

# Exploring 4-H Series

## Cloverbud

### Introduction

#### What is 4-H all about?

This project will show you how many great things you can learn and do in 4-H! You can choose 5 different projects to do ... and you can even take the project again next year to try some more!

The Cloverbud project is suggested for all 6 and 7 year old members. Each member must finish Skill Builder 1, along with 5 more of the Skill Builders. By checking out different topics, you'll have a good idea which ones you want to learn more about next year!

#### *Meet our 4-H Members!*

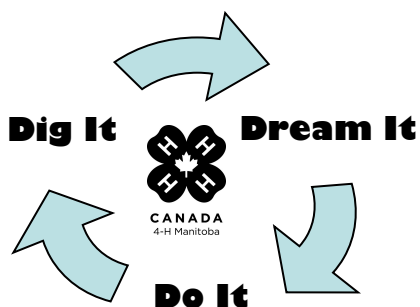
The 4-H members know lots of exciting facts! They will show you what it is like to be a 4-H member.



#### Learning is 3D!

To help you get the most out of your learning, each project meeting has the following parts:

- Dream it! Plan for success
- Do it! Hands on learning
- Dig it! What did you learn?



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- Rev 2019 -

Did you know?  
4-H has been around since 1913!




## What Skills Will You Learn?




Each section or Skill Builder (or Builder) in this project has activities to do that will help your group *learn to do by doing* while learning new skills and having fun!

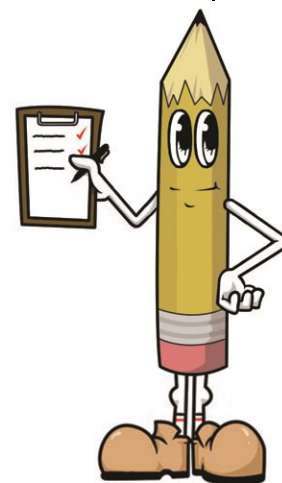
To complete this project, you must:

- Finish Skill Builder 1 - along with at least five of the other Skill Builders.
- Complete the activities in each Builder **or** a similar activity that you and your leader may plan.
- Plan and complete the Showcase Challenge.
- Complete the Portfolio Page.
- Participate in your club's Achievement

	Members will be able to...	Activities	Page	
Skill Builder 1	What is 4-H? <ul style="list-style-type: none"> <li>• Say the 4-H Pledge</li> <li>• List the names of the four H's</li> <li>• Recognize the 4-H logo</li> </ul>	<ul style="list-style-type: none"> <li>• My 4-H Year</li> <li>• Clover Time</li> </ul>	6 7	
Skill Builder 2	Agriculture <ul style="list-style-type: none"> <li>• Find some words that talk about jobs in agriculture.</li> <li>• Understand that agriculture is more than just food</li> </ul>	<ul style="list-style-type: none"> <li>• Make an item from an agricultural product</li> <li>• Take a tour of a grocery store</li> <li>• Make a poster</li> <li>• Jobs in Agriculture</li> </ul>	10  11 11 11	
Skill Builder 3	Beef <ul style="list-style-type: none"> <li>• List 2 kinds of beef cattle</li> <li>• List 2 breeds of beef cattle</li> <li>• List 3 things a beef animal needs to be healthy</li> </ul>	<ul style="list-style-type: none"> <li>• All About Beef</li> </ul>	14	
Skill Builder 4	Body Works <ul style="list-style-type: none"> <li>• Choose healthy foods from Canada's Food Guide</li> <li>• Explain why it is important play every day.</li> <li>• List three things that everyone needs to feel healthy</li> </ul>	<ul style="list-style-type: none"> <li>• Snack Time</li> <li>• Get Moving</li> <li>• Marvelous Me</li> </ul>	17 17 17	

	Members will be able to...	Activities	Page	
Skill Builder 5	Crafts <ul style="list-style-type: none"> <li>Name basic craft supplies</li> <li>Follow the steps to make a craft</li> </ul>	<ul style="list-style-type: none"> <li>Matching</li> <li>Snow Globe</li> <li>Popsicle Stick Airplane</li> </ul>	18 19 19	
Skill Builder 6	Fibres and Fabrics <ul style="list-style-type: none"> <li>Name sewing tools</li> <li>Sew a running stitch</li> </ul>	<ul style="list-style-type: none"> <li>Things Made of Fabric</li> <li>Body Pillow</li> <li>Pant Leg Basket</li> <li>Felt Case</li> </ul>	21 22 23 23	
Skill Builder 7	Foods <ul style="list-style-type: none"> <li>Name the four food groups</li> <li>Follow a recipe</li> </ul>	<ul style="list-style-type: none"> <li>Food Group</li> <li>Cranberry Crunch</li> <li>Puppy Chow</li> <li>Orange Julius</li> </ul>	25 26 26 27	
Skill Builder 8	Horses <ul style="list-style-type: none"> <li>Describe the colour of their horse</li> <li>Describe the markings of their horse</li> </ul>	<ul style="list-style-type: none"> <li>Word Search</li> <li>Horseplay</li> </ul>	29 30	
Skill Builder 9	Machines <ul style="list-style-type: none"> <li>Explain what machines do</li> <li>Name the type of machine used in the Skill Builder</li> </ul>	<ul style="list-style-type: none"> <li>Marshmallow Catapult</li> </ul>	32	
Skill Builder 10	Money and You <ul style="list-style-type: none"> <li>Name all the coins that we use</li> <li>Think of ways to help raise money for others in our community.</li> </ul>	<ul style="list-style-type: none"> <li>Word matching</li> <li>Dot to Dot Fun</li> </ul>	33 34	
Skill Builder 11	Outdoor Living <ul style="list-style-type: none"> <li>List 3 things that an animal or plant needs to live</li> <li>Describe a habitat in their area</li> </ul>	<ul style="list-style-type: none"> <li>Create a Terrarium</li> <li>Who's Living Here?</li> <li>Senses Hike</li> </ul>	37	

	Members will be able to...	Activities	Page	✓
Skill Builder 12	Photography <ul style="list-style-type: none"> <li>Name the parts of the camera</li> <li>Take a picture</li> </ul>	<ul style="list-style-type: none"> <li>Photo Scavenger Hunt</li> <li>20 Pictures</li> </ul>	39 39	
Skill Builder 13	Small Animals <ul style="list-style-type: none"> <li>List 3 kinds of small animals</li> <li>Name what all animals need to be healthy</li> </ul>	<ul style="list-style-type: none"> <li>Animal Needs Poster</li> <li>Meet My Pet</li> </ul>	42 43	
Skill Builder 14	Speaking Up <ul style="list-style-type: none"> <li>Talk to each other</li> <li>Understand ways to communicate</li> </ul>	<ul style="list-style-type: none"> <li>Fill in the Blanks</li> <li>Practice Speaking Out</li> </ul>	46 46	
Skill Builder 15	Technology <ul style="list-style-type: none"> <li>Find technological tools we use everyday</li> <li>Explain how technology has made tools better</li> </ul>	<ul style="list-style-type: none"> <li>Just Ask</li> <li>Get Surfing</li> <li>On Tour</li> </ul>	49 49 49	
Skill Builder 16	You as a Leader <ul style="list-style-type: none"> <li>Find leader qualities</li> <li>See themselves as a leader</li> <li>Plan ahead</li> </ul>	<ul style="list-style-type: none"> <li>Word Search</li> <li>Role Models</li> <li>21 Balloon Salute</li> </ul>	51 52 52	
When you finish your builders, you will show what you have learned.				
Showcase & Portfolio	<ul style="list-style-type: none"> <li>Explain success in using the skills listed above</li> </ul>	<ul style="list-style-type: none"> <li>Showcase Challenge</li> <li>My Portfolio Page</li> </ul>	55 56	



## Skill Builder 1: What is 4-H?

In the Cloverbud 4-H project, you will try many kinds of activities. We hope you will find some favorites that you will want to do later as a project. To keep your projects fun, work with some other members who are new to 4-H.



### Skills Checklist

- Say the 4-H Pledge.
- List the names of the four H's
- Recognize the 4-H logo

### Important words

Watch for these important words throughout this builder:

Pledge, Motto



The main focus of 4-H is for you to have hands on experiences  
the 4-H motto is  
*"Learn to do by Doing!"*

Dream it!

Practice saying the **4-H Pledge** with your leader and project group. Try using hand actions to describe the four H's.



### 4-H Pledge

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

Do it!

### My 4-H Year

This is my \_\_\_ year as a 4-H member.

I belong to the \_\_\_\_\_ 4-H Club.

My leader is \_\_\_\_\_.

These are the members in my project group:

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Put a “check” beside the Skill Builders that you will finish this year. ✓

What is 4-H?

Machines

Agriculture

Money and You

Beef

Outdoor Living

Body Works

Photography

Crafts

Small Animals

Fibres & Fabrics

Speaking Up

Foods

Technology

Horses

You are a Leader



You could use the information you wrote down to write a speech about yourself and your year in 4-H!

