

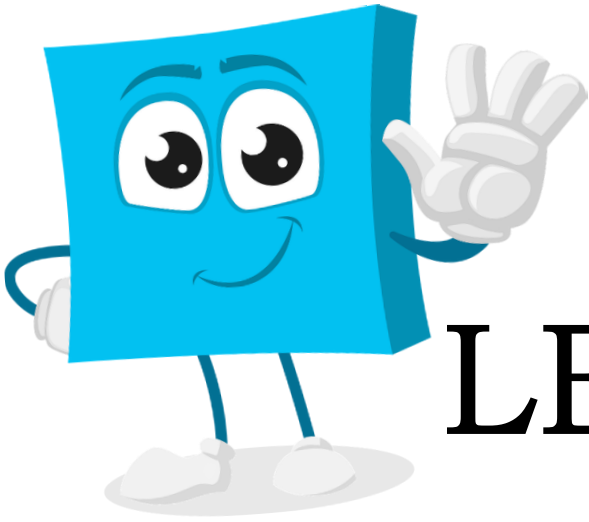
4-H Cloverbud Handbook



Name: _____

4-H Club: _____

2021-2022 4-H Year



LET'S STAY CONNECTED!



Frontier Extension District



@frontierextensiondistrict



Frontier Extension District



Monthly Newsletter



<https://www.frontierdistrict.k-state.edu/>



TAPE/GLUE
YOUR
PICTURE
HERE

C **L** **O** **V** **E** **R** **B** **U** **D**

My 4-H
C L U B

Name: _____

4-H Age (Age on January 1, 2021): _____

Local 4-H Club: _____

Club Leader(s): _____

Leader Contact Information: _____

Monthly Club Meeting:

Date: _____

Time: _____ a.m. p.m.

Location: _____



4-H

P

L

E

D

G

E



I pledge my **HEAD** to
clearer thinking,
my **HEART** to greater
loyalty,
my **HANDS** to
larger service,
and my **HEALTH** to
better living.

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

4-H

Trace the letters
below to write the
4-H Motto.

M

O

T

T

O

To Make

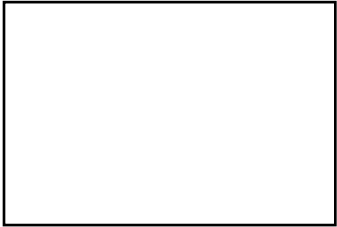
the Best

Better

4-H Colors



Green is nature's most common color, it represents life, springtime, and youth.



White symbolizes purity.

4-H Emblem



The green four-leaf clover has a white H on each leaf to represent the four H's: Head, Heart, Hands, and Health.



Connect the CLOVER

26 ●

25 ●

24 ●

23 ●

21 ●

20 ●

19 ●

18 ●

27 ●

2 ●

1 ●

16 ●

17 ●

15 ●

3 ●

4 ●

5 ●

6 ●

7 ●

8 ●

9 ●


10 ●

11 ●

12 ●

13 ●

14 ●



Let's Color and

EXPLORE

4-H

PROJECTS

Cloverbuds can participate in non-competitive, age-appropriate events at the fair. Please contact your local extension office with questions.

FOODS & NUTRITION



PHOTOGRAPHY



SPACE TECH



Additional

P R O J E C T S

Refer to the parent letter for age restrictions regarding 4-H projects. For project descriptions, please visit: <https://www.kansas4-h.org/projects/>.



| | |
|--------------------------------|------------------------|
| Beef | Meat Goats |
| Citizenship | Performing Arts |
| Clothing & Textiles | Pets |
| Communications | Plant Science |
| Dairy Cattle | Poultry |
| Dairy Goats | Rabbits |
| Dog Care & Training | Reading |
| Energy Management | Self-Determined |
| Entomology | Sheep |
| Environmental Sciences | Shooting Sports |
| Exploring 4-H | Swine |
| Family Studies | Visual Arts |
| Fiber Arts | Wildlife |
| Geology | Woodworking |
| Health & Wellness | |
| Home Environment | |
| Horse | |
| Leadership | |



C L O V E R B U D

Monthly Activities

2021 – 2022 4-H Year



Money Management



Livestock



Growing Flowers



Plant a Flower



**Body Language –
*Talking without Words***



Staying Healthy



Activity 1: Money Management

Draw a line to match the coin to the correct amount on the piggy bank.

Most things in life cost money. It's important to consider how to **SPEND**, **SAVE**, and **SHARE** your money.

