



DISCOVER 4-H DISCOVER YOU



August

www.holidayinsights.com

*Family Fun Month

*Peach Month

*National Picnic Month

~National Watermelon Day (3rd)

~Book Lover's Day (9th)

~National Radio Day (20th)

~National Trail Mix Day (31st)

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Research and Extension

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Theme # 1: Family Fun

Roll Call Ideas:

- Share a family tradition.
- Tell one thing that you like about your family.
- A place your family likes to go.

Community Service Activities:

- Family Story Time - Organize a family story time with your local library. Youth can help select books and take turns reading. Adults can plan activities that relate to the books.
- Family Olympics - Plan and conduct a family olympics. Hold the event at a central community location. Games, crafts and snack creations are a terrific way to promote family fun.
- Meals on Wheels - Each family can choose to deliver meals to those unable to get out. Create a card or greeting to accompany each meal.

Guest Speaker:

- Fitness Coordinator - Have a fitness instructor from the local fitness center visit and talk about ways to plan and do family fitness.
- Nutritionist - A nutrition coordinator can visit and share ways to plan and involve the family in meal planning. Discuss ideas and

menu possibilities for family-style dining.

- Recreation Commission - This guest can talk about family recreation activities available in the community.

Recreation:

- Dickey Adventure - Divide the club into "families." Encourage adults to play too! Each family should have up to six people. Give each family a dice. Each number on the dice should coordinate with a physical activity. Example: 1 - bunny hop; 2 - turn in two circles; 3 - push-ups; 4 - jumping jacks; 5 - walk backwards; 6 - clap and stop; or others that you would like to create. Each family should be given a piece of paper and a pencil. Family members can take turns rolling the dice and keep track of the number of activities done. For example, how many jumping jacks were completed. At the end of the timed exercise, see which family did the most of which activity. Play again if time permits.
- Family Obstacle Course - Set up obstacles outside or inside, if space permits. Each family must complete the obstacle course, hooked together. If several members are without families, add these members to other family groups. Cheer on all families as they cross the finish line.
- Win, Lose or Draw - Create teams of four or "families" of four. Create a list of things (write each item on its own card) that can be

drawn. Example items include: House, rainbow, sun, flower, heart, snowflake, clover, leaf, hammer, glass, ball, pencil, paintbrush, car, watermelon. Make sure that items are simple enough for all ages to participate. Space the teams around the room. Each team should be given paper and a pencil. The game coordinator has the basket of the above cards. Send one person from each team to the game coordinator, and have one draw a card. This person must go back to their team and share what the item is with two other team members. These three team members must now draw the object, one line per person, rotating among the three members until the other player guesses the object. The whole team should stand when the object is guessed. Continue playing and rotate who the guesser is.

Snack Ideas:

- **Berry Graham Dominos** – This recipe is made from graham crackers, fruit berries such as blueberries, dried cranberries, or raisins, and cream cheese or peanut butter. Separate the dominos into individual rectangles. Spread a thin layer of cream cheese or peanut butter. Place berries in various number pattern designs. They are ready to serve.
- **Cheesy Dumbbells** – Small stick pretzels and mozerella string cheese are needed for this recipe. Cut the string cheese log into smaller logs. Place one nub on each end of the pretzel sticks. Both ends will have a nub. They should now resemble dumbbells. They are ready to serve.
- **Family Favorite Snack Mix** – Each family is asked to bring an item that they enjoy eating in a snack mix. Be sure to remind families to bring a spoon or scoop for their ingredient. Provide small



bowls, and invite each person to create their own mix using the provided ingredients.

ing the meeting to see if members can guess which families the facts describe.