### Clover Time!

Now that you know what the 4-H Clover looks like, you can make your own.

By yourself, or with your project group members, make a 4-H Clover, large enough to hang at your next 4-H meeting or at your Achievement.

You can use paper, markers, craft supplies, a computer and more! Use your imaginations and be creative!



**CANADA**  
4-H Manitoba

Dig it!

Don't be afraid to join in with other members saying the **pledge** at meetings. This way you can learn to do by doing!

What are you looking forward to in 4-H this year? Write or draw your thoughts in the box below.



**CANADA**  
4-H Manitoba

### What's Next

Now it's time to do the first of the 5 skill builders you have chosen to do this year.



## Skill Builder 2: Agriculture

**Agriculture** is the business of growing crops and raising animals. There are many different kinds of farms. Some are cattle farms and some are vegetable farms. Some farms grow only crops and some only have animals.

There are many **jobs** that people do in **agriculture**. It takes a lot to get the food or crop from the farm to the grocery store shelf or as feed for animals. Learn how people work in **agriculture** to feed our world.



### Skills Checklist

- Find some words that talk about **jobs** in **agriculture**
- Understand that **agriculture** is more than just about food

### Important words

Watch for these important words throughout this builder:

**Agriculture, Food, Job**

Dream it!

**Agriculture** means a lot. It gives **food** and **jobs** for families. All kinds of non-food products such as feather dusters, curling brooms and footballs come from **agriculture**. List three things from your home or classroom that come from **agriculture**.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Samantha the farmer is going to the market. Help her get there.  
Circle the correct words.



EXPLORE

Samantha's (form, farm) is (for, far) from the (market, marked). Every day, Samantha (works, worms) very (hard, harm). She (turms, turns) the soil, which is sometimes called (dirt, diet). When there are lots of (warms, worms) in the soil, it is healthy. Samantha (grows, goes) vegetables in the soil. She takes (beans, bears), peas and lettuce to the market. It is (fun, fan) to grow good **food**.



Do it!

Choose at least one of the following activities:

1. Make an item from an agricultural product.

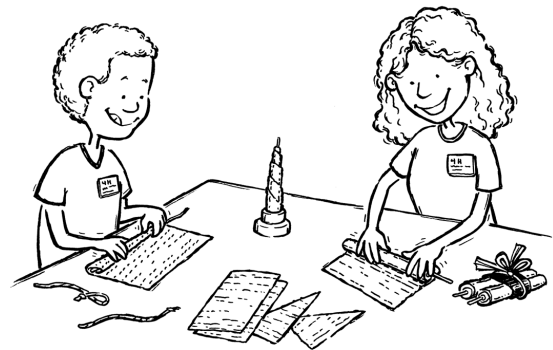
Some examples are:

Wheat straw weaving

Beeswax candles

Fruit and Vegetable Printing

Layered seeds in a jar



Your leader may have other examples. Your leader will show you how to make the item you pick.

2. Take a tour of a grocery store. Make a list of all the **foods** you find that are grown or are made in Manitoba.
3. Make a poster by drawing or cutting out pictures of the all the products you can think of that are grown or made in Manitoba.
4. Jobs in Agriculture - take a tour of a local business and see people who have **jobs** in **agriculture**. Make a list of all the **jobs**.



Save your item, list or poster to show at your club Achievement or to use in your Showcase Challenge.

Dig it!

What was something new you learned about **agriculture**?

What is your favourite Made in Manitoba item?

If you could have a **job** in **agriculture**, what would it be?

What's Next

There are many 4-H projects that will teach you more about agriculture:

- Beef
- Dairy
- Equine
- Foods
- Plants
- Small Animals

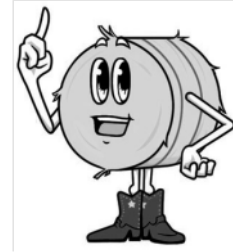


## Skill Builder 3: Beef

EXPLORE

Lots of 4-H members like taking the Beef project. They learn about taking care of their cattle and how to be safe around their animals.

This is Bobby the Bale. Bobby is ready to learn about 4-H beef with you! Bobby will tell you neat information in all the beef projects.



### Skills Checklist:

- List 2 kinds of **beef cattle**
- List 2 **breeds** of **beef cattle**
- List 3 things a beef animal **needs** to be healthy

### Important Words

Watch for these important words throughout the builder:

**Needs, beef cattle, steer, heifer, calf, bull, cow, breed**

### Dream it!

If you want to learn about **beef cattle** and how to raise them, then the Beef project is for you.

Do you have **beef cattle** where you live?

Do you know someone that has **beef cattle**?



Do you like to eat beef?

What cuts of beef do you eat at home?

Why do you want to raise a beef animal?

## Do it!

You and your project group will talk about what things beef animals need to be healthy and happy.

What **needs** can you think of?

Write three **needs**:

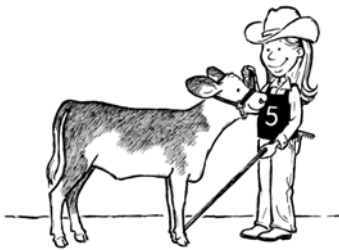
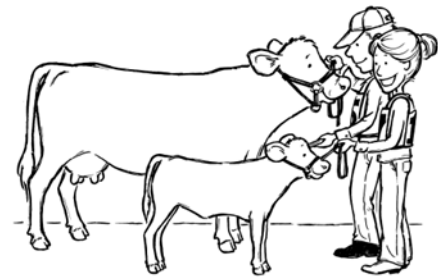


1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

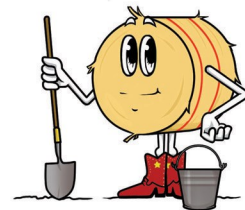
Beef animals come in different types and **breeds**.

Some are different colours, some are the same.

Try to name a **breed** of **beef cattle**.



Try to think of one kind of beef animal?



## All About Beef

This word search includes the kinds of beef cattle, some of the **breeds** and many of the things that cattle need.

See if you can find all the words in the word search. Do you recognize any of the words?



EXPLORE

BEDDING	BEEF	BULL	CALF
COW	GRAIN	GRASS	HAY
HEIFER	MINERALS	PASTURE	PROTEIN
RANCH	RATIONS	SALT	SILAGE
STEER	SUPPLEMENTS	VITAMINS	WATER

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

Dig it!

Did you find any new words in the word search?

Now sort the words in the list:

Colour the words that are kinds of **beef cattle** green

Colour the words that are **beef cattle needs** red.



What kinds of **beef cattle** do you have on your farm or on a farm of someone you know?

What **breed** of **beef cattle** are they?



What's Next

The Beef Project Series has 4 projects that you can take to learn more about raising **beef cattle**.

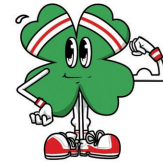
# Skill Builder 4: Body Works



EXPLORE

Many Clover Bud 4-H members like to be active and play sports and games. They also like to have snacks. The Body Works Skill Builder will let you do both!

In this skill builder you will learn why it is important to play each day and choose **healthy** snacks. You will also find out how to feel good about being YOU!



## Skills Checklist

- Choose **healthy** foods from Canada's Food Guide
- Explain why it is important to play every day.
- List three things that everyone needs to feel healthy

## Important words

Watch for these important words throughout this builder:

**Healthy, Physical Activity,  
Self-esteem**

## Dream it!

What does **healthy** mean? What do you need to be **healthy**? Talk about this with your group members. Draw a picture of someone who is **healthy**.

Do it!

## Snack Time

Choose two or three of the **healthy foods** that your leader has set out for you as a snack. Before you eat them, look at Canada's Food Guide and pick what food group each food belongs to. Look for your favourite foods in the Guide.



## Get Moving

With your project group, pick two games that everyone can play. Each game should be 5 minutes long and provide **physical activity**.

#1 \_\_\_\_\_

#2 \_\_\_\_\_

Find a safe place to play your games and have fun!

When you're finished, sit down with your group and drink a glass of water to rehydrate. Your leader will ask you questions about how you feel.

How does physical activity or play help keep you healthy?

## Marvelous Me!

Lay down on your own piece of large paper. Your project group members can trace the shape of your body. Write your name and write or draw one thing that you like about yourself on the tracing.

Next, write something that you like about the other project members on their tracings.

You can also decorate your tracing to look like you!



When other people tell you what they like about you, it builds your **self-esteem**. **Self-esteem** is important because it makes you feel good about yourself.

Dig it!

List three things that are important to stay **healthy**.

## What's Next

The Body Works Project Series has 4 projects that you can take to learn more about being **healthy**, active and feeling good about yourself.

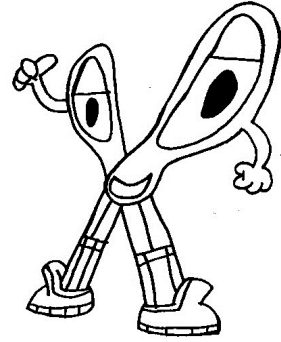


## Skill Builder 5: Crafts

EXPLORE

It is a lot of fun doing crafts. Making things is what Crafts is about.

