

CLOVERBUDDIES

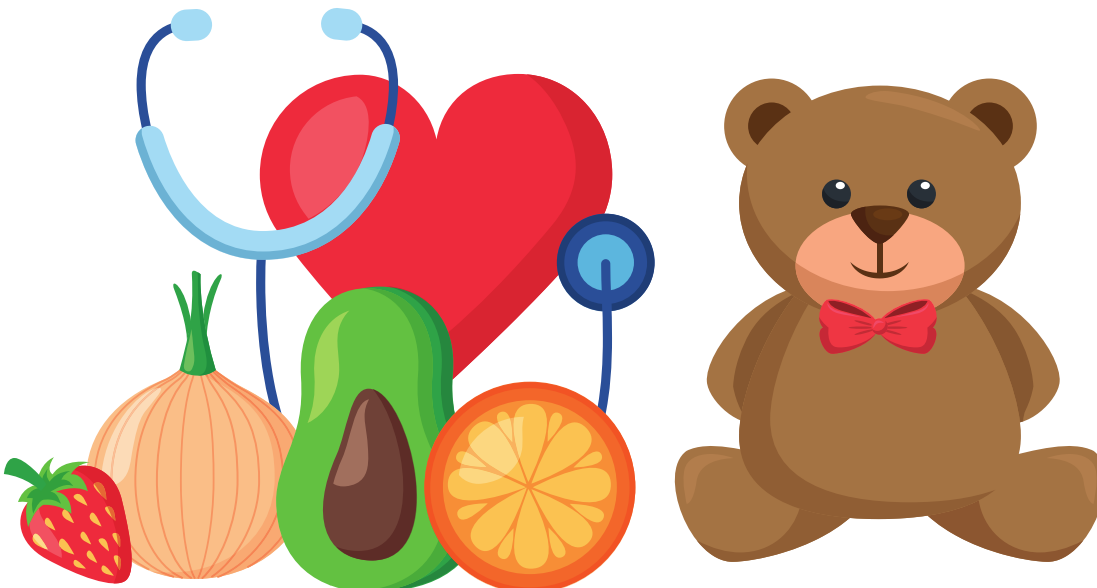
**A 4-H EXPLORATION ACTIVITY SERIES FOR
CLOVERBUD MEMBERS**



OCTOBER 2024

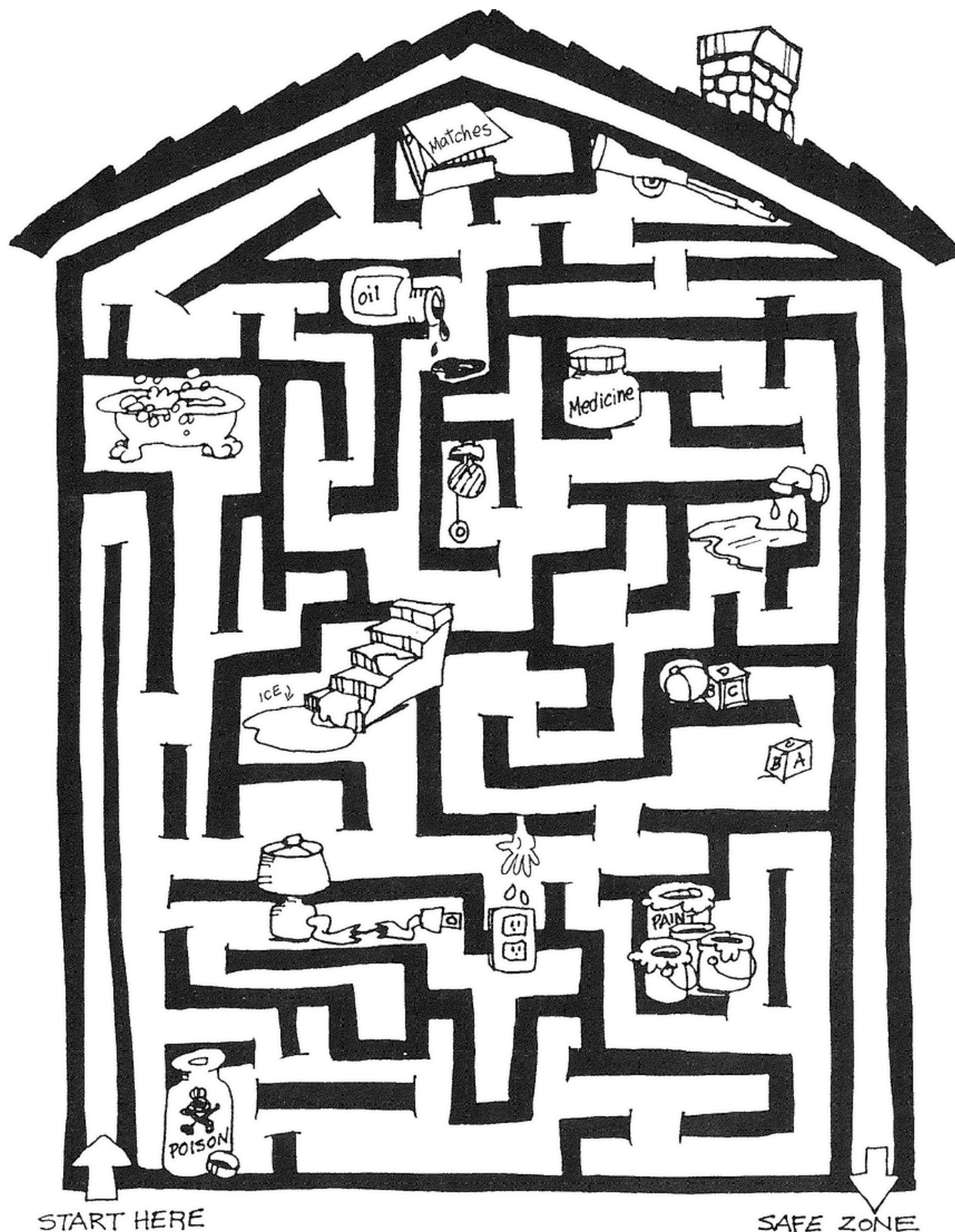
PROJECT EXPLORATION:

**FAMILY, HOME & HEALTH
AND
FOODS & NUTRITION**



HOME SAFE HOME

Home Environment is a 4-H project that involves exploring your home to learn about home care, decorating, and home activities. Work your way through the maze below-be careful to avoid the hazards! A “hazard” is something that could make you or someone else unsafe when not used for its correct purpose. As you reach a hazard in the maze, color it in and take some time to talk with someone you live with about how that item is a hazard or not a hazard in your own home.



FUN & FITNESS

We all know that a big part of being healthy means getting exercise! How do you exercise to stay healthy? Use the chart below to list the ways you exercise for 1 week.

EXERCISE	SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.

Reminder!! Exercise doesn't have to be a chore. Walking the dog, jumping on the trampoline, playing tag, or raking leaves are all great activities that count as exercise!

which exercise was the most fun? _____
 why was this exercise the most fun? _____

what are 3 exercises that you can do in your life that aren't already on your chart? _____

kitchen scavenger hunt

For Foods & Nutrition projects, one thing you can do when you are older is make a food and show it in the 4-H Foods Revue for prizes and ribbons. Before that happens though, you will have to know your way around a kitchen first. Hunt through your kitchen for the items below and see if you can find them all! Once you find the item, write down its name and what you think it is used for.

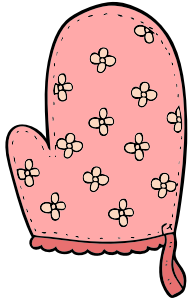
Remember-being in any kitchen means safety first! Have a parent or older adult help you for things that you can't reach or that you don't know how to use.



name: _____
use: _____



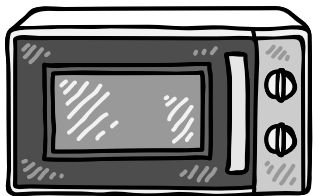
name: _____
use: _____



name: _____
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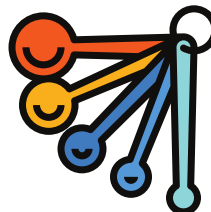
name: _____
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name: _____
use: _____

Cake Decorating

Cake Decorating remains a popular 4-H Project that you can participate in when you are older and even enter your own cakes in the annual 4-H Foods Revue. Use the cake sketch below and fill it in with your own decorations and creativity! What kind of cake will you make?



HEALTHY SNACKS FOR THE WIN

As you grow up, it is important to feed your body foods that are healthy and rich in vitamins. These types of foods will make you grow strong and healthy! Below are some healthy snack recipes to get you started. Challenge yourself to try new foods - you may be surprised at just how tasty they are! And don't forget to ask for help anytime you are working in the kitchen.

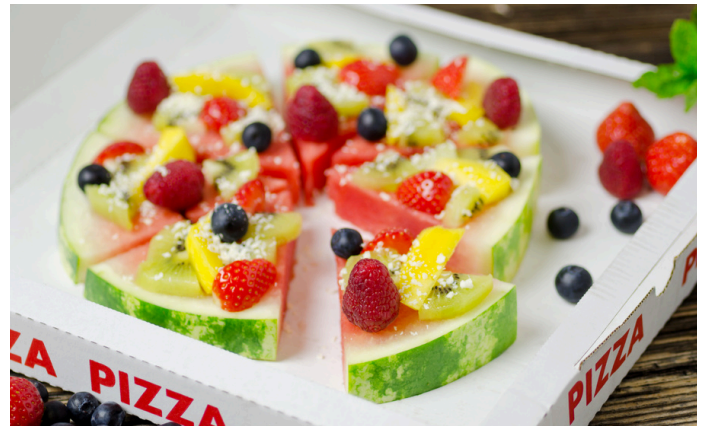


Apple Donuts:

- Apple Slices
- Peanut Butter
- Chocolate Chips, oatmeal, granola, nuts, or sprinkles

Mini Fruit Pizzas:

- Watermelon slices
- Raspberries
- Blueberries
- Pineapple
- Kiwi



DIY Trail Mix:

- Peanuts
- Cashews
- M&M's
- Almonds
- Raisins

THE GOOD KIND OF GROUNDED

Do you ever feel scared, nervous or overwhelmed? It's okay to feel that way sometimes; in fact, it's totally normal. Below is an exercise you can try in mindfulness to help you with these anxious feelings. The point of the exercise is to help you focus on tangible things to make you feel grounded and present in the moment. Go ahead and give it a try!

What are 5 things you can see around you right now?

- 1.
- 2.
- 3.
- 4.
- 5.

What are 4 things you can hear?

- 1.
- 2.
- 3.
- 4.

What are 3 things you can feel or touch?

- 1.
- 2.
- 3.

What are 2 things you can smell?

- 1.
- 2.

What is 1 thing you can taste?

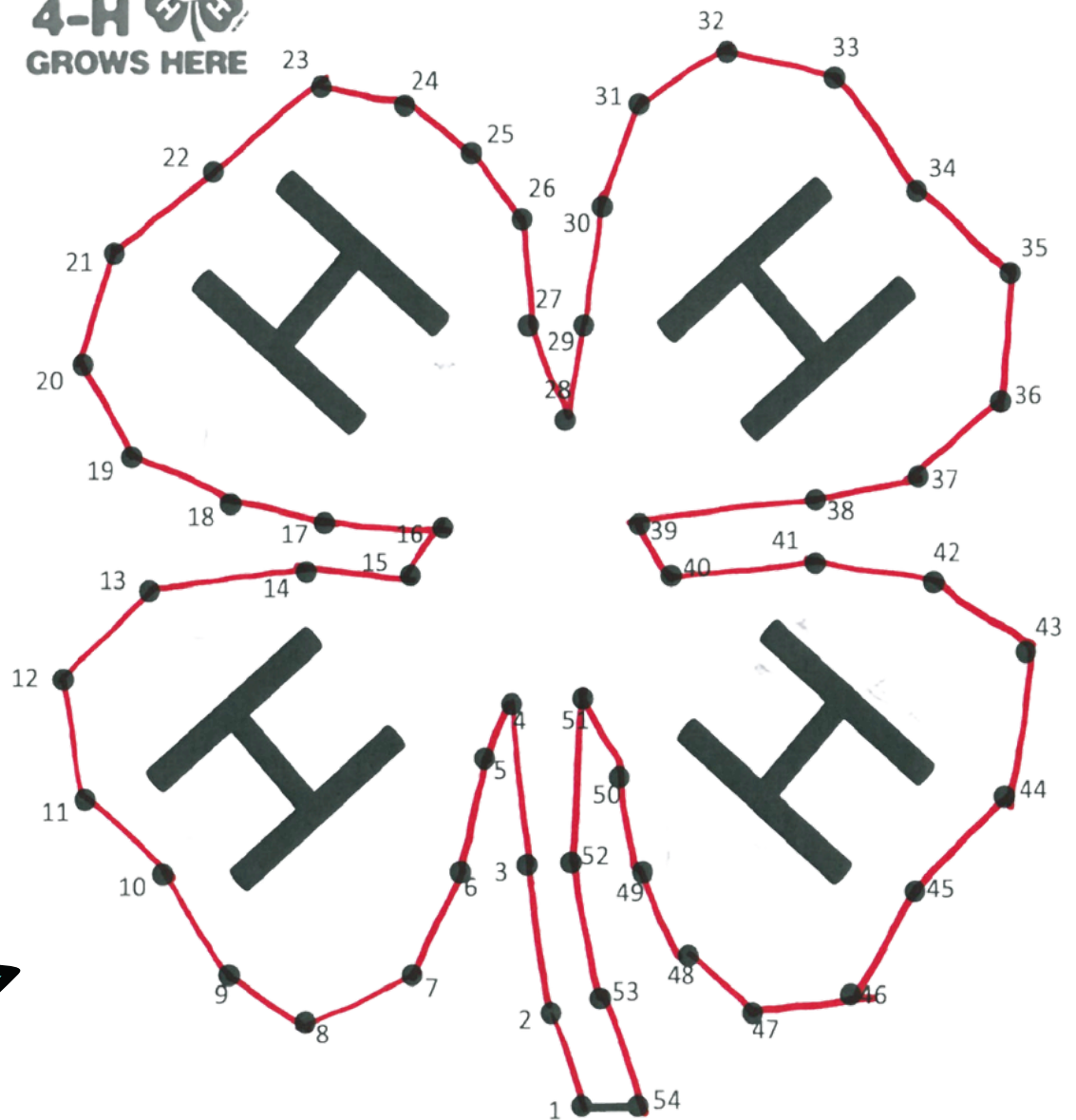
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AUGUST ANSWER KEYS

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

TOOLS IN TOWN



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