



# Ohio 4-H Cloverbud Connections



Summer 2010 Issue

For 4-H Cloverbud Volunteers working with grades K-2

## Caring for Our Environment: Ways to Involve Children

Children play an integral part in ensuring a healthy environment, now and in the future. How can children's concern for the environment be fostered? Let's look at some ideas:

- 1. *Connect kids to nature.* Interaction with the natural world is an important first step in developing appreciation and respect for the environment. Develop hands-on activities that encourage contact with nature. Think of nature broadly—plants, animals, insects, birds, fish, forests, water, soil, landscapes, weather patterns, and cycles of growth and decay. Go outside. Talk about what you've discovered. Raise awareness.
- 2. *Be open to children's ideas.* Many opportunities exist to make a difference in the environment. Possible ideas include recycling; reducing waste at meetings; starting a salad, vegetable, or butterfly garden; helping with a community garden; and litter clean-ups. Children also can educate others through theatrical skits at club events and through artwork that can be displayed at area businesses, libraries, and community buildings. Find out what the children are interested in. Let them generate ideas for the club and the community.
- 3. *Choose an activity.* Help children with the process: set realistic goals, identify resources that are needed, and make decisions on what to do. Plan activities with children.
- 4. *Implement the plan.* Help the kids follow through and successfully complete their activity.
- 5. Finally, *help children gain further insight* into how we are all interconnected and related, and that our actions have consequences for the environment. Talk about positive things that children can do. Even small actions can make a big difference!

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**Click it, Print it, Do it!**

[www.cloverbudconnections.osu.edu](http://www.cloverbudconnections.osu.edu)

Are you looking for an activity to teach your Cloverbuds about helping our environment? Check out the resource provided in the Click it, Print it, Do it activity. Instructions are included for an activity to teach kids about how recycling can help the environment. More resources are available at [www.4-H.org](http://www.4-H.org).

## 4-H Cloverbuds and the Environment

Do you know we have an excellent curriculum piece in Series I of the Ohio 4-H Cloverbud program titled: "Helping Our Environment: Reduce, Reuse, or Recycle?" The objectives are for children to understand the importance of the environment, become aware of actions that can harm the environment, and learn about how to reduce, reuse, and recycle.

4-H Cloverbud children are at the ideal age to learn about protecting the environment that can last them a life time. This curriculum piece contains fun activities from making recycled paper to a grocery store scavenger hunt. The children will begin to understand how each and every person can make a difference in their home, school, and community. They learn about materials that can be **recycled** such as glass, aluminum, and paper; **reused** - grocery bags, plastic containers/bags; and ways to **reduce** - avoid extra packaging or disposable items that cannot be recycled.

Summer is a good time to incorporate this curriculum piece of "helping our environment" in your 4-H Cloverbud activities. If you do not have the 4-H Cloverbud Curriculum Series I, check with your county Extension professional.

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### Making Recycled Paper

**Materials:** Old newspaper, rotary egg beater, cream of tartar, large bowl, large rectangular cake pan, screen cut to fit inside the pan, dish towels, wax paper, scissors.

*Note to the Volunteer:* Since this activity takes more time than others and some waiting is necessary, other activities can be done while waiting.

Make your own paper! Tear the newspaper into very tiny pieces and put in the bowl. Fill the bowl half full with water, let the paper soak for a minute or two, then add two tablespoons cream of tartar. Beat the mixture until it is thick and "soupy" and place the screen in the rectangular pan. Pour the soupy mixture on it. Carefully lift the screen, catching the fibers. Stir and repeat until no screen shows through the pulp. Let the extra water drip into the pan. Lay the screen on top of several dish towels and cover it with wax paper. Press down on it to squeeze the moisture out. Put several heavy books on top of the wax paper. After a few minutes, take the books off and peel back the wax paper. You have just made recycled paper! Place in the sun to dry or in front of another heat source (oven, register, hair dryer). When the recycled paper is almost dry, gently peel from the screen. Cut into pieces so everyone can have their own sample of recycled paper!

*Note to the Volunteer:* Have the children make extra paper to use in the Art Exhibit and Cloverbud Display lessons in the subject area of Community Expressive Arts.

**Application:** The next time you go to the store, look at greeting cards, paper and stationery.

- Can you tell which are recycled?
- Can you find any that look like the paper you made?

*Source: Ohio 4-H Cloverbud Curriculum Series 1,  
Helping our Environment: Reduce, Reuse & Recycle  
Author: Bobbie Grawemeyer.*



## Coffee Filter Flowers with a Recycled Vase

It is summertime and flowers are popping up everywhere! Bring the flowers inside with this great arts and craft activity. Create a single flower or go wild and make a bouquet of beautiful flowers. Follow the easy steps and complete this activity in 15 minutes with your 4-H Cloverbuds!

### Materials Needed for Coffee Filter Flowers:

Coffee Filters	Construction Paper (2 pieces per child)
Wide-tip Markers	Tape or Stapler
Bendable Straws or Green Pipe Cleaners	Glitter (optional)
Spray Bottle with Water	

### Instructions:

**Step 1:** Place the coffee filter on construction paper and begin scribbling on the filter with the wide-tip markers. (Note: Scribbling is best, not coloring)

**Step 2:** Once scribbling is done, spray the filter with water (about 4 squirts). Make sure to lightly spray the entire filter but don't soak the coffee filter. Because the coffee filter is so absorbent, the colors will bleed together.