Sometimes when doing crafts, you start with something that is already made and add to it. Sometimes, you make something new.



### Skills Checklist

- Name basic craft supplies
- Make a craft

### Important Words

Watch for these important words throughout the builder:

**Instructions, Materials**

Dream it!

Think about:

How much time do you have and how much time does it take to make the craft?

Do you have all of the **materials**, and tools you need to make the craft?

How much will the craft cost?

Where can you get the **materials** you need to make the craft?

Draw a line matching the craft supplies that are the same. Can you name these craft supplies?



Do it!



Choose a craft that is quick and easy to do. Here are some craft ideas that you and your leader can choose from.

Be sure to save your projects to display at your 4-H Club Achievement or for your Showcase Challenge.



Your leader may have other examples. Your leader will show you how to make the item you pick.

Have fun doing crafts!

### Snow Globe

#### Materials:

- 1 clean jar with screw on lid, label removed
- Plastic, ceramic or glass figure or toy.
- Clear Drying Epoxy Glue
- Glitter
- Glycerin
- Distilled water



The snow globe should look something like this picture.

### Popsicle Stick Airplane

#### Materials:

- 1 clothes peg
- 3 popsicle sticks
- Hot glue gun and sticks of glue
- Scissors
- Paint
- Stick on strip magnet (optional)



The airplane should look like this picture.

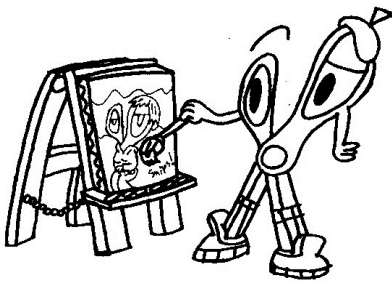
Dig it!

Discuss these questions with your leader and project group.

What craft did you make?



What was easy about making the craft? What part was hard?



Were you creative when making your craft? How were you creative?

## What's Next

The Craft Project Series has 4 projects that you can take to learn more about crafts including Crafts of the World and Scrapbooking.

### Did you know?

Selling crafts that you have made at local craft sales is a fun way to make some spending money.



## Skill Builder 6: Fibres and Fabrics



When you learn to sew, you can make your own clothes, stuffed animals, pillows or something for your room.

EXPLORE

### Skills Checklist

- Name sewing tools
- Sew a running stitch

### Important Words

Watch for these important words throughout the builder:

**Stitch, Sewing Machine, Fabric**

### Dream it!

Look around you. How many things do you see that are made from **fabric**?

Write or draw them in the box.





You will need these tools if you are taking a Fibres and Fabrics project:

- Pair of sharp scissors
- Medium-length needles
- Pins (ones with coloured heads are easiest to see)
- Small ruler
- Thread
- Pin cushion
- Sewing machine** (optional)



Do it!

### Running Stitch

A simple **stitch** used for sewing **fabric** together. Tie a knot at the end of the thread. Poke up the needle from the back of the **fabric**; poke the needle down and up making a dotted line on the front and back of the **fabric**. Stitches should be even and 5mm long.



Here are some ideas of things to sew. Remember, you only need to do **one** project. Your leader may have other examples. Your leader will show you how to make the item you pick.

### Body Pillow

Materials:

- 5 pillow cases
- 5 pillows to go into the pillow cases
- Thread
- Sewing Machine**


## Pant Leg Basket

### Materials:

- Old pair of jeans
- Needle and embroidery thread
- Ruler and marking pen
- Optional: Trim or buttons to decorate the basket



The basket should look similar to this picture.



## Felt case

### Materials:

- 1 felt square
- Thread to match or coordinating
- Scissors
- Sewing Needle or **Sewing Machine**
- Optional: Pinking shears
- Optional: felt scraps to decorate the case, glue

The felt case should look similar to this picture.



Dig it!

How many types of **fabric** did you draw or write down in the Dream It! section?

EXPLORE

What other sewing projects would you like to make?



## What's Next

The Fibres and Fabrics Project Series has 4 projects that you can chose from if you would like to learn more!

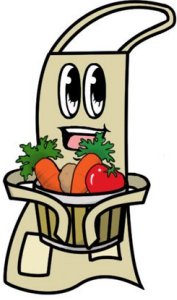
### Did you know?



Manitoba Farmers grow a crop called Flax.  
It is used to make Linen **fabric**



## Skill Builder 7: Foods



Cooking, eating and food safety are what you will learn in the 4-H foods projects. Learn about Canada's Food Guide and Manitoba grown foods too!



### Skills Checklist

- Name the four food groups
- Follow a recipe

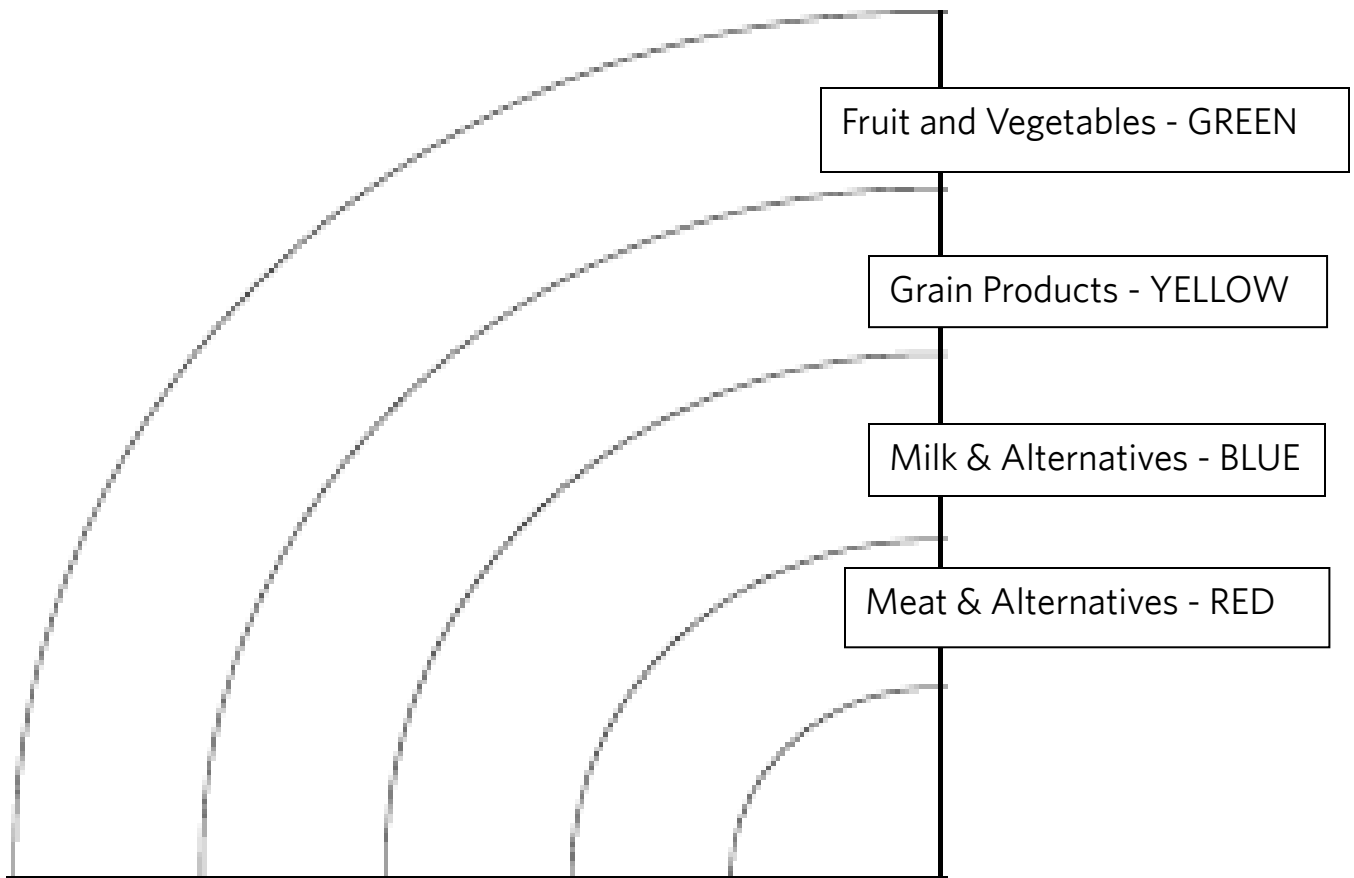
Dream it!

There are four groups in the **Canada Food Guide**. The four food groups are Vegetables & Fruit, Grain Products, Milk and Alternatives, and Meat & Alternatives. A copy of the **Canada Food Guide** is in your project manual. Draw foods in each group and colour the rainbow!

### Important Words

Watch out for these important words throughout the builder:

**Ingredient, Food group, Recipe**



Do it!

To get started on your cooking project:

- Wash your hands
- Read the recipe before you begin.
- Put out all **ingredients**, pans and bowls that you will need.

