



DISCOVER 4-H DISCOVER YOU



April

www.holidayinsights.com

- National Humor Month
- Lawn & Garden Month
- Youth Sports Safety Month
(http://fcspasco.ifas.ufl.edu/Unique_Celebrations.shtml)
- Arbor Day (last Friday)
- April Fool's Day (1st)
- Earth Day (<http://www.brownielocks.com/april.html>)
(22nd)
- National PB & J Day (2nd)
- National Walk to Work Day
(1st Friday)
- Scrabble Day (13th)
- National Pretzel Day (26th)



Kansas State University
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Theme # 1: Humor

Roll Call Ideas:

- Favorite Comedy Show or Movie
- Silliest Thing You Have Ever Done
- Loudest Laugh

Community Service Activities:

- Perform a joke show for a retirement center. Members can tell jokes or do skits focused on humor.
- Lead a clown day camp or program for children needing after school care. Participants could learn how to do clown make-up, costuming and just “clown around” for a bit.
- Create and send humorous cards to ill community members or those who cannot get out.

Guest Speaker:

- Clowns
- Stand-up Comedians
- Theatre/Performing Arts Directors

Recreation:

- Charades – Select one person to draw actions out of a hat. That person will demonstrate the action, without talking, while club players try to guess. The correct guesser draws and demonstrates the next action.
- Humor Course – Set up four silly obstacles. Divide the club into at least two teams. Each team sends one person through the course at a time. The winning team is the one with all members through first.
- Joke Match – Select 10 jokes. Write the joke on one card, the punchline on another, then mix them up. Divide the club into teams of four members. Provide each team with a set of the scrambled joke cards. Teams are asked to pair up the jokes and punchlines. The winning team correctly matches all first.

Snack Ideas:

- Worm Salad (spaghetti salad)
- Eyeballs and Smiles (grapes and mandarin oranges)
- Nutty Nosh (almonds, peanuts, sunflower seeds and walnuts)

Individual Personal Activity:

- Design a Joke Book – Paper, markers and stickers to create a book for jokes.
- Joke Writing – Have books and paper available for members to find and write their favorite joke. They can share them during the club meeting.
- Costume Box – Gather some old clothes and let the kids dress up.



Group Health Activity:

- Laughter – Explore what laughter does for people.
- Toy Study – Each member brings a toy that is fun for the member. Each member shares his or her toy and what about the toy makes him or her happy.
- Laugh Count – Watch a comedy show and count how many times you hear laughter on the show. Have the members discuss if they think the show would be as funny without the laughter.



Theme #2: Sports Safety

Roll Call Ideas:

- Name a Sports Safety Item
- Favorite Sport to Play
- A Sporting Event You Would Like to Watch

Community Service Activities:

- Clean a playground or park. Remove trash and other items that could be dangerous to play in that area.
- Design a trail. Add a walking trail to a community park.
- Sportsmanship posters. Purchase posters on sportsmanship and post at local recreational complexes. Examples might include parks, community rec locations, schools, etc.

Guest Speakers:

- Physical Therapists
- Athletic Directors
- Sports Medicine Professional

Recreation:

- Mixed-Up Sports – Bounce a soccerball, throw a glove, kick a ping pong ball and catch a beach ball and then skip to the other side. This would be played in relay fashion.
- First Aid Frenzy – Divide members into teams of four to six people. Draw a card with a sports injury. The group must decide how to treat with the supplies they have. Have each group report.
- Invent a Sport – Divide members into teams of four. Allow each group to have 10 minutes of planning time. The group can use any present props to create a sport. Have each team share their sport.

Snack Ideas:

- Energy Trail Mix (fruit, nuts and cereal mix)
- Yogurt Bar (vanilla yogurt with fruit and nut mix-ins)
- Edible Tinkertoys (pretzel sticks and chunks of cheese)

Individual Personal Activity:

- Equipment ID – Lay out and label equipment from various sports with a letter or number. Provide a piece of paper for members to ID each piece of equipment. Place the answer key in a folder on the table for members to check when they finish.
- Sportsmanship What-If – Have scenarios that discuss sport situation. The member should determine a solution to each situation. Members can draw or write the solution on a piece of paper.
- What Happened – Have a sports scene “accident.” Place clues in a roped off area. The member should review the clues and make a hypothesis about what happened.

