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
My 4-H Club

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: ________________

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

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
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
SPACE TECH
Refer to the parent letter for age restrictions regarding 4-H projects. For project descriptions, please visit: [https://www.kansas4-h.org/projects/](https://www.kansas4-h.org/projects/).

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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!
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!
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 ¾ 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 Flower

Label and color the parts of the flower!

stem
petals
leaf
roots
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?
Draw a line to match the faces that feel the same.
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.
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.
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.