

# Spotlight on ... 4-H!



FEBRUARY, 2008

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DISCOVER 4-H

## SPECIAL POINTS OF INTEREST:

- Caring for our youth with character brings good character to our communities.
- Great ideas for club projects inside as you organize for a new year of 4-H fun!
- PASE Contest News and Livestock Quiz Bowl!

## CARING FOR CHARACTER

*"Fame is a vapor, popularity an accident, riches take wing, and only character endures."* – Horace Greeley, 19<sup>th</sup> Century American journalist and educator

The Josephson Institute of Ethics report in 2006 revealed that 82% of youth admit they lied to a parent within the last 12 months about something significant and 62% had lied to a teacher about something significant. Finally, 60% cheated during a test at school with in the past year.

As 4-H leaders and parents, you have a huge influence over youth and our communities. If you are concerned with the national rate of cheating and theft and want to make sure your youth are not doing either - and that they will be protected from those who do - consider taking these steps.

1. **Take the youth's integrity seriously!** Be attentive to values and behavior. We don't always remember, however, that children learn as much from our example as they do from our lectures. Our actions need to mirror what we say; otherwise, our children will be confused about what we really mean.
2. **Discuss your values and establish ground rules.** Ask them about the statistics given above. Ask them whether they think "a person has to lie or cheat sometimes in order to succeed." Is that really success?
  - ⇒ Ask them whether kids in their community are cheating or stealing. Let them talk.
  - ⇒ Ask them what they think people should do if they discover someone is cheating or stealing.
3. **Continually reinforce the value of integrity.** Look for teachable moments. Use news stories, TV shows and movies to highlight, discuss and comment on situations revealing the presence or absence of integrity.
4. **Take action to get your community to address the issue.** Work with your schools, churches, other youth agencies, parents, businesses to make a community-wide effort.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture. The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

**GIVE YOURSELF A HIGH FIVE FOR FIVE-A-DAY**



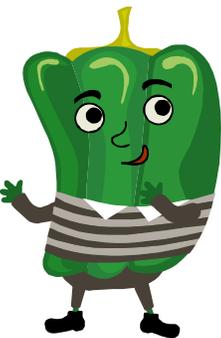
It's not easy being **GREEN!** Or any color of the rainbow – if you're a fruit or vegetable! Sweets and more sweets are far more popular. But vegetables and fruits are packed with nutrition and it's important to have 5 different portions each day; we'll call them "high 5's". Why not create fruit and vegetable fun for your club members by providing an activity to include "high 5's" with other ingredients to produce healthy snacks.



Kids love to taste; and will be more likely to if they create the food themselves. And kids love to cook. So combine the two into a fun activity and you're on the way to helping them develop a healthier lifestyle and enabling them to make healthier food choices as they get older.

First, to make it past a kid's nose, the fruit/vegetable has to look and taste good and be something he/she looks forward to. Letting kids experiment with fruits and vegetables is one step toward getting past that nose!

Assign club members to bring specific fruits and vegetables to the club meeting or you can supply them. Include "exotics" and "little known" varieties. Put in separate bags.



Have the kids work in teams of 2-4 and let each team pick several from the bags – sight unseen! Have all utensils for prep in one area (include kabob skewers, cookie cutters, tiny cutters, blender - and anything fun to experiment with).

No ovens? Supply a toaster, toaster oven and/or electric skillet. Have lots of ingredients in another area (ex. peanut butter, granola, cereal, ready made pizza crust or refrigerated crusts and biscuits, pretzels, crackers, whole wheat bread, eggs, raisins, dried fruit, tortillas, yogurt, cream cheese, etc.) You could also assign club members to bring these ingredients. Then.....let the party begin!

The only instruction needed is for the club members to create nutritious snacks from their chosen "high 5's" and any of the other ingredients using any of the utensils and to have fun!

After a set time period for creating, it's time for tasting. Taking turns, have teams present their snacks as if selling their product – have them do a sales pitch as to why the others should try it (good way to incorporate communication skills practice!)



Help them identify unknown fruits and vegetables and add nutrition tips. Be positive, enthusiastic, and encourage all to try at least a little.

