

JUST OUTSIDE THE DOOR

4-H Cloverbuds Meeting Ideas

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.

There are eight meeting ideas worksheets based on information gathered from the "Just Outside the Door" Leader's Guide, A Unit of Kaleidoscope, The Michigan 4-H Youth Programs, Cooperative Extension, Michigan State University.

For your reference, each meeting activity indicates the specific page where the activity can be found in the "Just Outside the Door" Leader's Guide.

References ~

"Just Outside the Door" Member Packet (4-H 1461),
"Just Outside the Door" Leader's Guide (4-H 1460) 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



I KNOW HOW TO BE A FRIEND

MEETING ACTIVITY #1 - Refer to Page 7

About Me...My Friend

- Have each child draw a picture of one of his/her friends.
- Then tell them to write (or have an adult write) the friend's name and some things they like about their friend on the sheet.

TALK ABOUTS

Read the book, *"How to be a Friend"* by Marc Brown

- What is a friend?
- Who can be a friend?
- Why do people want to have a friend?
- How can people show each other that they are friendly?

Friendship Collage

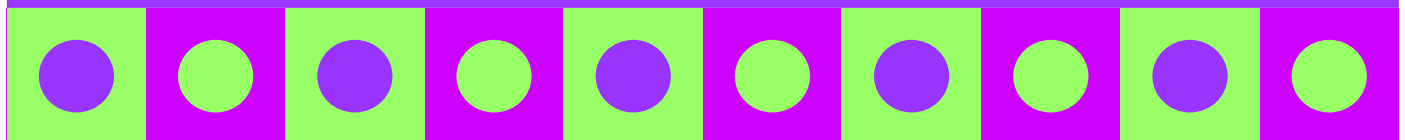
- Tell the children they're going to make pictures of their friends.
- Have them glue paper circles onto the construction paper.
- They can use them as friends' faces and then gather collage materials for features and hair.
- Children can either write their friends' names or have an adult write for them.

Water Balloon Toss Game

- Have the children choose a partner to be their friend.
- Have each set of partners take turns tossing their balloons to each other.
- After each successful toss, each "friend" takes one step back.
- Beforehand, let the children decide as a group what will happen if the balloon drops and breaks.

TRIPS or WALKS

- Visit a senior citizen center and present handmade friendship cards to the residents.
- Organize a mutual exchange project with another 4-H group. Exchange artwork, a cooperative snack, a skit, a favorite story or a puppet show.



MY CLOTHING AND THE WEATHER

MEETING ACTIVITY #2 - Refer to Page 10

Experiment #1

- Put one thermometer under a light colored hat or piece of clothing and another thermometer under a dark colored hat or piece of clothing.
- Wait 15 minutes.
- Check to see if there has been an increase in the temperature.

Experiment #2

- Lay a large piece of plastic outside with an assortment of clothes made of different fabrics (windbreaker or coated rain coat, 100 % cotton t-shirt, and fabric treated with a liquid repellent such as Scotchgard).
- Have the children carefully sprinkle each of the clothes with the water. Tell them to watch to see the difference in the amount of water that is absorbed.
- Discuss how the fabrics that absorbed the water are best to wear when you might get hot and sweaty, while the ones that do not absorb water would be better to wear in the rain or cooler weather.

Weather/Clothing Poster

- Draw symbols in each corner of the four sections of your posterboard to represent the different types of weather (sunny and warm, rainy, snowy and cold, and windy).
- Place an assortment of pre-cut pictures in a box or bag from magazines or catalogs.
- Have the children take turns pasting the pictures onto the section of the posterboard that corresponds to the weather that's appropriate for the clothing.

Costume Relay Game

- Divide the children into two teams.
- Pick a starting line for the teams to stand behind. Put the bags or suitcases of clothes 20 feet away. Make sure each bag or suitcase contains the same number and types of clothes and the clothing is in the sizes large enough to be put on by all the children.
- At the "On your mark, get set, GO!", one member of each team should run to the team's bag or suitcase and put on the clothes as quickly as he/she can, then take off the clothes and put them back in the bag and run back to the starting line.

