

Exploring 1

Fun Ideas for the 4-H'er and Family





Dear 4-H Exploring Family,

This booklet is designed to encourage your 4-H'er to seek your help with these activities.

We know you are the most important people in your 4-H'er's life. We believe these activities will be a good way for kids and parents to work together and have fun.

After exploring, discuss with this 4-H'er:

- ✿ Which activities were the most fun?
- ✿ What did you learn about:
yourself, 4-H, others, the environment?

Now what?

- ✿ Discuss with this 4-H'er and the 4-H volunteer leader what opportunities are available in 4-H.
- ✿ Help your 4-H'er decide what 4-H projects he/she is most interested in.
- ✿ Plan for more family activities.

I have read this page and will help this 4-H'er.

(Adult's signature) _____



Dear 4-H'er,

This booklet is yours because you're a new 4-H member. You'll share the things to do in this booklet with your family and your friends.

When you do these activities, you'll learn more about:



yourself and others.



being a 4-H member.



the environment you live in.

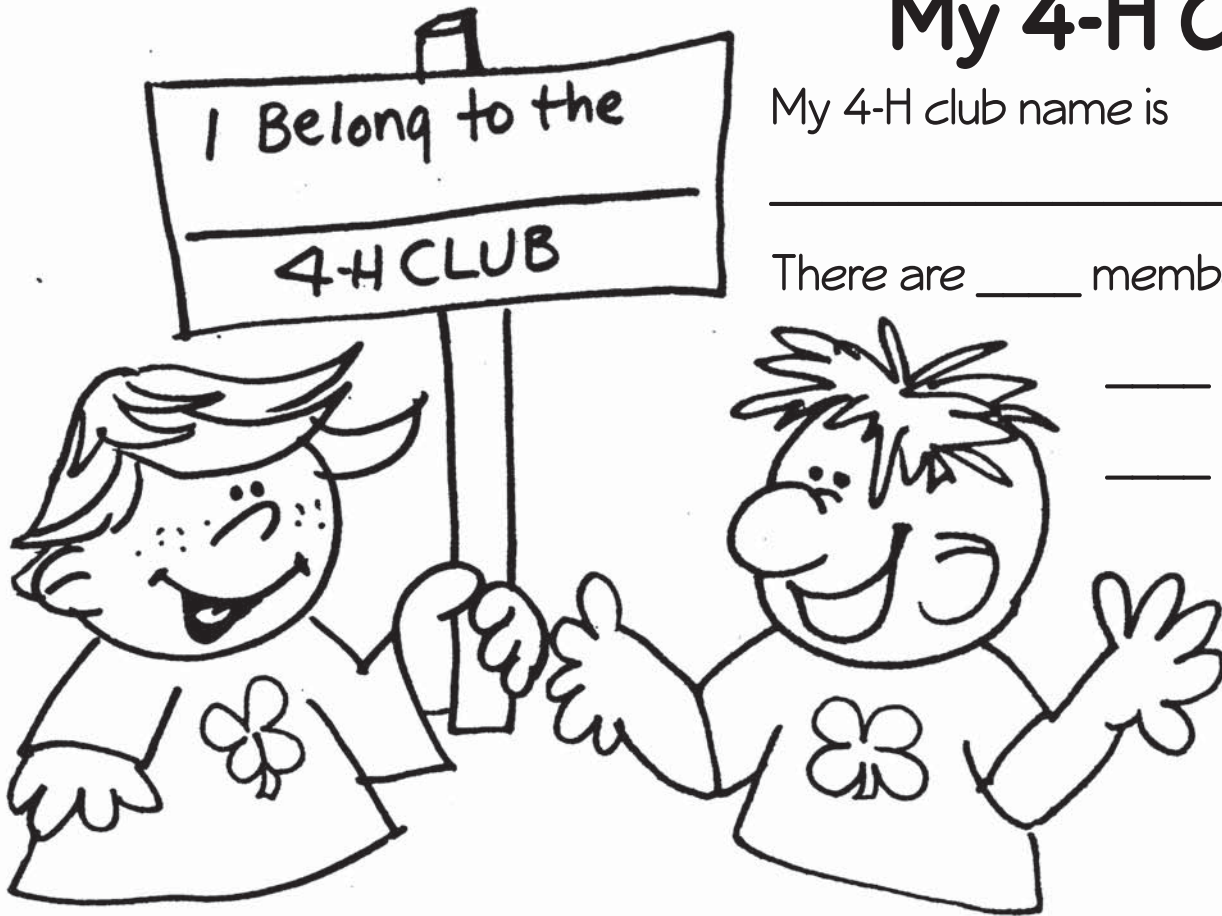
My 4-H Club

My 4-H club name is _____.

There are _____ members.

_____ are boys.

_____ are girls.



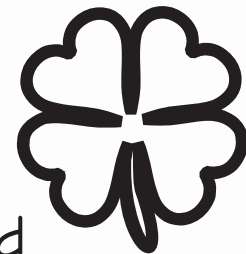
