

K-STATE
Research and Extension



River Valley
District

CLOVERBUD

Handbook

Name: _____

4-H Club: _____

2022-2023 4-H Year



Hello, Cloverbuds!

I am so excited to have you be a part of our River Valley District 4-H family. My name is Macy Hynek and I am the 4-H Youth Development Agent. I develop and deliver educational programs to school-aged youth in Clay, Cloud, Republic, and Washington counties. I cannot wait to meet you and to see all the amazing things you do in 4-H. Please contact me at (785) 527-8054 or at mhynek@ksu.edu.



- Macy E. Hynek



Welcome! I am so excited to have you as a Cloverbud in Republic County! My name is Diane Kussman and I am your 4-H Program Manager. You will want to bring this book with you to every Club meeting, so you can complete the monthly activities with your leaders. I am here to help you with all things 4-H. Please contact me at (785) 527-5084 or at dkussman@ksu.edu. I cannot wait to meet you.

~ Diane Kussman

LET'S STAY CONNECTED!



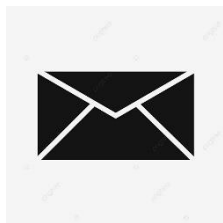
River Valley 4-H



@rivervalleydistrict4h



River Valley Extension District



Bi-Monthly Newsletter



<https://rivervalley.k-state.edu>

<https://ksre.k-state.edu>

My 4-H
C L U B

Name: _____

4-H Age (Age on January 1, 2023): _____

Local 4-H Club: _____

Club Leader(s): _____

Leader Contact Information: _____

Monthly Club Meeting:

Date: _____

Time: _____ a.m. p.m.

Location: _____

Republic County Fair Dates:

July 31 – August 6, 2023



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 ●

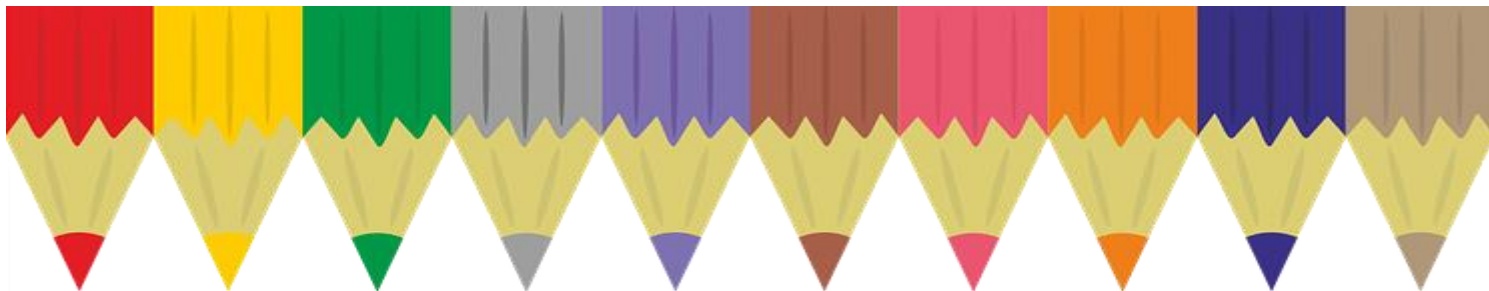
10 ●

11 ●

12 ●

13 ●

14 ●



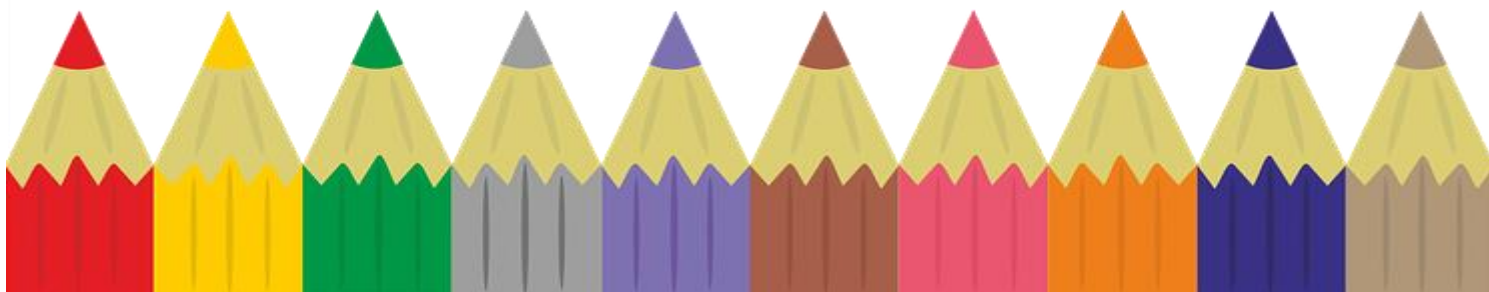
Let's Color and

EXPLORE

4-H

PROJECTS

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



PHOTOGRAPHY



STEMI



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/>.

- | | | |
|---|-------------------------|-------------------------------|
| Ag Mechanics | Horticulture | Rocketry/Aerospace |
| Agronomy | Leadership | Self-Determined |
| Architectural Block Construction | | Sheep |
| Astronomy | Meat Goats | Shooting Sports |
| Beef | Performing Arts | Small Engines |
| Civic Engagement | Pets | Sport Fishing |
| Clothing and Textiles | Photography | Swine |
| Communications | Poultry | Unmanned Aerial System |
| Computer Science | Rabbits | Veterinary Science |
| Dairy Cattle | Reading | Visual Arts |
| Dairy Goats | Renewable Energy | Wildlife |
| Dog Care and Training | Robotics | Wood Science |
| Electricity/Electronics | | |
| Entomology | | |
| Environmental Science | | |
| Exploring 4-H | | |
| Family Studies | | |
| Fiber Arts | | |
| Foods and Nutrition | | |
| Forestry | | |
| Geology | | |
| Health and Wellness | | |
| Home Environment | | |
| Horse | | |



C L O V E R B U D

Monthly Activities

2022 – 2023 4-H Year

OCTOBER

Activity 1: Welcome

NOVEMBER

Activity 2: Pets

DECEMBER

Activity 3: Coding

JANUARY

Activity 4: Sink or Float

FEBRUARY

Activity 5: Livestock

MARCH

Activity 6: Money Management

APRIL

Activity 7: Growing Flowers

MAY

Activity 8: Plant a Flower

JUNE

Activity 9: Scavenger Hunt

JULY

Activity 10: Fair

AUGUST

**Activity 10: Body Language –
*Talking without Words***

SEPTEMBER

Activity 11: Staying Healthy



Activity 1: Welcome

Let's learn more about 4-H and you!