Wrap up with their thoughts and propose a team challenge for the next meeting – ex. Which team can eat the most "high 5's" in a week or before the next meeting, and give a prize!



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## LEADER ACTIVITY BAG

Do you scramble for new ideas to keep the youth involved at your 4-H meetings? Do you want to enhance your 4-H club activities? The "4-H Learning by Doing Kit" is now available to be checked out at the UNL Extension office in your county. These are the resources that local extension staff have used and developed. Come check it out!

### Story Telling

**From: *Exploring the 4-H Treasures***

Story telling helps children practice good communication skills and build trust among group members through bonding. Building a cooperative, friendly team will reduce prejudice, shyness and difference between children. In this activity, children will tell their own life stories to the group.

**What to do:** 1. Put the various items in a bucket. Have teams of two or three youth pick items out of the bucket. 2. Ask youth to work together to tell a story about the item they chose. 3. Encourage each youth to be part of the story telling. 4. Have each team present their story in front of the entire group.

### Quack!

**From: *Best New Games***

There is silly and then there is QUACK! This game rates about a 10 (out of 10) on the goofy scale, but when introduced at the right time, it really opens a group up to help them grow closer. Quack is a good trust-building game.

**What to do:** Players put their hands on their knees and walk slowly backward. When a player bumps into someone, both line up rump to rump, bend over, look at each other from between their legs, and when their eyes make contact, they greet each other with a "Quack!" then, each person moves on and repeats with another person.

### 4-H Meeting In a Bag Lessons *(all supplies are included, ready to go)*

Fiber Bingo

Woodworking

Garden Memory

Beef Pyramid

Health Leadership

### Exploring the Treasures of 4-H

Includes 48 lesson plans that all relate to a 4-H project area. The lessons are created for a variety of time lengths. Materials will need to be gathered.

### More Activities that teach, by Tom Jackson

80 hands on learning activities useful with 4-H Clubs

### Best New Games, by Dale LeFevre

77 cooperative games to play with all ages

### Questions for Guiding Experiential Learning

A pocket guide on using the experiential process

***This kit was made available to you through a joint effort of UNL Extension 4-H Youth Development and the Nebraska 4-H Foundation.***

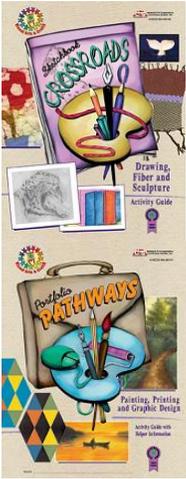


Make your 4-H meetings FUN!

"These 4-H Fun Kits were made available to you through a joint effort of UNL Extension 4-H Youth Development and the Nebraska 4-H Foundation."

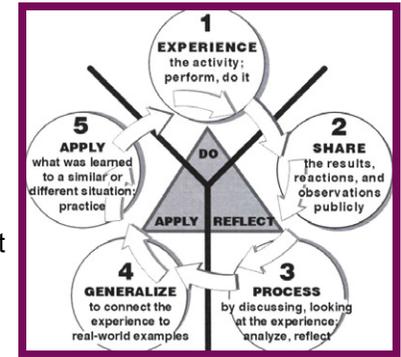


## VISUAL ARTS - IT'S EASIER THAN YOU THINK!



Nebraska 4-H introduced new projects in 2007 for 4-H'ers interested in visual arts. Sketchbook Crossroads and Portfolio Pathways, replacing the retired Celebrate Art! Series project manuals, are now in their second year of availability in the Nebraska 4-H Pick A Project Booklet. Many leaders are hesitant when it comes to exploring and experimenting new curriculum. In reality, the project ideas inside the manuals are easier than you think and can be really fun too!

The manuals focus on a three step experiential learning process, which are **Do, Reflect, and Apply**. Youth learn new topics, practice the elements and principles of design, and learn and develop skills that will last a lifetime.



Do, Reflect and Apply!

There are lots of fun things to do with these new manuals, either as club projects or fair exhibits. Incorporating exhibits into a club meeting can be very easy. Try some of these ideas for some creative fun!

