



# Ohio 4-H Cloverbud Connections



Fall 2010 Issue

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

## Evaluating the 4-H Cloverbud Program

As a volunteer, you may not be too concerned about figuring out how well the 4-H Cloverbud program works. All that may matter to you is to make a positive difference in the lives of children you work with - which is not a small matter!

We know that for the 4-H Cloverbud program to do its thing of promoting children's healthy development, key elements of programming are needed (such as a safe environment and positive relationship with a caring adult). It is also important to know if life skills are being enhanced by the program. The primary goal of the 4-H Cloverbud program is to promote children's healthy development - mentally, physically, socially and emotionally.

An observational instrument was developed to examine the effectiveness of the 4-H Cloverbud program. The evaluation instrument focuses on the five targeted life skills of 1) self-understanding (self-esteem), 2) social-interaction, 3) decision-making, 4) learning-to-learn, and 5) mastering physical skills. In addition, key elements necessary for positive youth development are also included. Children possessing these life skills are less likely to have problems with drug use, school failure, delinquency, and depression later in life.

This instrument should be used in conjunction with your county Extension professional. You can access it via this link: <http://www.ohio4h.org/youth/cloverbud/files/4-H%20Cloverbud%20Program%20Evaluation.pdf>.

Once you complete the observation, return the completed form to your county Extension office.

Thank you for choosing to positively impact the lives of children in your community.



*Scott D. Scheer, Ph.D.*

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

**Click it, Print it, Do it!**

[www.cloverbudconnections.osu.edu](http://www.cloverbudconnections.osu.edu)

Are you looking for an activity to do with your Cloverbuds that is fun and exciting? Then check out the 4-H Cloverbud Graduation Ceremony Click it, Print it, Do it! activity. Instructions and craft idea are included for an activity that you can do at your next Cloverbud meeting.

## Cloverbud Recognition Activities at the Fair

In Miami County, Cloverbud recognition activities are conducted during the Miami County Fair. Families excitedly begin arriving around 9:30 a.m. for the 10:00 a.m. Cloverbud 4-H “Show-N-Tell” event. Programs are distributed with the children’s names and club names as a keepsake for parents and grandparents. During this non-competitive demonstration activity, Cloverbuds share or “show and tell” what they learned during their 4-H year in a 2-3 minute talk with an “interviewer”. Members use posters, camp T-shirts, scrapbooks, or perform an activity (such as flag folding, jumping jacks ...) based on material from the Cloverbud curriculum. Youth may participate as individuals or in teams of 2-4 members. Parents or advisors are also welcome to come to the stage if a member is feeling a bit nervous.

Participants complete a pre-registration form which includes the member’s name, age, topic, and years in 4-H. This information is used to introduce them as they come to the stage. At the conclusion of the program, Cloverbuds are asked to return to the stage to receive their “Miami County Cloverbud Show-N-Tell Program” rosette. Participants remain on stage for families to take photos.

Immediately following “Show-N-Tell”, parents and advisors begin preparing Cloverbud graduates for the Cloverbud Graduation Ceremony. Bobby pins are used to carefully hold card board mortarboard caps in place. Programs are distributed to those remaining for the graduation ceremony.

However, before the ceremony begins, little brothers and sisters who “tag along” to the Cloverbud meetings are asked to come to the stage. They are each given “Honorary Cloverbud 4-H Member” cardstock rosettes and given an opportunity to have their pictures taken on the stage.

Our recognition activities conclude as Cloverbud graduates are each called to the stage to receive a graduation medal, “Cloverbud Diploma”, and of course one final photo opportunity.

*Demetria F. Woods, Extension Educator,  
4-H Youth Development, OSU Extension, Miami County,  
Top of Ohio EERA.*

### Make a Cloverbud Poster

**Materials:** posterboard, markers, photos, and other items suitable for posters.

Help the children plan and make a poster illustrating what being a Cloverbud is all about. Ask the children for ideas of what to include. Use big letters and bright colors. Include photographs of the children taken at meetings if any are available. Let the children make a colorful border using their names or finger print people. Other suggestions for ideas to include are:

- formal name of Cloverbud group
- age of children involved
- types of activities they participate in
- the 4-H pledge
- who to call for information about the Cloverbuds



*Ohio 4-H Cloverbud Curriculum Series 2  
Cloverbud Display: Make a Cloverbud Poster Activity  
Author: Bobbie Grawemeyer*

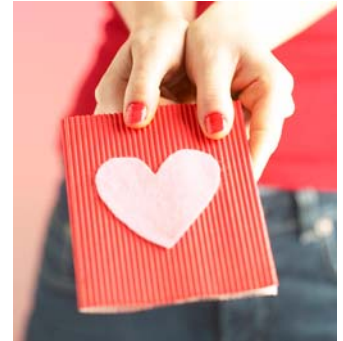
## Being Courteous to the Gift Giver

Saying thank you is a thoughtful way to show appreciation for a gift. A personal, handwritten thank-you note shows particular courtesy to the giver and lets him or her know you appreciate the gift.

