Section 328
4-H Cloverbuds
(5-8 years old)

Exhibitors in Cloverbud section must have an enrollment card on file in the Extension Office. Exhibits with an asterisk must follow the Cloverbud Activity Guide sheets available at the Canadian County Extension Center. All other exhibits can be your own personal design. All exhibits will receive a participation ribbon and each exhibitor will receive $1.00 per exhibit up to a limit of $10 per exhibitor. All posters will be 14”x22” which is half of a regular size poster board.

Personal Development
1. *What I Want to be When I Grow Up poster
2. *Feelings Poster
3. *Puppet
4. *Trustworthy Eagle Mobile
5. Collage of Caring Actions – No larger than 14”x22”
6. Greeting Card or special occasion

Pets & Animals
7. *Pet's Needs Poster, 14”x 22”
8. *Bird Feeder
10. *Pet's Needs Mobile
11. Animal Collage – No larger than 14”x22”
12. Picture Book – 3-4 pictures of you doing things with your pet(s)

Home Environment
13. *Pencil Caddy
14. *Leather-look Flower Pot
15. Mobile of Favorite Things – any theme
16. Coasters – set of 4 (use any medium)
17. Decorated container for bedroom
18. Puzzle (no larger than 9”x13”)

Food & Nutrition
19. *Popcorn Snack (2 cups in plastic bag)
20. *Cereal Crunch (2 cups in plastic bag)
21. *No-bake cookies – 3 cookies on a plate
22. *Trail Mix – attach card listing 5 uses (2 cups in plastic bag)
23. *Meal list for one day using the MyPlate as a guide
24. *Marshmallow Cereal Cookies – 3 cookies on a plate
25. Cloverbud Poster Art

Open category allows 4-H Member to create his/her own poster and theme. Poster should be constructed on poster board 14”x 22”. It may be horizontal or vertical, may be produced by any medium (watercolor, ink, crayon, acrylic, charcoal, collage, etc.). The Cloverbud’s name, age, address, theme area, and a statement that describes the poster should be on the back of the poster in the upper-left hand corner.

Cloverbud Crafts
26. Plastic Craft
27. Paper Craft
28. Wood Craft
29. Fabric Craft
30. Recycled Craft
31. Miscellaneous

Items with asterisk(*) have instructions available from the Extension office; all other items can be completed as the 4-H'er desires.
LIFE SKILLS TAUGHT
Understanding self
I am a special and unique person

MATERIALS NEEDED
Construction paper (4” x 8”) with the children’s names printed in bold letters; magazines; scissors; markers or crayons; glue; buttons; contact paper (clear); yarn or string; hole punch

PROCEDURES
Have the children decorate their nametags any way they want. You could suggest that they put things on them that represent things they like to do. Cover each nametag with contact paper. Punch holes in the paper and use yarn or string for a neck strap. (If you are making the poster for the fair - glue/tape the nametag to the center or top center of the poster).

Sit in a circle and discuss the nametags. You might say: “let’s all look at each other’s nametags” Go around the circle and discuss what each child has on his or her “ME” nametag. Point out how each one is different, just as we are all special in our own ways. “We like to do different things. Some things we like to do are the same, some not. Can we still have fun with others even if they like different things than we do? How? Can we be friends with people who are different than we are?”

HOME ACTIVITY
Draw or cut out pictures of things you like to do. Draw or cut out pictures of things you want to be when you grow up. Make a poster for your room using the same nametag technique. Discuss the items on the poster with your family.

COUNTY FAIR ACTIVITY
#1 What I want to be When I grow up poster - attach the nametag (if desired) to a 14” x 22” poster board. Draw or cut out pictures of things you like to do, or things you want to be when you grow up.
LIFE SKILLS TAUGHT
Understanding self
Understanding that there are many emotions

MATERIALS AND EQUIPMENT
Pictures from magazines or newspapers showing various emotions, including these:
  - happiness
  - sadness
  - anger
  - fear
  - frustration

PROCEDURES
Tell the children that you are going to make up a story as a group. Discuss what is happening in the pictures. What are the people doing? How do they feel? What has happened to make them feel that way? (If the children need help, provide names for the emotions.)

Now let the children place the pictures in any order they wish and make up a story about the pictures. Remember, a plot, a beginning, and an ending are vitally important. What matters is your discussion of the feelings expressed by the people in the pictures.