*This is a great moment to show Cloverbuds how the colors from the markers are "moving" across the filter. Ask the Cloverbuds what makes the colors move.*

**Step 3:** Place a second piece of construction paper on top of the filter to soak up the extra water. Remove the top construction paper after 30 seconds and let the coffee filter air dry.

**Step 4:** Once the coffee filter is dry, gather the middle of the coffee filter and twist. Place on top of a bendable straw or pipe cleaner. If using a straw, tape or staple coffee filter onto straw. If using pipe cleaner, bend pipe cleaner around coffee filter.



If you want flowers to have fragrance, purchase any type of flowery body spray and spray on flowers, just make sure you don't spray too much or it will become overwhelming. Once you have completed your coffee filter flower creation, place flowers in a recyclable container such as; the bottom half of a ½ gallon milk jug then decorate the outside with a picture collage; a plastic drinking glass filled with colored sand; or brown lunch bag with colorful artwork on the outside.

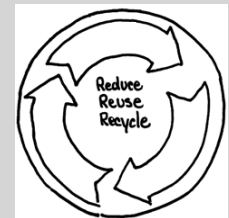
*Reprinted from Summer 2006  
Ohio 4-H Cloverbud Connections.*

## Reduce, Reuse, or Recycle

**Materials:** Large bag of trash items (one for each child) such as food packaging, wrappers, newspapers, plastic bottles and containers, cardboard boxes, glass jars and bottles, and aluminum soda cans.

Show the children examples of common trash items. Start a discussion by asking the following questions:

- ▶ What is all of this? (trash, garbage, refuse)
- ▶ What other kinds of garbage can you think of?
- ▶ What do people do with garbage like this? (hold up an example)
- ▶ What happens to it after it goes in the trash can? (Sanitation workers take it away)
- ▶ Where do the sanitation workers take it? (to the landfill)



Pass the bag around. While each child selects one item, introduce the concept of "reduce, reuse and recycle." Go around the circle and ask each child to identify their item and what it is made of. Have them check for a recycling symbol. Ask if they think the environment could be helped by reducing (not buying it at all), reusing (using it again for something else), or recycling (collecting and giving to a company that recycles things and makes them into something else). Some items may fit more than one category.

*Source: Ohio 4-H Cloverbud Curriculum Series 1,  
Helping our Environment: Reduce, Reuse & Recycle  
Author: Bobbie Grawemeyer.*

## Campus Connections

Hello Ohio 4-H Cloverbud volunteers! It feels good to make another 4-H Cloverbud Connection with you!

Singing in the rain, just singing in the rain, la, la, la, la, la, la, la, la. Do you like to sing? It doesn't have to be in the rain. Singing is a great way for us to connect with the 4-H Cloverbud kids and promote singing and literacy skills, while encouraging self-expression and creativity (Neelly, 2002). The best part about singing in a learning environment with children is that everyone is considered a singer! Even the 4-H Cloverbud advisor who thinks he can't carry a tune if his life depended on it. Children are not interested about singing a perfect note or beat, but rather about being able to connect with a caring adult and their peers. Singing involves physical, social, cognitive, and emotional skills while having fun at the same time.



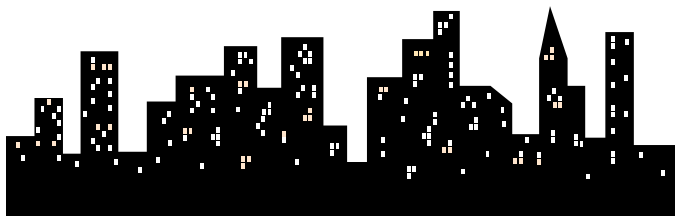
There are numerous benefits to include singing in 4-H Cloverbud activity sessions. Singing is a great way to get the attention of children by just starting to sing; they will often join in the song. It can also help kids to become comfortable with the 4-H Cloverbud leader and their peers. In addition, singing will let the 4-H Cloverbud children know they are in a safe and supportive setting with a caring adult (Moore, 2002).

So go ahead, sing a song, make it simple, sing out loud, sing out strong, don't worry if it's not good enough for anyone else to hear, just sing, sing a song. 4-H Cloverbud kids will benefit from it by having positive feelings about themselves, getting along with others, and learning about words, music, and rhythm.



Thank you for all that you do as a 4-H Cloverbud volunteer to improve the lives of children throughout Ohio!!

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## Trail Mix

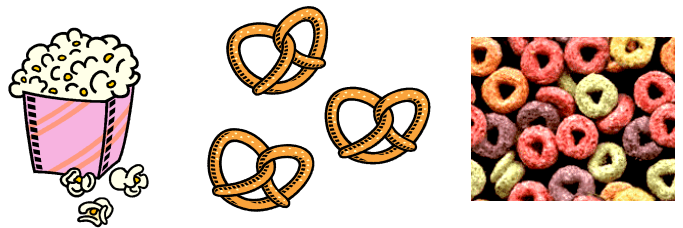
### Ingredients:

- 2 cups crispy cereal squares (combine flavors- corn, rice, etc.)
- 1 cup "O" shaped cereal
- 1 cup raisins
- 1 cup nuts
- 1 cup pretzel sticks

Put all ingredients in a bowl. Toss until well mixed. Eat and enjoy.

Additional Options: You may add dried fruit, chocolate chips, candy coated chocolate pieces, and/or popcorn.

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