

PROJECT IDEA STARTER

My Stay-at-Home Summer

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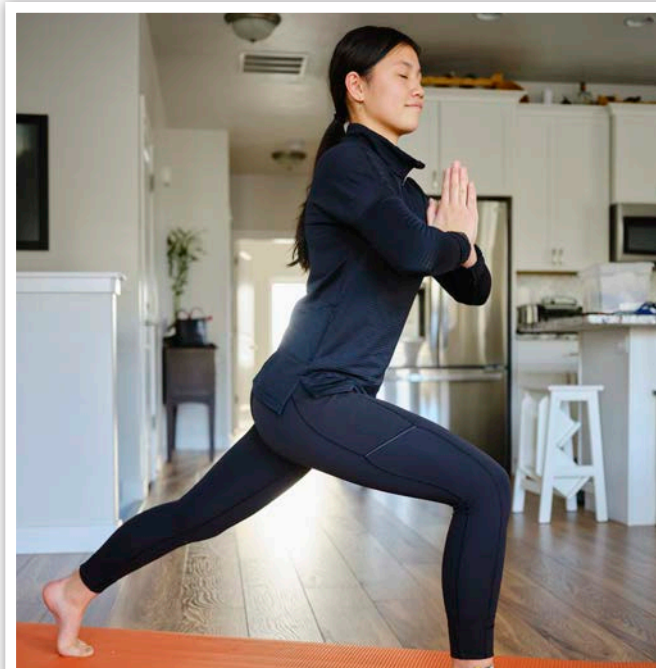


Summer 2020 may not be the summer you had planned. Due to COVID-19, we are staying home more to help keep ourselves, family, and community safe. Despite all that, you can still experience new, creative, and fun things at home! This project provides ideas for supporting your family and community, exploring new things, and making the best of summer during this global pandemic.

The COVID-19 pandemic changed our daily lives very quickly. Big events were canceled, the school environment changed, and we are spending more time at home. You, and practically everyone, quickly needed to adjust to new ways of living, studying, and working from within the four walls of home. Even with those new challenges, 4-H members are finding ways to stay engaged and explore new things.

First, look around. Parents are adjusting to new schedules and lifestyles now too. You can use this time to help your family with projects and chores around the home. People in the community also can use your support. Sending artwork or notes to community members and essential workers is a simple way to make a big impact.

Being resilient means you can adapt to changes around you. This is a perfect time to improve that important skill. Make sure you identify ways to stay healthy mentally and physically. You can do this



Exercise can make your outlook brighter during a global pandemic like COVID-19.

with exercise like yoga or running, by journaling, or even by giving yourself quiet time for breathing and relaxing. Being resilient does not mean you experience less anxiety or distress. It just means you recognize it and bounce back a little better.

The COVID-19 pandemic is something that will be written in history. Take time to document this experience for future story telling. Someday young children will ask you to share your memories of this period. How can you document these historic times?

Hobbies are a great way to use creativity and express ourselves. During your time at home, you can expand on a current hobby you usually do not have time to work on, or you can try something completely new. Sometimes hobbies come from 4-H projects. Take this time to explore activities from the various Perfect Stay-at-Home Projects. Maybe you will find a project book you really enjoy to take next year.

PLAN YOUR PROJECT

Use this idea starter AND publication 4-H 365 *Self-Determined Project Guide* as the starting place for this My Stay-at-Home Summer project. The *Self-Determined Project Guide* is available online at ohio4h.org/selfdetermined as a PDF. You can download, print, and write on it, or download it as “fillable form” you can save and fill out on your computer. You may choose to do a little or a lot depending on your level of interest. Be sure to register your project with your county OSU Extension office.

Tap your imagination for many ways to stay busy and improve your home, your community, and yourself. Take this time to step outside your usual and try something new. You never know when something new might become your new favorite thing!

AREAS OF INTEREST AND THINGS TO DO

Every self-determined 4-H project can be broken down into areas of interest. These are the specific areas members want to address during their project adventures. Using 4-H 365 Self-Determined Project Guide, identify at least three areas of interest with at least three activities per area to explore. Take your ideas from the list below or make up your own.

Help at Home

- At least once a day, ask your parent, guardian, or caregiver if they need some help with anything. Wash dishes? Got it! Take out the trash? Done!
- Take permanent responsibility for a new chore.
- Plan and cook a family meal.
- Learn to do the laundry.
- Organize and clean your closets and under your bed.
- Mow the grass, plant flowers, or start a garden.
- Make a board game everyone in the family can play.
- Do you have younger brothers or sisters who miss school? YOU be the teacher and see if you can help.