Find the 4-H words in the box below.

E	W	S	F	V	N	N	A	R	S	E	M	A	G	F
C	G	E	R	L	I	E	E	H	E	A	R	T	U	L
N	V	I	U	H	A	V	E	J	P	B	C	N	K	F
E	Z	T	O	S	O	G	D	R	U	L	E	K	J	L
I	O	I	W	L	O	A	N	J	G	L	O	F	M	E
C	D	V	C	S	E	U	R	M	S	O	N	G	S	A
S	G	I	G	H	P	N	E	R	U	T	A	N	F	D
B	K	T	E	V	V	M	V	S	B	Q	P	Y	R	E
E	Z	C	Y	G	B	P	K	D	Y	F	D	V	I	R
R	S	A	H	E	D	C	C	R	A	F	T	S	E	S
M	D	W	R	E	A	E	X	P	C	K	M	S	N	K
B	N	S	H	N	A	E	L	U	G	E	U	L	D	H
B	A	L	S	I	B	L	X	P	S	A	U	K	S	S
E	H	G	P	J	T	U	T	C	U	B	B	L	A	J
X	B	P	C	U	E	E	U	H	L	H	A	V	P	E

ACTIVITIES

FUN

HEALTH

PLEDGE

CLOVER

GAMES

HEART

SCIENCE

CRAFTS

GREEN

LEADERS

SNACKS

FLAG

HANDS

MEMBERS

SONGS

FRIENDS

HEAD

NATURE

WHITE

A **L** **L** **A** **B** **O** **U** **T**
Me

TAPE/GLUE
YOUR
PICTURE HERE

Name: _____

Age: _____ **Grade:** _____

Family Members: _____

Favorite Activities: _____

NOVEMBER

Activity 2: Pets

“You’ve got a friend in me!”

In 2022, 70 million households in the United States owned a pet. Did you know you could bring your pet to the County Fair? Come share about your pet at Cloverbud judging in July. Let’s make a pet together. It can be a pet you would like to have or resemble a pet you have at home!



SUPPLIES:

- Brown paper lunch bags
- Scraps of colorful paper
- Fake feather or other random craft supplies
- Crayons or colored pencils
- Yarn
- Googly Eyes
- Scissors
- Glue (stick, liquid, or hot)

INSTRUCTIONS:

- Select supplies to craft your paper bag pet. Try to include at least two of the animal parts of your pet.
- Glue supplies to paper bag.
- Give your pet a name and describe him/her on the next page.

TAPE/GLUE
YOUR
PICTURE
HERE

Here is a picture of my pet! (Paper Bag Pet)

