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# DISCOVER 4-H DISCOVER YOU



## May

[www.holidayinsights.com](http://www.holidayinsights.com)

- National Bike Month
- National Hamburger Month
- National Photography Month
- National Salad Month
- National Egg Month

([http://fcspasco.ifas.ufl.edu/Unique\\_Celebrations.shtml](http://fcspasco.ifas.ufl.edu/Unique_Celebrations.shtml))

- May Day (1<sup>st</sup>)
- No Socks Day (8<sup>th</sup>)
- Frog Jumping Day (13<sup>th</sup>)
- Lucky Penny Day (23<sup>th</sup>)

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[www.oznet.ksu.edu](http://www.oznet.ksu.edu)

## Theme # 1: Bikes

### Roll Call Ideas:

- What accessory would you put on your bike?
- Where would you like to ride your bike?
- Tell us your favorite bike color.

### Community Service Activities:

- Bike Clinic – Offer an inspection clinic in a store parking lot. Show bike owners how to care for and check their bikes before heading out for a ride.
- Tricycle Race – Organize and conduct a tricycle race for young children. Offer prizes or other rewards at various spots along the race.
- Bike Racks – Install racks (if there aren't any) or repaint and clean up existing bike racks at a neighborhood school or a local park.

### Guest Speaker:

- Bike Ride Organizer – Many communities have bike rides for a specific cause. Invite the leader to visit and talk about the planning and details needed for this event.
- Bike Shop Owner – Learn more about the different types of bikes available. Discover what bikes can do.
- Maintenance Shop Employee – Invite an employee from a maintenance shop to talk about fixing common bike problems (flat tires,

oiling chains, rust, adjusting the seat, etc.).

### Recreation:

- Bike Driving Course – Divide the group into several teams. Set up a course with “obstacles” to drive around, such as parking situations, turning examples, reverses and others. The first team to successfully navigate the course wins the game.
- Safety Gear Relay – Divide the group into at least two teams. Provide helmets, elbow pads, knee pads and tennis shoes for each team. Participants must put all items on (including tying of shoes) and race to the opposite end of the room and back again to their team. The next person does the same until all team members have participated.
- Around the Town – Divide members into groups of three or four. Provide paper and pencil to each group. Groups are instructed to go on a circle hunt. Give groups time to hunt inside (or outside if the weather is nice) for anything round. Each group should write their items down, and be invited to report their findings.

### Snack Ideas:

- Wheels and Spokes – Cut carrots into circles for the wheels, and add pretzel sticks for the spokes. Provide a dip, if you wish.
- Fruit Pizza – Decorate it to look like a bicycle tire. Make the fruit the spokes!

- Tortilla Pinwheels – Spread peanut butter and a little jam on a wheat tortilla. Roll up and cut into bite-sized pieces. Place on a tray.

### Individual Personal Activity:

- Bike ID – Provide a photocopied picture of a bicycle. Provide pencils. Offer a list of words. Members should try to label each bike part.
- Trail Map – Provide paper, pencils and crayons. Members should be invited to draw their own map depicting a bike trail ride.
- Bike Signal Match – Develop a small pocket booklet of bike hand signals. Provide pages that illustrate the different types of hand signals and their descriptions. Members should add each signal and the correct description to a page in his or her book. Crayons, stickers, markers, etc. can be provided for them to decorate their books.

### Group Health Activity:

- Trail Ride – Plan a bike ride for your club families. Allow different members to lead the ride. Members can also be utilized to help plan snack stops along the route.
- Helmet Test – Bring three raw eggs (in plastic zipper bags) and two child-size helmets to a club meeting. All eggs will be dropped from the same level (3 feet). Have the members guess what might happen to the egg dropped without a helmet. Then ask members to guess what might happen to the egg dropped in a helmet that is too big. (Set the bagged egg in the helmet, and drop.) Last, ask members to guess what might happen to the egg dropped when the helmet fits. On this one (wrap a towel or cloth on the inside of the helmet, to make it fit the size of the egg.)
- Bicycle Parade – Members can decorate their bikes (or themselves



and put on skates if they don't have bikes) and parade around the neighborhood. Don't forget to invite community residents to attend or even participate!