If time permits, ask each child to think of a time when he/she felt angry, afraid, or frustrated.

Note: Emotions are neutral. They are neither good or bad. What we do with our emotions - our actions - can be good or bad.

HOME ACTIVITY
Draw a picture or cut one from a magazine and make up a story to go with it.

COUNTY FAIR ACTIVITY:
#2. Feelings Poster - create a poster 14” x 22” with drawings or cut-out pictures of feelings. (feelings may be labeled)
LIFE SKILLS TAUGHT
Understanding self
Positive feelings about self as a capable and responsible young person
Positive ways to deal with feelings like loneliness, boredom, and fears

MATERIALS NEEDED
paper bag; white glue; crayons; marking pens; yarn; cloth; scissors; decorative materials; paints; colored paper; cotton; fabric scraps

PROCEDURES
Discuss the following:
- Do you ever feel lonely or bored when you’re home alone?
  - Playing with friends is one way to avoid loneliness and boredom, which are common problems of children who are at home alone. What else could you do to take charge of your life so you wouldn’t be bored or lonely?
- Are you ever afraid when you’re alone?
  - What frightens you?
  - What kind of danger is that - real, possible, or unlikely? What can you do about that kind of danger?
    - If the fear is real, and you’re in danger, act as quickly and calmly as possible (call a neighbor or police). If the fear is possible, do what you can to prevent it from happening. If the fear is about something unlikely to happen, talk about it with your parents or a helpful adult. Try to find out why you feel that way.

ACTIVITY
Have the children make a bag puppet or some other activity that they could do at home alone. Suggest that the children: Lightly sketch a face on the paper bag. After the face is sketched as you want it, use crayons, marking pens, or paints to finish it. Another way to make features is to cut them out of colored paper and then to paste or glue them to the bag. This will give a three dimensional look. Use the other art supplies to add additional decoration to the bag puppet.

COUNTY FAIR ACTIVITY
#3 Make a puppet.
How to Make an Eagle Mobile

WHAT YOU NEED:
1 stick, tree branch, or coat hanger per child
string or yarn (2 yds per child)
scissors
transparent tape
posterboard or construction paper
eagle pattern
trustworthiness “do’s” list

WHAT TO DO:
1. After the eagles are cut out of colored paper, participants should exchange eagles so each mobile will have eagles of different colors.
2. Copy a different trustworthy “do” onto each wing of the eagle pieces. Use the next page as a reference. (Below is an example of a paper eagle with a “do” written on each wing.)
3. Cut different lengths of string or yarn.
4. Tie one end of the strings to the stick, branch or coat hanger. Tape the other ends of the strings to the eagles’ heads.
5. Add one main suspension string to the center of the mobile, or at whatever point the mobile balances when suspended. Tie or tape that suspension string to the ceiling, window or a rod.

Example:
Keep Your Word
Tell the whole truth, and nothing but the truth

COUNTY FAIR ACTIVITY:
#4 Trustworthy Eagle Mobile
Exercising Character - TRUSTWORTHINESS

Good people are people you can trust. They are honest; they tell the truth. They are brave enough to do good things, even when people want them to do bad things. They keep promises; if they say they'll do something, they do it. They say and do good things for their families and friends; they are loyal.

Good people do the right thing, even when doing or saying the right thing gets them into trouble or causes them to lose friends, opportunities or money.

Honesty Do's
☺ Tell only the truth.
☺ Tell all the truth.
☺ Say what you mean.
☺ If you find something, return it to its owner.
☺ Do the good things you say you'll do.

Honesty Don'ts
☺ Don't say you'll do something without really doing it.
☺ Don't tell a lie.
☺ Don't let anyone think something that isn't true.
☺ Don't trick anyone.
☺ Don't steal.
☺ Don't cheat.

Promise-keeping Do's
☺ Do what you say you are going to do.
☺ Return the things you borrow.
☺ Be careful of what you say you'll do. Only say you will do the things you think you really can do.
☺ Keep your word.

Promise-keeping Don'ts
☺ Don't trick people to get out of a promise.
☺ Don't break a promise.
☺ Don't make promises you can't keep.