Choose ONE of these recipes to try.

EXPLORE

### Cranberry Crunchers

- 125 ml margarine
- 1 bag marshmallows (8 oz -250g)
- 2.5 ml almond extract
- 1.5 L Cranberry Almond Crunch cereal or similar cereal

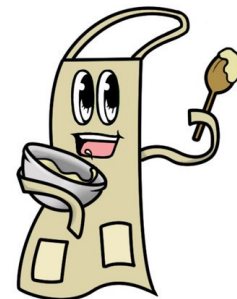


1. Melt 125ml margarine in a large microwavable bowl for 40 seconds.
2. Add 1 package(8 oz -250g) marshmallows, tossing to coat well.
3. Microwave on High for 1 to 1 1/2 minutes or until smooth when stirred.
4. Stir in 2.5ml almond extract.
5. Add in 1.5 L Cranberry Almond Crunch cereal stirring until coated.
6. Press into a buttered 34cm x 22cm pan.
7. Cool. Cut into squares.

### Puppy Chow

- 350 g bag of chocolate chips
- 250 ml peanut butter
- 275 g box crispy rice cereal squares
- 250 ml icing sugar

1. Melt together the chocolate chips and peanut butter in a large saucepan or in the microwave
2. Mix in the crispy rice cereal squares. Take half the coated crispy rice cereal squares mixture and place in an ice cream pail.
3. Add the icing sugar and shake until coated.
4. Repeat with the second half of the mixture.



## Orange Julius

250 ml water  
200 ml can frozen orange juice  
250 ml milk  
125 ml sugar  
18 ice cubes

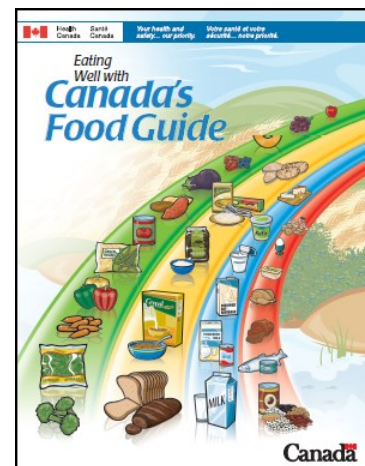
1. Put in blender.
  2. Blend until well mixed.
- Serves 6-8 people.



## Dig it!

What recipe did you make?

What are the different **food groups** that are used in your cooking project?



What was the easiest part of your cooking project? What was the hardest part?

## What's Next

The Foods Project Series has 5 projects that you can take to learn more about foods and cooking.

### Did you know?

Manitoba farmers grow potatoes to make French fries at McDonalds Restaurants.



## Skill Builder 8: Horses

EXPLORE

Lots of 4-H members like taking the **Equine** project. They learn about how to take care of their horse and how to ride it safely.



This is Equus – Equus is a smart, safe horse that is in all the 4-H **equine** manuals to give you useful facts and safety tips on working with your horse. Equus is the Latin word for horse.

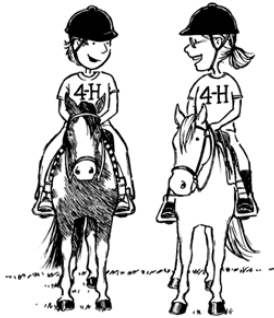
### Skills Checklist

- Describe the colour of your horse
- Describe the markings of your horse

### Important Words

Watch for these important words throughout the builder:

**Equine, Markings, Colour**



Dream it!

Do you want to learn about horses and how to ride them? Then the **Equine** project is for you. **Equine** is a word that describes a horse or other member of the horse family.

Do you have a horse? Do you know someone that has a horse?



Why do you like horses and riding?



Why do you want to own a horse?

What kind of things do you like to do with your horse?

## Do it!

Horses come in many **colours**. Horses have all sorts of marks. We use **colour** and **markings** to tell which horse is ours.

Your leader will show you pictures of horses and tell you about their **markings**.



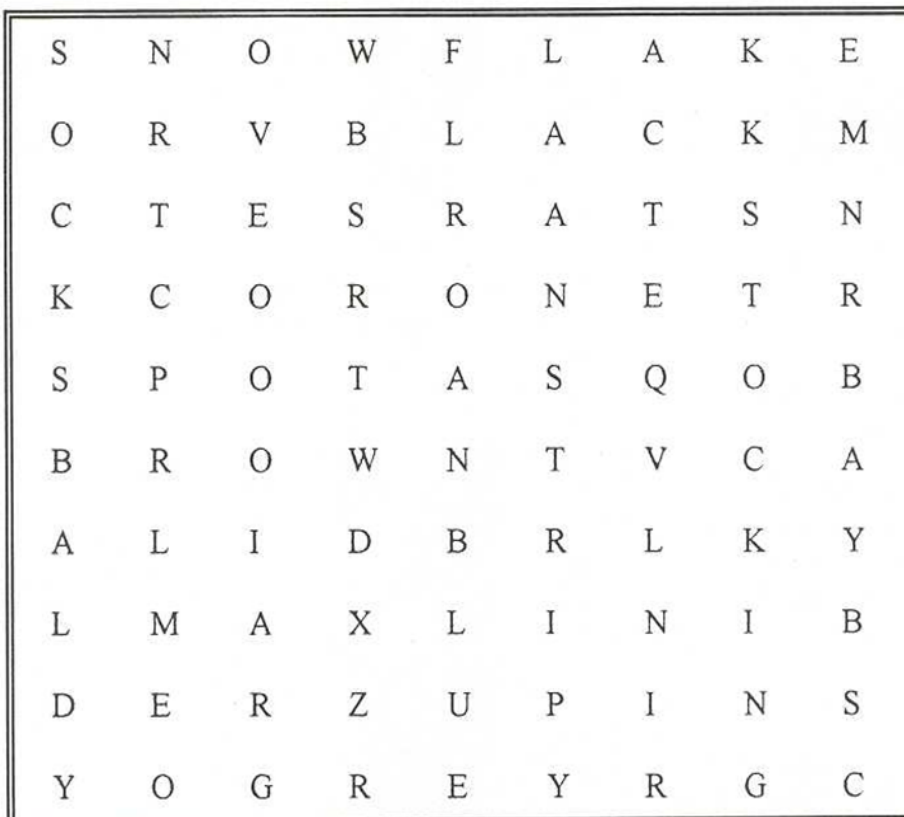
## WORD SEARCH - COLORS AND MARKINGS

Find these words in the puzzle below:

BLAZE  
RED  
CORONET  
STAR  
ROAN  
STRIP

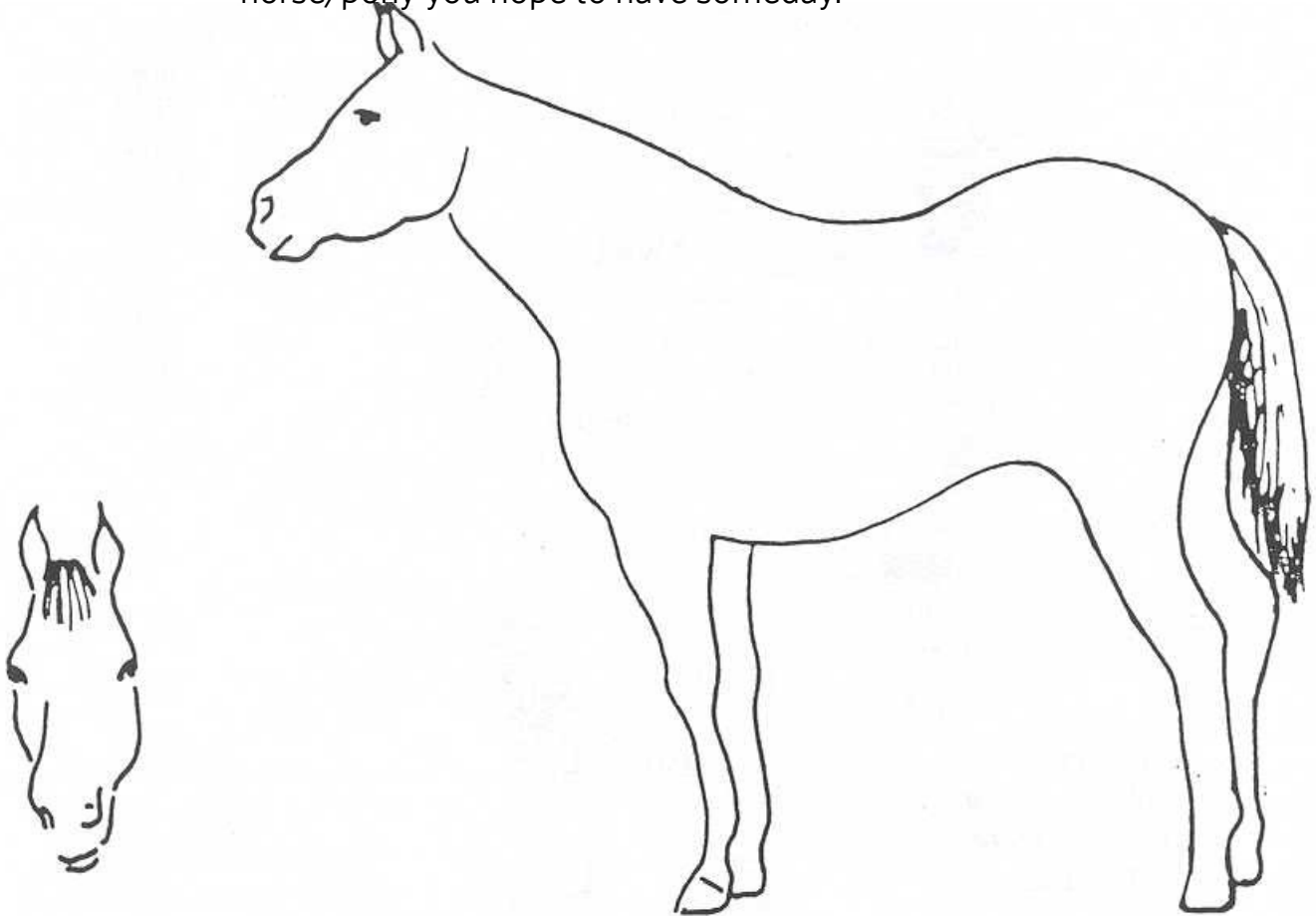
SNOWFLAKE  
SOCK  
STOCKING  
SNIP  
BROWN  
BLACK