(For step by step instructions, refer to the Sketchbook Crossroads Manual)

**Home Accessory made with Cotton Linter.** (pages 34-36). For this activity, you can follow the instructions in the book, but use recycled paper instead of actual cotton linter and use metal cookie cutters instead of a terra cotta mold. If you use plastic cookie cutters, you will want to dry them for short 30 second intervals in a microwave (instead of the oven), remove from cutter, then either place in oven or let air dry for 24-48 hours. Once you've completed the activity, take a 5x7 frame (shadowbox type frames work the best) and place a piece of paper (wrapping, scrapbook, colored, construction) in the frame. Next, use a hot glue gun to glue the linter piece to the colored paper. You now have a completed home accessory.

**Recycle Home Accessory made from Sculpted Cardboard** (pages 65-66) This activity can be really fun. You will want to cut corrugated cardboard sheets into a 3x3 squares (can be smaller or larger depending on your activity). Glue two or three sheets together with white glue arranging the fluting in different directions. Let the stacks dry overnight. Have the youth draw a design on the top layer using a pencil. After the design is drawn, have the youth decide how he/she wants the finished item to look. Then, start to cut away the layers of cardboard depending on how the finished design it to look. After the design is complete, glue a magnet on the back and you're finished.



**"THE MANUALS FOCUS ON A THREE STEP EXPERIENTIAL LEARNING PROCESS, WHICH ARE DO, REFLECT, AND APPLY. YOUTH LEARN NEW TOPICS, PRACTICE THE ELEMENTS AND PRINCIPLES OF DESIGN, AND LEARN AND DEVELOP SKILLS THAT WILL LAST A LIFETIME."**

Challenge the 4-H'ers! What other inexpensive and fun ideas can they think of to do as a club project that can turn into a fair exhibit and then an accessory for the home?

## PREPARING FOR THE LIVESTOCK QUIZ BOWL

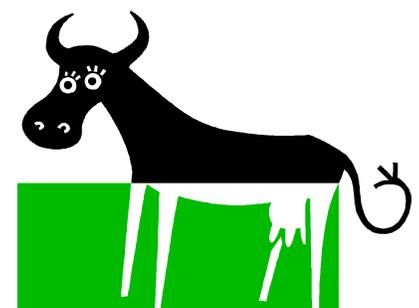
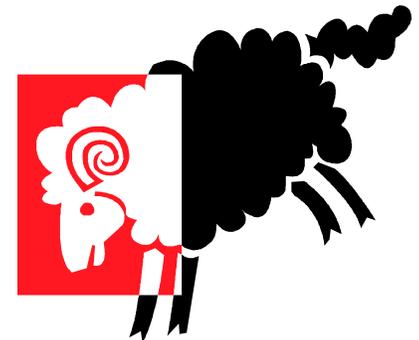
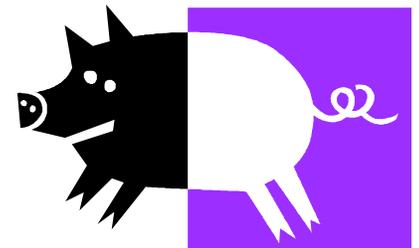
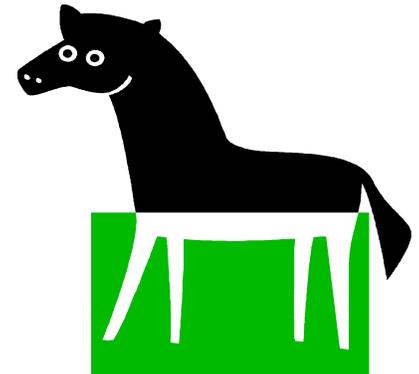
1) What compartment is the largest of the four parts of a ruminant stomach? It is also known as the fermentation vat? 2) What mineral is most commonly linked to grass tetany? 3) What is the meat from a mature sheep called? 4) In regard to swine production, what does **SEW** stand for?

These are all questions that you might find in the livestock quiz bowl. Making education fun helps 4-H members learn. Whether you are preparing your club members for the state contest, or simply for some friendly competition during a club meeting, the format of the quiz bowl is an excellent opportunity for education.

The state livestock quiz bowl is held annually during the PASE events. This contest utilizes teams of four to answer questions on beef, sheep, swine and meat goats. During PASE, each round of the contest consists of three phases: phase I will consist of eight questions per team. This is an individual phase where each member is given their opportunity to answer two questions on a rotating basis. Phase II allows team members to discuss the answer to the question before the team captain delivers the answer. Phase III tends to be the most popular as it allows team members to answer questions utilizing a buzzer system.