My Pet's Name: _____

Type of Animal: _____

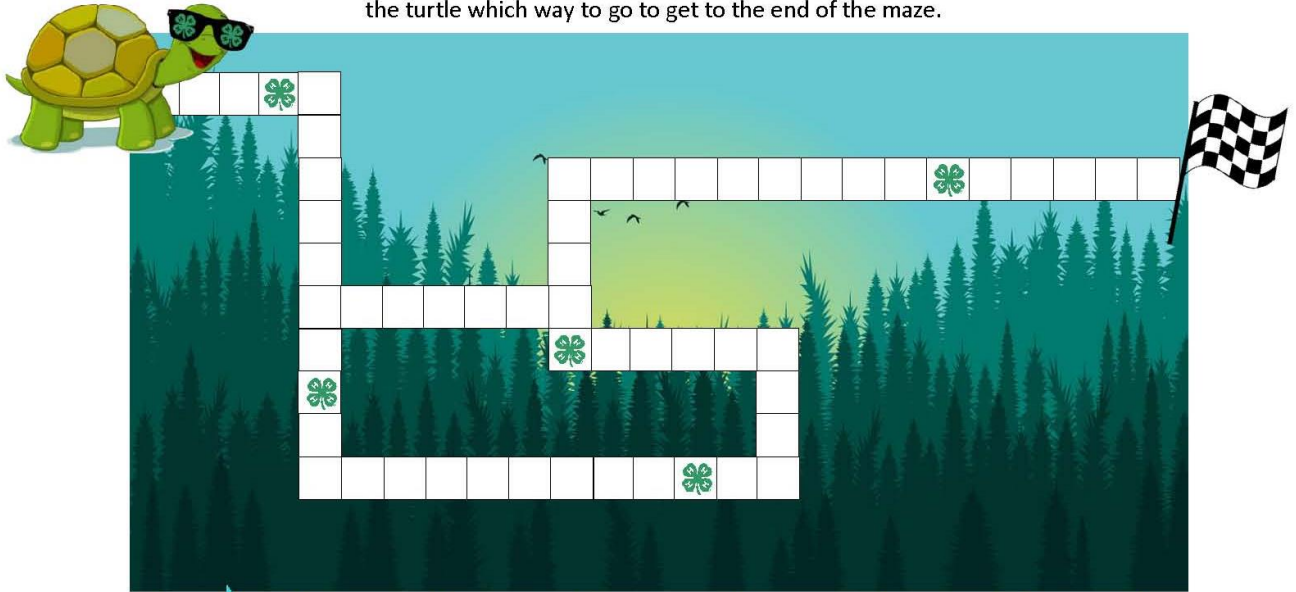
Pet's Description: _____

What I feed my Pet: _____

DECEMBER

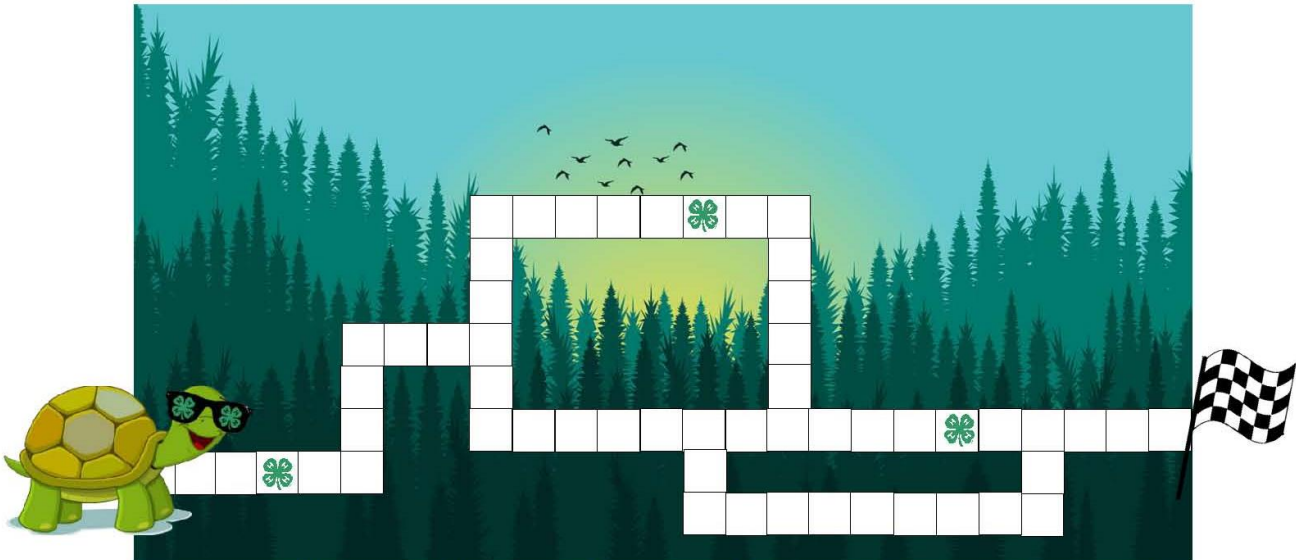
Activity 3: Coding

Help the turtle get through the maze! Draw the missing arrows to tell the turtle which way to go to get to the end of the maze.



What goes in the next box?

→



What goes in these boxes?

DESIGN YOUR HERO

A hero can be a parent, sibling, grandparent, friend, teacher, coach, or anyone! What do you think makes someone a hero?

Meet Greg!

He is someone's hero! Superheroes come in all shapes and sizes. Each one is special and unique in their own way.



KIND
FUNNY
BRAVE

Directions:

Choose someone in your life that is a hero to you. Draw a picture of them and tell us what their special powers are.



Activity 4: Sink or Float

Different objects sink or float when dropped into water. Let's try different objects and record if they sink or float.

SUPPLIES:

- Sponge
- Paper Clip
- Penny
- Spoon
- Piece of Paper
- Pencil
- Crayon
- Bowl with Water

INSTRUCTIONS:

Make predictions of which items will sink and which items will float.

Time for testing! With the container filled with water, place each object in it one at a time and record whether the object floats or sinks.

Which items did you guess correctly?

Why do you think some items sink and some float?



