CLOVERBUDDIES

A 4-H EXPLORATION ACTIVITY SERIES FOR CLOVERBUD MEMBERS

SEPTEMBER 2026

PROJECT EXPLORATION:

WELCOME TO 4-H!



UW-MADISON EXTENSION
LA CROSSE COUNTY

FOUR LEAFED 4-H

Take a moment to color the 4-H icons inside the clover. There are so many different projects in 4-H, like Animal Sciences, Clothing & Textiles, Foods & Nutrition, Mechanical and Natural Sciences, STEM, Visual Arts and MORE! Are there certain projects or areas of interest you're excited to explore?!



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!

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



Word Bank:

LIVING	HEAD	CLUB
LOYALTY	HANDS	COUNTRY
THINKING	HEALTH	COMMUNITY
SERVICE	HEART	WORLD

4-H Review

The best way to learn more about the 4-H program is to talk to people about it - your schoolmates, club members or other adult leaders. To practice your interviewing skills, pick a person from your club and ask them the questions below. Write down their answers in the space provided. Feel free to ask more questions!

MY NAME IS:

WHAT IS YOUR FAVORITE THING ABOUT 4-H?

WHAT PROJECTS ARE YOU INVOLVED IN?

ONE THING I WANT TO DO IN 4-H THIS YEAR IS:

HOW MANY YEARS HAVE YOU BEEN A 4-H MEMBER?

I AM IN THIS CLUB:

WHAT IS 1 PIECE OF ADVICE YOU WOULD GIVE TO A CLOVERBUD?

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!

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 your Extension Office.

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!



HELP FROM OTHERS

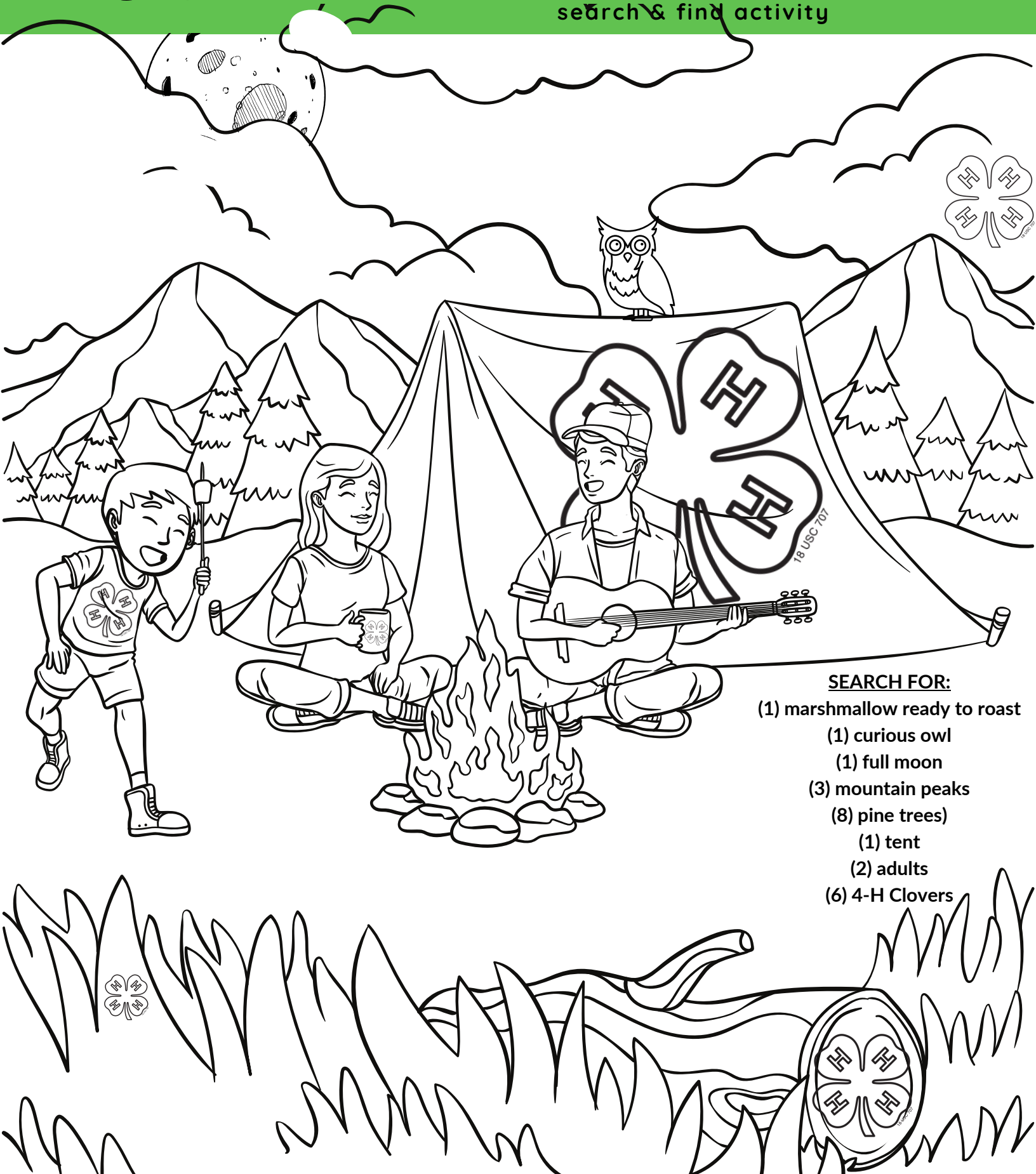
Teens and adults teach youth in the 4-H program. They will share what they know in a fun way. You can learn so much in 4-H!

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*!

CAMPING FIND

With August being so hot this year… September may be the best month for camping outdoors! Camping is a great way to get into nature - even if you camp in your backyard. Color the camping picture below and see if you can complete the search & find activity



SEARCH FOR:

(1) marshmallow ready to roast
(1) curious owl
(1) full moon
(3) mountain peaks
(8) pine trees)
(1) tent
(2) adults
(6) 4-H Clovers

4-H EMBLEM, PLEDGE, MOTTO, & SLOGAN FAST FACTS

The four-leaf clover is the official 4-H emblem.

The four H's stand for:
Head, Heart, Hands, and Health.



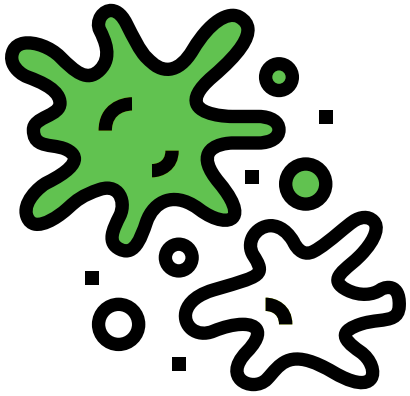


The 4-H motto is "Make the Best Better."
The 4-H slogan is "Learn By Doing."

The 4-H Pledge is:

4-H PLEDGE

I pledge my **HEAD** to clearer thinking,
my **HEART** to greater loyalty,
my **HANDS** to larger service,
and my **HEALTH** to better living,
for my club, my community,
my country, and my world.



The colors of 4-H are green and white. Green stands for youth and springtime. White stands for purity.

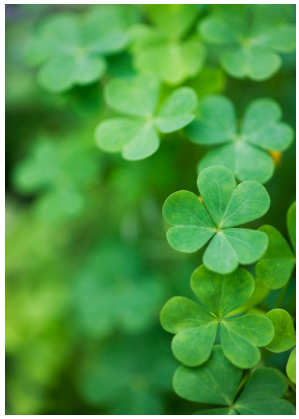
YOUR FAIR PROJECT!

Let's make a...

PHOTO TAKEN BY YOU MOUNTED ON 7"X11" WHITE POSTERBOARD

(Dept 17, Class A, Item 32)

Welcome to a new section of Cloverbuddies, where we share how to complete one fair project for each area highlighted. It's not required, but it's fun!



A photograph usually captures something you want to remember, or that you thought looked good and wanted to capture forever. Then it is mounted on a piece of white poster board that is 7"x11".

This can be a fair exhibit! Visit www.lacrosseinterstatefair.com after June 1st, and you can enter this exhibit on the registration.

- **Select Dept 17 for Cloverbuds, Class A for Cloverbud, and Item 32, Photo taken by you mounted on 7"x11" white posterboard.**
- **Youth who exhibit in the Cloverbud department participate in face-to-face judging at the fair. The judge will ask age-appropriate questions of the youth to determine their knowledge and enjoyment of the project they completed. Cloverbuds get special Cloverbud ribbons at the fair.**
- **For bonus points with your judge, explain why you chose this country and any other cool information you found out!**

Source for activity information: https://www.steampoweredfamily.com/circuit-bugs/

YOUR FAIR PROJECT!

Let's make a...

PHOTO TAKEN BY YOU MOUNTED ON 7"X11" WHITE POSTERBOARD

(Dept 17, Class A, Item 32)

MATERIALS NEEDED:

- Photograph (minimum 3.5"x5" up to maximum 4"x6"
- White Posterboard sized 7"x11"
- Tape or Glue

INSTRUCTIONS:

1. Take a photograph of something about 4-H that makes you happy (could be a club meeting, a previous cloverbud activity you completed, or anything else you want!).
2. Print this photograph (have an adult do this part for you) - remember that the photograph needs to be a minimum of 3.5"x5" and a maximum of 4"x6".
3. Now you either glue or tape your photograph to your piece of white posterboard (which us 7"x11")

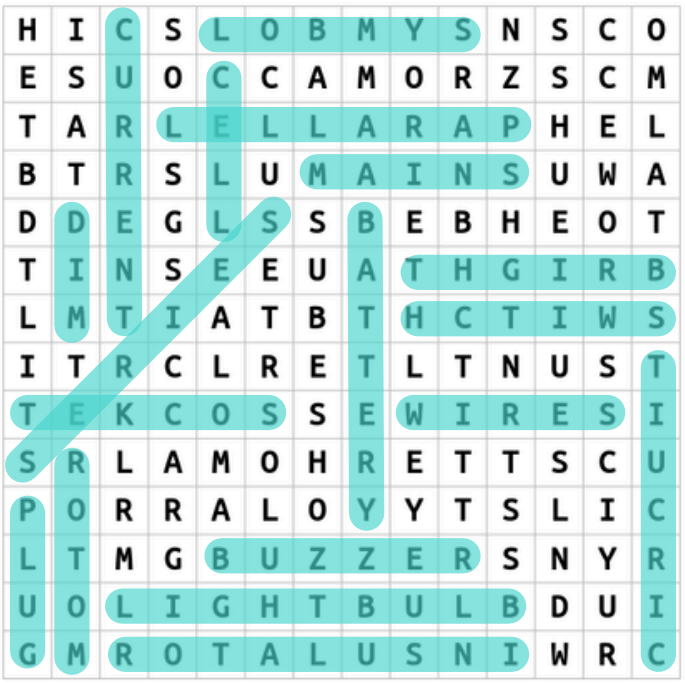
AT JUDGING

- At judging talk about why you chose this picture and what it means to you.



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!



FINDING ELECTRICITY

Bicycle Basics

These should be checked for air.

Check to make sure these are working correctly.

This should be moved to the correct height.

Wear this to protect your head.

Use this arm to make biking signals.

Wear this type of clothing so you are easily seen.

Do this to show drivers what you plan to do.

Avoid crashing your bike or you will get one of these.

Bikers should ride on this side of the road,

You should look this way before entering the street.

Bright / Reflective

Injury

Seat

Left

Right

Both

Signal

Brakes

Helmet

Tires

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