Loyalty Do's
☺ Help and protect your family, friends, teachers, school and community.
☺ Keep confidential information to yourself.

Loyalty Don'ts
☺ Don't gossip, or say things that hurt people.
☺ Don't lie, cheat or steal to get what you want.
☺ Don't ask anyone to do anything bad.

Integrity Do's
☺ Be brave and always do and say the right things.
☺ Do the right thing, even when people want you to do bad things.
☺ Be good, all the time.

Integrity Don'ts
☺ Don't do bad things, even when people try to force you.
☺ Don't do or say bad things, even if it means you'll lose friends or fun or money.
COUNTY FAIR ACTIVITY:
#5 Collage of Caring Actions - No larger than 14” x 22”

Create a poster of any size up to 14” x 22” by using cut-out pictures that show caring actions being acted out. Glue the pictures in any manner around the poster.

COUNTY FAIR ACTIVITY:
#6 Greeting card of a special occasion

Create a greeting card in any manner the child wishes.

COUNTY FAIR ACTIVITY:
#7 Pet’s Needs Poster, 14” x 22”

On a poster board make two headings. Label one “Your Needs” and the other, label, “Your Pet’s Needs”.

Cut out pictures depicting your own needs (i.e., love, food, shelter, health care, water, education or training and cleanliness). Cut out pictures depicting similar needs for a pet.

Glue the pictures to the poster board under the proper heading.
Bird Feeder

Smear peanut butter into the cracks between the pine cone petals. Sprinkle peanut butter with bird seed. Tie a string or ribbon to the top of the pinecone so it may be hung from a branch outside.

COUNTY FAIR ACTIVITY:
#8 Bird Feeder
A PET’S NEEDS SCRAPBOOK

- Fold three sheets of paper in the center to form a book.
- Punch two holes along the folded side. Thread a piece of yarn through the holes and tie it on the outside.
- Paste a picture of a pet you have or a pet would like to have on the outside cover. You can also draw a picture with markers or crayon.
- Next, cut out pictures of pet’s needs to place inside the book. Label the picture as the need is met.

COUNTY FAIR ACTIVITY:
#9 A Pet’s Needs Scrapbook

A PET’S NEEDS MOBILE

- Punch three holes in the center of a paper plate. Punch a hole in the top of a picture of the child’s pet.
- Run a string through the hole in the picture and the holes in the plate. Tie the thread so the picture of the pet hangs down from the plate.
- Tie long yarn pieces through the holes then tie the ends together to make a hanger.
- Now find pictures depicting the needs of pets, and hang them from additional strings tied to the plate.

COUNTY FAIR ACTIVITY:
#10 A Pet’s Needs Mobile
LIFE SKILLS TAUGHT
Develop creativity
Make something usable
Learn to use throw-away items
Managing resources

MATERIALS NEEDED
Any size can
Method of decoration—can be covered with adhesive backed paper or painted (spray paint works best).

PROCEDURES
Select container—clean and dry container.

Measure height and width of cans to cut paper (if painting, skip this step). Measure height rim to rim. Measure width with tape measure around and add 1/2 inch. Transfer measurements to paper and cut out.

Make sure can is clean and dry. Spray paint inside and out. Be sure and do this outside so paint won’t get on anything. Let dry completely. At this point you can decorate with any trim you like. If you plan on covering with paper, continue.

Peel backing from adhesive paper and wrap around can overlapping to finish.

Decorate can any way you like using your creativity. The container can be used to hold pencils, crayons or other objects.

COUNTY FAIR ACTIVITY:
#13 Pencil Caddy
LIFE SKILLS TAUGHT
Develop creativity
Make something usable
Learn to use throw-away items
Managing resources

MATERIALS NEEDED
Throw away container (such as frozen juice can), masking tape, paste shoe polish, old rag

PROCEDURES
Clean and dry container.

Tear pieces of masking tape and put them all over the container. Place the masking tape in a random pattern until the container is completely covered. All pieces should be firmly pressed on the container.

Rub paste shoe polish with rag over the masking tape. Use soft rag to gently wipe off some of the polish. When finished, your container will have a leather-like look.

The container can be used to hold flowers, pencils, crayons or other objects.