### Resources:

- Check the National 4-H Bike curriculum for additional ideas.

## Theme #2: Picture This

### Roll Call Ideas:

- My favorite picture I ever took or saw was of . . .
- I have \_\_\_\_\_ number of photo albums.
- The hardest thing to take a picture of is . . .

### Community Service Activities:

- Photo Display – Print 8 1/2 x 11 paper prints of digital photos. Invite members to bring one or two with them. Design frames out of construction paper or craft foam. Take the photos and display in a local homeless shelter, health department or retirement center.
- Photo Magnets – Partner with a daycare center. Take photos of

the students and print. Bring the photos back with colored paper, magnets and glue. Help students attach their photo to a paper backing. Add the magnets. Students can also decorate with glitter, buttons, etc. The magnetic photos can be given to their parents.

- Event Staff – Volunteer to serve as the photographer for a major community event (clean up day, senior citizen event, school activity, etc.) Collect photographs from all the member “photographers.” Other members can help design a scrapbook or submit them for publication in the local paper.

### Guest Speakers:

- Newspaper Photographer
- Teens on Yearbook Staff
- Scrapbook Store Professional (can talk on preserving photos)

### Recreation:

- Photo Puzzle – Print a number of photos on 8 1/2 x 11 paper. Cut the photos up into different shaped pieces. (Somewhat like a puzzle.) Scatter the pieces around the room. Divide the members into teams. Give each team one piece of the puzzle they are to assemble. Give the teams time to

search for their pieces and assemble their puzzle.

- Photo Finish – Gather a long rope or a piece of tape. Place it across the floor and instruct the club that they must all cross the line, in some fashion they decide upon, at the same time for a “Photo Finish.” Two members should be selected to stand at each end of the line to determine if the result was indeed a “photo finish.”
- Photo Scavenger Hunt – Make a list of items, in your meeting room, or outside close to your club’s meeting area. Divide members into teams of four. Provide the list (four items), pencil and a digital camera. Each person on the team should take a picture and each person should be in a picture. To spread folks out, you can provide different items to some of the teams.

### Snack Ideas:

- Photo Film – Fruit leather.
- Still Life – Fruit salad.
- Self-Portrait – Rice cakes (choose your favorite flavor), softened cream cheese, diced carrots, diced celery, diced yellow bell peppers, diced tomatoes, sliced black olives, etc. Provide plates, plastic knives and allow members to create a self-portrait.

### Individual Personal Activity:

- Zipper Bag Photo Album – You will need craft foam, cable ties, hole punch, paper, plastic zipper bags (thin plastic work best), markers, and stickers. Each member should select five zipper bags, cut a piece of paper to slide into each bag, and cut a front and back cover out of the craft foam for the book. Punch holes on the non-

zipper side of the bags and the two covers. Punch three holes in each. Use the cable ties to link the pages together. The members can then decorate their photo book!

- Photo Memory – Use club photos and paste them on one side of a 3 x 5 or a 4 x 6 index card. Remember to have two of each photo! Lay them face down on a table and let members play as they arrive.
- What’s Wrong With This Picture – Have silly pictures on a table. Number each picture. Provide paper and pencils for members to use. Members should list what is wrong with each picture.

### Group Health Activity:

- Outdoor Photo Hike – Do a club walk and take photos of seasonal surroundings.
- Summer Calendar – Print off current month calendars for June, July and August. (You can also use current calendars and cover up the pages with the new pictures.) Members can bring pictures (8 1/2 x 11) or these can be provided. Use 11 x 17 paper to paste the calendar portion on the bottom and then the picture on the top. String them together for the summer calendar.
- Small Muscle Exercises – Fingers, eyes, neck and arms are important for taking photos. Teach stretching and strengthening exercises.



## Theme #3: Mix it Up, Salad Style

### Roll Call Ideas:

- Your favorite salad ingredient.
- The dressing your salad can't be without.
- Croutons, Bacon Bits or Sunflower Seeds?