SPOT  
BAY  
BALD  
BLUE  
GREY



## HORSEPLAY

Now it's time to show others what your horse looks like. Use this outline to draw in the **markings** of your favourite horse or pony. Then **color** it to match the horse's color. Be sure to colour the markings on the horse's face as well. If you don't own your own animal, pretend that this is the horse/pony you hope to have someday.



### Dig it!

Tell your leader and the other members what your horse looks like.

Why do you need to be able to tell others what your horse looks like?

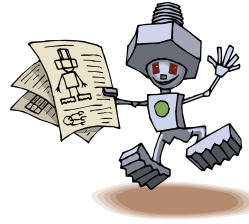
What did you learn about horses that you didn't know before?

### What's Next

Would you like to take a 4-H equine project? The Equine Project Series has 7 projects that you can take to learn more horses.

## Skill Builder 9: Machines

**Machines** are everywhere! They come in all shapes and sizes and we use them every day. In this Skill Builder you will find out how **machines** can make our **work** easier.



### Skills Checklist

- Explain what **machines** do
- Name the type of **machine** used in the Skill Builder

Dream it!

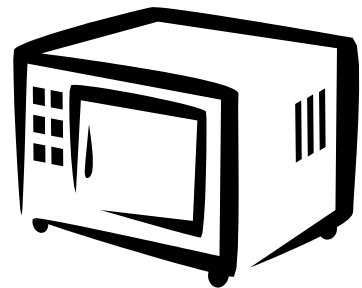
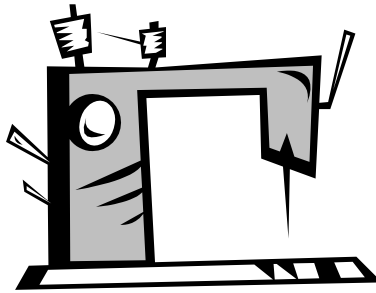
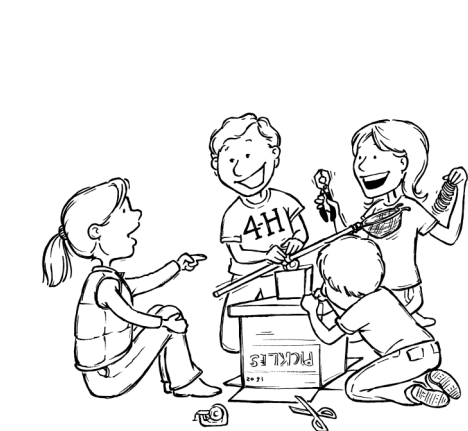
**Machines** make our daily lives easier by doing **work** for us, so that we don't have to use as much energy.

Brainstorm with your group members. Think of **machines** that you use every day. They could be in your kitchen, or backyard or at school.

### Important Words

Watch out for these important words throughout the builder:

**Work, Machine**



Dig it!

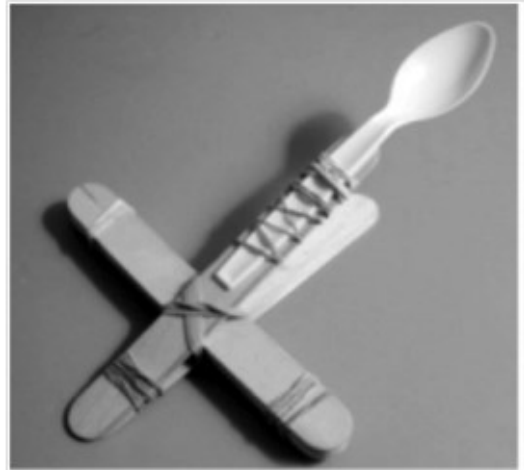
## Marshmallow Catapult

With your group, or by yourself, you will make a **machine** to make marshmallows fly. This **machine** is called a catapult. It is a **machine** because it will throw the marshmallow without using energy from your hand and arm. This catapult makes the job easier.

Follow the instructions from your leader.

The catapult should look like this picture.

After you have built your catapult, try throwing the marshmallow using your hand and arm.. Then use the catapult to throw the marshmallow. Try different sizes of marshmallows



Dig it!

Did the marshmallow fly farther with the catapult?

Think of a job that is hard. What machine would you invent to make the job easier?

## What's Next

The Machine Project Series has 5 projects that you can take including rocketry and welding.



# Skill Builder 10: Money and You



4-Her's need to earn **money** to buy things they want and need. They can also help raise **money** for club and community work as well. Every 4-H project has a spot for 4-H record keeping and keeping track of costs.



## Skills Checklist

- Name all the coins that we use
- Learn ways to help raise money for others in our community.

### Important Words

Watch out for these important words throughout the builder:

**Save, Money, Spend**

Dream it!

How do you get **money** to buy the items you want or need? List three ways you can find **money** for the things you want:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Match the words from the word bank to the correct box.

**I am two hundred cents. I am a**  
\_\_\_\_\_

**I am one cent. I am a**  
\_\_\_\_\_

**I twenty-five cents. I am a**  
\_\_\_\_\_

**I am five cents. I am a**  
\_\_\_\_\_

**I am one hundred pennies. I am a**  
\_\_\_\_\_

**I am ten cents. I am a**  
\_\_\_\_\_

Word Bank:  
Nickel,  
Penny,  
Dime,  
Loonie,  
Quarter,  
Toonie

What is a penny?

Why don't you see pennies in your change today?

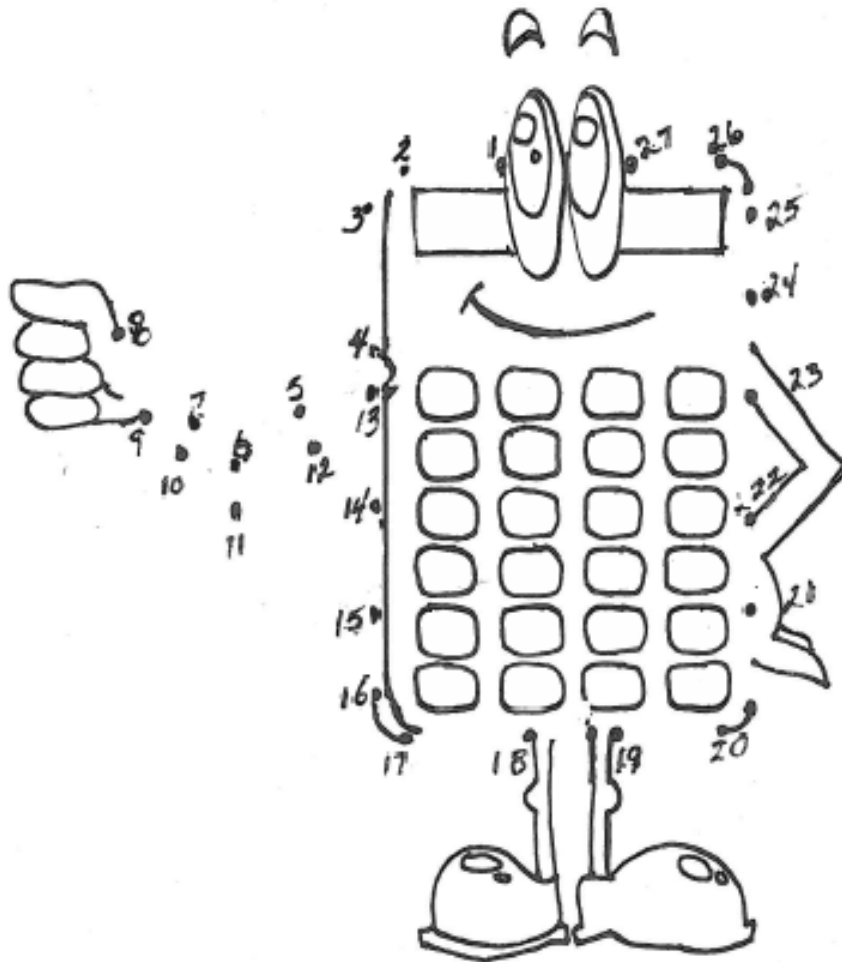


Do it!

