



Ohio 4-H Cloverbud Connections

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

Crafty is as Crafty Does

We all at one point or another start racking our brains trying to come up with new, crafty, educational, hands-on, economical ideas to share with our Cloverbuds. Last year Shelby County Cloverbuds held a day camp at a local county park entitled: "Cloverbuds Go Green!" One session was "Fun with Trash". A local art teacher needed to purge her classroom cupboards and we took full advantage of her generosity. One craft was covering empty coffee/dry baby formula cans with various colors of burlap fabric and decorating the burlap with names or stickers characteristic to the 4-H member for a keepsake or to design one for dad for Father's Day! The members were already deciding how they were going to keep special items like shells or rocks in their individual cans.

In a second activity, the art materials were effectively used by the Cloverbuds to make "I'm Special Collages" as they designed unique one-of-a-kind art pieces. The 4-H members also went on a Pollution Scavenger Hunt around the park collecting any trash left behind by others and, along the way, learned about plants and the environment. The Cloverbuds were excited to clean up the park, because it was fun and they were helping keep the environment green. They did not view it as a "chore".

The members also made their own terrariums from liter pop bottles and at the end of the day gathered all their goodies into a re-useable grocery bag, a donation from a local store. Adults received spontaneous hugs and "thank yous" from the members, which ended up being the most memorable conclusion to a great day. Hugs are recyclable too!

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EMPOWERMENT THROUGH EDUCATION



Are you looking for an activity to do with your Cloverbuds at your next meeting to promote Valentines Day? Check out the resource provided in the Click it, Print it, Do it activity. Instructions are included for making two different valentine gifts for those you love. Go ahead and share the love!

Creative Play = Learning

Do you remember playing roles in a fantasy land when you were a kid? Whether you were a cowboy or a teacher, you were developing your creativity. Sometimes as adults, we get lost in responsibilities and deadlines. However now is a great time for you to think and act like a child again and to create an environment encouraging creativity and spontaneity. Sometimes you'll need to act silly or get in the dirt. At other times just step back and allow kids free time to use their imagination exploring different possibilities. Permit them to make mistakes and act independently with reasonable limits.

According to the Merriam Webster dictionary one definition of play is "recreational activity: the spontaneous activity of children." Play has many functions. It increases peer relationships, releases tensions, advances intellectual development, increases exploration, and increases chances of children speaking and interacting with each other. (Santrock, 1994)

- ☺ Fostering an open, safe, and accepting atmosphere is essential for children to share creative thoughts.
- ☺ Children are eager to learn at this age and are fascinated with hands-on activity. Along with play, music, art, and writing are vehicles used to show creativity.
- ☺ Generating and developing original ideas requires flexibility of thought. Creativity is a tool also used for problem solving. Brainstorming activities and acknowledging more than one solution to a problem develops important motor skills.
- ☺ Exposing children to many different ideas, cultures, songs and art opens their minds to experience unusual things.
- ☺ Giving choices and creating a respectful, encouraging environment will promote imaginative play.
- ☺ The fear of failure, pressure from peers, and adult evaluation or observation can hinder originality.

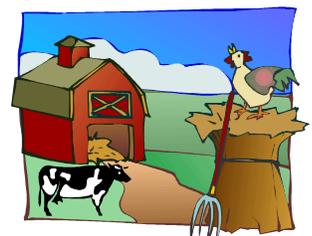
Example: Ask the children to close their eyes and imagine that today we are visiting a farm. What kind of animal would you be? Where would you live? What would you eat? Who are your friends on the farm? Then have everyone share thoughts as a brainstorming session. Finally using creative materials make the farm come to life. By utilizing boxes, paint, crayons, sand, hay, water, clay, or a chalkboard, allow creation of the farm as a group or each animal individually. If no materials are available, pretend play the animals on the farm and designate a farmer. Playing with the farm after its creation is important. Sing some farm songs like Old MacDonald. Then enhance the learning by actually visiting a farm or showing pictures of different farms and animals.

References

Santrock, J.W. (1994). *Discovery play: loving and learning with your baby*. Burbank, California: Feeling Fine Company LLC



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Recycling Can Teach Cloverbuds Responsibility

Recycling is a big part of our lives today. Every American throws away 4 pounds of trash every day. Only 35% of trash is recycled and the other 65% goes to the landfill. Which means over 210 million tons of trash makes its way into our landfills in the US every year.