Individual Personal Activity: Group Health Activity:

- **Family Photo ID** – Ask members to provide a baby picture at the previous club meeting. Place each picture on a table and place a number label beside each photo. Provide members a piece of paper listing the possible people the pictures show. Provide pencils, and allow members to try and correctly identify the babies in the pictures.
- **Club Family Book** – Each family has a story. Provide paper, pencils, markers and crayons. Invite members to write a paragraph or draw a picture about their family. Place the pages inside sheet protectors and then inside a three-ring notebook. Another member can design the cover. Bring the book to meetings and share one or two pages with the club each month.
- **Mystery Family** – How well does everyone know the families in your club? Provide slips of paper or index cards and pencils. Each person should write a fact about his or her family. The member should then write the family name below the fact. Read the facts during the meeting to see if members can guess which families the facts describe.
- **Family Game Night** – Ask each family to bring their favorite table game to the meeting. Provide time for families to rotate and play the various games. For fun, divide up families and ask several to remain with their game to help rotating families know how to play.
- **Family Album** – Invite each family to bring six to eight photos. Provide each family with a piece of paper and a glue stick. Provide markers, stickers, scissors and any other items you wish to have for page decorations. Invite each family to design their photo page. Collect all pages and place in a club family album (three-ring notebook.) Share this resource with new families as a way to help the family get to know the existing club families.
- **Family Race** – Create six different stations. (Sort seven-bean soup mix; jump rope; crab crawl race; put a small puzzle together; toss balls into a bucket; and mystery smell identification – have different foods in different brown paper

bags; open the bag and smell the item; record the identity on a piece of paper. Have about five items.) Other station ideas can be substituted, if desired. Each family member is asked to complete one station. Families rotate from station to station together.

Resources:

- Kids-a-Cooking
- Family Fun Magazines (See if your county or district extension office subscribes, or check your local library.)
- Kraftfoods.com

Theme #2: Wacky Water

Roll Call Ideas:

- Favorite activity involving water.
- If water could have a color, what color would it be?

Community Service Activities:

- Pool Cleaning – Most pools close down at the end of August, as students are back in school. Clean out the locker rooms, the snack area and pick up any trash.
- Pond or Water Area Clean-up – Many people enjoy a day at the lake. Select a lake area (or help clean brush and debris away from a farmer's pond area) and make it clean again. Clear away trash and other debris. Then enjoy a club picnic!
- Neighborhood Water Fun Day – Plan water games and invite the neighborhood to join in! Try water balloons, water relays, pass the ice cube, paper boat races with a straw, dunk tank and many others.

Guest Speakers:

- Water Conservationist – Seek out an environmental resources em-



ployee. This person can talk about ways we can conserve water in our environment and at home.

- Meteorologist – This person can talk about ways water, or precipitation impact our daily lives. This person can also talk about how predictions are made regarding precipitation amounts.
- City Water Services – This person can talk about what happens to storm water. This person can also talk about how water is cleaned and how water travels from the cleaning location to our homes.

Recreation:

- Ice Cube Pass – This game is best played outside! Stand the players in a circle. The game leader will need to bring music and a bag of small ice cubes. Hand an ice cube to one player. Begin the music. Players pass the ice cube from left to right or right to left. Stop the music. The player left holding the ice cube is eliminated. If the ice cube has melted, the player who passed the ice cube is eliminated. Continue playing with additional ice cubes. Another way to add creativity is to pass to every other person, pass to

every third person, etc.

- Water Drawing – This is an outside game! Divide the players into teams of 6. Each team should be given an old paintbrush (1-inch or 2-inch brushes work best) and a small bucket or container of water. Each team needs a space of concrete to play. The game leader will need to provide cards for teams to select. Place the cards in a container. Each team should send up one person to select a card. These players will then return their drawn cards to the container. That person will then return to his or her team and “paint” the item. Remaining team members will guess. Continue playing in this fashion until all members have been selected to paint. Card ideas include: Star, tree, bucket, flower, water glass, ball, house, person, hand, leaf, foot, and smiley face.
- Cup and Lid Toss – This is an outside game! Divide players into teams of four. Each team will need a plastic cup and lid (You can get these at restaurants – kid cups – or check at a thrift store.) Each team will also need a bucket of water (5 gallon) and a container to fill

(larger disposable plastic container with lid). The four team members should stand in a circle. The first player will dip the cup into the large bucket of water and snap the lid in place. This player will toss to the second player, who will toss to the third player, who will then toss it to the fourth player. The fourth player must empty the cup (or what is left) into the disposable plastic container with the lid. The fourth player then passes the container back to the third player, who passes it to the second player, who passes it back to the first player to begin again. Continue playing in this fashion until the container is filled. The team must then carry the container, with the lid, to a central location. The first team with their container full, wins.

Snack Ideas:

- **Watermelon Pops** – Blend watermelon and apple juice. The mixture should be a pourable liquid consistency. Place small plastic bathroom disposable drinking cups on a cookie sheet. Fill the cups with the mixture. Place a wooden popsicle stick in the center of each cup. Freeze for several hours. Take the pops to the meeting in their disposable cups and serve.
- **Strawberry Soup** – Four large servings can be created with 1 cup nonfat plain yogurt, 1 cup sliced strawberries, 2 tablespoons of orange juice, 1 tablespoon of honey. Blend ingredients together until smooth. Serve cold. Offer dried cereal nuggets as a soup topper.
- **S'more Pudding Cups** – Select small disposable cups for this recipe. Each cup is a serving for a member. Use an instant chocolate pudding mix. Mix according to package directions. Place a serving of pudding in each cup. Crumble graham crackers and place in a serving bowl. Place miniature marshmallows in a serving bowl.

Provide spoons for the serving bowls and plastic spoons with each pudding cup. Allow members to top their pudding, to create a summer smore pudding.

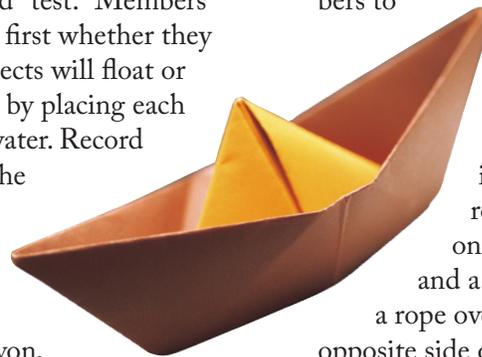
Individual Personal Activity:

- **Fastest Ice Cube Melt** – What is the fastest way to melt an ice cube – without touching it? Provide ice cubes, bowls, straws, water, salt, paper towels, kitchen timers, paper and pencil. Members can try different ways to melt their ice cube. They must record the methods tried and how long they tried each method. Place this activity near a sink and trashcan.
- **Watercolor and Salt Painting** – Provide watercolor sets, paper, paintbrushes, water, salt and paper towels. Members can watercolor a picture of their choosing. After the picture is painted, the member can sprinkle salt over the painting. Provide an area for drying. Discuss what happens when salt is added to the painting: Salt is attracted to the water molecules and soaks some of them up; the streaks are caused by the paint pigments that are left behind.
- **Sink or Float** – Provide a large basin of water, a variety of objects (examples listed below), paper, pencil and towels. List the objects going down the left side of the paper. Add two columns next to the object list, one labeled “prediction” and one labeled “test.” Members should predict first whether they believe the objects will float or sink. Then test by placing each object in the water. Record the results in the “test” column. Example objects to try include: Paper clip, crayon, plastic cup lid, straw, bar of soap, apple, celery stalk, birthday candle, wooden spoon

and a toothpick. You may also choose your own ideas.

Group Health Activity:

- **Water Aerobics** – Contact a local pool and see if you can schedule a club water aerobics party. Get ideas for aerobics instructors from your pool managers. Have a 30-minute aerobics work out, and then let everyone design their own pool fun.
- **Any Taste Difference** – There are many bottled waters out there. Is there a taste difference? Select three or four different varieties. Post the list of the varieties, plus one not selected. Divide the members into teams of about four people. Provide each team with samples of the three or four varieties. Members should decide which water is which. Bring the teams together to discuss their thoughts and discuss what each water variety label says is in their water. Members can write descriptors next to each variety. Example varieties include: Store brand bottled water, vitamin fortified water (marketed for kids), name brand water (such as Aquafina or Dasani) and an imported water (more expensive varieties – typically in more expensive packaging).
- **The Great Boat Race** – Each member should create a paper boat. Provide crayons for members to decorate their boats. Bring a small wading pool and fill with water. Mark off a starting line by taping a rope over the top of one side of the pool and a finish line by taping a rope over the top of the opposite side of the pool. Provide members with straws to blow their boats across the pool. Race the boats in heats. A race off can



be held with heat winners, if you wish.