4-H Pledge

I pledge my **HEAD** to clearer thinking,

My **HEART** to greater loyalty,

My **HANDS** to larger service, and

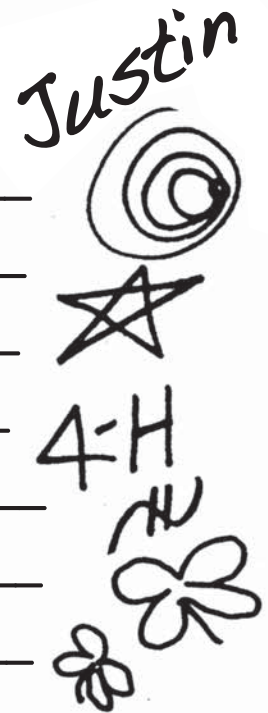
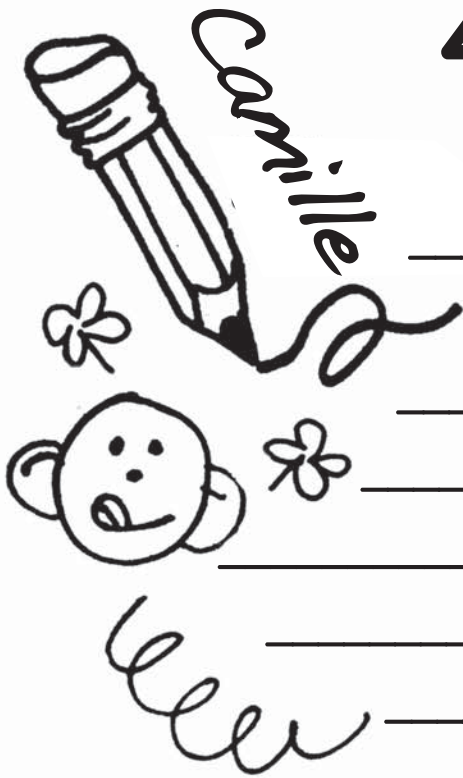
My **HEALTH** to better living, for my club,
my community, my country, and my world.



I learned the pledge. _____ yes _____ no

4-H Officers

Can you name them all?



Something with a Partner

1. Find a partner. _____
(your partner's name)
2. Look at each other and list on a sheet of paper the ways you look alike and the ways you look different.
3. Compare lists! How many things did you list? _____ Do you have things on your list your partner didn't have? ____ yes ____ no
4. Together, write three ways you look most alike and most different.

5. First, draw a picture of your partner without looking at him or her. Then, draw another picture and look carefully as you draw.
6. Now show your pictures to each other. Can you tell which one your partner drew first? ____ yes ____ no

This is Me

My name is _____.

I am a _____ boy _____ girl.



My eyes are _____ (color).

I wear glasses. _____ yes _____ no

I have freckles. _____ yes _____ no

Trace the outline of your hand here:

My birthday is:

month _____

day _____

year _____

I am _____ years old.

