

EXPLORING YOUR BODY

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.

This meeting ideas worksheet is based on information gathered from the "Exploring Your Body" Helper's Guide, 4-H Cooperative Curriculum System.

References ~

"Exploring Your Body" Helper's Guide (4HCCS BU-06857)
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



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*** Check out the Helper's Guide for some great handouts! ***

ROLL CALL IDEAS

- What is one of the pillars of character?
- Name one thing you look for in a friend.
- Name one good manner.
- What is one thing in a first aid kit?
- Name one thing that keeps you healthy.

ACTIVITY IDEAS

Body in Motion

- Talk about germs and proper hand washing techniques. (The Extension office has a glitter bug machine and videos that show proper hand washing.)
- Talk about brushing your teeth and the importance of healthy teeth.
- Protect Your Skin: Discuss Sun Safety.

Circle of Friends

- Who is in a family? Describe different types of families. Look through magazines and books of families doing things together.
- Talk about traits of being a good friend.
- Discuss good and bad manners.
- Talk about children with disabilities and how we can include them in activities.

Brain Power

- Squiggle Art: What is creativity? Put a squiggle on the chalkboard and ask members to look at the line and brainstorm what they see in the squiggle. Add to the squiggle until it resembles a picture. Have the children do the same.
- Make First Aid Kits.
- Discuss the Food Guide Pyramid.

Express Yourself

- Talk about different feelings people have about different things.

Dream On

- Make a collage about yourself. Find pictures in old magazines that show things about yourself and put them on a poster.
- Discuss thumb prints and how everyone's are different. Make thumb print pictures.

Bicycle Safety

- Discuss bicycle safety.
- Talk about the rules of the road when riding your bike.

COMMUNITY SERVICE IDEAS

- Distribute safety rules on grocery sacks, the rules can be bicycle safety, sun safety, staying home alone, etc.
- Donate personal hygiene items to a local shelter.
- Donate suitcases to foster children.

FIELD TRIP IDEAS

- Talk to a police officer about bicycle safety.
- Have the youth fingerprinted by the police and fill out a card describing themselves.
- Tour a fire station and ambulance.
- Share a meal together using good manners.

FAIR EXHIBIT IDEAS

- Homemade First Aid Kit
- Poster on bicycle safety
- Poster about the Food Guide Pyramid
- Thumb print pictures
- Poster or notebook describing your family and what they do together