CLOVERBUDDIES

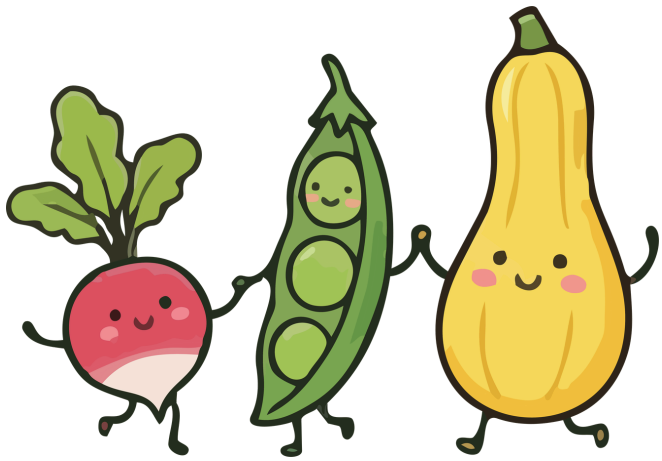
A 4-H EXPLORATION ACTIVITY SERIES FOR CLOVERBUD MEMBERS

OCTOBER 2026

PROJECT EXPLORATION:

FAMILY, HOME & HEALTH AND FOODS & NUTRITION





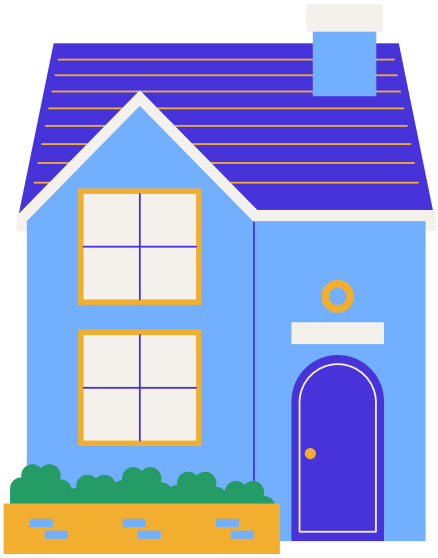
UW-MADISON EXTENSION
LA CROSSE COUNTY

CARDBOARD HOMES

Usually most of our time is spent where we call home, and everyone's homes look different. Some people have more than one place they call home. With an older family member, use cardboard from around your house to recreate what your home or homes look like from the outside!

MATERIALS:

- Cardboard – multiple kinds of are great! Find some that are flat and some with texture.
- White paper plates for the windows
- Paint/Markers to color your buildings and windows
- Paintbrushes (if using paint)
- Scissors
- Glue (elmers, hot glue, or your favorite kind of glue)



DIRECTIONS:

1. Cut out your buildings and windows from the cardboard that you think represents their texture best.
2. Before you paint your cardboard, lay everything out so you know where you want your pieces in the end after they are painted.
3. Paint your background and all of the buildings, roofs, windows etc., before gluing your pieces together. You can make blue sky, or paint the background black for a nighttime scene.
4. Once everything is painted, glue your pieces together to create your scene.