Preparing for the livestock quiz bowl or simply exposing your 4-H members to the contest during your club meeting is a fun way to build team spirit among your members. Allow your club members to write their own questions for a team competition. You will need: a set of 4-H manuals, blank index cards, writing instruments and small prizes. Give each team a set amount of time to write questions that include the answer and page number for reference. Place the questions in a bucket and draw them out allowing teams to answer questions.

You might prefer to have the questions pre-determined. For a quick reference check out [www.pase.unl.edu](http://www.pase.unl.edu) and click on "references" in the left column. As you scroll through the list of references you will also find questions used in previous state PASE contests. Ask your extension office if they have the quiz bowl references available for check-out and if they have a quiz bowl or buzzer system available for use during club meetings. Preparing for the quiz bowl is a great way of spending club meeting time during the early part of the 4-H season when the weather is not as favorable for being outside.



Answers: 1) Rumen 2) Magnesium 3) Mutton 4) Segregated Early Weaning

## SPOTLIGHT ON 4-H!

### EXPLORING YOUR ENVIRONMENT

Do you recycle? Is there more you could do for the environment? Encourage an environmental ethic in your club by discussing the impact of the materials used for projects. Talk about the types of animals or insects that rely on those materials. Stress the importance of being environmentally conscience by reducing, reusing or recycling items instead of throwing them away.

The best way to protect nature is to prevent waste and pollution. Be a proactive consumer and reduce waste by purchasing items with less packaging. Look for ways to reuse items besides throwing it away. Taking waste to a recycling center can prevent it from going to a land fill. In order for youth to understand why these things are necessary, they need to experience a connection to nature. These activities can help you make that connection. For more activities related to the environment, refer to the Exploring Your Environment 4-H manuals.

**Camera Scavenger Hunt** Look for things in nature that form the shape of alphabet letters or make a list of items for 4-Her's to photograph and create a video slide show or poster presentation.

**GPS** Contact your local Extension office about using GPS units to hold a geo-caching event for your club.

**Fieldtrip!** A tour is a great hands-on experience. Visit the Game and Parks Commission, nature preserves, landfills or a recycling center.

**Community Service** Clean up a neighborhood park or plant flowers in a vacant lot.



#### The Insect Challenge

- 1) Youth will learn: types of insect habitats, the difference between camouflage and mimicry, benefits for having these abilities and methods to identify insects.
- 2) Materials needed may include: cardboard or posterboard for mounting project, varying weights and colors of paper, rubber cement, paper clips, pipe cleaners, clothes pins, paints, colored pencils, and natural materials.
- 3) Research resources may include: Peterson's Field Guide-Insects, The Study of Insects, The Science of Entomology.
- 4) Using the gathered materials and information gained from research, construct your insect and habitat taking into consideration stage of development and time of year. (Use only adult insects for this activity)
- 5) Place the insect in its habitat in a realistic location. Remember the activity is to illustrate that insects are capable of camouflaging or mimicking other insects or plants to hide from predators.
- 6) Youth will rotate to each habitat, find the insect and record specific items in the habitat that help the insect hide. Are they using camouflage or mimicry and were they using their method of defense?



## CALENDAR OF EVENTS

### Introducing the 4-H Diamond Clover Program — Meeting March 15

Nebraska 4-H is excited to introduce the Nebraska 4-H Diamond Clover Program. This new, exciting and noncompetitive program recognizes the accomplishments of 4-H members from 8–18 years of age. This program is self-paced with six levels, designed to encourage youth to participate in a variety of projects, activities, leadership and citizenship. Each of the levels, with age designations, provides a list of accomplishments and recognition upon completion. Complete information is at <http://4h.unl.edu/kids/diamond>. 4-H volunteers and members are encouraged to attend a meeting on Saturday, March 15, 9:30 a.m. at the Lancaster Extension Education Center to introduce the Nebraska 4-H Diamond Clover Program and to discuss the 4-H Career Portfolio (formerly called record books). RSVP by calling 441-7180 by March 13.

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