I am _____ feet _____ inches tall.

One inch is 2.5 centimeters.

One foot is _____ centimeters.

I am _____ centimeters tall.

My favorite color is _____.

My hair (I drew it.)

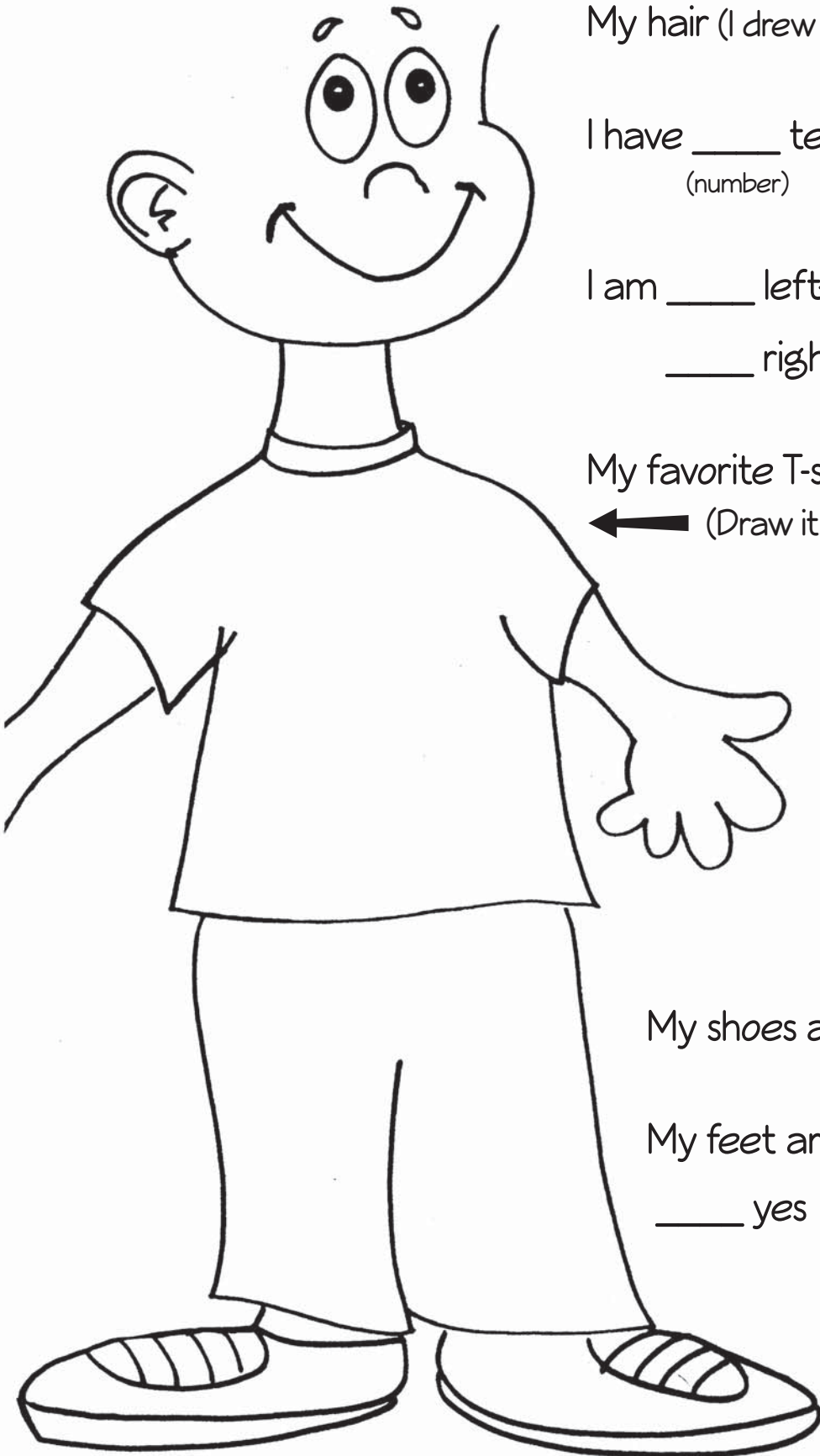
I have _____ teeth.
(number)

I am _____ left-handed.
_____ right-handed.

My favorite T-shirt looks like this:
← (Draw it.)

My shoes are size _____.

My feet are ticklish.
_____ yes _____ no



More Me

Sometimes I feel scared. _____ yes _____ no

When I'm scared, I _____

_____.

Sometimes I cry. _____ yes _____ no

I feel saddest when _____

_____.

Sometimes I get mad at people. _____ yes _____ no

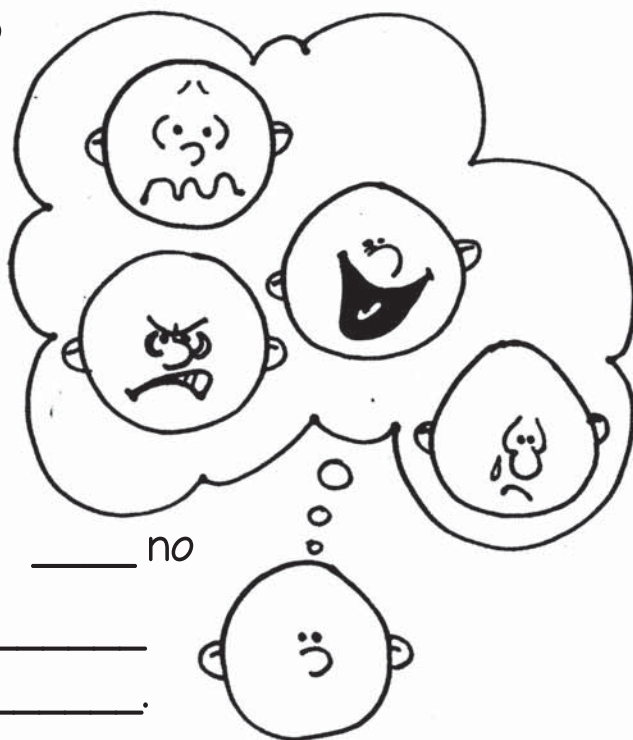
I get maddest when _____

_____.

I'm happy _____ all the time _____ most of the time _____ never.

What makes me happiest is _____

_____.



My Health Interview

Sit down with your mom, dad, or someone who can answer these questions. Ask these questions and fill in the blanks.



1. What shots have I had?

2. Which childhood diseases have I had?

3. Who is my doctor?

4. Who is my dentist?

5. How many teeth have I lost? _____

Things I Like

Animals

My favorite animal is _____.

My second favorite is _____.

_____ I own one _____ I own both

_____ I don't own either _____ I wish I did

If I could be an animal, I'd be a _____.



Eating



I eat like a _____ pig (I like everything) _____ monkey (mainly fruit)

_____ rabbit (just vegetables) _____ bird (very little)

_____ other (you name) _____.

My favorite food is _____.

But I can't stand _____.

My mother thinks I should like

_____ (but I don't).

Sports

My favorite sport to watch is _____.

My favorite sport to play is _____.

I'm _____ good _____ OK _____ not so good at it.



Friends

My best friend's name is _____.

My best friend is a _____ girl _____ boy _____ dog

_____ fish _____ horse _____ cow _____ cat

_____ bird _____ other (you name) _____.

My favorite teacher is _____.


My favorite neighbor is _____.

I like to talk to people _____ yes _____ no



Where I Live

My house is in the _____ country _____ town
_____ suburbs _____ city.

POSTCARD		
NAME _____		
STREET OR ROUTE OR P.O. BOX _____		
TOWN _____	COUNTY _____	
STATE _____	ZIP _____	

My house is in the county of
_____ in the state of
_____ on the planet of
_____.

← This is my address. (fill it in)

My Family Autographs



My Room

My wall color is _____.

My room has _____ windows

and _____ bed(s).

There are _____ closets.

I clean up my room.

_____ yes _____ no

I share my room with _____ people
_____ no one _____ my dog _____ my cat.

My room is _____ feet
_____ inches wide.

My room is _____ feet
_____ inches long.

It is _____ steps from
my bed to the door.



My Neighborhood Map

I drew in: _____ my house _____ neighbors' houses _____ streets and roads
_____ stores _____ trees _____ flower beds _____ animals I see all the time





My house has _____ light bulb sockets.

I know how to change a light bulb. _____ yes _____ no

I volunteered to be the "Official Light Bulb Changer" in my family.

_____ yes _____ no

I know where the flashlight is in case a fuse blows. _____ yes _____ no

Here are some other things about my house:

There are _____ motors in my house.

The largest motor is in _____.

The smallest motor is in _____.

Wheels do work in the house and outside. There are _____ wheels inside and outside my house. (Ask mom or dad to help you look.)

The smallest wheel was on _____.

The largest wheel was on _____.

What does the little wheel do? _____

What does the big wheel do? _____

_____ things in my living room are made of wood.

_____ are nailed together. _____ are glued.

Someone in my family taught me to hammer a nail straight. I hammer them straight _____ sometimes _____ every time.

Say Something Nice



Tell **everyone** in your family something nice. Be honest.
Do it now. What happened? Tell about it.

How did you feel? _____

How did they feel? _____

Now sit down with one person in your family. Share
what each of you are the proudest of in yourself.

I talked with my _____

He/she is proudest about _____

I'm proudest about _____

Take turns telling stories about something that has frightened you.
Explain to each other why you were scared.

Working



There are _____ members of our family.
_____ work at home. _____ work away from home. _____ go

to school. One day, I asked a family
member about working. The family
member is my _____,
who works as a _____
at _____.

He/she explained a lot of things about the
job. Here are some things that are done on
the job: _____

I think I'd like a job like that. _____ yes _____ no

Here's why: _____



Making a Terrarium

YOU NEED:

- A large jar with a lid
(make holes in the lid with a hammer and nail)
- Pebbles and pretty rocks
- Sand
- Moist soil
- Small plants

YOU DO:

1. Wash and dry the jar. (remove label)
2. Add pebbles and sand in a 1-inch layer.
3. Add a layer of soil 1-2 inches deep.
4. Transplant the plants to the jar.
5. Sprinkle lightly with water.
6. Place rocks around the plants and put the lid on.

✿ Keep your terrarium in a bright place but not in direct sun.

What kind of plants did you put in your terrarium?

Your Environment

Pollution

To find out how polluted the air is, you need:

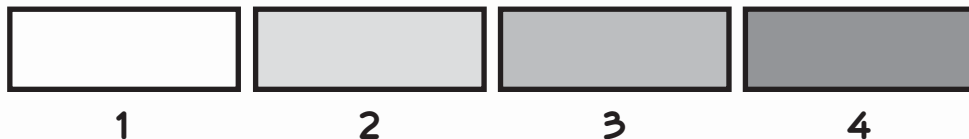
White index cards

Vaseline

Masking tape

Here's what you do:

1. Spread Vaseline on each card.
2. Tape cards in different places outdoors and in.
3. Have family members take a card to school or work.
4. Leave the cards up for 1 week.
5. Record how dirty the air is by using the shaded guide.



Weather

Keep a record of the weather for one week. Watch the TV weather report. How right is the weather forecaster? Write down his or her forecasts and compare them to your records and see.



The weather forecaster was right _____ days last week.

Here are the things to record about the weather every day:

Date: _____

Temperature: _____°C _____°F
(use an outdoor thermometer)

Moisture: _____ rain _____ snow
 _____ sleet _____ hail

Sky: _____ sunny _____ cloudy
 _____ partly cloudy



EXTENDING KNOWLEDGE. CHANGING LIVES.

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Publication 1196

Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. GARY B. JACKSON, Director

(POD-05-16)