Practice writing thank-you notes to family members for holiday or birthday gifts. Parents can encourage young children to write notes to grandparents. Suggest a phrase to start the note, such as, "The teddy bear you sent me has a special place in my room."

Relatives are not the only ones who deserve thanks. Local community organizations and corporate sponsors that support youth-oriented activities through awards, scholarships, and trips deserve thank-you notes so they will continue to help with worthwhile projects.

Send thank-you notes as soon as possible after receiving the gift. Use your own words to say thanks in a sincere way.



As you sit down to celebrate the Thanksgiving holiday, think about someone who has touched your life during the past year. It may have been a coach, a friend, a neighbor, a teacher, your bus driver, a volunteer leader, etc. Write a thank-you note to this individual on Thanksgiving Day, sharing your expression of thanks. Then mail the letter.

*Original source: Marge Wolford, Retired Extension Educator, Pickaway County, Ohio.*

*Cindy Shuster, Extension Educator  
Family & Consumer Sciences  
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Buckeye Hills EERA.*

### Thank You Notes Teach A Lifelong Skill!

Have you considered helping your Cloverbuds write and send handwritten thank you notes? Teaching children to write thank you notes is a simple act that goes a long way in the development of good social skills. Here are a couple of suggestions to help you get your Buds going:

- ☉ Be positive. Briefly explain that the gift-giver will feel good knowing the present is appreciated. The way you talk about thank you notes will influence whether your children think of writing them as a chore or as something thoughtful they can do for someone who has done something thoughtful for them.
- ☉ Give choices and help make writing thank you's fun. Provide a variety of interesting and colorful paper, pens/pencils, crayons/markers, glitter and glue. Let them choose the ones they will use. Consider taking pictures of your child playing with the toy or wearing the clothing to include with the note.
- ☉ Make the handwritten note a special message from the heart. Help your children understand the effort they put into creating a thank you is just as valuable as the gift itself.
- ☉ Be a good example and write letters! Children learn to be courteous and responsible by watching other adults.

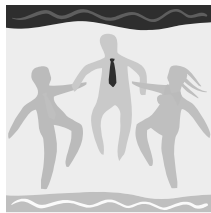
*Kirk Bloir, M.S., Program Director,  
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Ohio State University Extension,  
Columbus, Ohio.*

## Campus Connections

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

This past year I have been an assistant volunteer with our community 4-H Cloverbud club. It was a wonderful opportunity for me to observe and help provide a variety of educational activities for the Cloverbud children.

As I worked with the 4-H Cloverbud volunteers, it reaffirmed the important role each and every one of you plays as adult leaders. A positive relationship with caring adults is one of the essential elements for effective 4-H Cloverbud programming. You serve in this role whereby children learn and develop in an adult-leader directed setting and by creating a positive learning environment that is supportive, caring, and fun.



You may not realize it, but as a 4-H Cloverbud volunteer, you take on many responsibilities. Some of these include:

- Serve as a liaison between county Extension staff and your club
- Committed to young people and their healthy development
- Follow Ohio 4-H Cloverbud guidelines
- Participate in volunteer development when possible
- Understand the importance of being a positive role model
- Let the children know you care
- Have fun

Please know your volunteer contributions are valued.

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

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



## Microwave Baked Apples

- 4 medium baking apples
- 4 tbsp. brown sugar
- 4 tbsp. butter
- Cinnamon
- Nutmeg
- ¼ cup apple juice or water



It is important to choose the right apple for the apple treat you are planning. Ohio apples for baking include: Jonathon, Golden Delicious, Law Rome, Stayman, Empire, Melrose, Crispin, Criterion, Fuji, Gala, and Granny Smith.

Wash and core apples. Leave bottom of apple small so filling will not run out. Pare a thin section of skin from top of apples. Place apples in baking dish with cover. Fill each apple with 1 tablespoon brown sugar. Sprinkle tops with cinnamon and nutmeg. Place 1 tablespoon butter on top of each apple. Pour apple juice or water in bottom of baking dish. Cover and cook on high power for 8 to 12 minutes or until almost tender. Every 4 minutes spoon juice over apples. Let stand 5 minutes before serving.

*Bruce Zimmer, Extension Educator  
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