Group Health Activity:

- First Aid Kit – Each member could create their own kit.
- Stretching Exercises – Learn different stretching techniques to prevent injuries.
- Field Trip – Visit a recreational complex or gymnasium. Visit with staff and view ways that safety is considered.

Theme #3: Earth & Environment

Roll Call Ideas:

- Favorite Green Thing
- An Outdoor Place to Visit
- Your Mudpie Secret Ingredient

Community Service Activities:

- Mulch Trees
- Roadside Trash Clean-up
- Design and Plant a Community Garden

Guest Speakers:

- Recycling Center Coordinator
- Master Gardeners
- Animal Shelter or Zoo Coordinator

Recreation:

- Exercise Ball Relay – Divide the club into teams and have members complete bounces, rolls and other moves with the giant “Earth-like” balls.

- Indoor Environment Hunt – Hide objects normally found outdoors in your meeting area. Divide members into teams to search for the hidden objects. Each team should make a list of their findings.
- Animalia – Each member should think of an animal that he or she can describe to the club. Have slips with animal suggestions on in case some are stumped. The animal should be described in up to three sentences. The correct guesser will share his or her animal next.

Snack Ideas:

- Animal crackers and peanut butter
- Earth Ball Salad (melon balls of cantaloupe, watermelon, muskmelon, etc.)
- Popcorn Party – Offer three or more types of popcorn options. Plain popcorn can be offered with topping options for members to choose.



Individual Personal Activity:

- Seed/Plant Match – Offer about 10 different types of seeds and 10 different types of plants. Members receive a piece of paper to match the seeds and plants.
- Recycle Labels – Offer large sticky labels, markers, stickers, crayons, etc. Members can create their own labels for home recycling containers.
- Animal Print ID – Have pictures of animal tracks and names and pictures of the animals on another page. Provide a piece of paper for the members to record their matches.

Group Health Activity:

- Trash Research – Members should bring empty containers and “trash” items to the meeting. The group will look at the items to determine which can be recycled in the local community. Sort items and deliver to recycling center.
- Compost Pile – Members can collect leaves, grasses, and fruit and veggie peels from home. Bring the items and combine to create a mini-compost pile in a 5-gallon bucket with a lid.

- What Happens Next – Take a field trip to a recycling center to see what happens with the items, or visit a business who creates new products out of recycled products.

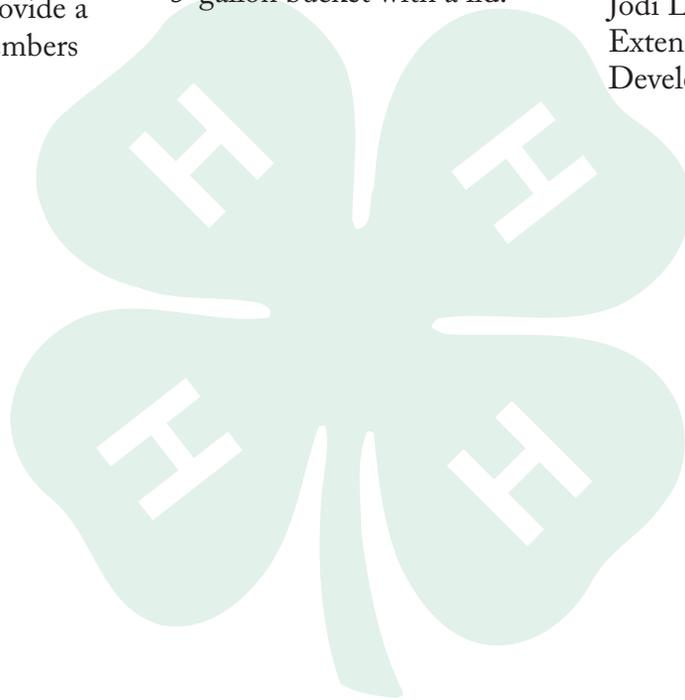
Resources:

- Junior Master Gardener Curriculum

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