List one group that your 4-H club could help raise money for in your community.

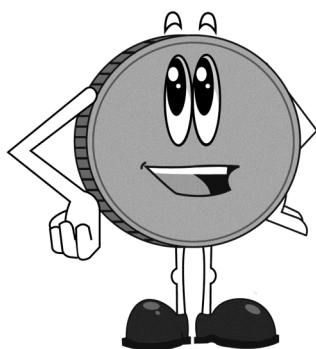
---

Connect the Dots



Dig it!

Draw a picture in the box below of some of the things that you would like to save for and buy. How much does each item cost?

A large, empty rectangular box with a thin black border, intended for drawing. It occupies most of the page's width and height.

What's Next

The Money and More Project Series has 3 projects that you can take.

# Skill Builder 11: Outdoor Living



Learning to live with **nature** is just one part of outdoor living. Doing things outside can be fun! Camping, hiking, skiing, building shelters, cooking over a fire, and learning about **nature** are all part of outdoor living.



## Skills Checklist

- List three things that an animal or plant needs to live.
- Describe a **habitat** in your area.

## Important Words

Watch out for these important words throughout the builder:

**Habitat, Environment, Nature**

Dream it!

With your project group and leader answer these questions:

What is a **habitat**?



What does a **habitat** give to the person or animal that lives there?

Do you live in a **habitat**? What do you need?

## Do it!

You can do one of these activities or another one that your leader shows you.



### Create a Terrarium

A terrarium is a mini **habitat**. Your leader will explain how to build one

What kind of plants would you grow in your terrarium?



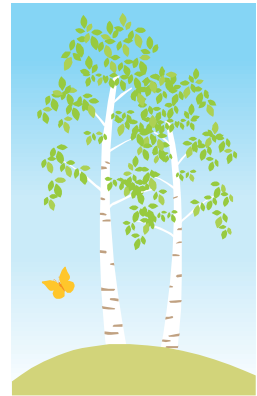
### Who's Living Here?

There are many animals and plants living all around us.

Your leader will take you and your project group to explore a **habitat** in a back yard or a nearby park.

How many kinds of living things can you find?

What other things are in the **habitat**?



### Senses Hike

Let's explore **nature** with our ears and nose as well as our eyes! Your leader will take your project group on a Senses Hike.

Save the activity you did to show at your Club Achievement or as part of your Showcase Challenge.

## Dig it!

What did you learn about nature that you didn't know?

### What's Next

The Outdoor Living Project Series has 3 projects that you can take. What kind of outdoor living project would you like to take?

## Skill Builder 12: Photography



Do you like to take pictures? Here is your chance. This project shows you the world of photography.



### Skills Checklist

- Name the parts of a camera
- Know how to take a picture

### Important Words

Watch out for these important words throughout the builder:

**Lens, Flash, Viewfinder**

### Dream it!

A camera is made up of many parts. Fill in the blanks from the list of words.



- **On/Off Button**
- **Shutter Button**
- **Viewfinder**
- **Lens**
- **Flash**

The **lens** puts light on the film. The **flash** adds light if it is needed. The **viewfinder** helps you aim the camera. The shutter button takes the picture.

### Do it!

### Using a Digital Camera to Take Pictures

When using a digital camera, you can look through the viewfinder or look at the screen. Ask your leader to teach you how to see your pictures on your camera.

## To take a good picture:

Hold the camera still.

Stand close to the subject so it fills the **viewfinder** (the frame)

Put the picture subject to the left or right for a better picture.

Stand with the light or sun behind you.



What else do you need to remember to take good pictures?

Make a list of two to three ideas. An example is keeping your finger away from the lens.

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## Photo Scavenger Hunt

Go on a picture Scavenger Hunt and take lots of pictures. Try taking pictures in different ways. Get down on the ground, shoot from above or sideways. Be creative. Here are some ideas:

- 📷 Things that are green
- 📷 A tree
- 📷 Things that are round
- 📷 Things you find interesting
- 📷 Things that are your favourite colour
- 📷 Animals
- 📷 Things with wheels
- 📷 Things that start with the first letter of your name
- 📷 Your family and friends
- 📷 A sunset

OR

How many ways can you take a picture of the same thing? Can you take 20 different pictures of the same tree?

Dig it!

In this picture I want you to see

---



CANADA  
4-H Manitoba

## What's Next

Photography is part of the Technology Project Series. There are two photography projects.

### Did you know?

Photographers take pictures for newspapers, web pages and special days. They can even own their own photography business.





## Skill Builder 13: Small Animals



Lots of 4-H members enjoy taking animal projects. It's easy to like animals, but taking care of animals is a big job and there is work to do every day.

The Small Animals project lets you learn how to pick and take care of a pet or small farm animal.



### Skills Checklist:

- List three kinds of **small animals**
- Name what all animals need to be healthy

### Important Words

Watch for these important words throughout the builder:

**Small animals, Needs, Habitat**

Dream it!



Do you have a pet? What is it?

Is it a small animal?

If you don't have a pet - what kind of small animal would you like to have for a pet?

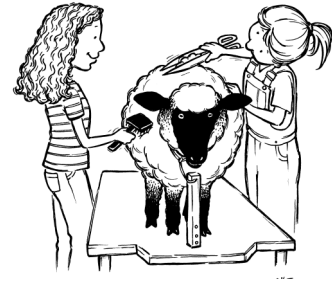
Why would this small animal make a good pet?



Do It!

EXPLORE

Your leader will ask you and your project group to talk about what all animals need to be healthy and happy.



What needs can you think of for your favourite small animal?



Does your favorite small animal need a special kind of place to live?

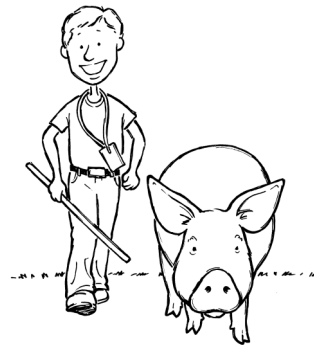
Choose one of these activities to do or another one that your leader shows you.

### Animal Needs Poster

Pick your favourite small animal.

Make a poster of all the things your small animal needs to be happy and healthy.

Save the poster to show at your 4-H Club Achievement day or to use in your Showcase Challenge.



## Meet My Pet:

Fill in the blanks about your pet. If you do not have a pet, write about a pet you would like to have. Draw or paste a picture of your pet in the box.

My pet's name is \_\_\_\_\_.

It is a \_\_\_\_\_.

It's age is \_\_\_\_\_.

I keep my pet neat and tidy by \_\_\_\_\_.

My pet needs \_\_\_\_\_ to be healthy.

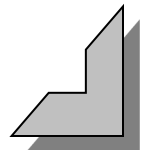
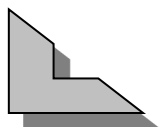
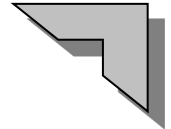
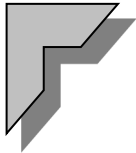
I feed my pet \_\_\_\_\_.

My pet lives in \_\_\_\_\_.

My pet's bed is \_\_\_\_\_.

My pet loves to \_\_\_\_\_.

My pet can do these tricks \_\_\_\_\_.



## Dig it!

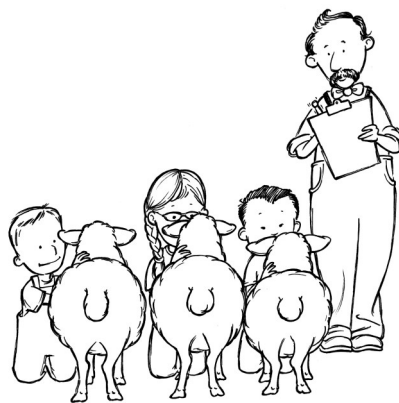
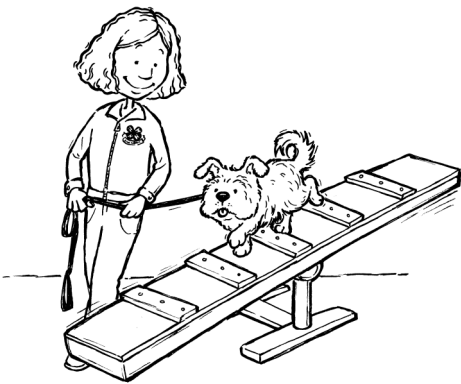
What was the most fun about doing this Skill Builder?

EXPLORE

What would you tell a friend who wants to get a pet or small farm animal?