SINK



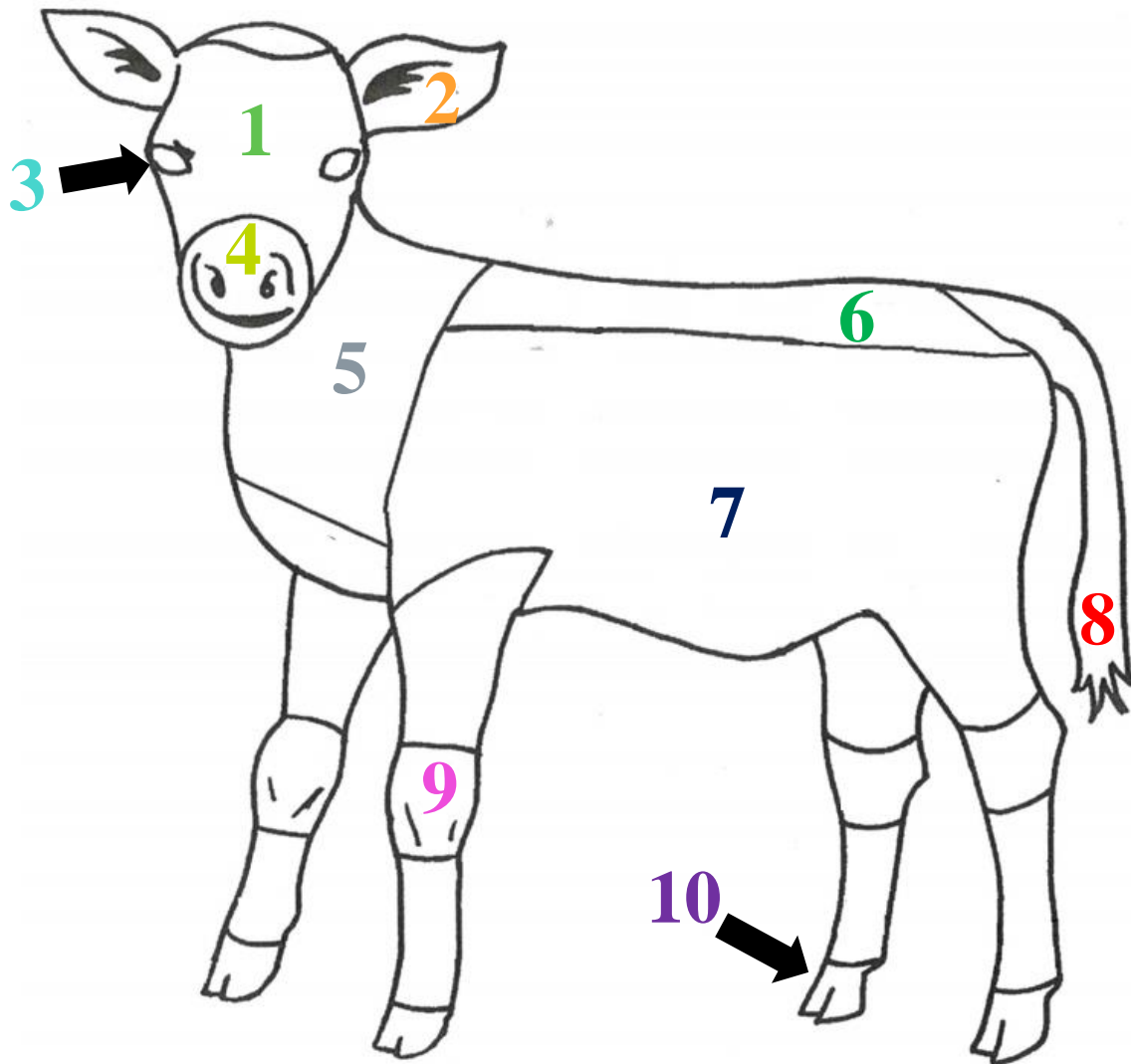
FLOAT



FEBRUARY

Activity 5: Livestock

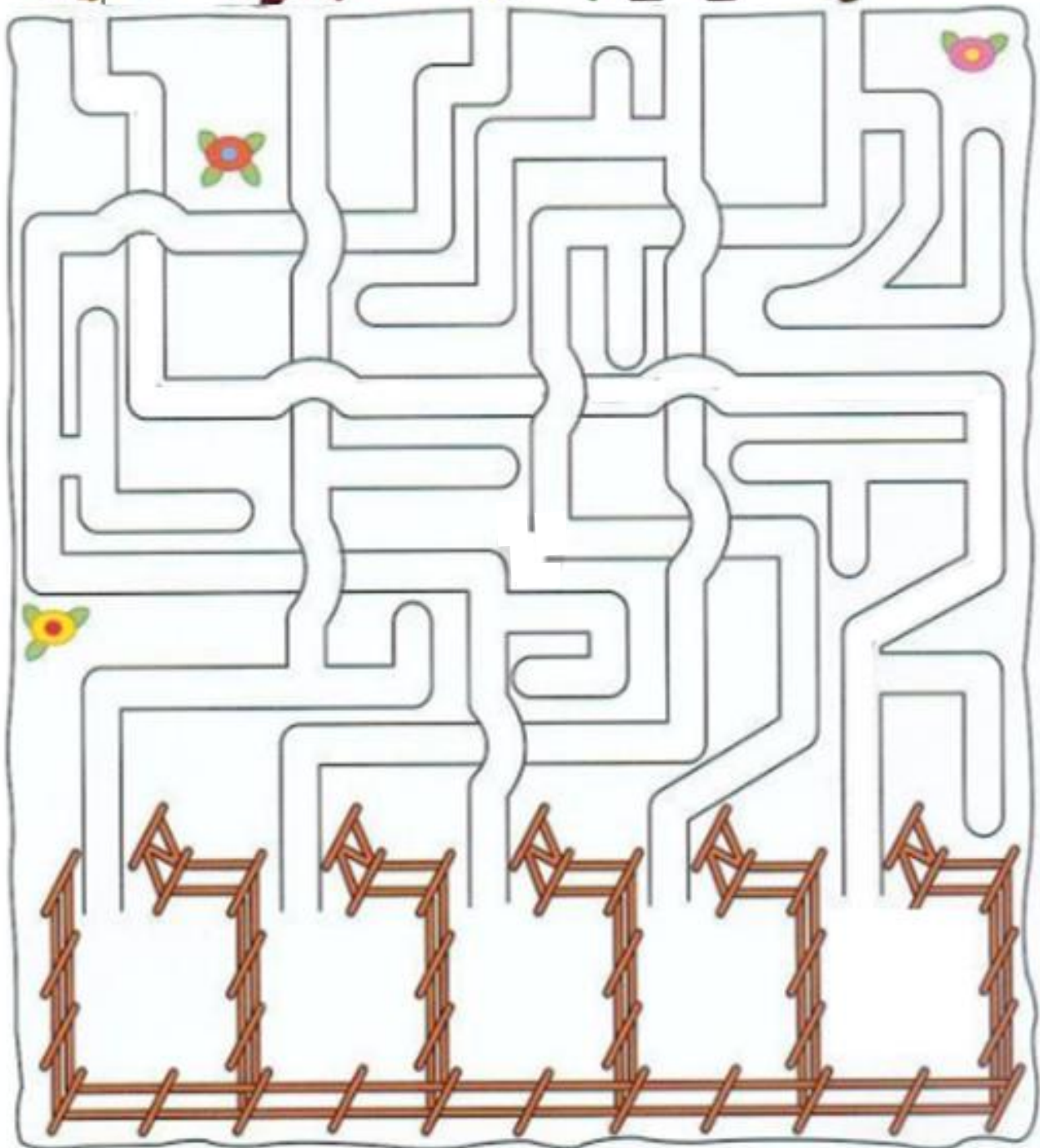
Write the number of the body part next to the name, then color the bucket calf.



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



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



MARCH

Activity 6: 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.

