



Ohio 4-H Cloverbud Connections



Summer 2008 Issue

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

Spending Time With Your Children

Time... there is never enough. Days are packed with work, after-school activities and household chores. We get so caught up in 'getting things done' that spending time with our children becomes another job on our list. Although it seems impossible, the benefits of reconnecting each day to our children are powerful and long lasting.

Connecting to our children is an important part of modeling good relationship skills. After a long day, it is hard to think about having the energy for 'play' time. Yet a child can feel reconnected to a parent after only a few moments of one on one contact. The amount of time you spend is not as important as a consistent routine which includes time devoted to your child. Having a regular time that your children can count on will reduce attention seeking behaviors that parents consider misbehavior. A child's negative behavior often reflects their need for attention from a parent. Children's behavior will improve when they know that special time with their parent is part of a family routine.

Fitting in special time takes creativity. Set a goal of 10 to 30 minutes every day. Then try one of these ideas.

1. Fix and eat a meal together.
2. Play *Reverse Spelling*. Your child quizzes you on their spelling words.
3. Take turns reading a book at bedtime. Let your child choose the book.
4. Take a walk together after dinner.
5. Play a board game.

Let your child choose from one or two small projects.

*Source: Shelley England, FCS Educator,
OSU Extension, Vinton County, Ohio.*



Click it, Print it, Do it!



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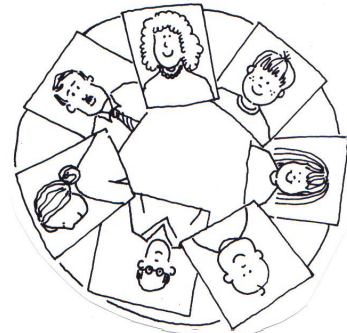
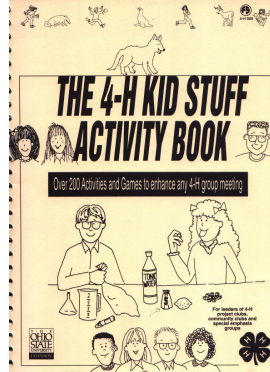
Are you looking for an activity to teach your Cloverbuds how to have healthy relationships? Check out the resources provided in the Click it, Print it, Do it activity. Instructions are included for helping kids recognize that everyone, including themselves, are unique members of a human family.

Relationship Activity Resources

An important part of childhood is learning how to get along with others. Through relationship activities, children develop self-respect as well as learn to value others for their unique and special qualities. OSU Extension has activity resources available which teach these important life lessons. Two are highlighted below.

Individual Differences is a chapter in The 4-H Kid Stuff Activity Book. An Ohio State University Extension publication (4-H 958), the book costs \$11.40 and can be ordered through your local Extension office. Lesson titles include:

- Human Family
- What I Need
- I Am Unique
- Inside Out
- Digging Deep
- It's Just My Emotions
- Dealing With Differences
- Prejudice Is A "P" Word
- It's Not Easy Being Green.



"Human Family"

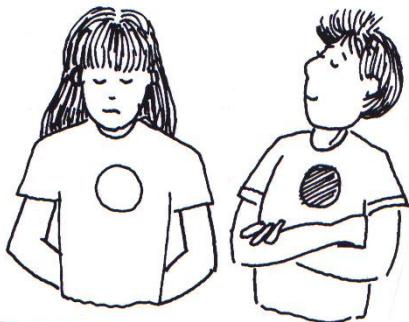
Teaching goal(s) and a list of materials needed are highlighted at the beginning of each lesson and are followed by two or more activities. Each lesson concludes with sections titled Things to Think About and Reaching Out/Follow Up.

The 4-H Cloverbud Program: Series II Curriculum Instructional Materials (4-H 711 GPM) also contains a lesson on relationships titled Valuing Family. The curriculum, which also has 24 lessons on other topics, is also available through local OSU Extension offices for \$14.40. As a result of participating in the Valuing Family lesson, children will:

- Recognize that there are many different types of families and that all are special
- Become aware of family traditions
- Recognize ways we can help our families
- Learn ways to handle conflict between siblings.

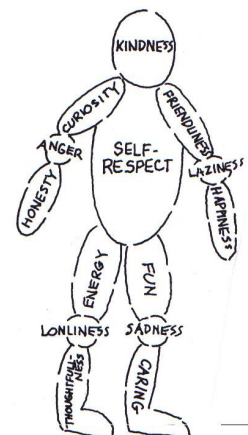
The lesson includes nine instructional activities and a list of books that would reinforce the point of the activities.