Make Sun Visors or Decorate Caps

Decorate Flip Flops with Fabric Strips

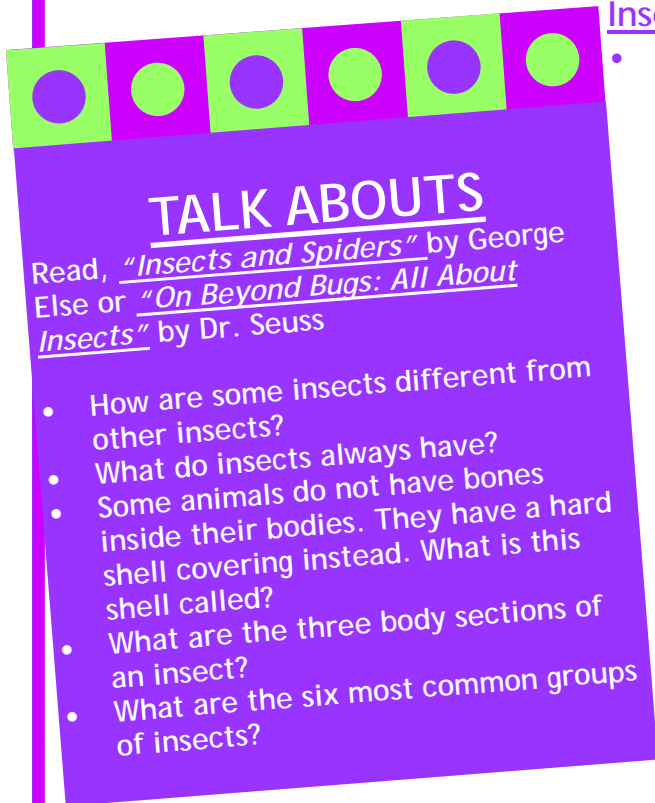
TALK ABOUTS

Read "*Moley Gets Dressed for all Weather*" by Sue Hendra or "*Froggy gets Dressed*" by Jonathon London

- Why is clothing useful?
- What are other ways we can protect ourselves from the weather?

BILLIONS OF INSECTS

MEETING ACTIVITY #3 - Refer to Page 13



TALK ABOUTS

Read, *"Insects and Spiders"* by George Else or *"On Beyond Bugs: All About Insects"* by Dr. Seuss

- How are some insects different from other insects?
- What do insects always have?
- Some animals do not have bones inside their bodies. They have a hard shell covering instead. What is this shell called?
- What are the three body sections of an insect?
- What are the six most common groups of insects?

Insect Model

- Using an assortment of bottle caps, egg cartons, styrofoam balls, buttons, pipe cleaners, clay dough, yarn, cotton balls, etc. allow time for the children to make insect models.

Crickets and Bugs

- Divide the children into two teams- the Bugs and the Crickets.
 - Choose a leader for each team.
 - Make two goal lines about 25 yards apart.
 - Have each team stand at their goal line, and have the Bugs stand with their backs to the Crickets.
 - The Crickets should then silently creep up on the Bugs and stand behind them.
 - Then the leader of the crickets calls out, "Run, Crickets, run!"
- The Crickets hurry back to their goal line and the Bugs turn around and chase them.
 - Then they switch, have the teams take turns chasing each other until all of the children have had a turn being the leader.

Busy Bee Game

- You need an odd number of children for this game.
- Each child has a partner except for one player who is "It".
- "It" waits while partners scatter and the leader calls out various commands, such as "Back to back," "Face each other," "Shake hands," "Flap your wings".
- When the leader calls out "Busy Bee!" everyone has to get a new partner, including the child who is "It".
- The child who does not find a new partner becomes the new "It".
- Play until everyone has a turn being "It".

AN INSECT'S LIFE

MEETING ACTIVITY #4

Refer to Page 19

An Insect Life Mobile

- Prepare the parts of each mobile: eight eggs, four caterpillars (larvae), two cocoons (pupae), and one butterfly, and four eggs, two young grasshoppers (nymphs), and one adult grasshopper. These can be drawn free hand or made from

TALK ABOUTS

Read, "*The Very Hungry Caterpillar*" by Eric Carle

- How do insects come into the world?
- What are two ways that insects change?

patterns traced from the pictures provided in the Just Outside the Door leader's package.

- Have the children color the various life stages before assembling the mobile.
- Talk about how the butterfly has a sudden change (metamorphosis) and the grasshopper has a gradual change.