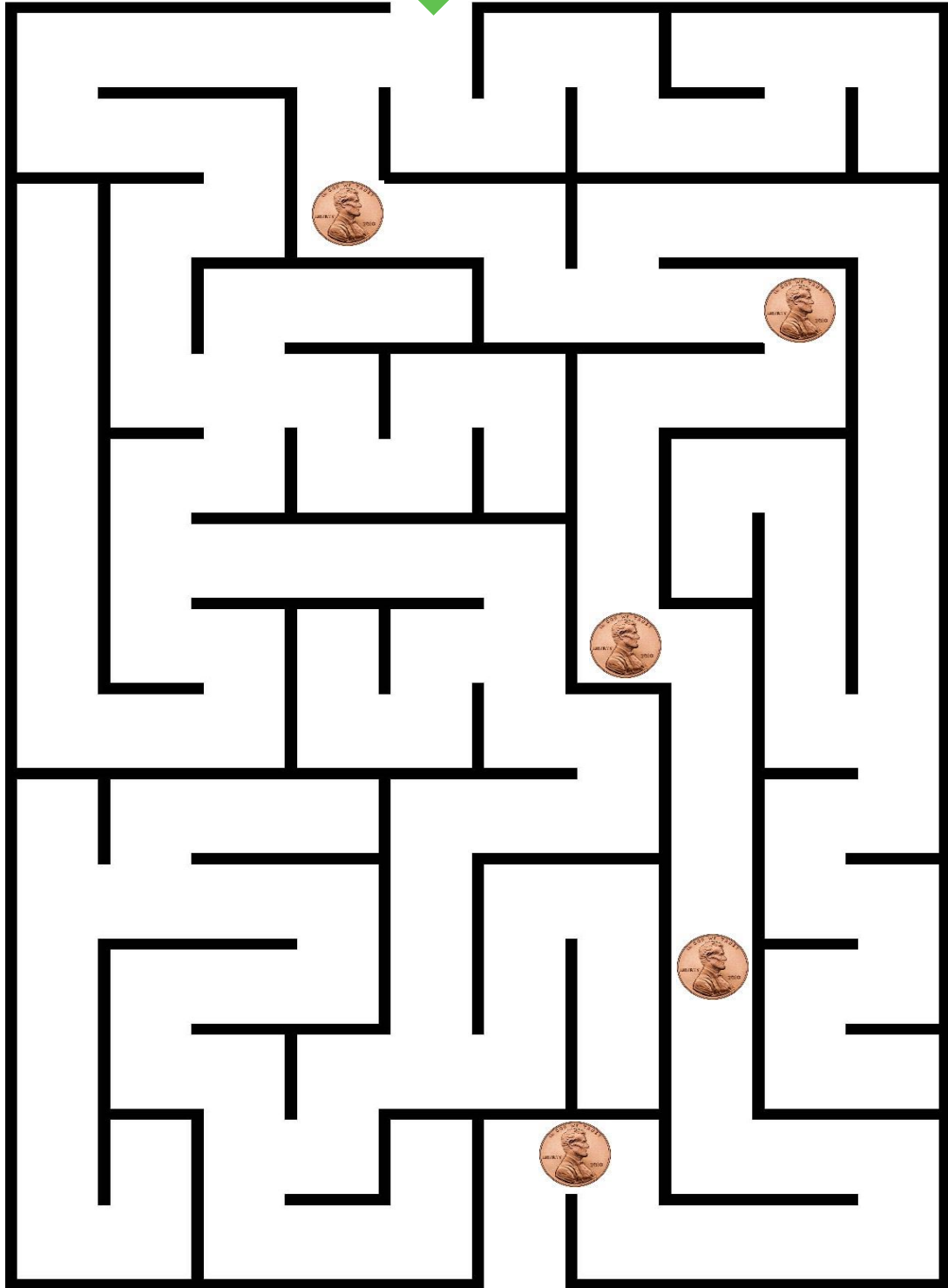


Collect the five pennies in the maze and deposit them into the piggy bank!

↓ Start Here

PENNIES

Collecting

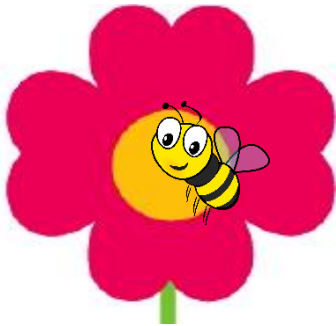
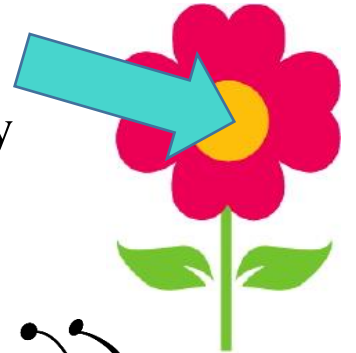


APRIL

Activity 7: 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.



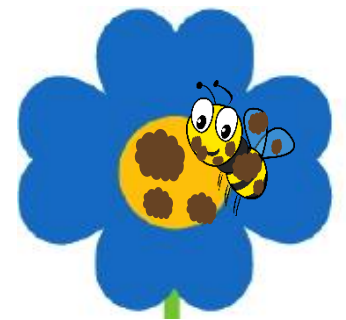
Mr. Bee is a messy eater...

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.



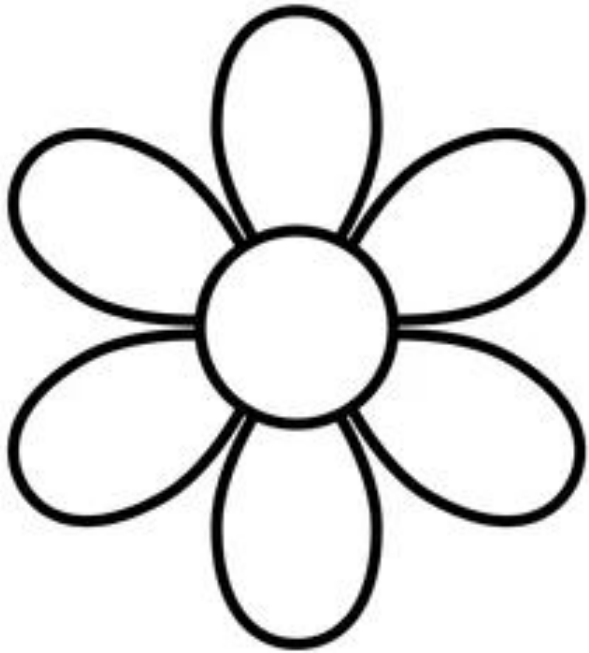
When Mr. Bee mixes his food from the pink flower to the blue flower, he is spreading pollen. When he does this, it helps the flowers to grow seeds and make more plants. How cool!



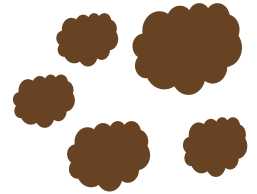
Thanks Mr. Bee!

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.