What can Cloverbuds and their parents do to help save the environment? Find out if your county has a recycling program. Find out where recyclables can be taken; is there curb service, what kind of things can be recycled?

Cloverbuds are at the ideal age where they want to be helpful. They can

- Pick up newspapers and place in paper bags
- Sort paper board and corrugated cardboard
- Separate plastics by numbers (each plastic has a number inside of the recycle triangle)
- Separate aluminum and steel cans
- Sort glass by color

Just a few fun facts about recycling.

- ★ Paper comes from trees and gives off oxygen.
- ★ Aluminum cans if recycled can be back on the grocery shelf in 3 weeks as something different.
- ★ Plastics can be made into things such as surf boards, carpet and playground equipment.

Soda-Bottle Aquarium

Materials: You'll need plastic soda bottle, scissors, felt, pencils, markers, glue, thread, tape, cardboard and poster board.

1. Cut the top off the soda bottle, rinse and dry.
2. Cut fish from poster board; color them with bright colored markers.
3. Poke a hole in each fish. Tie a piece of thread through the hole. Tape the threads inside the bottom of the bottle so that the fish hang down when the bottle is turned upside down. (Remember fish need to be small.)
4. Place the bottle upside down on a piece of cardboard, trace around it. Cut out the circle and glue a piece of felt on top of it. This is the "ocean floor".
5. Twist different-colored pipe cleaners into the shapes of seaweed and coral. Glue them on the "ocean floor."
6. Glue bottle to the "ocean floor."



Be creative, add sand and shells to your "ocean floor."

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Campus Connections

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

What makes you laugh or smile? What makes children laugh or smile? Doesn't it feel good to laugh or smile - showing pearly whites, squinting eyes, shaking bellies, and chuckling out loud. Well, laughing and smiling is actually good for children and people of all ages both physically and mentally.



Did you know that laughing 100 times is equivalent to spending 10 minutes on a rowing machine or 15 minutes on a stationary bike according to William Fry, MD, of Stanford Medical School? That is why when children or adults have an attack of the giggles we feel exhausted. Laughter and smiling has been shown to improve health, the immune system, and mental well-being (Cousins, 1979; Lefcourt, 1991).

By having Cloverbud children laugh and smile, we are working toward improving life skills of physical development, self-esteem, and making friends. In your next Cloverbud meeting when the children are making a loud raucous with laughter, just smile and say, "this is good." In fact, what can we do in Cloverbuds to promote laughter and smiles? In the journal, *Teaching Pre K to 8*, there is an article written by Carol Kulp, "Lessons from a Smile" who offers suggestions for getting children to laugh and smile (1998). One activity for second graders, Can you stop a smile or laugh? is a children's version of the TV show, Make Me Laugh. In the activity one child plays a cat who kneels in front of another child playing a person. The person pats the cat on the head and says "nice kitty" without laughing or smiling in front of the other children. Their attempts to **not** smile or laugh become exercises in problem solving.



I am sure you have other ideas for incorporating laughter into the 4-H Cloverbud program. Let the laughing and smiling begin!

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

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Hot Sandwich Pockets

Ingredients needed:

Refrigerated Crescent Rolls
Lunch Meat (turkey, ham, etc.) thinly sliced
Shredded Cheese (Mozzarella, Provolone, Colby, etc.)
Condiment (optional - mustard)
Plates & Napkins

Procedure: Have Cloverbuds wash their hands so they can make their own Hot Sandwich Pockets. They will choose which ingredients they want in their pocket.

- › Heat oven to 375°F.
- › Unroll dough on cookie sheet and separate into 4 rectangles. Press each into 6x4-inch rectangle, firmly pressing perforations to seal. Demonstrate how two triangles can become a rectangle.
- › Layer lunchmeat on one half of the crescent roll left corner.
- › Sprinkle with shredded cheese.
- › Fold over crescent roll to form a triangle.
- › With fork seal the border pressing down then prick top of each to allow steam to escape.
- › Bake 13 to 15 minutes or until deep golden brown. Serve warm.

An easy variation is to make pizza pockets using pizza sauce, pepperoni, and shredded mozzarella cheese.

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