, try pretending like you have hundreds of strings attached to all muscles in your body. Pretend an outside force is pulling from above. All parts of your face should snap up. Do the same with forces pulling from the right, left and down.

What are some actions you could act out by miming? _____



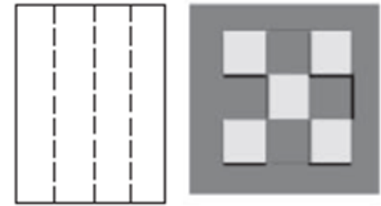
Tic-Tac-Toe Weaving

Take a close look at the fabric of your clothes. What do you see? Fabrics and baskets are often made by weaving. Weaving is where threads are put over and under each other in a pattern.

Time for some Tic-Tac-Toe

Materials:

- 1 - 8 $\frac{1}{2}$ Inch x 11 Inch Piece of Colored Card Stock
- 2 - 8 $\frac{1}{2}$ Inch x 11 Inch Pieces of Colored Paper
- 12 Pieces of Poster Board That Are Different Colors and Different Colors From the Colored Paper
- Scissors
- Glue
- 1 Letter Sized Envelope
- Tic-Tac-Toe Pattern Page



Procedure:

1. Fold one of the 8 $\frac{1}{2}$ " x 11" pieces of colored paper in half lengthwise. Fold this paper in half again lengthwise so when it is opened there are four sections.
2. Use the scissors to cut along the folds so there are four paper strips. Lay the strips aside. (Only 3 of the strips are going to be used)
3. Lay the Tic-Tac-Toe Pattern on top of the second 8 $\frac{1}{2}$ " x 11" piece of colored paper. Cut off the bottom portion to create a square.
4. With the pattern still on top of the colored paper, fold the papers in half on the fold line.
5. Starting at the fold, cut along the dotted line. Unfold both papers and lay the pattern piece aside.
6. Weave the first strip through the square with the cuts in it. Weave the strip first under one and over one, continuing to the opposite side of the paper. The next strip is woven first over one and then under one, continuing as before. Push the first strip to the top of the cuts and push the second strip close to the first strip. Weave the last strip through the square using the under one, over one pattern the first strip used. The square should look like a tic-tac-toe board.
7. Glue the woven tic-tac-toe board to the card stock and cut off excess strip paper.
8. Lay the tic-tac-toe board so the card stock side is facing up. Glue the envelope onto the board. Lay the board aside.
9. Cut out the pattern piece for the markers. Trace the round pattern piece onto the colored poster board nine times.
10. Cut out the markers and store in the envelope on the back of your tic-tac-toe board.
11. Play!

Tic-Tac-Toe Weaving

Now that you know how to weave a tic-tac-toe board, please share what you learned while completing this activity.

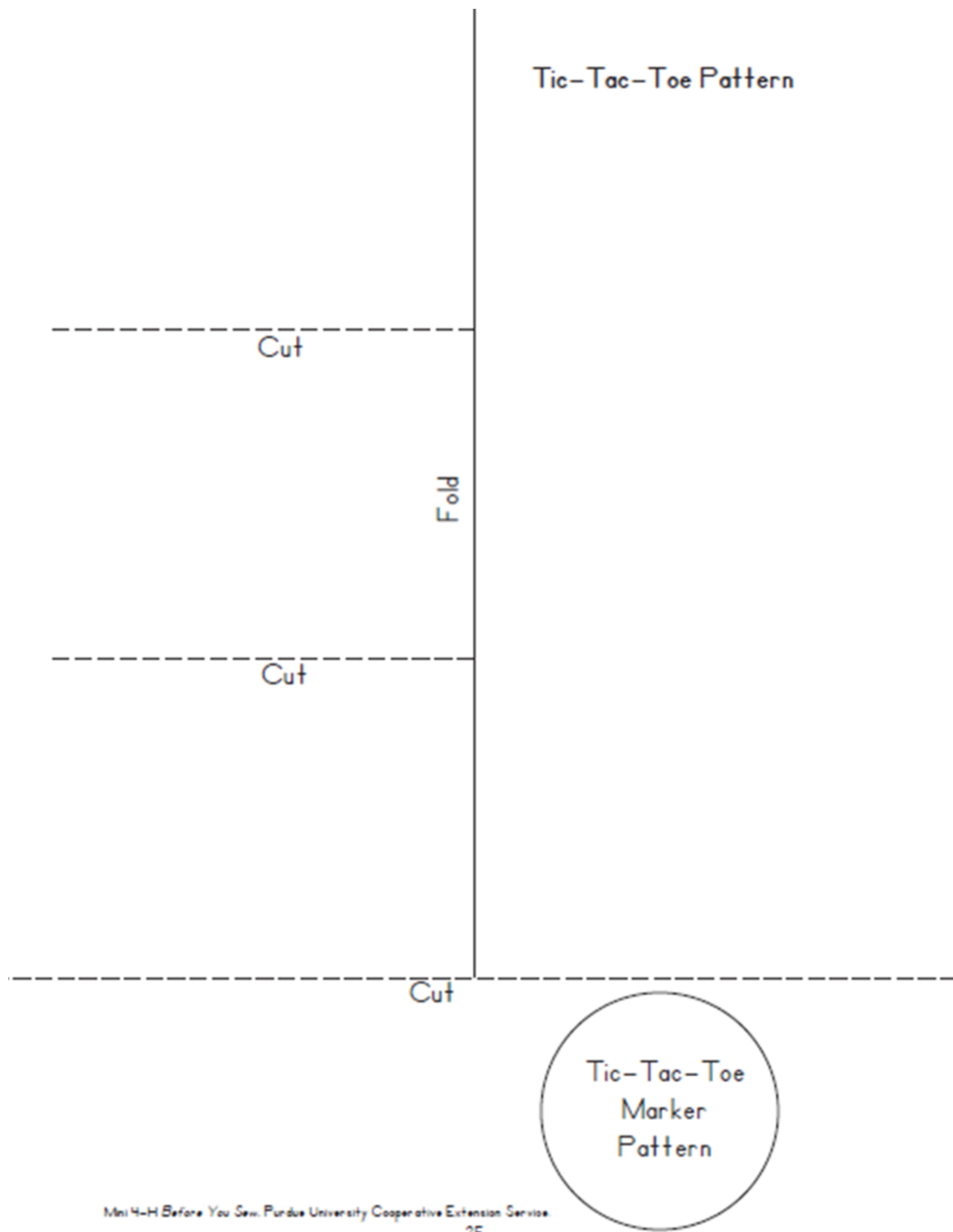
What was your favorite part of making this paper craft?