SPEND = Buy

SAVE = Keep

SHARE = Help Others

Discuss how you **SPEND**, **SAVE**, and **SHARE** your money.

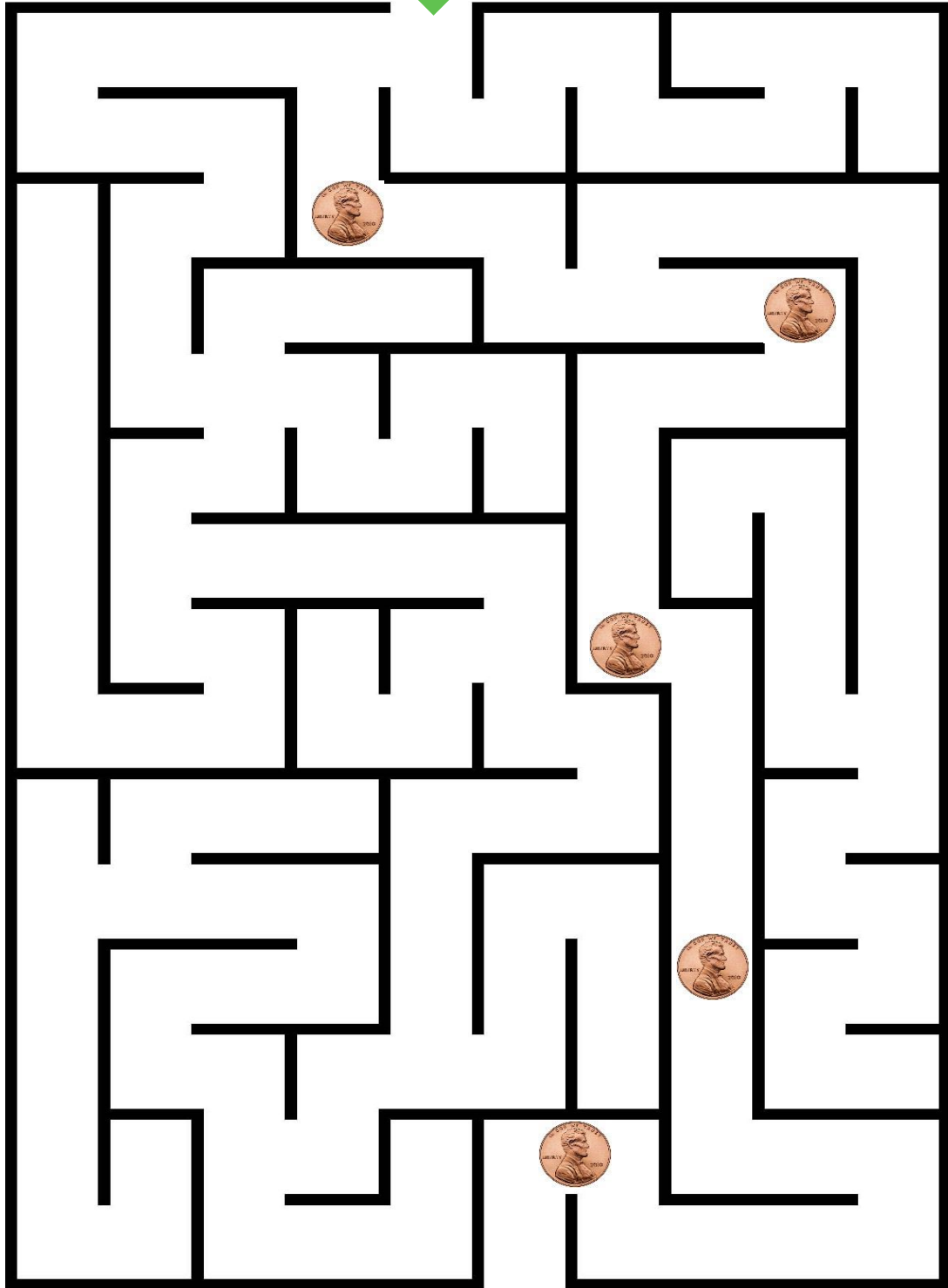


Collect the five pennies in the maze and deposit them into the piggy bank!

↓ Start Here

PENNIES

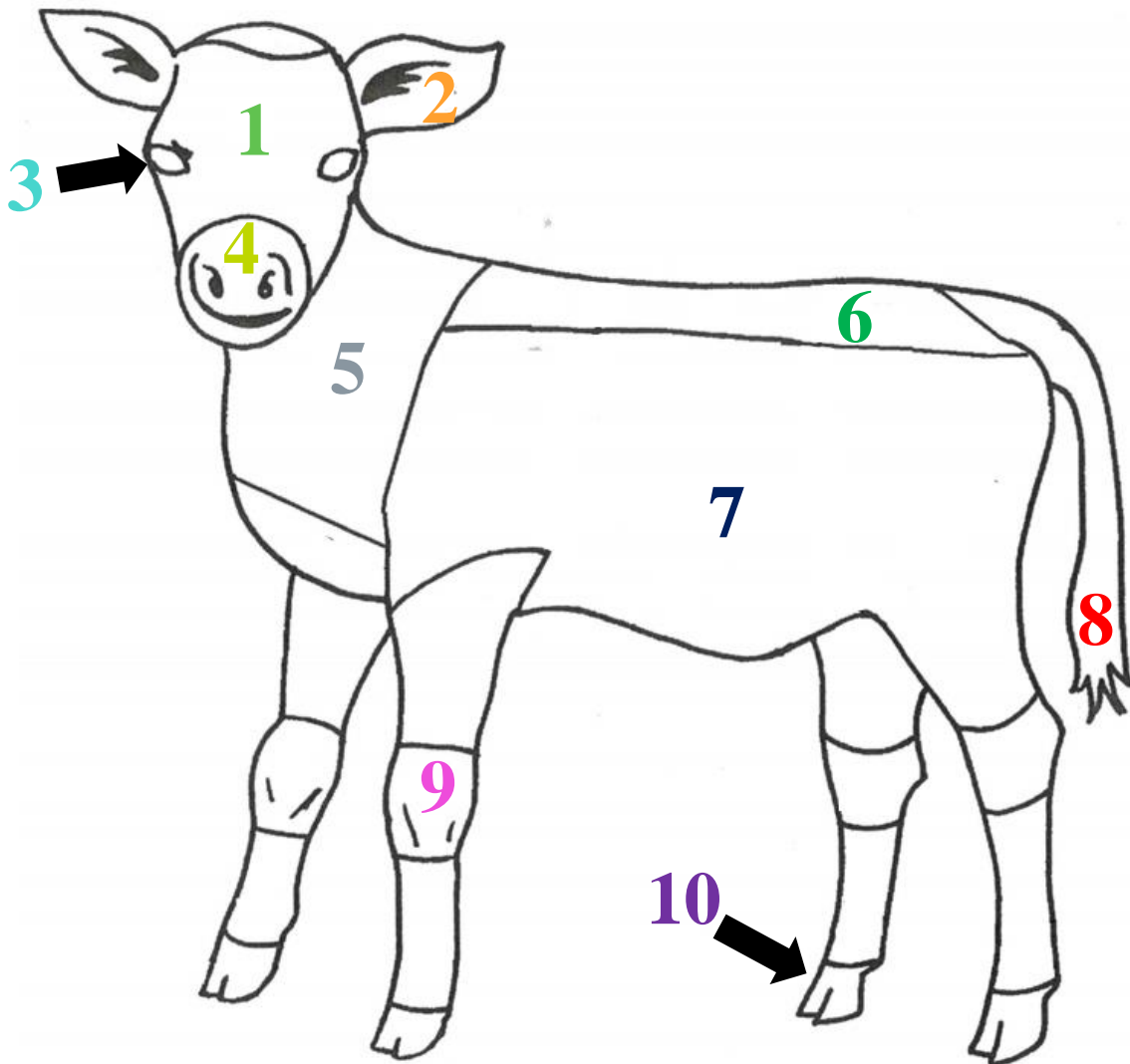
Collecting





Activity 2: Livestock

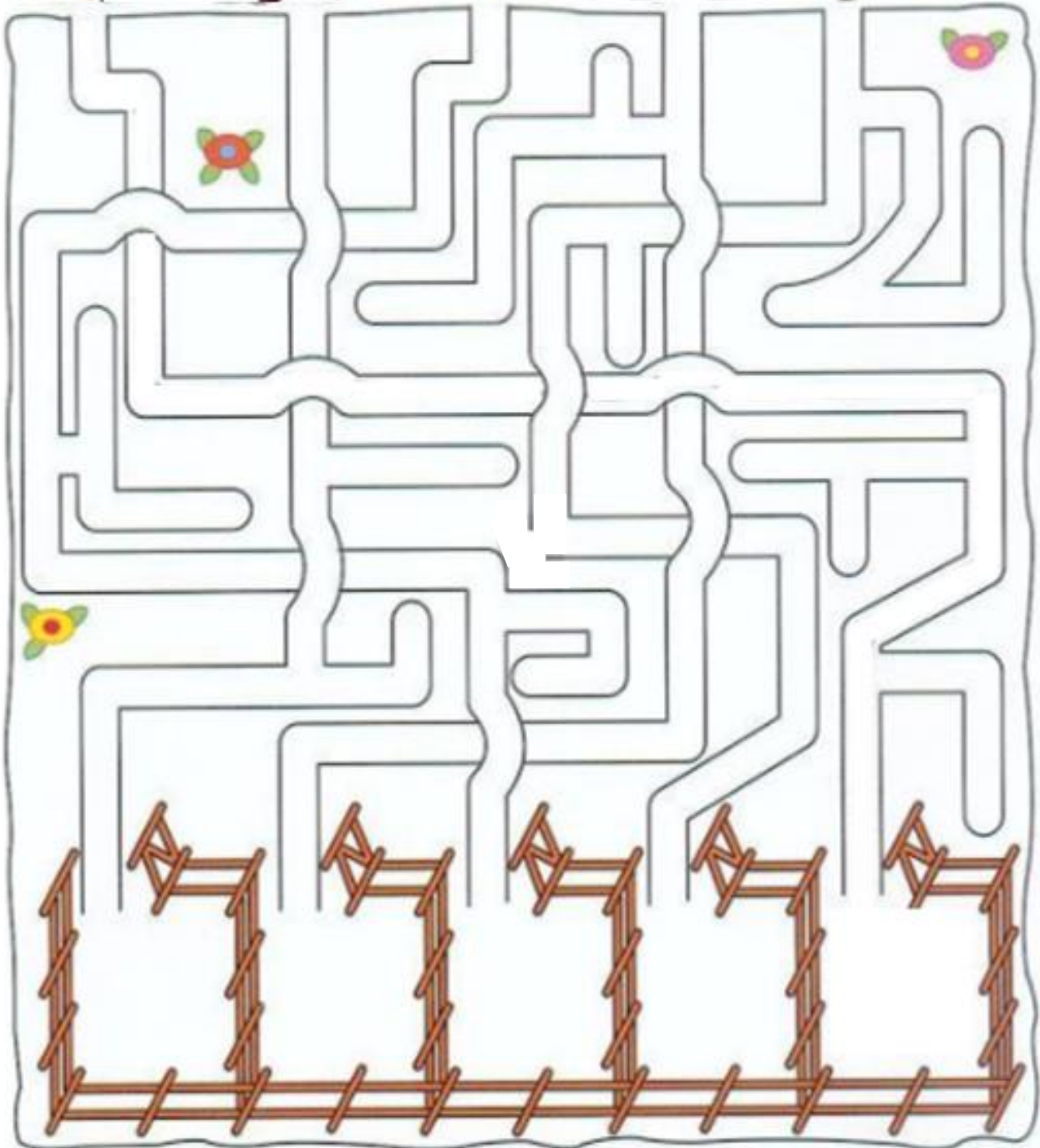
Write the number of the body part next to the name, then color the bucket calf.



5 Neck ___ Nose ___ Knee ___ Body ___ Eye
 ___ Ear ___ Tail ___ Back ___ Head ___ Hoof



**Help the farm animals
find their way home.**

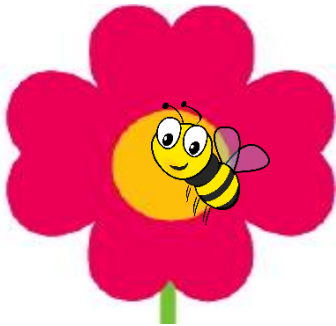
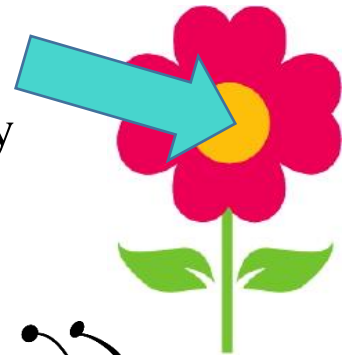




Activity 3: Growing Flowers



This is Mr. Bee. Mr. Bee is hungry. In the middle of all flowers is yummy yellow nectar. This is Mr. Bee's FAVORITE food.



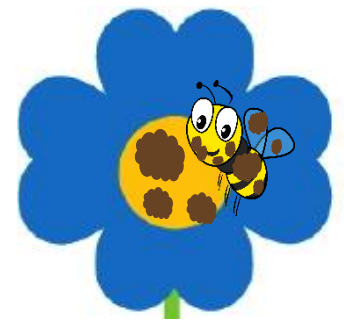
Mr. Bee is a messy eater...

Look how dirty he is when he is done. The brown spots represent pollen.



Mr. Bee is STILL hungry. So, he finds a new flower.

Mr. Bee was so dirty from the pink flower that he got the blue flower all dirty too.



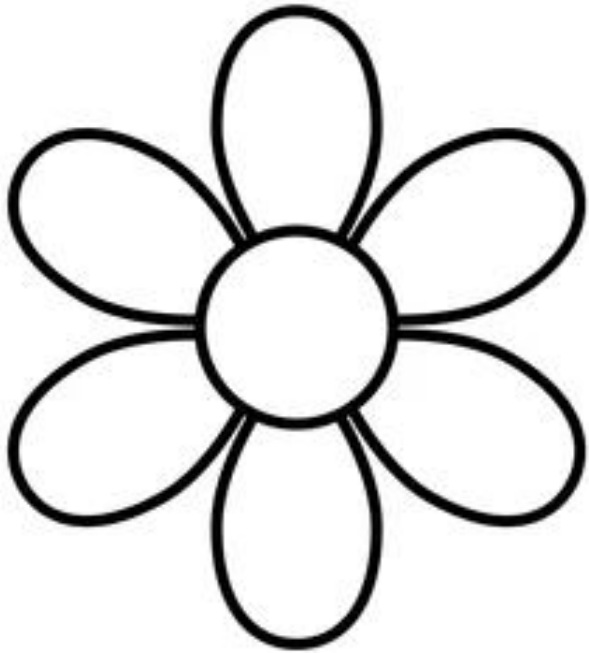
When Mr. Bee mixes his food from the pink flower to the blue flower, he is spreading pollen. When he does this, it helps the flowers to grow seeds and make more plants. How cool!



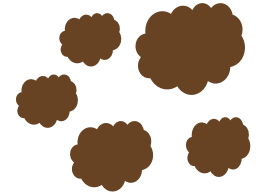
Thanks Mr. Bee!

Growing Flowers

A C T I V I T Y



=



=



=



Step 1: Pour M&M's in the bottom of a bowl.

Step 2: Pour Cheetos on top of the M&M's.



Step 3: Try and grab the M&M's with your hand.

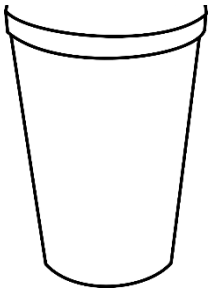
Step 4: What does your hand look like? Is it dirty?
Just like Mr. Bee?



Step 5: Let's grow flowers. Pollenate the flower
above with your orange fingers.

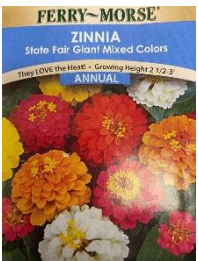


Activity 4: Plant a Flower



Step 1: Get a paper cup.

Step 2: Fill the cup $\frac{3}{4}$ full of soil.



Step 3: Poke a small shallow hole in the middle of the dirt. Place one seed in the hole and then lightly cover it up.

Step 4: Gently water your seed once a day.



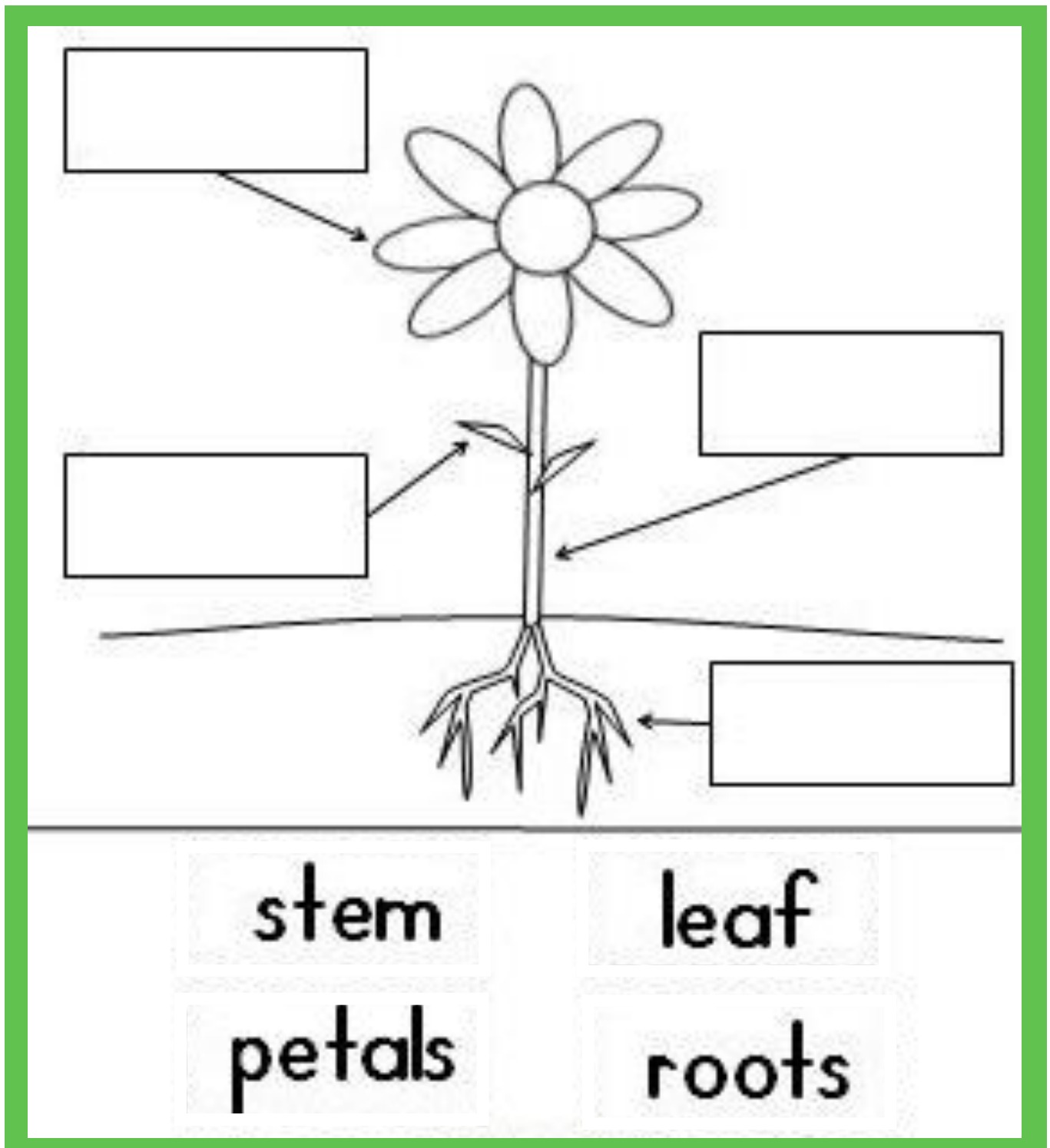
Step 5: Watch it grow.

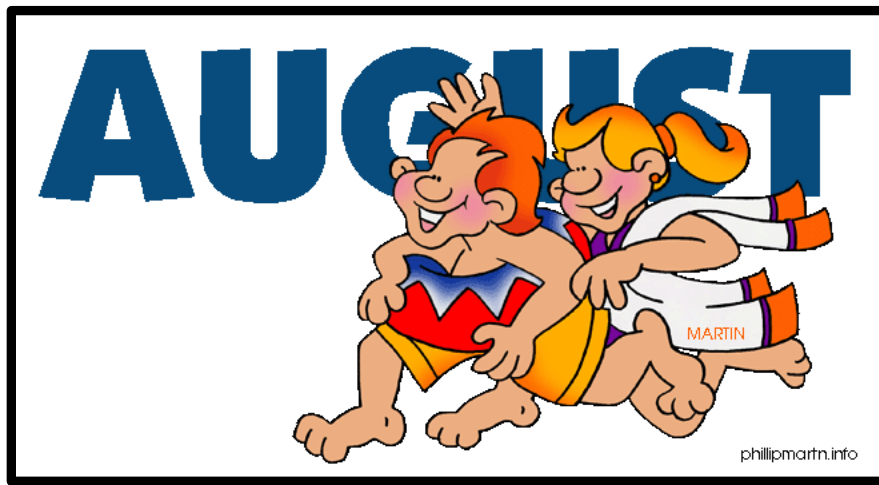
Club Leaders will gather seeds and more detailed instructions from their local extension office.

Parts of a

F **L** **O** **W** **E** **R**

Label and color the parts of the flower!





Activity 5: Body Language –

Talking without Words



Step 1: Face a partner.

Step 2: Take turns making happy, sad, and mad faces at each other. Guess which face they are making.



Step 3: Find a different partner and try **Step 2** again.



Step 4: Between your two partners, was it easier or harder to tell which face they were making? Why?

Step 5: When you are at school or with family/friends, can you tell how someone feels?



Step 6: Could you think of other ways to talk without words, such as a hug?

F A C I A L EXPRESSIONS

Draw a line to match the faces that feel the same.



HAPPY



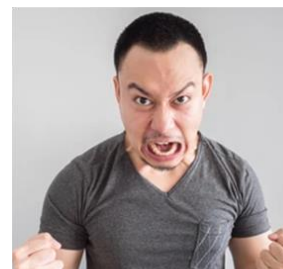
MAD



SAD



SURPRISE



AFRAID





Activity 5: Staying Healthy

It's important for us to stay physically active every day. It's time to get our bodies moving. Sing and dance along with us!



Let's Move!



Wave your arms,



Shake a leg,



Nod your head,



And touch your chest to feel your heart.



Stomp your feet,



Snap your fingers,



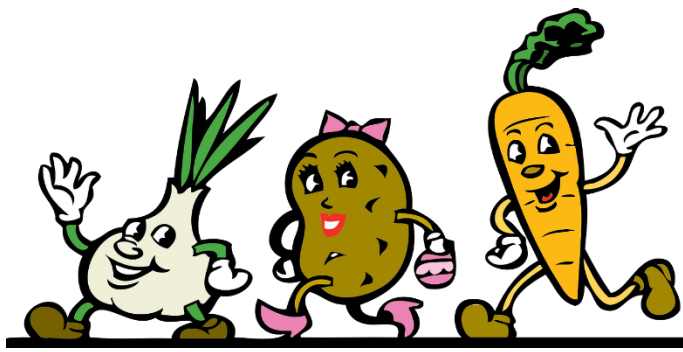
Rub your belly,



And wiggle your toes,



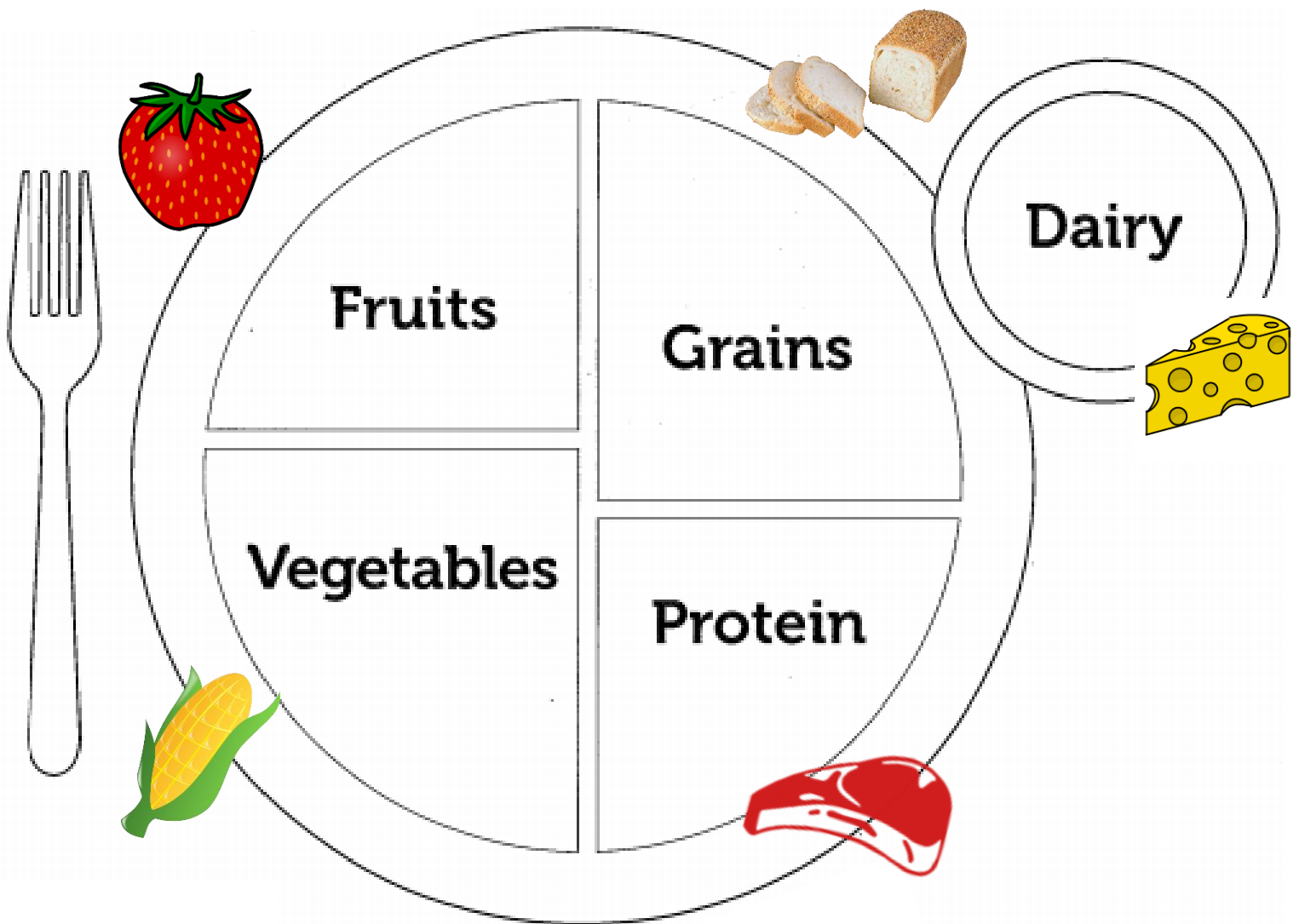
Now stand very tall and touch your nose.



My **PLATE**

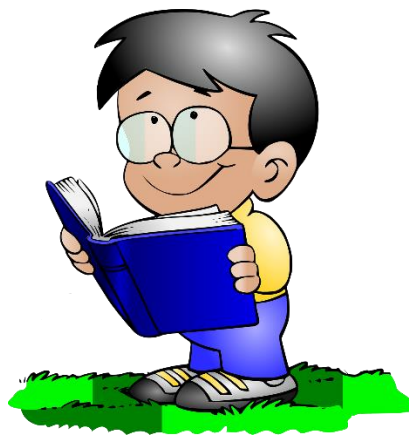
We want to eat a variety of foods at each meal and snack. Let's think about different foods that fit in each of the five food groups.

Draw and color your favorite food in each food group.



Club Leaders will be sent a fun snack activity to share with each of you.

LOOK BACK on your year



Write your four favorite things about your Cloverbud year.

1.

2.

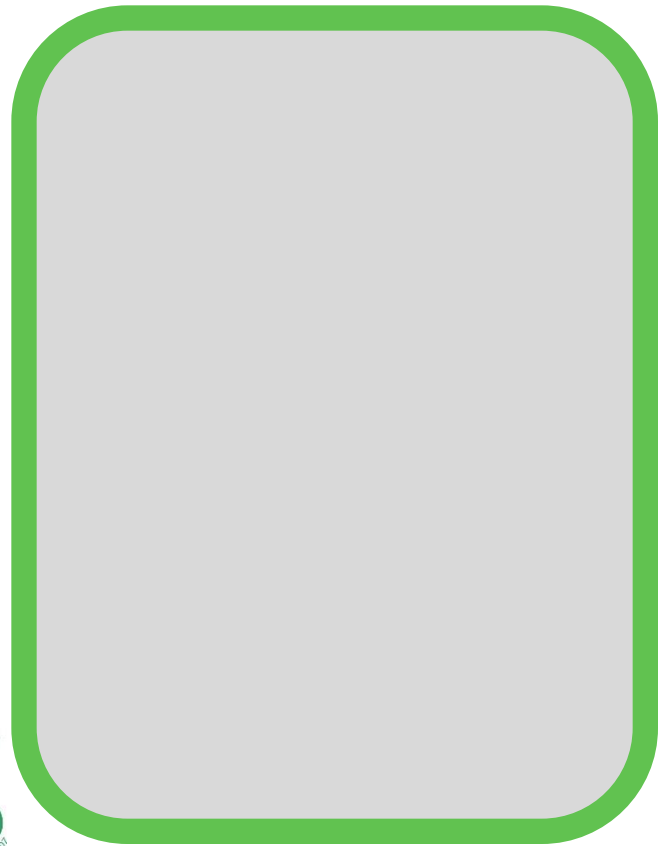
3.

4.

How do you feel about your Cloverbud year? (Circle One)



Club Leader Signature: _____ Date: _____



Cut and glue/tape pictures of your Cloverbud year above. Pictures may include Club photos, fair photos, activities and events you participated in this year.