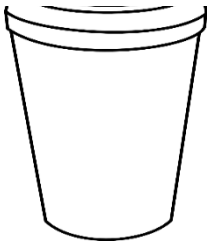
Step 4: What does your hand look like? Is it dirty?
Just like Mr. Bee?



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

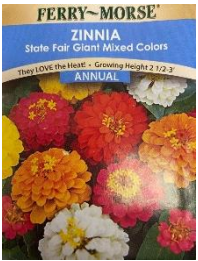


Activity 8: Plant a Flower



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.

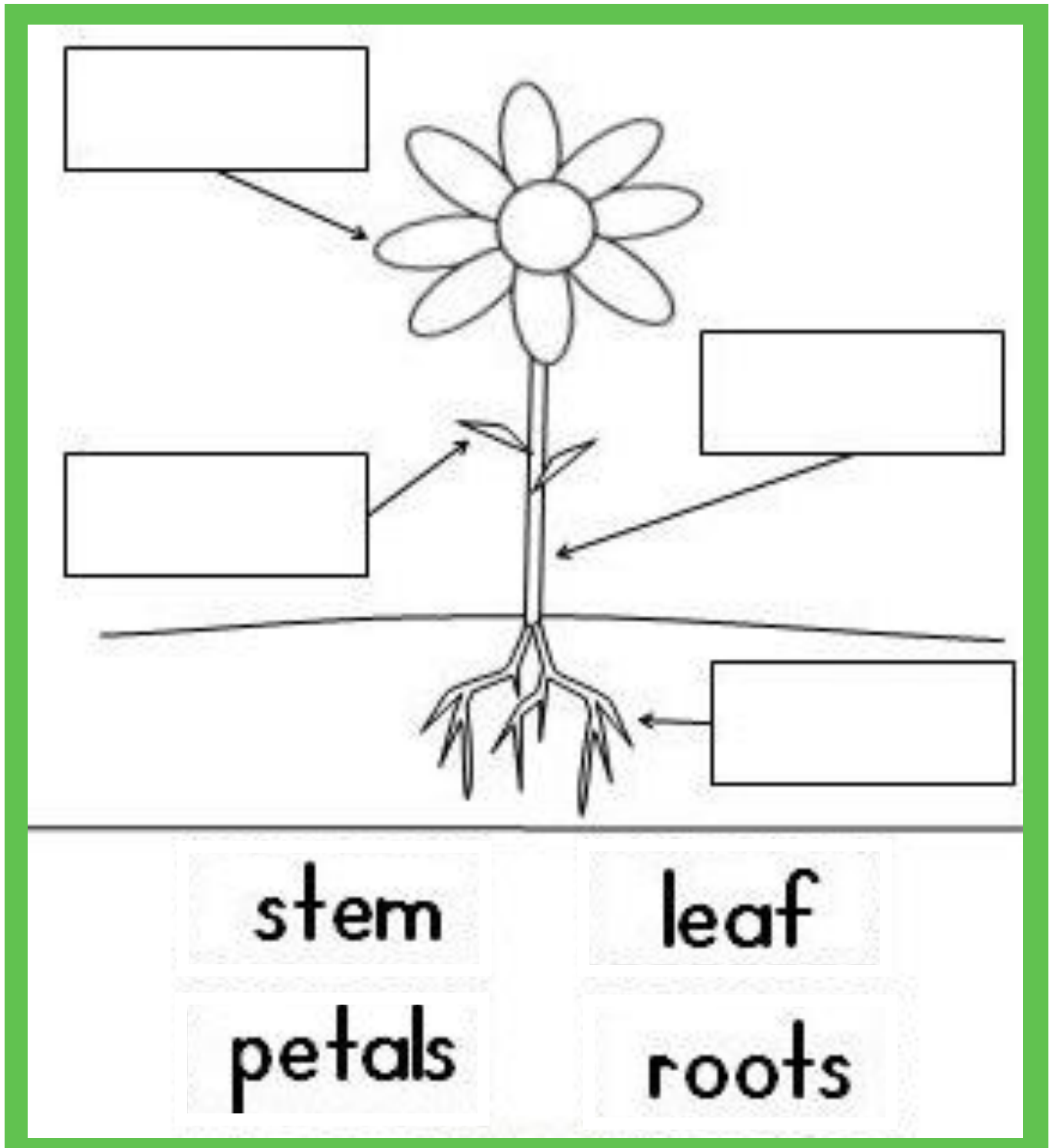


Step 5: Watch it grow.

Parts of a

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

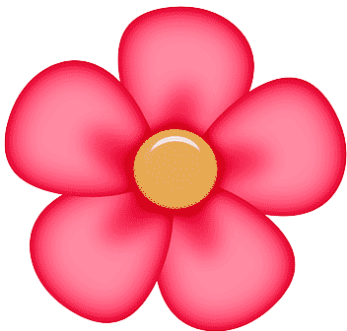
Label and color the parts of the flower!