What was challenging about this activity?

If you could make this woven paper craft again would you change anything? If yes, what?

Draw a picture or attach a photo of your Tic-Tac-Toe Weaving project.

Tic-Tac-Toe Pattern



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Noisy Cups

Sound vibrations travel through liquids, gases and solids. In this activity sound is traveling through a solid.

Try making noise with a dry string, a wet string and a string covered with dishwashing liquid. Which one will make the loudest sound? _____
Which will make the quietest sound? _____

Let's make some noise!

Materials: Paper or Plastic cups
Large Paper Clips
Cotton String
Scissors
Sharpened Pencil
Tape
Water
Dishwashing Liquid



Procedure:

1. Poke a small hole in the bottom of a cup with a pencil.
2. Pull 2 feet of string through the bottom of the cup and tie a paper clip to the end that's inside the cup.
3. Pull the string tight, so the paper clip rests at the bottom of the cup. Tape the paper clip flat.
4. Hold the cup in one hand and the string in the other near the bottom of the cup.
5. Squeeze the string tightly between your fingers and thumb and slide them down the string as fast as you can.
6. Now, let's experiment with water! Wet the string with water and slide your fingers along the string again. Try once more using dishwashing liquid.

Which way made the loudest noise? _____
Which made the quietest noise? _____
Were there any surprises? _____

The Mystery of Water and Oil

Do water and oil mix? Let's try mixing water and oil to see what happens!

Make a prediction! What do you think will happen to the water and vegetable oil when they get put into the same container? _____

Materials: Plastic Bottle with Lid
Food Coloring
Water
Vegetable Oil
Funnel
Measuring Cup



Procedure:

1. Place $\frac{1}{2}$ cup of water into the plastic bottle.
 2. Add a few drops of food coloring to the water.
 3. Add $\frac{1}{2}$ cup of vegetable oil to the plastic bottle and secure the cap on the bottle.
 4. Observe the location of each liquid. Which liquid is on top? _____
Which liquid is on the bottom? _____
 5. Time to shake! Make sure the lid is secured tightly and shake up the bottle. What happens to the liquids? _____
Where is each liquid located now? _____
 6. Let the bottle rest on a flat surface for 2 minutes and observe what happens. What happened to the oil and water? _____
-

Which liquid do you think is lighter? _____
Why? _____



Cave Formations

Have you ever wondered what those crystal-like things in caves were?

Caves have stalactites and stalagmites that make formations over thousands of years. Stalactites hold tight to the ceiling of the cave and stalagmites are mighty and stand up on the cave floor.

Let's make our own cave formations!

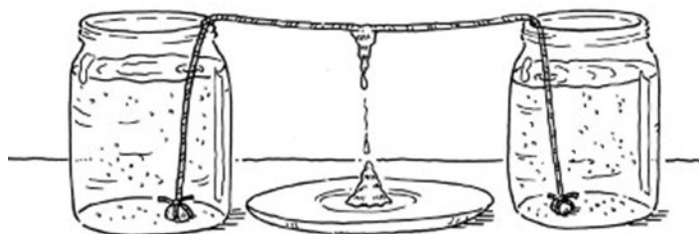
Materials: 2 Jars
 Water
 Epsom Salts
 String
 Small Weights (i.e. Rocks or Fishing Sinkers)
 Plate

Procedure:

1. Fill both jars with warm water and mix in Epsom salts until no more will dissolve.
2. Wet the string and tie a weight to each end. Drop one end of the string into each jar.
3. Put a plate between the two jars with the string hanging over the plate.
4. Let the stalactites and stalagmites begin! Make sure to check your cave every day to see if any have formed.

Did you have any stalactites form? _____ Where were they located? _____

Did you have any stalagmites form? _____ Where were they located? _____



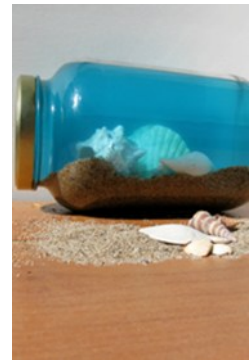
Ocean in a Bottle

Have you ever been amazed by the movement of waves on a beach?

Waves are energy in motion. The waves or energy force the sand to move along the shore.

Let's experiment with waves and make an ocean in a bottle!

Materials: Jar or Glass Bottle with Lid
Hot Glue Gun - Ask an adult for help!
Water
Vegetable Oil
Blue Food Coloring
Sand
Seashells



Procedure:

1. Spoon some sand into a clean jar.
2. Fill the jar $\frac{1}{2}$ full with water. Add blue food coloring to the bottle one drop at a time until you get the blue color you like.
3. Add a few shells to your ocean.
4. Add vegetable oil until the bottle is almost full. Make sure to leave a small space at the top for air.
5. Have an adult take the hot glue gun and put glue around the lid of the bottle. Quickly place a lid on the bottle.
6. Turn the ocean on its side and watch as the waves go back and forth. Do any of the sand particles move? _____
7. Shake up the bottle and observe what happens.
What happens to the sand? _____ What happens to the shells? _____ Does all the sand move as the waves move or just a little at a time? _____

Nature Scavenger Hunt



Let's go on a scavenger hunt!

Using the Nature Scavenger Hunt Checklist go on a scavenger hunt in a park, woods or your backyard with some friends and an adult.

Bring a camera or pencil so you can get a picture of what you saw during your hunt while using your checklist. Make sure not to disrupt the area you are hunting in.

See how many items you can find!

Were you able to find every thing on the list? _____

What was the most difficult to find? _____

Did you notice anything while doing the scavenger hunt you may not have otherwise seen? _____

What was the most interesting thing you saw? _____





Nature Scavenger Hunt Checklist



See how many items you can find on the list and then draw a picture of each one. See if you can identify the leaf or animal!

- ☐ Feather
- ☐ Insect with Wings
- ☐ Animal Tracks
- ☐ Something a Squirrel Would Eat
- ☐ Hole in a Tree
- ☐ Something a Bird Might Eat
- ☐ An Animal that has Fur
- ☐ Spider Web
- ☐ Singing Bird
- ☐ A Fallen Leaf
- ☐ Leaf that has been Partially Eaten
- ☐ A Coniferous Tree
- ☐ A Deciduous Tree
- ☐ An Animal that Likes to be Near Water
- ☐ Bird's Nest
- ☐ Flowers

Fur, Fin and Feather Show

If you participated in the Monroe County 4-H Fur, Fin, and Feather Show use this page for newsletter or newspaper clippings, photos, drawings, and other items to show your involvement.

Festival of Arts

If you participated in the Monroe County 4-H Festival of Arts, use this page for newsletter or newspaper clippings, photos, drawings, and other items to show your involvement.

Food Revue

If you participated in the Monroe County 4-H Food Revue, use this page for newsletter or newspaper clippings, photos, drawings, and other items to show your involvement.

County Fair

If you participated in the Monroe County 4-H County Fair, use this page for newsletter or newspaper clippings, photos, drawings, and other items to show your involvement.

Cloverbud College

If you participated in the Monroe County 4-H Cloverbud Summer Camp, use this page for newsletter or newspaper clippings, photos, drawings, and other items to show your involvement.

Cloverbud Camp

If you participated in the Monroe County 4-H Cloverbud Summer Camp, use this page for newsletter or newspaper clippings, photos, drawings, and other items to show your involvement.

Other County Events

On these pages, put clippings, pictures, drawings, and other items showing your participation in countywide 4-H events.

Club Events

On these pages, put clippings, pictures, drawings, and other items showing your participation in your 4-H Club events.

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