### What's Next

The Small Animals Project Series has three projects. In these projects you will learn more about pets or small farm animals.



## Skill Builder 14: Speaking Up

As a 4-H member, you will have many chances to **speak** up. You might **speak** up at meetings. You might have to call some 4-H members and tell them about an event. Choose to do a **speech** and you will have to **speak** up in front of others. You might have to share your skills with others.



### Skills Checklist

- Talk to each other
- Understand ways to communicate

### Important Words

Watch out for these important words throughout the builder:

**Speak, Listen, Speech,  
Visual Presentation**

Dream it!

Someday you might take part in your club communications event. Write two ideas of what you would like to talk about. For example, my favourite animal or my favourite sport.

1. \_\_\_\_\_

2. \_\_\_\_\_



### The 4-H members say...

To **listen** is a good way to understand what is being said at the meeting.

You will hear all the messages if you **listen**.

Practice your listening skills at a 4-H meeting and you will know what is happening next with your club.

## EXPLORE

Do it!

Choose the words from the word bank and finish the sentences.

speech listen fun 4-H quiet clap

John sat down to \_\_\_\_\_ to music.

It is very \_\_\_\_\_ in the room when no one speaks.

We like to \_\_\_\_\_ to show how we enjoyed the speech.

A \_\_\_\_\_ is a story about something we know.

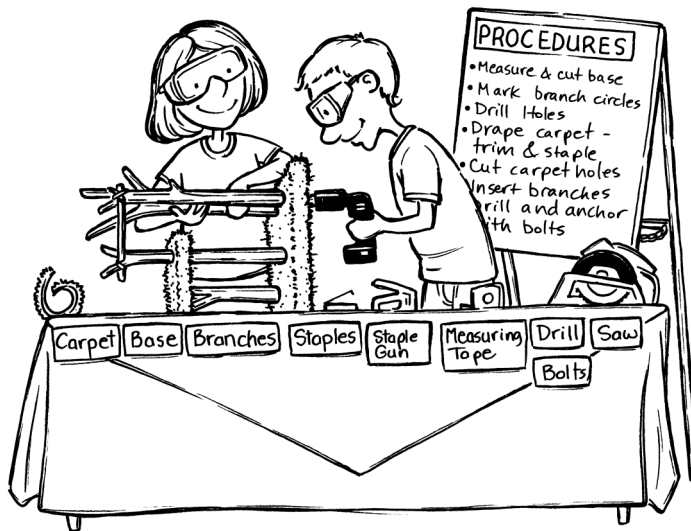
We like to say the \_\_\_\_\_ pledge and motto.

It can be a lot of \_\_\_\_\_ to talk about or show everyone something you learned in 4-H.

### Practice Speaking Out

Choose **one** of the following projects

1. Pick your favorite object and describe it to your group. Explain why you like your item so much.
2. Put names in a hat and draw one out. Tell your group some good things about the person whose name you have pulled.



## The 4-H member says...

Many 4-H Clubs have a public speaking event. Members either give a written **speech** or a **visual presentation**.



A **speech** is telling something to your audience.

A **visual presentation** is telling something and showing something to your audience.

### Cloverbuds Category for 4-H Communications Competitions

Up to and including 8 years of age

#### Written Speech

1-2 minutes

#### One Person Visual Presentation

2-5 minutes

#### Two Person Visual Presentation

Combined ages equal 16 or less = 3-5 minutes

Dig it!

Circle the word that shows your feelings about speaking up.

Happy                  Sad                  Great                  Shy

What I like best about speaking out:

How will speaking out skills help you in school?

What's Next

The Discover Leadership - Communications is a good project to take to learn more about communicating.

## Skill Builder 15: Technology



**Technology** is all around us and we use it every day to make our jobs easier and to give us entertainment. In this Skill Builder you will learn about new and old technology.



### Skills Checklist

- Find technological **tools** that we use every day
- Explain how **technology** has made **tools** better

### Important Words

Watch out for these important words throughout the builder:

**Technology, Tools**

### Dream it!

With your project group, think of as many technological **tools** as you can. List some of them in the space below.

You can draw them, or cut out pictures from a magazine. You can find pictures on the Internet, or even bring some tools to show the group.

Be sure to tell your group what each **tool** can do.



Do it!

Choose to do one of the following activities or one your leader may give you.

### Just Ask!

Learn as much as you can about old **technologies**, by interviewing, or talking to a guest about technology from the past.

Think of some questions to ask your guest. Your leader can help you think of questions to ask about old **technologies**.

You will use the information that you learn in the Dig It! Section.”

### Get Surfing!

Search the internet search for **technology** from the past.

Here are some questions to get your started.

- How did people make phone calls?
- How did people listen to music?
- How did people wash their clothes?
- How did people harvest their crops?



Your leader can help you with your searches. Remember what you learned because you will use the information in the Dig It! section.

### On Tour

Visit a local museum.

Before you go, make a list of **tools** and old **technology** that you would like to find.

You will use the information that you learn in the Dig It! section.

You may want to take pictures during your Do It! activities, to use for the Showcase Challenge.



Dig it!

Choose one piece of **technology** that you have learned about in this skill builder. Describe how the old one is different from the new one.

A logo consisting of a downward-pointing triangle with a horizontal bar across its middle. The word "EXPLORE" is written in white, uppercase letters inside the triangle. The logo is set against a background of black geometric shapes on the left side of the page.

EXPLORE

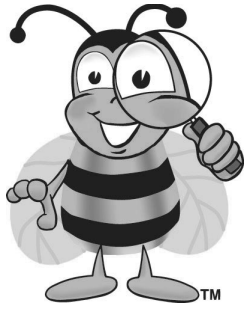
Why do you think the new one is better?

What is one piece of **technology** that you think could be improved?

What's Next?

The **Technology** project series has 4 projects that help you discover about new **technologies**, including digital cameras and computer software.

## Skill Builder 16: You are a Leader



When you think about a **leader**, what pops into your head?

Is it the head of the line in your class? Is it your mom or dad? How do you become a **leader**?

We will find out what makes a **leader**.



### Skills Checklist

- Find **leader** qualities
- See yourself as a leader
- Plan ahead

### Important Words

Watch out for these important words throughout the builder:

**Trust, Leader, Teamwork**

Dream it!

Find the words in the word search below

RESPECT TRUST CARING FAIR LOYAL  
TEAM WORK



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

Do it!

### Role Models

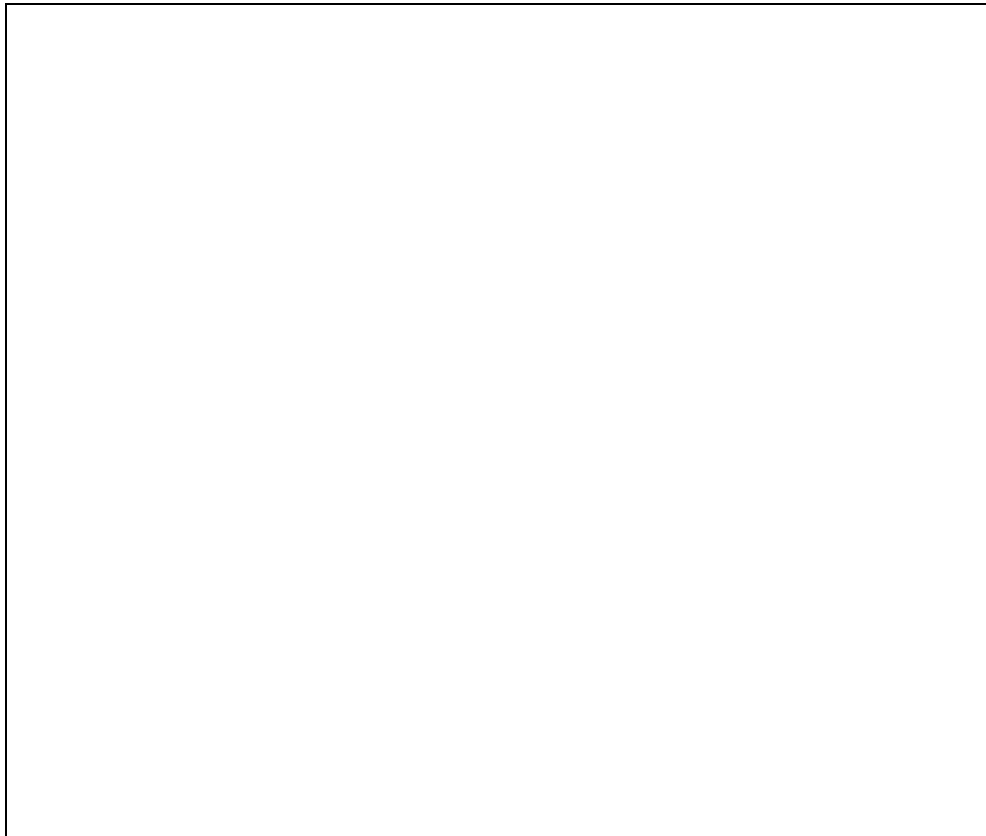
Who do you want to be like?

