

Cloverbuddies

A 4-H exploration activity series
for Cloverbud members



September 2019

Welcome to
4-H!



Take the Pledge

How well do you already know the official 4-H Pledge? Using the Word Bank below, fill in the correct word in each of the blank boxes to complete the pledge. Don't worry, you will have it memorized soon!



4-H PLEDGE

I pledge my to clearer
 my to greater
 my to larger
 and my to better
 for my my
 my and my .

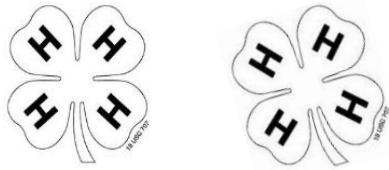


Word Bank:

| | |
|--------|-----------|
| LIVING | COUNTRY |
| HEAD | COMMUNITY |
| HANDS | WORLD |
| HEALTH | SERVICE |
| HEART | CLUB |

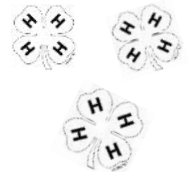
Why 4-H?

Choosing to be a part of 4-H in La Crosse County is a decision that will help you as you grow up in school, life, with friends and with your future. Even after you graduate one day from being a 4-Her, you will always be an alum for life. Read below to see all the different pieces that will make up your 4-H journey this year!



The 4-H Club Meeting

It's fun to meet with your friends. That is what a 4-H Club meeting is all about. It is usually once a month. In some clubs, Cloverbuds may attend the 4-H meeting. In other clubs, Cloverbuds may have their own meeting. Sometimes Cloverbuds may meet with the 4-H Club for a little time and then meet in their own group. Whenever the Cloverbuds meet in your club, remember, you are an important part of your 4-H Club!



Activities & Events

4-H helps you try to do something new and learn from others. Your parent/guardian will help you know what is going on in 4-H. Go ahead, explore what 4-H has to offer!



Friends

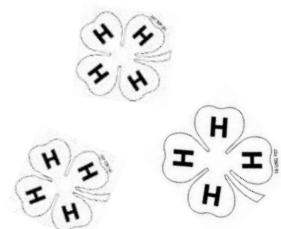
In 4-H, you can meet many youth. Some could live near your home and others might live far away. Some may be older than you, others may be younger. 4-H gives you the chance to make new friends!

4-H Projects

When you sign up to be a Cloverbud, you can learn more about what interests you with the help of your parent/guardian, your 4-H leader, and the 4-H Cloverbud information you can get from the UW-Extension Office.