Help Your Community

- Create cards or other artwork to share with nursing homes or those living alone.
- Clean up the roads in your community by picking up trash with family members. Be sure to follow social distancing guidelines and be mindful of any “stay at home” orders.
- Use your sewing talents to create needed face masks for essential workers.
- Make thank-you signs and notes for essential workers.

Stay Healthy

- Start a simple exercise routine or improve your current one. Even a walk around the block is a step in the right direction.
- Keep a pet healthy by giving it some extra attention.
- Prepare a steady supply of healthy snacks for everyone to share. Carrot sticks, anyone?
- Make a schedule to balance schoolwork, chores, play, and sleep.
- Keep a daily journal.

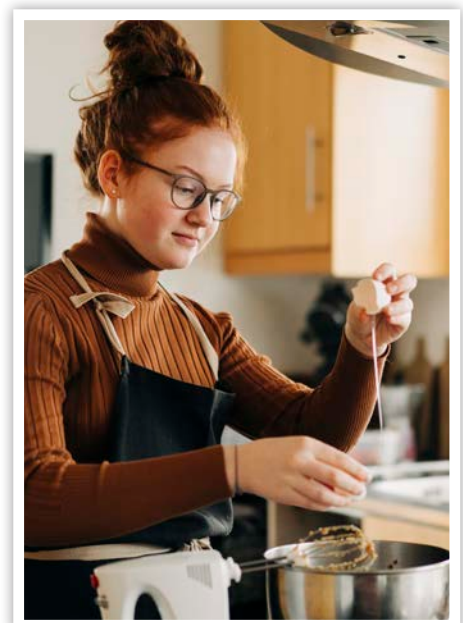
Stay Connected

- Make weekly calls to your grandparents or other relatives.
- Go old school on Throwback Thursdays and write a letter to pen pal.

- Explore your family history. Interview relatives and write about your family’s journey.
- Spend time connecting with the people you are living with by making plans to do things together. Whether it’s a meal, movie, snack, exercise, or even a chore, it’s a good reason to be together.

Make History

- Make your own time capsule. Need some inspiration? Go online and check out go.osu.edu/natalielongtimecapsule.
- Record your observations about how life is different this summer in a diary or journal.
- Create a collage—an actual or virtual one—with images that show what is going on in your home, your community, and the world.
- Learn more about COVID-19, which stands for **CO**rona**VI**rus **D**isease **2019**.
- Make a list of the fun things you were able to experience or try while being home.



Begin a New Hobby

- Start a collection of a favorite item—coins, baseball cards, buttons, beads, rocks, shells, etc.
- Start drawing or painting.
- Write a short story or a collection of short poems.
- Press flowers and use them to make pictures or greeting cards.
- Practice calligraphy, learn to play chess, or make origami.
- Start learning about computer coding with software from hourofcode.com/us/learn.
- Learn about others’ hobbies with online videos, virtual tours, and blogs.

Explore the Perfect-Stay-at-Home Projects

Learn more about various topic areas by exploring the project books at ohio4h.org/stayathomeprojects. You don’t have to complete each whole project, just enough for you to know whether you might want to do the full version another year. Who knows? You may discover something you really like!

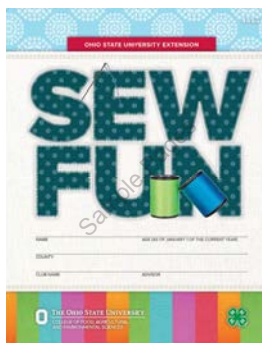
- Learn to stitch by hand in *Sew Fun*.
- Create a writing portfolio with ideas from *The Writer in You*.

- Begin your *Family History Treasure Hunt* by interviewing a family member.
- Try the creamy peanut butter dip or other recipes in *Let’s Start Cooking*.
- Make a loaf of bread from a recipe in *Yeast Breads on the Rise*.
- No matter what the weather is like at the moment, gather equipment and supplies for a hike using the list in *Explore the Outdoors*.
- Keep track of the birds that visit near your home with *Ohio Birds*.
- The knots in *Not Just Knots* go from simple to complex. Challenge yourself to learning one a day.
- Don’t know how this happened, but *Science Fun with Kitchen Chemistry* is about protecting your family from aliens. What!?!?

RELATED RESOURCES

Need to get out of the house? Go on one of these **25+ Amazing Virtual Field Trips for Kids**.

Eggs are an egg-cellent food source. Learn more by the videos at go.osu.edu/wheredoeggscomefrom and go.osu.edu/incredibleinfertileegg.



ohio4h.org/selfdetermined