COUNTY FAIR ACTIVITY:
#14 Leather-look Flower Pot
POPCORN SNACK

Ingredients:
2 tablespoons oil (for popper)
1/3 cup popcorn kernels
4 cups dry oat cereal (Cheerios)
3 tablespoons
1/4 cup honey
1 teaspoon cinnamon
2 cups raisins

Equipment:
Popcorn popper
Measuring spoons
Dry measuring ups
Large spoon
Small microwave bowl or saucepan

1. Place oil in popcorn popper or use a hot air popper.
2. Add popcorn, cover and heat until popcorn stops popping.
3. Place popped corn in a very large bowl. Add dry cereal and stir to combine.
4. Melt margarine in a small saucepan over low heat, or in the microwave. Add honey and cinnamon to margarine and mix well.
5. Drizzle melted margarine mixture over popcorn and cereal in bowl and stir until coated.
6. Stir in the raisins.
7. Place two cups in a plastic bag for fair exhibit.

SWEET & SPICY POPCORN

Ingredients:
8 cups popped corn
2 tablespoons margarine
2 tablespoons sugar
1/4 teaspoon nutmeg
1/2 teaspoons cinnamon

1. Melt margarine over low heat.
2. Add sugar and spices
3. Stir until sugar is dissolved
4. Drizzle over popcorn and toss to mix well.
5. Place two cups in a plastic bag for fair exhibit.

COUNTY FAIR ACTIVITY:
#19 A Popping Good Snack
CEREAL PARTY SNACK
Place two cups in a plastic bag for fair exhibit.

Ingredients:
1/4 cup butter or margarine
1 tablespoon Worcestershire sauce
Few drops hot pepper sauce
12– to 14-oz. can salted mixed nuts
1 cup pretzel sticks, short, thin
4 cup unsweetened ready-to-eat cereals, assorted
1 teaspoon paprika
1/4 teaspoon onion powder
Dash garlic powder

1. Preheat oven to 250° (very slow)
2. Melt fat in a large baking pan in oven.
3. Remove pan from oven; stir Worcestershire and hot pepper sauces into melted fat.
4. Stir in nuts and pretzels; add cereals and mix well.
5. Sprinkle with seasonings; stir.
6. Heat uncovered in oven for 20 to 30 minutes, or until light-colored cereals begin to brown.
   Stir every 10 minutes.
7. Serve warm or cool.
8. Store cooled cereal snack in tightly closed container.
9. If snack needs recrisping, reheat in slow oven for a few minutes.

NOTE: Plain puffed cereals and bite-sized cereals can be used in this recipe

COUNTY FAIR ACTIVITY:
#20 Cereal Party Snack
NO-BAKE COOKIES

Ingredients:
2 cups sugar
1/4 cup cocoa
1/2 cup milk
1/4 pound butter
Bring to a boil and boil 2 minutes.
Remove from heat.

Add:
1 teaspoon vanilla
Pinch of salt
1/2 cup peanut butter
3 1/2 cups oatmeal

Drop on waxed paper with teaspoon. Cool.

For exhibit, place 3 cookies on a small paper plate, place inside plastic bag.

COUNTY FAIR ACTIVITY:
#21 No Bake Cookies

TRAIL MIX

Ingredients:
A combination of any of the following:
Raisins
Peanuts
Flaked coconut
Candy-coated chocolate pieces
Shelled sunflower seeds

Mix desired ingredients.

For exhibit put 2 cups in zip closure bag and attach card listing five uses.

COUNTY FAIR ACTIVITY:
#22 Trail Mix

MARSHMALLOWS CRISPY BARS

Ingredients:
1/4 cup butter or margarine
5 cups miniature marshmallows
5 cups crispy rice cereal

Melt butter in an 8x8-inch dish. Microwave at high power 45-60 seconds. Stir in marshmallows.
Microwave 1 1/2 to 2 minutes at high until soft and melted, stirring after 1 minute. Stir until smooth before adding cereal. Add cereal, 1/3 at a time, stirring with fork until well coated. Press into dish. Cool then cut into squares. For exhibit, place 3 bars on a small paper plate, place inside plastic bag.

COUNTY FAIR ACTIVITY:
#24 Marshmallow Treats
MEAL LIST FOR ONE DAY USING THE MYPLATE AS A GUIDE

COUNTY FAIR ACTIVITY:
#23 Meal plan for one day using MyPlate as a guide