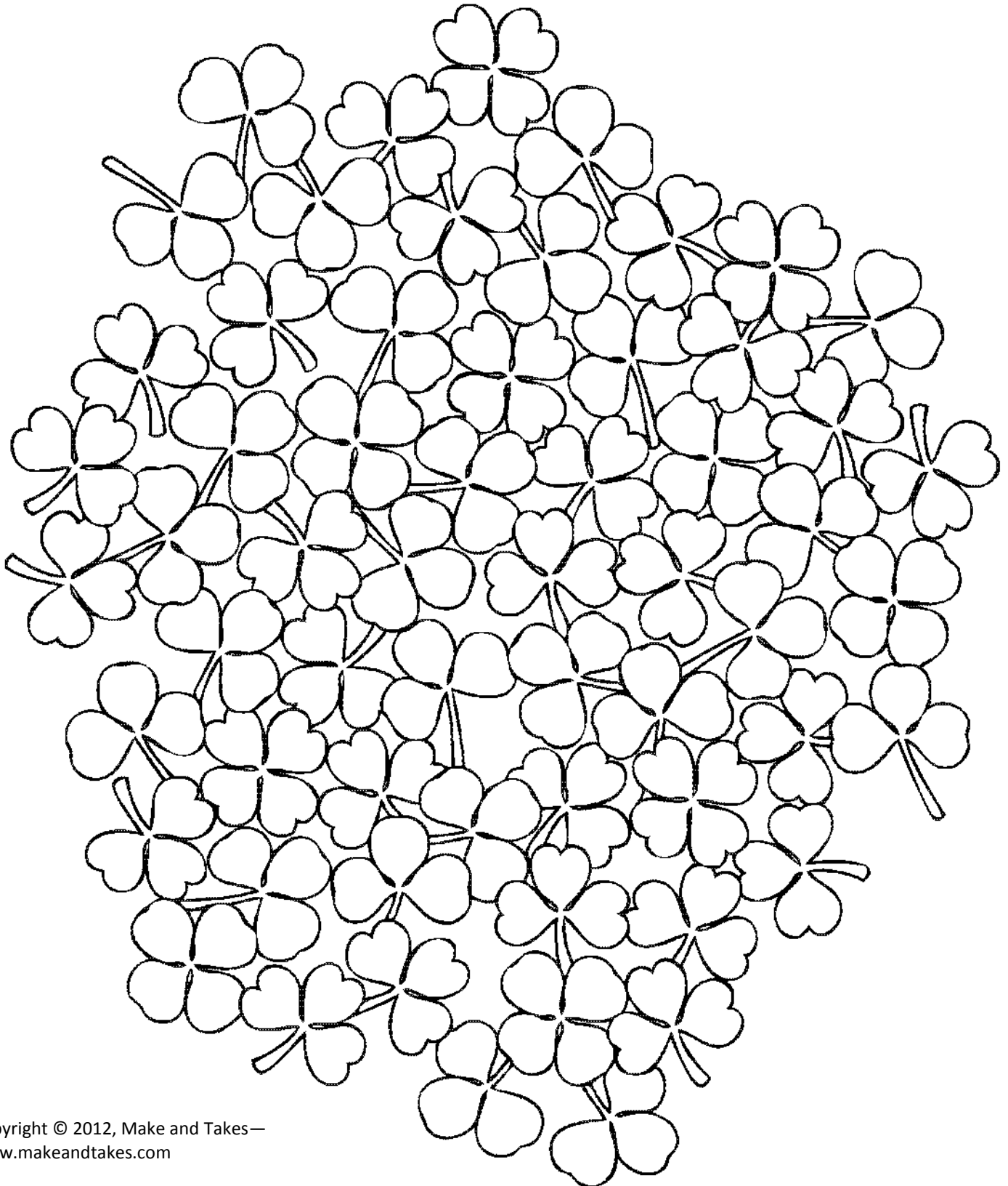
Help from Others

Teens and adults teach youth in the 4-H program. They will share what they know in a fun way. You can learn so much in 4-H!



Clover Hunt

The iconic symbol of 4-H is the four-leaf clover. Each leaf of the Clover stands for Head, Heart, Hands, and Health. See if you can find all 10 of the four-leaf clovers hidden below!



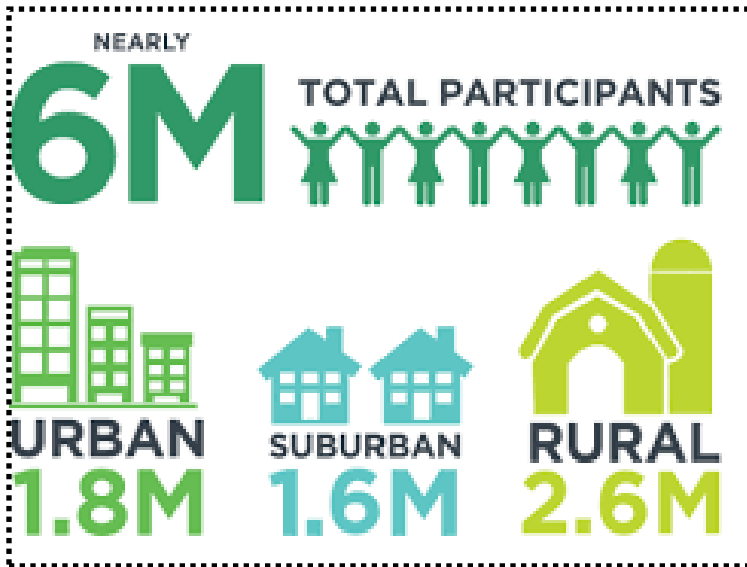
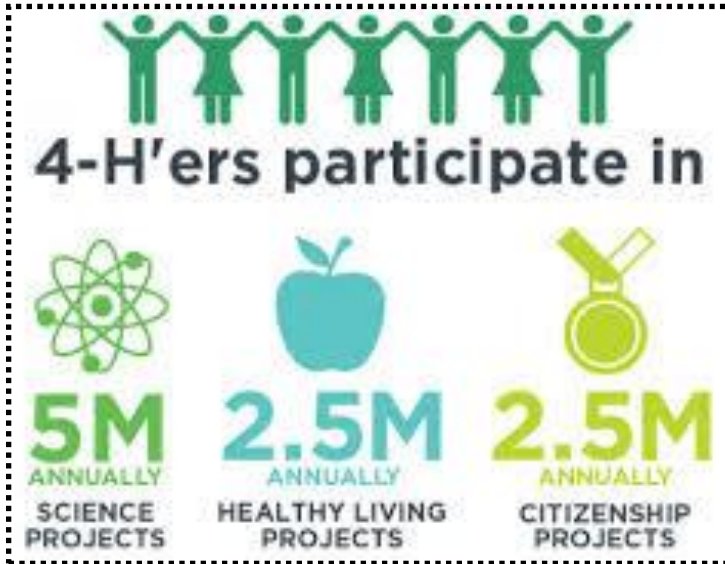
Color Change