Submitted by: Joyce Shriner, Extension Educator, FCS/County Extension Director, Ohio State University Extension, Hocking County, Ohio.



"Dealing With Differences"

"It's Just My Emotions"



.....And So They Grow.....Cloverbuds

Congratulations! You are having the awesome opportunity of working with Cloverbud youth! Your influence can have a great impact on a child's growth. One of the eight key elements of positive 4-H youth development is that children experience a positive relationship with a caring adult. By knowing what distinguishes this age group from older kids, we will be able to better relate to them.

So as a review, let's keep these things in mind about Cloverbud kids:

- 🏠 There are developmental differences, even between the ages of 5 and 8, so keep this in mind if your group has this wide age range.
- 🏠 They have short attention spans; this means activities should include physical activity and changing gears often.
- 🏠 Their reading ability is limited so keep your activities hands on focused and provide instructions they can see and hear.
- 🏠 Cloverbud age children like attention from adults, so make time for interaction between the kids and yourself, be sure to listen, and participate with them.
- 🏠 Fine motor skills (like cutting, drawing and writing) are developing, so introduce these and also incorporate activities for practicing large motor skills (like running and jumping).
- 🏠 Older Cloverbuds usually like to collect things, so plan some activities where they can collect, sort and organize items.
- 🏠 Family is important so be sure to invite parents to assist. Plan one or more family events.
- 🏠 They usually prefer working in same sex groups if this is possible in your club.
- 🏠 They are sensitive to criticism and feelings of failure, so be sure your activities are non-competitive.

For more information on the characteristics of this age group, you can refer to the 4-H Cloverbud Volunteer Guide (4-H Publication #711) or the 4-H Cloverbud Volunteer Training video, available through your local county OSU Extension office.

*Vicki L. Reed, Extension Educator, 4-H Youth Development
Ohio State University Extension,
Muskingum County, Ohio.*

Campus Connections

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

I hope your summer finds you warm and well, but not too hot! Conducting outdoor 4-H Cloverbud group activities is ideal right now. Here is an activity that I think fits nicely with Cloverbuds and the great outdoors. The activity is called "Meet a Tree" from A. Robert (1986) *Hug a Tree: And Other Things to Do Outdoors with Young Children*.

"Meet a Tree:" have children work in pairs, give each pair a blindfold. One child leads the blindfolded child to a tree. The blindfolded child must hug the tree and get to know it in as many ways as possible. Does it have any lower branches? Is it big, or small? Is the bark rough or smooth? When the blindfolded child thinks she or he knows their tree, they are led back to the starting point to remove the blindfold. Now they must find their tree with their eyes! The club may want to adopt a tree to take care of and visit it throughout the year to record seasonal changes. They can use the tree to explore wildlife that might live there. Let the children draw pictures, take notes, and share their thoughts with each other.



This activity captures many of the life skill goals and philosophy we have with the Cloverbud program. Social interaction skills are enhanced as children work in pairs, it is noncompetitive in design, self-esteem is built through success, learning-to-learn skills are stimulated as children use their senses to identify trees, and decision-making abilities are put into action figuring out which tree is theirs.

Hug a tree and have fun!

Thanks for all you do as a 4-H Cloverbud volunteer for improving the lives of children throughout Ohio!!

*Scott D. Scheer, Ph.D.
State Extension Specialist, Preadolescent Education
4-H Youth Development, The Ohio State University*



Power Bars

Ingredients to serve 8:

1/2 pound cheese, cut into 1/2" cubes
16 pretzel sticks
8 small plates

Give each child a small plate. Have each of them take two pretzel sticks and four cubes of cheese. Show them how to place one chunk of cheese on each end of a pretzel stick to make a "power bar."

Source: Steps to Success: Literacy, Fitness and Food Activities for Young Children (2004). OSU Extension.



Ohio State University Extension

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.

Editors: Bruce P. Zimmer, Extension Educator, 4-H Youth Development, Monroe County, 101 North Main Street, Room 17, Woodsfield, Ohio 43793, Phone - (740) 472-0810, E-mail – zimmer.2@osu.edu; Joyce A. Shriner, Extension Educator, Family & Consumer Sciences, Hocking County, 150 North Homer Avenue, Logan, Ohio, 43138-1730, Phone – (740)385-3222, E-mail – shriner.3@osu.edu.

Design & Production: Jennie Shaw, Extension Office Assistant, OSU Extension, Monroe County.

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Keith L. Smith, Associate Vice President for Agricultural Administration and Director, OSU Extension TDD No. 800-589-8292 (Ohio only) or 614-292-1868. For those with physical disabilities, special arrangements for