JUNE

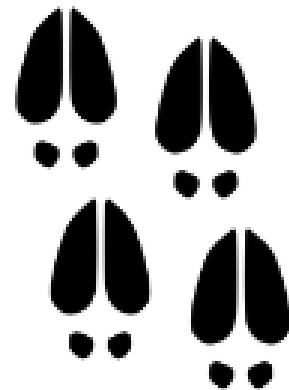
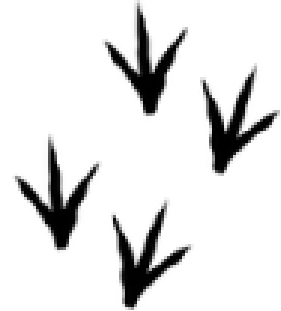
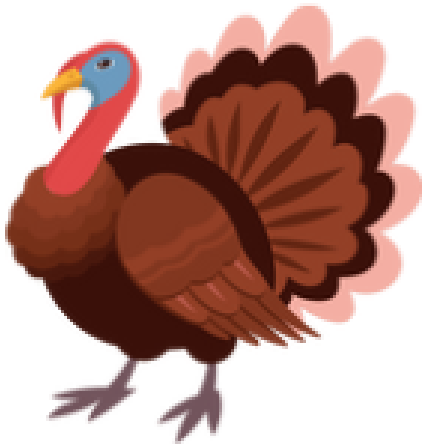
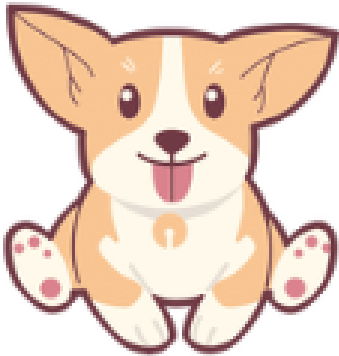
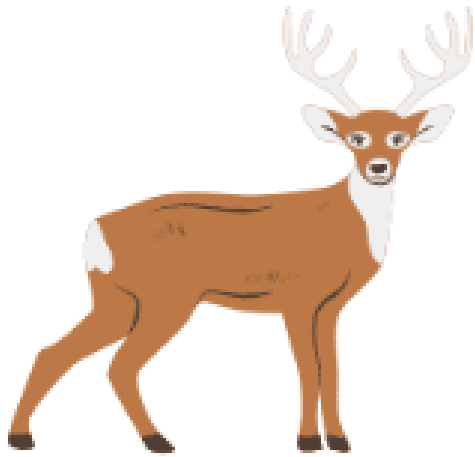
Activity 9: Scavenger Hunt

Let's go outside, enjoy the weather, and complete the scavenger hunt below. When you find the item, cross it off.



Matching Tracks

Draw a line matching the animal to its tracks.



JULY

Activity 10: All About the Fair

Cloverbud Fair Rules:

1. 4-H Cloverbuds may exhibit or showcase age-appropriate activity items from their 4-H Cloverbuds experiences.
2. The Cloverbud may showcase a product, poster, or notebook for a show and tell display.
3. A 4-H Cloverbud may showcase a pet from the approved list during his/her show and tell. Pets cannot be included in overnight exhibits. No livestock can be exhibited.
4. The Cloverbud may not participate as a competitive exhibitor and is not eligible to receive premiums or awards. A 4-H Cloverbud may receive a 4-H Cloverbud ribbon or participation award.



Fair Dates:

Cloud - TBD

Washington Counties - July 18-23

Clay County - July 25- 30

Republic County – July 31 – August 6





TAPE/GLUE
YOUR
PICTURE
FROM FAIR
HERE

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

AUGUST

Activity 11: 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



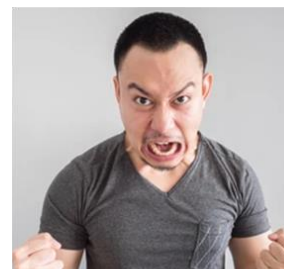
MAD



SAD



SURPRISE



AFRAID



SEPTEMBER

Activity 12: 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,



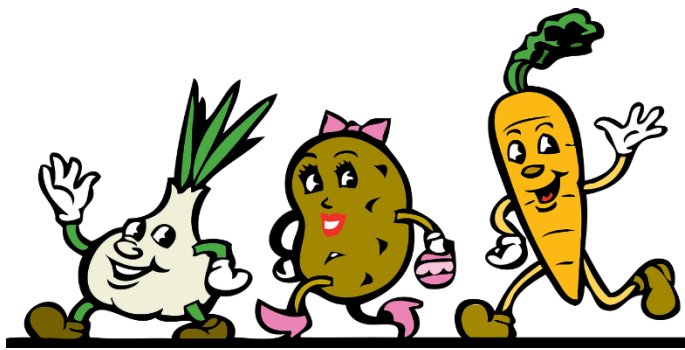
Rub your belly,



And wiggle your toes,



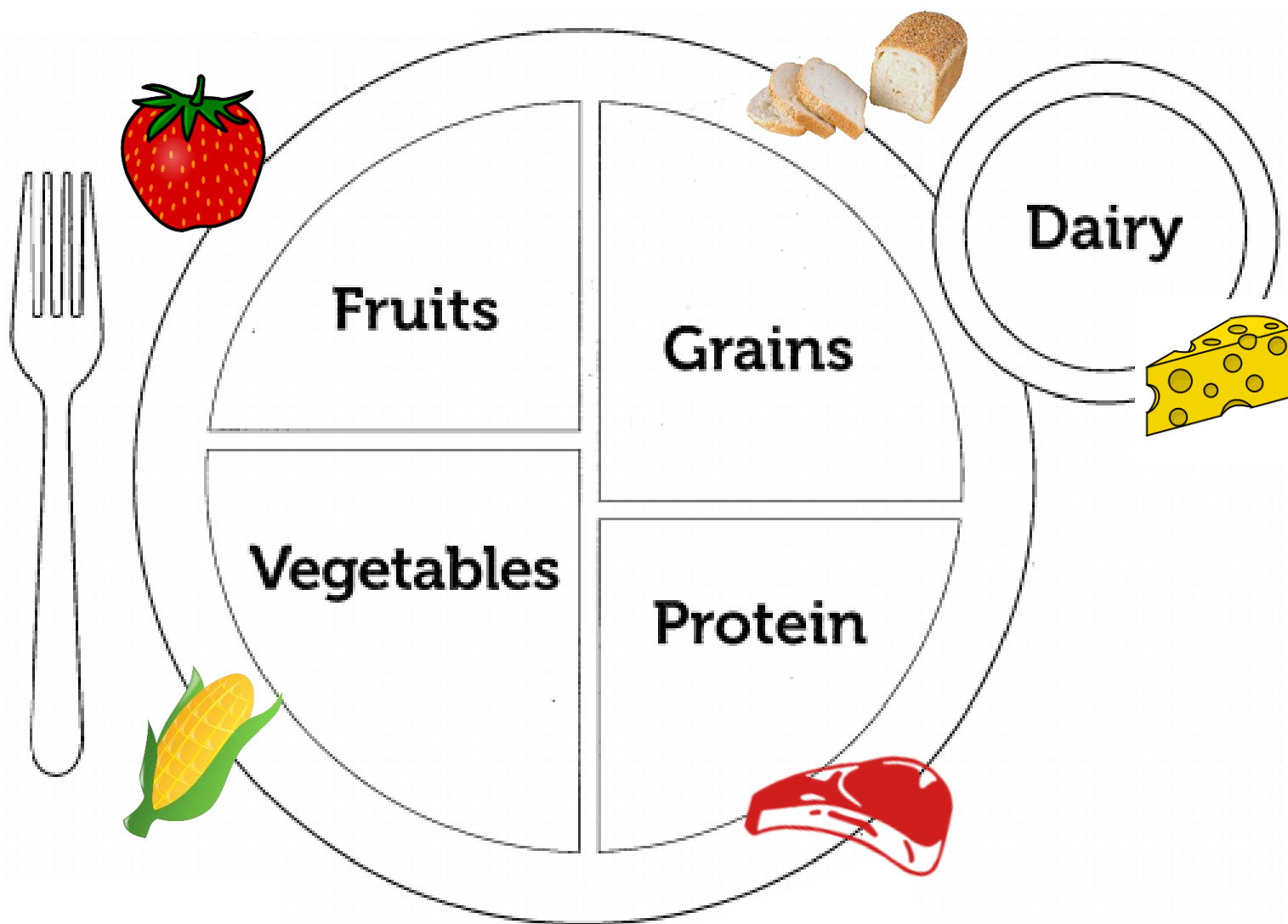
Now stand very tall and touch your nose.