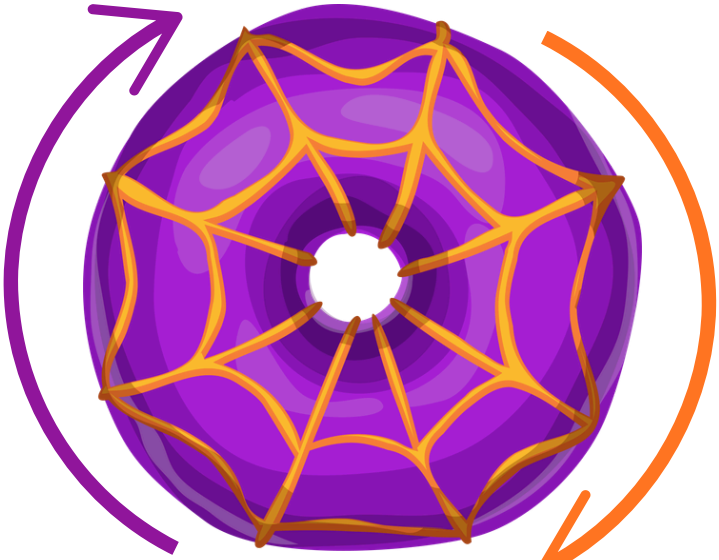


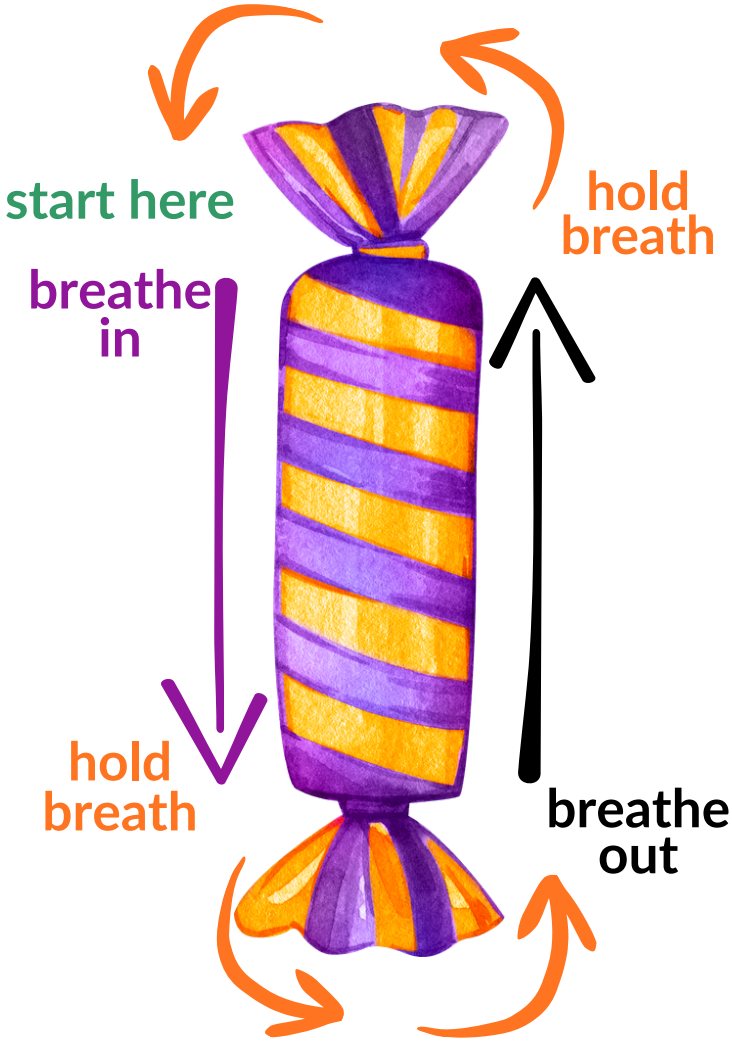


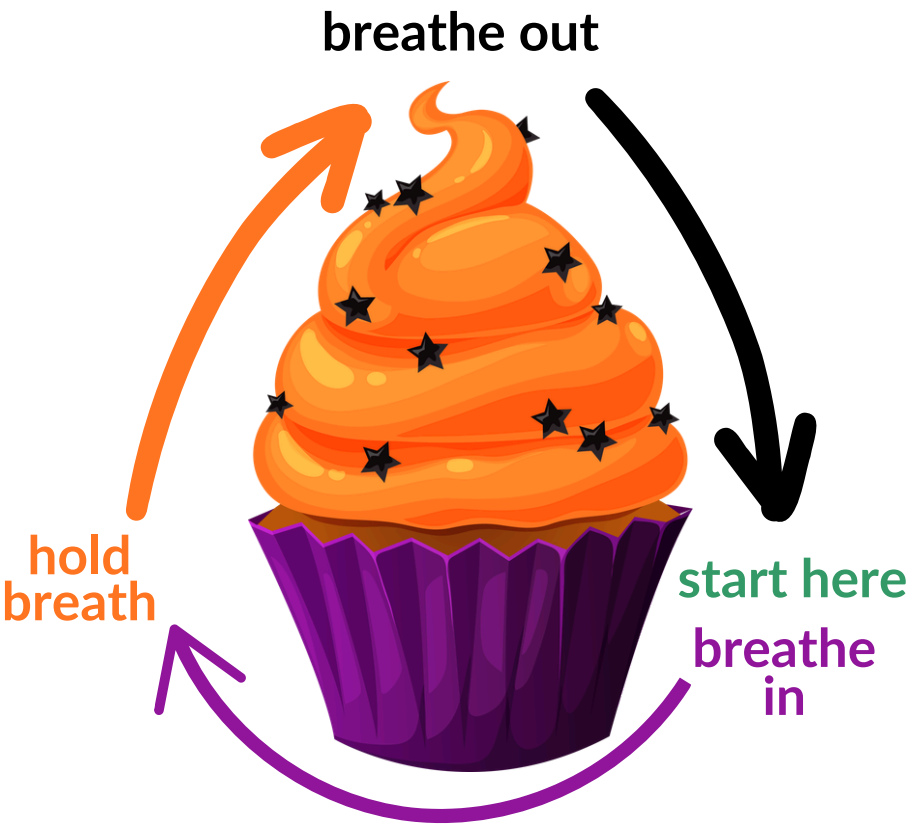
Idea sourced from: https://frugalfun4boys.com/cardboard-city-skyline-collage/

BREATHING

Do you ever feel scared, nervous or overwhelmed? It's okay to feel that way sometimes; in fact, it's totally normal. Below are some exercises you can try with breathing to help you with these anxious feelings.



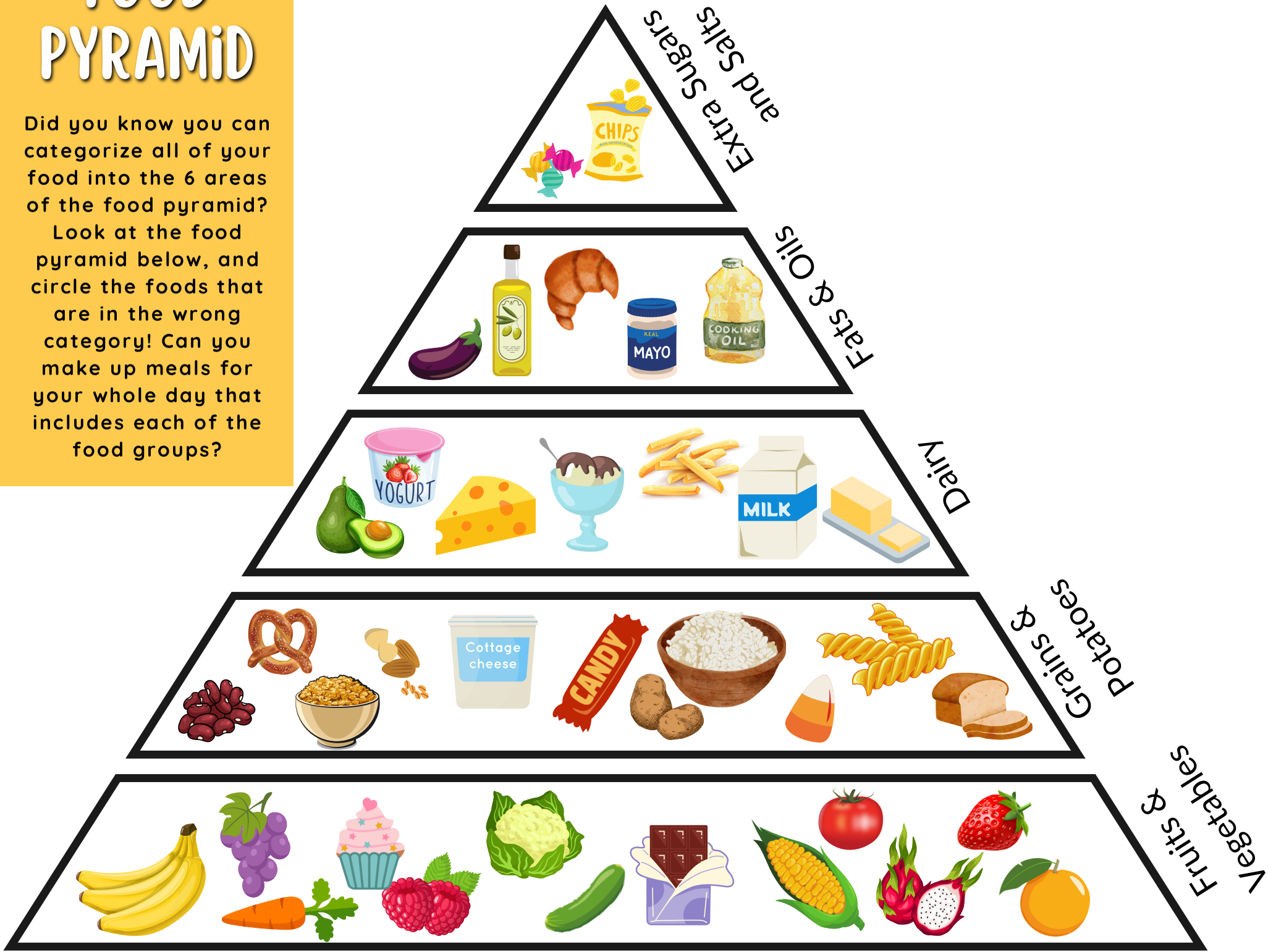




With your finger, trace the arrows and follow the instructions of when to breathe in, hold your breath, and breathe out! Try each food a few times in a row. Did you notice if you feel any more calm?

FOOD PYRAMID

Did you know you can categorize all of your food into the 6 areas of the food pyramid? Look at the food pyramid below, and circle the foods that are in the wrong category! Can you make up meals for your whole day that includes each of the food groups?



TALK To Me

Families are made up of many different kinds of people, and not everyone has a family exactly like yours. It's important to create relationships with your family members, use the conversation starters below to get to know your family better!

WHAT 3 THINGS ARE YOU MOST THANKFUL FOR TODAY?

WHERE IS YOUR FAVORITE PLACE TO BE?

WHAT IS THE BEST THING THAT HAS EVER HAPPENED TO YOU?

WHAT IS YOUR FAVORITE, OR ONE OF YOUR FAVORITE MEMORIES?

IF YOU COULD BE ANY ANIMAL, WHAT WOULD YOU BE AND WHY?

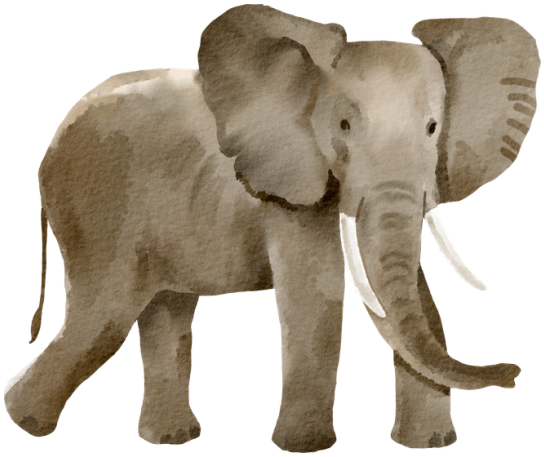
WHAT DO YOU LIKE TO DO TO RELAX?

WHAT IS YOUR FAVORITE SONG?

IF YOU COULD BE DOING ANYTHING RIGHT NOW, WHAT WOULD IT BE?

AS YOU WALK ON BY

Exercise plays a big role in your physical and mental health, in addition to your happiness. One way to make exercise fun is to mimic the way animals move! Do all of the types of animal movements in a row for 30 seconds each to get moving.



March in place, stomping your feet as hard as you can, while throwing your hands in the air

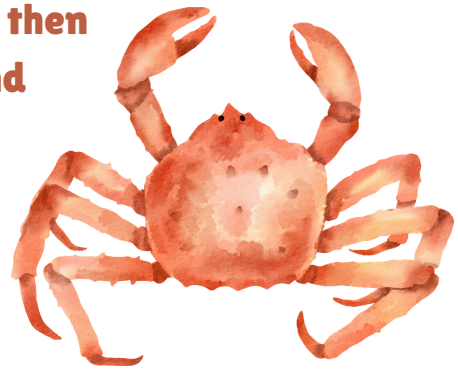


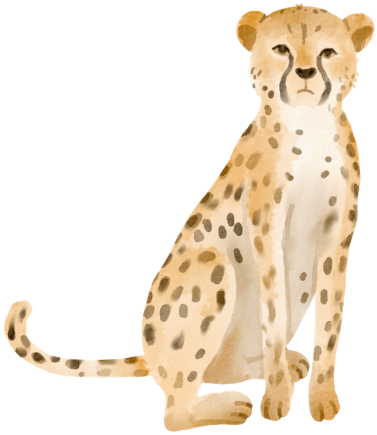
Jump up and down like a frog would do! Either with your hands and feet on the ground, or just your feet.

Jump in the air and spread your arms and legs as wide as they can go (like a jumping jack)



While sitting on the ground, lift your hips up with your hands and legs behind you, then crawl around





Run across the room, or in place, as fast as you can!

Squat down low and put your hands on the ground, shuffle around the room like that



Walk on your hands and feet on the floor, with your hips up high!



CLEANLINESS & HYGIENE

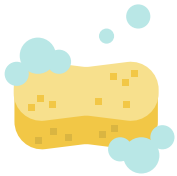
Keeping yourself and your home(s) clean is very important for your health. Complete the word search below, and each time you find a word think about why that item is important to your health, bonus points if you can find these items in your home(s)!



S	A	N	I	T	A	T	I	O	N	E	R	T	D	L
T	Z	S	L	O	O	F	A	H	Y	B	M	O	I	O
O	E	K	Z	A	E	G	S	C	R	U	B	N	S	O
O	S	H	O	W	E	R	G	R	Z	A	F	E	I	A
T	P	G	A	V	H	A	I	R	T	Q	H	K	N	T
H	E	H	L	N	J	E	Z	H	A	M	E	A	F	S
B	L	D	E	O	D	O	R	A	N	T	A	T	E	J
R	E	W	Z	F	I	W	E	R	Y	F	L	O	C	E
U	S	O	A	P	Y	N	A	J	G	E	T	D	T	Q
S	T	B	U	O	E	Z	M	S	Y	A	H	B	Y	L
H	Y	G	A	I	J	Q	T	L	H	F	L	O	S	S
Z	I	U	G	E	Y	A	P	I	U	I	E	Z	T	O
N	O	Y	T	O	I	L	E	T	B	E	N	D	P	A
S	H	A	M	P	O	O	C	P	K	A	I	G	R	L
E	R	B	L	A	U	N	D	R	Y	S	H	E	B	A











WORD BANK:

SANITATION
HANDWASHING
HYGIENE
TOOTH BRUSH
HABIT
BATH
SHOWER
DISINFECT
SHAMPOO
DEODORANT
SOAP
LOOFAH
FLOSS
LAUNDRY
SCRUB
HAIR
HEALTH

YOUR FAIR PROJECT!

Let's make a...

COLLECTION, AT LEAST 10 ITEMS

(Dept 17, Class A, Item 31)

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 collection is a group of items that are all related in some way. They can be all the same type of item, or different items that work with each other!

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 31, Collection, at least 10 items.**
- **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...

COLLECTION, AT LEAST 10 ITEMS

(Dept 17, Class A, Item 31)

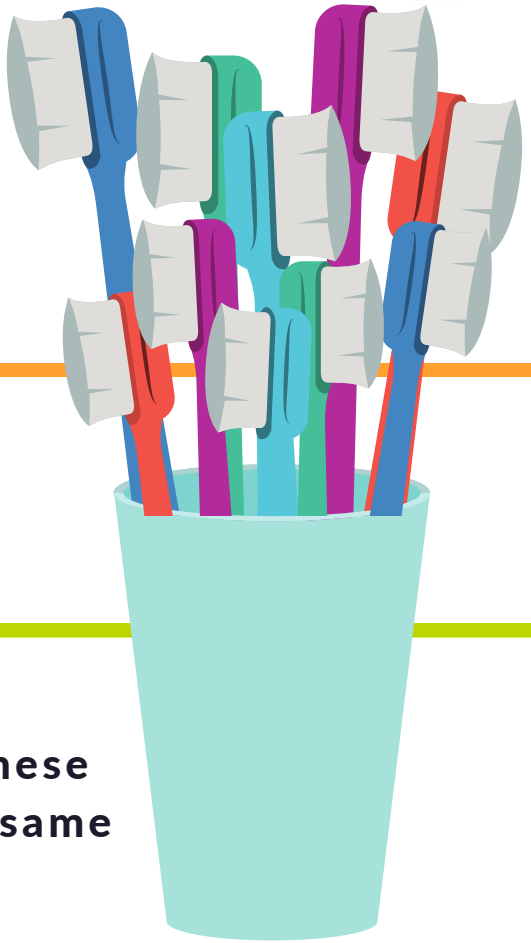
MATERIALS NEEDED:

- You get to pick!
- Box, tote, or other container to nicely display your collection.

INSTRUCTIONS:

Collect 10 or more items that relate to hygiene!
Here are a few ideas:

- Different toothbrushes
- A group of hygiene products
- Bathroom products
- Different kinds of soap
- Your favorite hygiene products

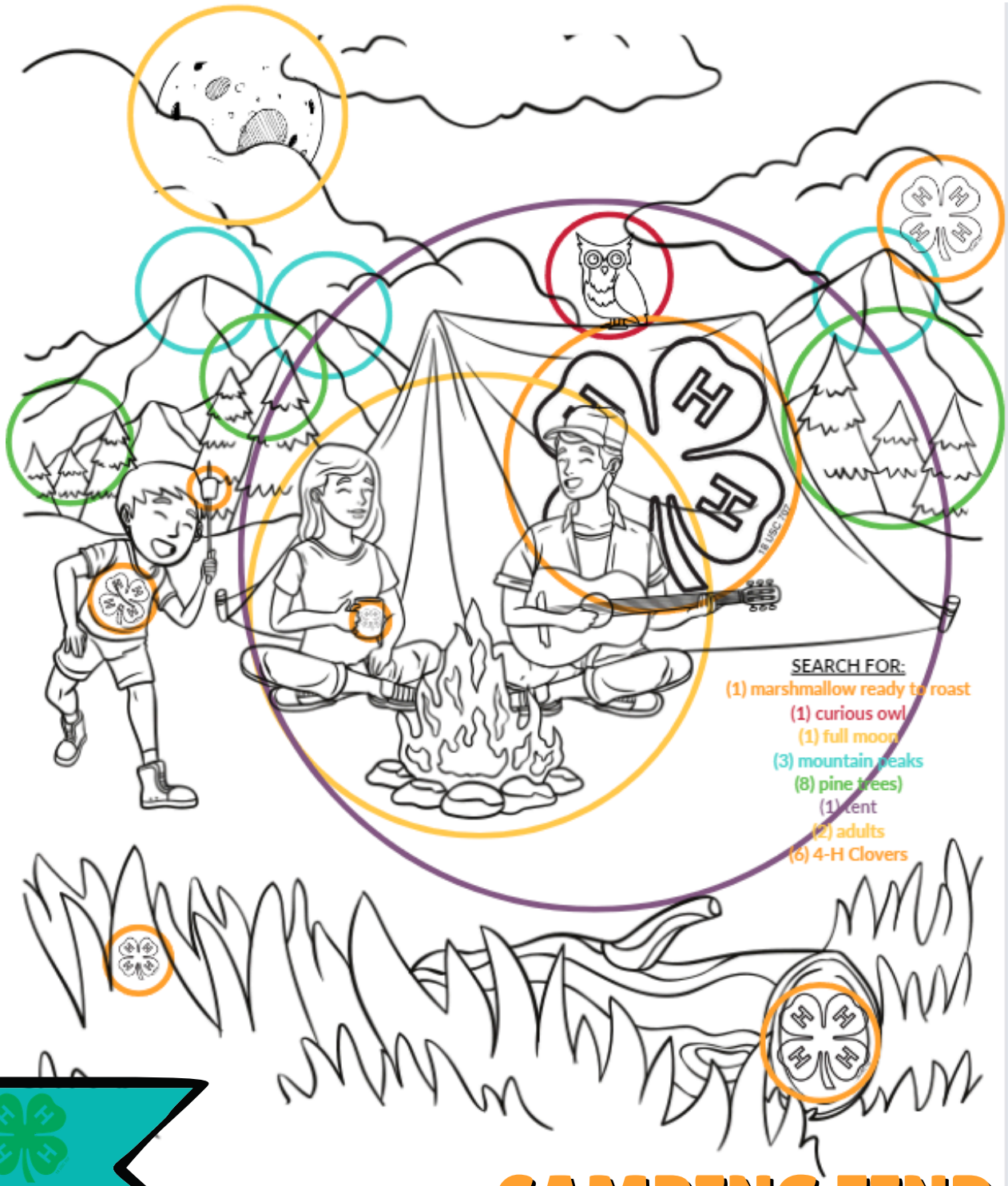


AT JUDGING

- At judging talk about why you chose these items - if you chose 10 or more of the same kind of object, explain the difference between each one.

SEPTEMBER 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!



CAMPING FIND

UW-MADISON EXTENSION
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