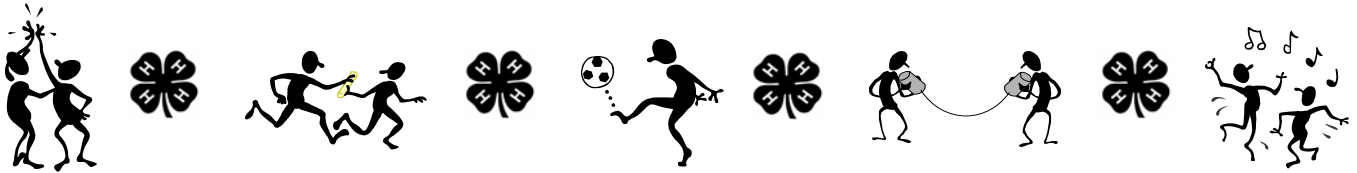




Ohio 4-H Cloverbud Connections




Spring 2006 Issue


For 4-H Cloverbud Volunteers working with grades K-2


Ohio 4-H Cloverbud Kits Provide a New Teaching Tool for 4-H Volunteers

Do you want to provide your 4-H Cloverbuds more fun and hands-on activities? Ohio 4-H Cloverbud Volunteers now have the opportunity to borrow 4-H Cloverbud Kits from their local OSU Extension Office. As a result of a generous grant from the Ohio 4-H Foundation, three kits have been developed for each county in Ohio. The kits focus on lessons taken directly from the Ohio 4-H Cloverbud Curriculum – Series II. Volunteers will now have access to timely and easy-to-use teaching resources for 4-H Cloverbud Club meetings.

The three kits include:

 **Our Country** – children will learn about our country and how to fold a flag, put together a floor puzzle of the United States, learn about the history of the 4-H flag, weave a 4-H flag, sing patriotic songs with a CD, learn fun facts about Ohio and enjoy a children's book about *America Is...* The kit also contains a teacher's notebook with the *Our Country* Curriculum.

 **The Science of Sound** – Cloverbuds will learn all about sound through experiments, activities, playing music on pipe chimes, coloring their way through a listening skills activity, playing games, learning about *Sounds All Around* - a children's book, and having fun with sound clips on a CD. The kit also contains a teacher's notebook with *The Science of Sound* Curriculum.

 **Food Fun** – children will learn about the new MyPyramid, play food bingo, enjoy a music CD, read *Eating the Alphabet* - a children's book, experience healthy snack ideas, and understand serving sizes using food models. The kit also contains a teacher's notebook with the *Food Fun* Curriculum.

Do you need meeting ideas? Want more games, music, books, and fun activities to share with your 4-H Cloverbuds? Contact your Extension Office for availability and length of time you can borrow a kit.

Bruce Zimmer
Extension Educator, 4-H Youth Development
Ohio State University Extension, Monroe County, Ohio

Click it, Print it, Do it!



www.cloverbudconnections.osu.edu

Are you looking for an easy activity to teach 4-H Cloverbuds about listening? This quarter you will find listening and coloring activities on-line and ready for you to print! The activity sheets include a description of hearing vs listening and coloring sheets with leader instructions.

Why don't you listen to me?

How many parents or 4-H Cloverbud leaders have heard this? Young people tell me I am different than most adults because I listen to them. Adolescents who openly communicate with close adults feel trusted and are less likely to abuse people or drugs.

Tips from Dr. Ken Canfield's "The 7 Secrets of Effective Fathers: Becoming the father your children need," (1992) for communicating with adolescents include:



- Have open posture
- Maintain eye contact
- Learn to read your child's nonverbal behavior
- Give your child nonverbal feedback by nodding or raising your eyebrows
- Paraphrase what he/she said

Activity: *Ducks Fly*

This game helps children improve listening skills.

Objective: To keep from becoming "it" by listening carefully.

Who: Children who are active and have a tough time listening or paying attention.

Group size: 3 or more

Materials needed: None

Description: Select someone to be "it" and ask him/her to stand in front of the group. This person calls out "Ducks fly! Seagulls fly!" (Any animal is fine. It can jump or crawl instead.) Whenever "it" says an animal that flies, everyone flaps their wings in a flying motion. When he/she says an animal that doesn't fly, everyone should stop "flying" and put their arms down to their sides. Whoever keeps "flying" when a non-flying animal is mentioned is eliminated, or can become "it" for the next round.

Activity Source: 104 Activities that Build: Self-Esteem, Teamwork, Communication, Anger Management, Self-Discovery, Coping Skills (p. 142), by A. Jones, 1998, WA; Rec. Room Publishing. Copyright 1998 by Alanna Jones. Reprinted with permission.

Jim Jordan

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Tips for Working with Homesick 4-H Cloverbuds While at Camp

For many Cloverbuds, 4-H camp will be their first time away from home. Some may get homesick. Homesickness occurs in all ages. It is anxiety that people experience when they are away from home. Symptoms include: stomach aches, headaches, or even minor aches and pains. Homesick children may be misinterpreted as being physically sick and needing medical attention. Children do not understand that homesickness is temporary.



There are ways to help 4-H Cloverbuds prepare for being away from home. Encourage parents to talk with their children about how long they will be away. Make sure they understand it will not be forever. Parents should let their children know what time they will see them. Use calendars to help children keep track of time and when they will be going home. This helps them focus on the future and not how they are feeling at the moment.



Parent(s) should let the kids help pack for 4-H camp. This allows them to decide whether to bring a favorite stuffed animal or t-shirt. With familiar items, campers feel more at-home. While at 4-H camp, make sure the children have a buddy. The more involved Cloverbuds are, the less likely they will get homesick.