Bug Masks

- Have each child cut a shape that is at least as large as his or her own face out of construction paper.
- Have the children use their imaginations to make their own insect face using materials such as sequins, glitter, yarn, pipe cleaners and buttons. Remind them to make eyes.

Caterpillar Race Game

- Divide the group into two teams of equal members.
- Have the members of each team straddle a rope (or pole) and grasp it with both hands.
- At a signal, the teams race to a goal line 15 yards away, cross it and come back.

FABULOUS FRUITS

MEETING ACTIVITY #5

Refer to Page 25

Make your Own Fruit

- Use clay dough to have the children create their own favorite fruits.
- Provide a variety of seeds, such as poppy seeds, corn kernels, apple seeds, or orange seeds.
- When they have finished, have them show the others their creation and tell where the seeds are found.

Fruit Market Game

- Have the players stand in a circle and ask each one to choose the name of a different fruit.
- Choose one player to go to the middle of the circle to say, "I'm shopping in the fruit market, and I want an apple and a pear" (or whatever fruits he/she wants).
- The players with these names must then change places, and the player in the middle should try to take one of their empty places.
- The player left without a place goes to the middle and repeats the process.
- Play until everyone has had a turn being the shopper.

TALK ABOUTS

Read, "*Eating the Alphabet from A to Z*", by Lois Ehlert or "*Blueberries for Sal*," by Robert McCloskey.

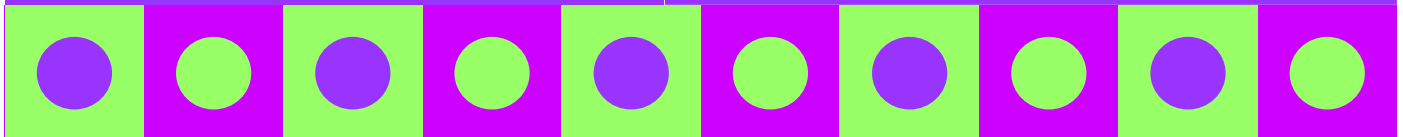
- What part of a plant is a fruit?
- How are fruits different from one another?
- Where can you find fruit on a plant?
- Why should we eat fruits?

Poster Collage

- Have the children cut out pictures of fruit in magazines and paste them on a poster titled FRUITS.

Visit a Fruit Farm

- Allow the children to pick the fruit.
- Have them wash the fruit and eat it.



SURPRISING SEEDS

MEETING ACITIVITY #6 - Refer to Page 27

Inside a Seed

- A day before the meeting, place an assortment of large dried beans in water and soak them overnight.
- Give each child a paper towel and set out the containers of beans.
- Tell children to take a few of each kind of bean.
- Show them how to carefully pry open the beans and have them look at the parts of beans. Let the children know that the seed coat is on the outside to protect the seed.

Where Do Seeds Come From?

- Give each child a paper towel and a plastic knife.
- Place the fruits in front of them and ask them to guess what is inside.
- Let them cut the fruits open and remove the seeds.
- Ask the children questions such as: What did you find inside the fruit? What color are the seeds? Are the seeds the same shapes? Are the seeds the same size? What will happen if you plant the seeds? What kind of plant will grow from each seed?

Roasting/Toasting Seeds

- Gather seeds (pumpkin, squash, melon or sunflower)
- Seeds that are julled (that is, no longer in their shells) can be roasted in a frying pan over low heat or toasted in a shallow pan in an oven heated to 325 degrees. DIRECTIONS: Mix about 1 cup of seeds with 2 teaspoons of vegetable oil and 1 teaspoon of salt. Heat and stir frequently to prevent scorching. The time required will be from 2 to 6 minutes, depending upon the dryness of the seeds.

Seed Medallions

- Before the meeting, cut the cardboard circles and punch a hole close to one edge.
- Have the children spread a thick layer of glue on one side of their cardboard circle.
- Have them carefully arrange a variety of seeds in a pattern on the glue.
- After the medallion is completely dry, spray with a clear glaze spray (optional).
- Give each child a 36 inch loop of yarn or a shoelace to thread through the hole and tie in a knot.
- It's now ready to wear!

TALK ABOUTS

Read, "The Magic School Bus Plants Seeds," by Joanna Cole, "How a Seed Grows", by Helene J. Jordan, or "From Seed to Plant," by Gail Gibbons.