Circle the qualities that is this role model has:

RESPECT   TRUST   CARING   FAIR   LOYAL   TEAM WORK

How do you know the role model has these qualities?

Draw a picture of yourself as a **leader** of your group!



### 21 Balloon Salute

Your leader will give you instructions on how to complete a 21 Balloon Salute.

Dig it!

Discuss or write in the box below one thing you will do to become a better **leader**. Write one thing that makes you a great **leader** now. Write the six qualities of a good leader and circle the qualities you have.



### What's Next?



If you are interested in leadership, then you should look at the Leadership series. With such topics as:

- Exploring Leadership,
- Discovering Teams,
- Discovering My Place in the World,
- Discovering Communications and
- Mastering How You Will Lead,

you are sure to find something that is just right for you.



## Winding It Up

Way to go! You have finished your 4-H project. You have done many new activities since you started at the beginning of this project.

Did you enjoy 4-H this year? Take some time to think about what 4-H project you would like to take next year.

Was there one special section in this project that you would really like to learn more about? Turn to pages 2, 3 and 4 and look at the list of the project completion list at the front of this book, and then put a star beside the section you liked the most.

Talk to your leader for more information on the project you have chosen. Remember, you may do more than one project at a time. Now, when 4-H starts up next year you will be ready to go. Have fun!

### Showcase Challenge *Bringing it all together!*

Now that you have finished this project, it is time to think about how you will share your experiences and knowledge with others. You may put your new skills to work by helping at a community event or at your club Achievement or teaching others about your topic.

The goal of the Showcase Challenge is to help highlight your new skills and help **you** understand how you can use them. It can be an opportunity to receive feedback from others on your project. So go back through your manual and find some highlights of your learning (what you are proud of) and think about how you will “showcase” it.

# Dream It!

Here are some Showcase Challenge Suggestions:

- Demonstrate something you made or learned about
- Make a poster or display
- Make a pamphlet
- Make a computer presentation (e.g. PowerPoint)
- Give a speech
- Write a report
- Use your new skills to help with the Club Achievement plans
- Or come up with your own idea. It is up to you and your leader!



## My Showcase Challenge Plan



My showcase idea: \_\_\_\_\_

\_\_\_\_\_

What materials and resources do I need? \_\_\_\_\_

\_\_\_\_\_

Who do I need to help me? \_\_\_\_\_

\_\_\_\_\_

When do I need to have things done by? \_\_\_\_\_



# My 4-H Portfolio Page



Name: \_\_\_\_\_ Date: \_\_\_\_\_

Year in 4-H: \_\_\_\_ Club: \_\_\_\_\_

Hours Spent on 4-H: \_\_\_\_ (Project and Other 4-H Activities)



## Cloverbuds 4-H Project Skills Chart

To be completed by the leader and the member based on observations and conversations throughout the project.

	Members will be able to...	Date completed and two words you remember from the skill builder
Skill Builder 1	What is 4-H? <ul style="list-style-type: none"> <li>• Say the 4-H Pledge</li> <li>• List the names of the four H's</li> <li>• Recognize the 4-H logo and understand what it stands for</li> </ul>	
Skill Builder 2	Agriculture <ul style="list-style-type: none"> <li>• Find some words that talk about jobs in agriculture.</li> <li>• Understand agriculture is more than just food</li> </ul>	
Skill Builder 3	Beef <ul style="list-style-type: none"> <li>• List 2 kinds of beef cattle</li> <li>• List 2 breeds of beef cattle</li> <li>• List 3 things a beef animal needs to be healthy</li> </ul>	
Skill Builder 4	Body Works <ul style="list-style-type: none"> <li>• Choose healthy foods from Canada's Food Guide</li> <li>• Describe why it is important play everyday</li> <li>• List three things that everyone needs to feel healthy</li> </ul>	
Skill Builder 5	Crafts <ul style="list-style-type: none"> <li>• Name basic craft supplies</li> <li>• Follow the steps to make a craft</li> </ul>	



## Cloverbuds 4-H Project Skills Chart

	Members will be able to...	Date completed and two words you remember from the skill builder
Skill Builder 6	Fibres and Fabrics <ul style="list-style-type: none"> <li>• Name sewing tools</li> <li>• Sew a running stitch</li> </ul>	
Skill Builder 7	Foods <ul style="list-style-type: none"> <li>• Name the four food groups</li> <li>• Follow a recipe</li> </ul>	
Skill Builder 8	Horses <ul style="list-style-type: none"> <li>• Identify the colour of their horse</li> <li>• Identify the markings of their horse</li> </ul>	
Skill Builder 9	Machines <ul style="list-style-type: none"> <li>• Explain what machines do</li> <li>• Name the type of machine used in the Skill Builder</li> </ul>	
Skill Builder 10	Money and You <ul style="list-style-type: none"> <li>• Name all the coins that we use</li> <li>• Think of ways to help raise money for others in our community.</li> </ul>	
Skill Builder 11	Outdoor Living <ul style="list-style-type: none"> <li>• List three things that an animal or plant needs to live</li> <li>• Describe a habitat in their area</li> </ul>	
Skill Builder 12	Photography <ul style="list-style-type: none"> <li>• Name the parts of a camera</li> <li>• Take a picture</li> </ul>	

## Cloverbuds 4-H Project Skills Chart

	Members will be able to...	Date completed and two words you remember from the skill builder
Skill Builder 13	<b>Small Animals</b> <ul style="list-style-type: none"> <li>• List three kinds of small animals</li> <li>• Name what all animals need to be healthy</li> </ul>	
• Skill Builder • 14	<b>Speaking Up</b> <ul style="list-style-type: none"> <li>• Talk to each other</li> <li>• Understand ways to communicate</li> </ul>	
Skill Builder 15	<b>Technology</b> <ul style="list-style-type: none"> <li>• Find technological tools that we use everyday</li> <li>• Explain how technology has made these tools better</li> </ul>	
Skill Builder 16	<b>You as a Leader</b> <ul style="list-style-type: none"> <li>• Find leader qualities</li> <li>• See themselves as a leader</li> <li>• Plan ahead</li> </ul>	

### Leader Point of Praise!

I am most impressed by...

I acknowledge that the member has completed the 4-H project requirements.

Leader's Signature: \_\_\_\_\_



## Member Point of Pride!

What I learned...

What I need to improve on...

What I want others to notice...

Member's Signature: \_\_\_\_\_



## Point of Praise!

Another's perspective on your achievements in 4-H.  
(community professionals, 4-H club head leaders,  
friends of 4-H)

I am most impressed by...

I believe that you have learned...

In the future I encourage you to...

Signature: \_\_\_\_\_



### Above and Beyond!

In addition to project skills, 4-H also increases skills in meeting management, communications, leadership, community involvement through participation in club, area, or provincial 4-H events or activities.

List below any activities you participated in this year in 4-H.

(Some examples include Executive Positions Held, Workshops, Communication, Community Service, Rally, Bonspiels, Conferences, Judging, Camps, Trips, Awards, Representation to Area or Provincial Councils, etc)

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\*\*Feel Free to add additional pages that include awards, certificates, new clippings, photos or other items that describe your 4-H involvement.



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## 4-H Achievement

4-H Achievement is... a 4-H club celebration when members have completed their projects. Achievements are planned by the club to give recognition to members and leaders for their accomplishments in their 4-H projects and club activities.

A 4-H Achievement can take many different formats: from choosing a theme, to member project displays, to members using their new skills

for the event (entertainment, food, decorating, photographer, etc.), to members presenting their project to the whole group, the options are endless and open to the creativity of the members and leaders in each club!

Clubs may also plan their Achievement to promote 4-H to the community or to recognize sponsors and others who have helped the club.

Members and leaders - be sure to check your project books for the project completion requirements, so you will be ready for your club's Achievement celebration!

**If you have any questions, comments or suggestions  
for this or other 4-H projects contact:**

Manitoba 4-H Council

Phone: 204-726-6136

Fax: 204-728-9040

Email: [learns@4h.mb.ca](mailto:learns@4h.mb.ca)

[www.4h.mb.ca](http://www.4h.mb.ca)

This manual is for educational use only and is not intended as professional advice.

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**For more information about 4-H and the many  
4-H opportunities available please visit**

[www.4h.mb.ca](http://www.4h.mb.ca)



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## What is 4-H?

4-H is an international youth organization involving more than 7 million members in 80 countries around the world.

In Canada, 4-H began in 1913 in Roland, Manitoba as a community-based organization dedicated to growth and development of rural youth. Today's 4-H program reaches both farm and non-farm youth across Canada. The motto of "Learn to Do by Doing" is embodied in the program, as 4-H focuses on skill development as well as personal development of life skills such as communications, leadership and citizenship.



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### 4-H Motto

"Learn To Do by Doing"

### 4-H Pledge

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

This manual is available in alternate format upon request

4-H Manitoba project material is developed by  
Manitoba Agriculture