Many 4-H Cloverbuds are not ready for camp their first or even second year of 4-H, so do not push children into 4-H camp (especially if it is overnight). Staying at a strange place without parents, can be hard for many 4H'ers. Over time and with the help of caring adults, the feelings of homesickness will pass and children will not want 4-H camp to end.

Adapted from:

Garst, B., & Carson, A. (2004) *Frequently Asked Questions (F.A.Q.) about 4-H Camp for Parents/Guardians*. Virginia Cooperative Extension. Retrieved on 17 Feb 2006 <http://www.ext.vt.edu/resources/4h/airfield/faq.html#Q21>.

Homesickness. (2005). *Kids Health for Parents*. Nemours Foundation. Retrieved on 17 Feb 2006 http://kidshealth.org/PageManager.jsp?dn=KidsHealth&lic=1&article_set=20875&cat_id=145&

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“Just for You” Bath Salts – a Great Idea for Mother’s Day

Cloverbud age 4-H members love to make and give presents to others. Here is a fun and educational idea that was shared with me by 4-H advisor Karen Bruggeman of Mercer County. This activity teaches measuring skills, practices counting, provides an opportunity for decision-making and can be used to discuss mixing colors to create a “new” color.

Materials needed:

- ♦ Equal parts of Epsom Salts and Course Bath or Sea Salts (available in larger grocery and department stores)
- ♦ 10-20 drops of essential oils (available at craft and health food stores) and an eye dropper
- ♦ 5-10 drops of food coloring (too many drops makes a “wet” salt that clumps together!)
- ♦ Measuring cups
- ♦ Funnel
- ♦ A copy of the color wheel or a poster indicating what colors, if mixed, result in a new color
- ♦ Shakers (plastic jars with lids) – a jar per essential oil scent so that you are not mixing odors together. Use food containers with lids, such as plastic mayonnaise jars, that have been thoroughly washed and dried. Label each with the essential oil name so that jars do not get mixed up!
- ♦ A pretty container to place the finished product into such as washed and dried drink bottles with screw type lids (individual sized drinks will work well for this part of the activity)
- ♦ Gift tags, ribbon, stickers, etc for container decoration are optional



Directions:

Set up the room into stations – having each ingredient and step in the process at a specific location. The children move their shake to each station to complete their activity.

- ❶ Start at the essential oils station. Allow member to smell the scents and select their favorite.
- ❷ Have member drop 10-20 drops of oil into their shaker. The member will take the correctly labeled shaker with them.
- ❸ Place equal parts of the Epsom salts and sea salts into the shaker and mix well (1 cup each)
- ❹ At the color station, review the color wheel information with the member and then allow them to place 5-10 drops of the color or colors into the shaker. (may wish to mix the colors together in the small dish and then add to the salt mixture, but this is not really necessary if the child shakes the mixture well once the drops are added) *note: Red turns out rather orange!
- ❺ Using the funnel, place completed salts into your container. Tighten cap. Decorate and attach gift tag. Enjoy!

*Barbara Phares
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Happy Mother's Day



Campus Connections


Hello again! It feels good to make another 4-H Cloverbud Connection with you!


Go ahead take a hike!!! Get out of here!!!


Well, taking a hike or a walk with our 4-H Cloverbud groups and clubs is just the right thing to do now in beautiful Ohio as nature comes springing into life.


We can stimulate and enhance practically all of our 4-H Cloverbud life skill goals by taking a hike with a purpose. Advancing physical mastery skills are obvious with the gross motor activity needed for walking. Other skills such as getting along with others are necessary to walk and observe nature as a group, while self-confidence is nurtured through understanding and learning about the environment that surrounds the Cloverbud children.


So what kind of walk or hike do you want to take with your Cloverbud Kids? In the latest *Young Children* issue, Janet Humphreys (2000) suggests six types of walks/hikes with a focus for children to experience. Here they are:


 **Theme Hikes** - focus on a particular theme - such as colors, shadows, seeds, insects, rocks, or whatever you and the group decide.

 **Sense Hikes** - explore the senses, what smells, sights, sounds, etc. do you encounter on the walk.

 **Weather Hikes** - focus on whatever weather is occurring, check out the sky, wind, or rain that might be going on at the time of the hike.

 **Search-for-life Hikes** - look for all types of life that is present in the air, nests in the trees, tracks, burrow holes, etc.

 **Intellectual Hikes** - focus on processing or gaining new information, change in seasons, path directions with a compass (North, South, East, and West).

 **Clean-the-environment-Hikes** - clean up nature. Take along trash bags and plastic gloves. Talk about how pollution can be a problem.

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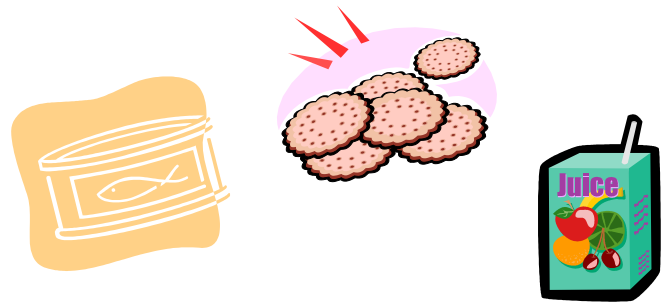


Tuna Treat

1 12 oz. can water-packed tuna, drained
 ¼ cup pickle relish
 ¼ cup diced celery
 low-fat or fat-free mayonnaise

Mix first three ingredients together. Add enough mayonnaise to moisten and make spreading consistency. Refrigerate until served. Serve on crackers or toast with tomato or vegetable juice as the beverage.

*Submitted by: Joyce Shriner, Extension Educator, FCS,
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Cloverbud Connections is published four times annually by OSU Extension in Monroe and Hocking Counties, providing volunteers and teachers working with kindergarten through second grade access to unbiased, research-based information.

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