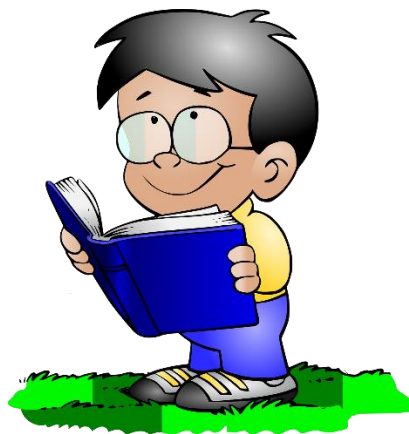
My **PLATE**

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.



LOOK BACK on your year



Write your four favorite things about your Cloverbud year.

1.

2.

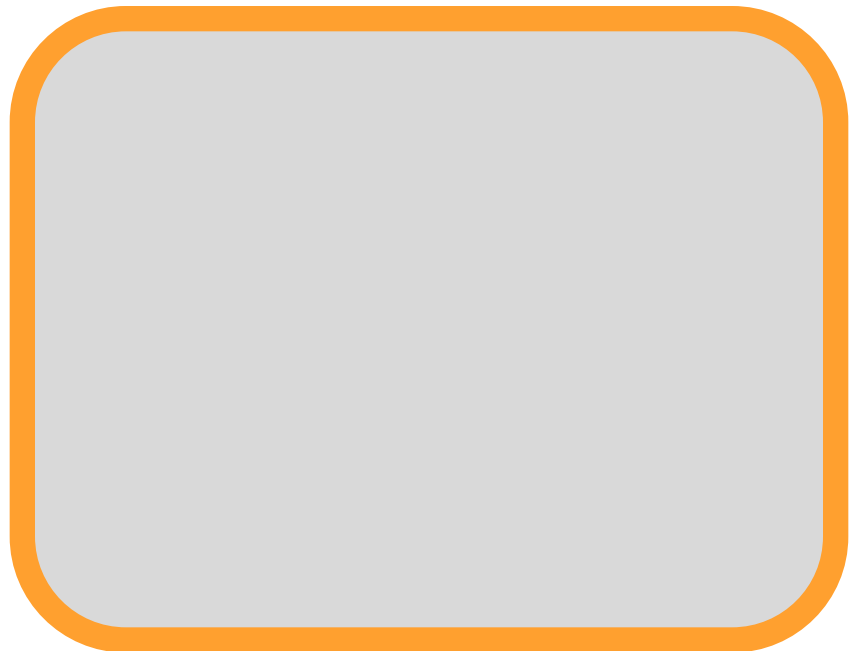
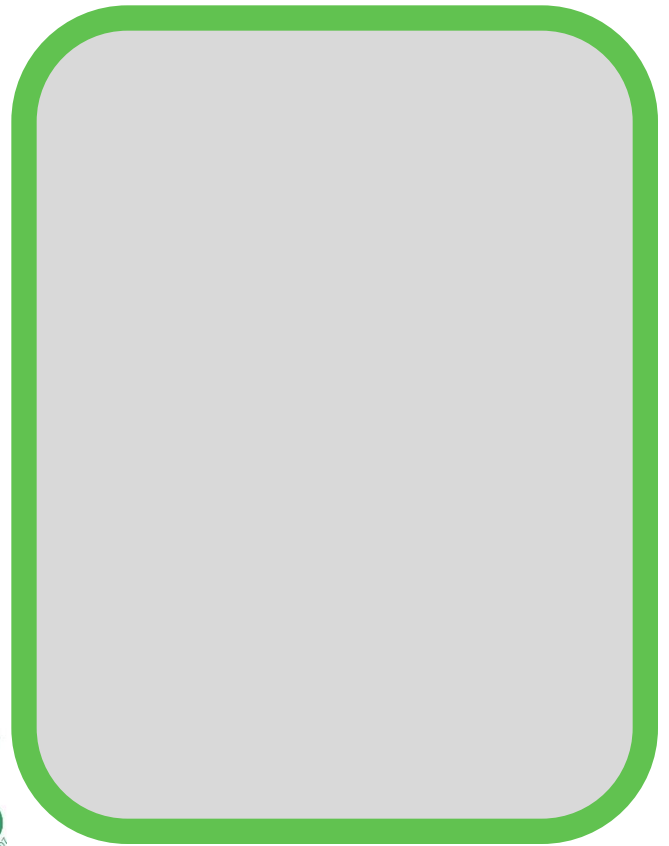
3.

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.

WE ARE HAPPY YOU JOINED US!

Sign up to participate in 4-H next year on October 1, 2023.

Re-enroll by visiting; <https://v2.4honline.com>.



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact Macy Hynek two weeks prior to the start of the event at 785-527-5084 or at mhynek@ksu.edu. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer.