The 4-H Cloverbuds Program is for youth between the age of five - seven years old on January 1 of the current calendar year. This program is designed to be hands-on and non-competitive.

The 4-H Cloverbuds Meeting Ideas worksheets have been developed and designed by Lisa Poppe, Extension Assistant and Tracy J. Behnken, Extension Educator.

This meeting ideas worksheet is based on information gathered from the “Bicycle Adventures Level 1” Youth Activity Guide, 4-H Cooperative Curriculum System.

References ~
“Bicycle Adventures Level 1” Youth Activity Guide (4HCCS BU 7504),
“Bicycle Adventures” Helper’s Guide (4HCCS BU 7506 2001) and
“Clover Kids” Leader Guide (4-H 444)
are available from your local Extension Office.

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.
**ACTIVITY IDEAS**

- Protect your noggin, talk about helmet safety and the proper fit of a helmet.
- Learn your Bicycle ABC’s.
- Stop, Look and Listen / Scan and Signal, practice proper turn signals.
- Talk about road hazards.
- Play Bicycle Bingo, found on page 16 of the Helper’s Guide
- Play Cycling Quiz Bowl, found on page 13 & 14 of the Helper’s Guide.
- Develop a bike rodeo.

**FIELD TRIP IDEAS**

- Visit a bike shop.
- As a group, bicycle on a near by trail using proper safety guidelines.

**COMMUNITY SERVICE IDEAS**

- Ask a police officer to talk at a school program on bike safety.
- Develop a bike rodeo for a 4-H workshop.

**FAIR EXHIBIT IDEAS**

- Poster on bicycle safety
- Scrapbook on bicycle safety

**ROLL CALL IDEAS**

- What type of bike do you have?
- What is one safety tip to remember when riding your bike?