- What are seeds a part of?
- Why do we plant seeds?
- What part of the plant are seeds found in?
- How are seeds different from one another?
- What are the different parts of the seed?
- Besides planting seeds to grow more plants, what else can we do with seeds?

WET AND WONDERFUL

MEETING ACTIVITY #7 - Refer to Page 34

Water Dissolves Things

- Give each child a food item (salt, sugar cubes, powdered sugar, honey or syrup, flour, uncooked beans, cooking oil, butter or shortening, uncooked rice), and ask him/ her to tell you what it is.
- Then give each child a plastic cup, a spoon and a straw.
- Have the children pour some water in their glasses.
- Then tell them to use the plastic spoons to add some of their food to their glass of water and then stir with the straws.
- Ask what happens when they do this.

Cork Sailboats

- The day before the meeting, cut white paper into 2 inch squares, then cut each of the squares in half diagonally to make the sails.
- Ask the children if they have noticed that some things float in water. Ask them to think of things they have seen floating at some time.
- Tell them that they are going to make something that will float on water - a sailboat.
- Put out crayons and colored pencils and give each child one of the triangular pieces of sail.
- Have them write their name on the sails and decorate it as they like.
- Give each child a cork and have them choose a colored toothpick for the mast.
- Have them insert the toothpick through the sail. Then have them stick the toothpick into the middle of their cork.
- After the children finish their boats, have them put the boats in the large basin of water to see if they float.

Outside Water Fun

- Have each child bring a swimsuit and towel to the meeting.
- Spread a sheet of plastic on level grassy ground. Stake it down and spray it with water.
- Have the children take turns running and sliding down the plastic sheet.
- Talk about how the water spreads out on the plastic after it flows out of the hose.
- Take garden hoses and show the children how the water flows out of the hose. Point out to the children that the water spreads out on the ground and doesn't stay in one shape.

TALK ABOUTS

Read "The Magic School Bus Wet all Over," by Joanna Cole

- What happens to water when it is poured?
- What happens to things, such as boats, when you put them in water?
- What is ice?
- What changes ice into water?
- What happens to things like sugar when they are put into water?
- What is it called when water goes into the air?

BIRDS OF A FEATHER

MEETING ACTIVITY #8 - Refer to Page 38

TALK ABOUTS

Read, "*Fine Feathered Friends*", by Tish Rabe; "*About Birds: A guide for children*", by Cathryn P. Sill; or "*Birds in Your Backyard*," by Barbara Herkert.

- What is it that only birds have?
- How are birds different?
- How can you attract birds to your house?

Bird Puppets

- Gather pictures of different birds from magazines or books.
- Show the children the different pictures of birds. Point out that birds come in different sizes, shapes and colors, and that different birds have different shaped bills.
- ASK: What do all of the birds have in common? (Feathers)
- Tell the children that they are going to make bird puppets and they will be able to decorate their puppets with feathers, because all birds have feathers.
- Give each child a sock.
- Have them cut a very small hole in the end of the sock. Then have the children choose buttons for eyes for their puppets and glue them on above the hole.
- Let the children decorate their puppets as they like, using real feathers, feathers cut out of construction paper or feathers drawn on their socks with markers.
- After the birds have been decorated, have the children look at the bird pictures again. Point out how birds have different shaped bills, depending on what kinds of food they eat.
- Show the children the straws, milk carton bills, spoons, and toothpicks and explain that these things are a lot like the bills of different birds.
- Have them choose one for their puppet, insert the "bill" through the end of the sock, and hold onto it from inside the sock puppet. Have them use rubber bands to keep the puppets on their hands.

Feather Fun

- Talk about what makes a bird a bird. Remind children that birds are the only animals that have feathers.
- Have each child choose a feather by using the sides of crayons on paper placed on top of the feather.
- The rubbing will look most like a feather if the coloring strokes are perpendicular to the shaft (center) of the feather. The outer edge of the feather will be very faint.
- You may want to have the children outline this edge with a different color crayon.
- Have the children cut out their feather rubbing.

Feeding Birds

- Give each child a pinecone and some yarn or string.
- Have them tie the string or yarn securely around the pinecone, wrapping it around the cone several times.
- Then have them use the knives to spread peanut butter generously all over the pinecones.
- Have them roll each pine cone in bird seed.
- Tell them that when they take these feeders home, they can be hung outside a window to attract birds.
- Several kinds of bird feeders can be used in this activity.