September always marks the beginning of fall, and the start of not just another school year, but 4-H year too. Color the picture below and think about all the fun things that await you on your 4-H journey this year!



Fast Facts

With so many options for kids to participate, do you ever wonder if choosing to be a part of 4-H was the right decision? Kids these days are busier than ever, but just look what a head start 4-H gives you by reading the facts below!



Goal Setting

Goal-setting is an important skill that you will use throughout your life. Setting good goals will help you accomplish your wildest dreams. Answer the questions below to set yourself a Smart Goal for 4-H this year.



1. One thing I want to do in 4-H this year is

2. I will know when I meet my goal by tracking

3. TRUE or FALSE: I think I can complete this goal.

4. TRUE or FALSE: This goal is likely to happen.

5. It will take me _____
(amount of time) to complete my goal.



August Answer Keys

Answers to all *Cloverbuddies* activities will appear on the back cover of the following month's issue. For answers to this issue, watch for October's installment of *Cloverbuddies*!

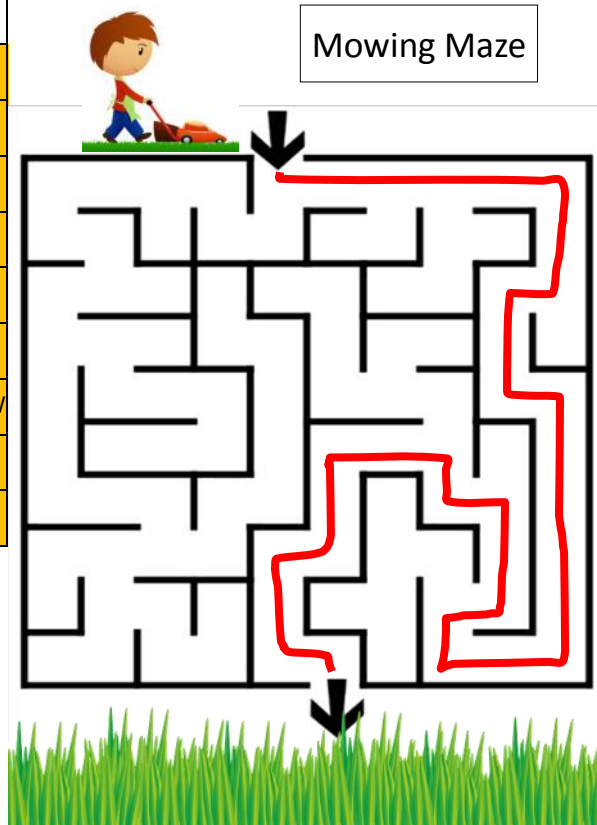
Woodwork Wordsmith

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Bicycle Basics

1. HELMET
2. INJURY
3. SEAT
4. TIRES
5. BOTH
6. BRIGHT
7. SIGNAL
8. BRAKES
9. RIGHT
10. LEFT

Mowing Maze



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