How to make the boats (origami): Fold a rectangle piece of paper in half, hamburger fold style. Rotate the paper so the folded edge is at the top. Fold it in half, like a book. Open (This is to put a crease down the center). At the top, take one corner and fold to the center crease. Do the same with the other corner. Two flaps will be below the triangles. Fold the flap on the front over the triangles. Flip and fold the second flap over the back. You now should have something that resembles a hat. Fold the flap edges around each side of the triangle. Your hat should now look like a triangle. At the bottom of the triangle is an open side. Open up the triangle and rotate it to fold it into a May basket shape (it will be square shaped). The open side should be towards the bottom. Take one open flap and fold up to the top. Flip it over and do the same with the other side. You now have a smaller triangle. The open side of the triangle should be at the bottom. Rotate the triangle by folding it upon itself to again create a small square. The open side should be at the bottom. Pull each of the side triangles at the same time. Shape the final fold to create a boat. They are now ready for decorating and the race!!

(Some Web sites with instructions and illustrations:

www.laits.utexas.edu/Hebrew/personal/toolbox/acm/boat/boat.html
www.wikihow.com/make-a-paper-boat
www.ehow.com/how_2000722_make-a-paper-boat-.html)

Resources:

- Project WET (Kansas Wildlife and Parks)
- Kraft Foods Web site
www.kraftfoods.com
- Family Fun Magazine

Theme #3: Too Cool for School

Roll Call Ideas:

- Name a school supply you can't live without.
- The theme or color of your backpack.
- Favorite school subject.

Community Service Activities:

- School Supply Round Up – Collect general supply lists from your local school. Purchase some of the items and assemble school supply kits for students. Return the kits to the local school, so families can collect during enrollment.
- School Grounds Prep – Weeds have grown all summer! Help make the school grounds look more welcoming. Weed, water and, if necessary, plant some new items to start the school year.
- Welcome Back Posters – Talk to the school principal and see if your club can design welcome back posters for the school. Showcase one of the 4-H Character Counts pillars on each poster. Share general school announcements, such as “Visitors check in at the main office” or “We walk in our school halls.”

Guest Speakers:

- School Board Member – Talk about some of the behind-the-scenes details of running the schools. This speaker can share some fun facts about the schools. For example, which school is the oldest? How many total students are enrolled? How many lunch cards are issued per year? How many buses are needed on a given

day? How many employees are needed to keep our schools running?

- School Nurse – Talk about ways to stay healthy at school this year.
- School Cook – How and what types of food are prepared for a schoolful of students and teachers. How are menus decided, and where does all the food come from?

Recreation:

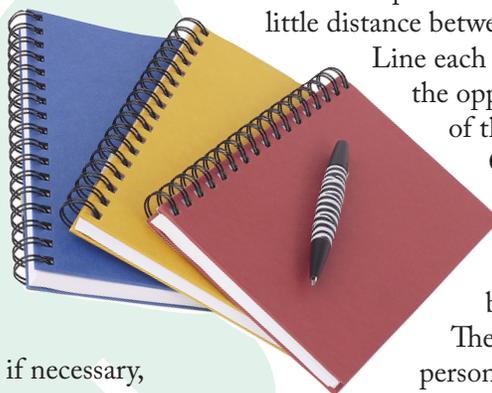
- Backpack Relay – Divide the club into at least two teams. Create piles of loose crayons, pencils, sheets of paper, paper clips and markers. The piles should have a little distance between them.

Line each team up at the opposite end of the room.

Give the first person in each team a backpack.

The backpack person must race to the other side, unzip the backpack and gather one of each item. All items should be placed in the backpack, which must be reziped; the player races back to the team. The backpack can be emptied, and the next player must take the zipped backpack to the other side and repeat. All items must be sorted after collected. The winning team is the first to accomplish this.

- Book Trivia – Divide the club into several teams. Collect some popular children's books. Choose from all age levels and genres. Examples might include, *The Very Hungry Caterpillar*, *If You Give a Mouse a Cookie*, *Clifford the Big Red Dog*, *Where the Wild Things Are*, *Junie B*, books in the *Captain Underpants* series, books in the *Harry Potter* series, books from the



Little Critter series, books from the *Magic School Bus* series, or others. Place the books, standing up, cover facing the teams. Prior to the meeting, select some popular lines out of the books. Flip a coin to determine which team goes first. Choose a “popular line” card. Read the line and allow the team to guess which book the line came from. Allow the other team to guess if the first team misses. Have the members take turns giving the answers on each team.

- **Jacks** – This popular school game can be brought back to your club meeting. Jack sets can be picked up inexpensively at dollar stores. Divide the members into pairs. Have a set of jacks for each pair. Teach members how to play by letting the ball bounce once before collecting a jack. Teach members how to progress by then grabbing 2, 3, 4, etc. Allow members a specified time to play. If members want to challenge each other once they have practiced, this can be done.

Snack Ideas:

- **Apples and Peanut Butter** – Slice several different apple varieties. For example, you may want to choose a yellow, green and red variety. Sprinkle lemon juice on the sliced apples to prevent them from browning. Prepare small cups (plastic bathroom-sized drinking cups) about half full of peanut butter. Provide napkins and plates.
- **Pizza Crackers** – Purchase whole wheat round crackers, marinara (pizza sauce or spaghetti sauce will also work) and shredded mozzarella cheese. Place the sauce and cheese in bowls, with serving spoons. Place the crackers on a platter. Provide plates and napkins

for each child. Each child can top their crackers with sauce and shredded cheese.

- **Strawberries and Bananas** – Frozen strawberries and fresh bananas will be needed for this snack. A little orange juice is helpful to add flavor and keep bananas from browning. Mix one large package of frozen strawberries with five bananas and one-half cup of orange juice. This will serve about 6. Serve in disposable cups or bowls. Provide spoons and napkins.

Individual Personal Activity:

- **Word Search** – This is a popular free-time activity during many school days. Search the Web for ideas and free downloadable searches. Provide the searches and pencils.
- **How I Changed Over Summer** – Provide paper, pencils, crayons and markers. Members should draw a picture or write a paragraph sharing something that is different about him or her now compared to the beginning of summer.
- **Autograph Book** – Purchase small pads of paper from a dollar store or on sale at other school supply carriers. You can get great prices on items during this time of year! Provide stickers, crayons, stencils, markers, etc. for members to personalize their books. Members can design their own autograph book. Members can add pictures and autographs when they return to school. Older members can use it as a way to collect phone numbers, messenger ID’s and other items from friends.

Group Health Activity:

- **Snack Attack** – Invite members to bring favorite snack items to the

meeting. Discuss when the best snack times are and what makes the best snacks. Which snacks fill us up? Which snacks help us keep energy long after they have been eaten? What ways can we change the snacks we eat to make them taste different or be better for us? Use some of the member example snacks to answer these questions. Members can place their snacks on a front table at the beginning of the meeting. Members can then take their own snack back after the meeting ends.

- **Homework Hints** – Homework is something that all students will have. Start by asking members to name the best time for them to study. Write these down. Then ask members to share the where they usually study. Write these down. Talk about tips to help members study better. Examples include: A well-lit area, a similar time for study each day, all necessary supplies ready, a study space that is yours, work on the most challenging assignments first while you are fresh, keep your area free of distractions, good posture and take short breaks every 30 minutes.
- **School Health** – Many students head out to sports practice or games after the school hours. What can be done to stay fit for sports? How can injuries be prevented? A sports instructor could come and share tips on the importance of drinking water, getting plenty of sleep, stretching and other tips which will help keep students healthy on and off the field.

Resources:

- Kids a Cookin
- Local Schools



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