### Community Service Activities:

- Salad Festival – Host a salad festival at your local farmers' market. Bring some salads for people to sample and vote for their favorite. Remember – salads can be fruity, pasta, veggie and many more!
- Salad Kits – Wash, cut and prepare vegetables for a fresh table salad. Place all items in bowls at a senior center. Allow senior citizens to walk through. Members can help them prepare a personal salad kit for home.
- Lettuce in a Bag – Teach daycare youth, after school students or others how to grow salad in a bag. (Junior Master Gardener activity.)

### Guest Speakers:

- Master Gardener – Talk about different types of lettuce, when and how to grow.
- Salad Bar Supervisor – From a local grocery store or a restaurant. The person can talk about what he or she chooses to put on the bar and why and how to keep food fresh.
- Chef – Talk about salad recipes. Discuss how recipes are created and share some unique salad ingredients or original salad ideas.

### Recreation:

- Upset the Salad Bowl – Each person should draw a veggie card out of a bowl. This is the veggie they will play for the game. Have

everyone stand in a circle. The recreation leader will randomly call different veggies to run into the center of the circle and change places. For added challenge call more than one veggie at once. When the leader calls “Upset the Salad Bowl,” everyone races to the center to find a new spot.

- **Salad’s On** – Divide the club into at least two teams. Provide an apron and chef’s hat for each team. A giant bowl of “salad” (pieces of construction paper, chopped pipe cleaners, buttons etc.) should be placed in a bowl in front of the team. The person uses two wooden spoons to scoop up the “salad,” and carry it to the opposite end of the room to another bowl. Each person puts on the apron and hat and carries a scoop of salad to the other end. The team with the most salad in their bowl wins!
- **In the Name of Salad** – Divide your club into several teams. Collect two recipes per team. Cut the recipes apart, according to the steps to create them. Place the steps in a zipper bag. Hand out a bag to each team. (You may want to hand a specific step to each person.) Teams should line up according to the order of their recipe. In the end, they can also guess what salad recipe they are “ordering.”

## Snack Ideas:

- **Salad Bar** – Have a sign-up sheet at the previous meeting. Each family should sign up next to an ingredient and bring it to the meeting. Provide bowls, forks and napkins.
- **Pasta Power Up** – Have several shapes of cold pasta, diced green peppers, diced celery, shredded



carrots and diced tomatoes. Offer Italian and ranch dressings. Shredded cheese can also be provided, if you wish. Allow the members to mix their own salad combo.

- **Sweet Salad/Savory Salad** – Provide several recipes of sweet salads (such as jello salad, frog eye salad, apple salad, etc.) and several recipes of savory salads (potato salad, pasta salad, taco salad, etc.) Members can taste whichever salads they choose and try to guess ingredients in each salad.

## Individual Personal Activity:

- **Create a Salad** – Place pictures of ingredients on a table. Include both savory and sweet ingredients. Remember to add “sauce” type options as well. Place a 1 cup measure on the table. Members should also be given a piece of paper and a pencil. Members can write down their created recipe. Older members can write in measurements. Encourage members to name their salads.
- **Mystery Salad** – Place descriptions on the table describing some popular salads (taco, spaghetti, pasta, jello, etc.) Number each description. Members should be given a piece of paper and a pencil. Members should guess what type of salad is being described and write it on their paper.

- **Salad Greens ID** – There are so many types of greens!! Bring samples for at least seven different types (arugula, cresses, mache, spinach, iceberg, radicchio, endive, kale, Swiss chard, collard, romaine, etc.) Place some of each on a numbered plate. Provide each member a paper and pencil. The paper should list the types of lettuce on it. Members can write the name of the lettuce next to the type of lettuce.

## Group Health Activity:

- **Club Salad Garden** – Experiment with different types of lettuce and spring veggies. Check out the Junior Master Gardener curriculum for additional ideas on gardening.
- **Herb Check** – Bring different herb samples (many will probably have to be dry samples; check to see if any are in season). Members can be grouped into teams of four. Pass the samples around and see which ones they can identify. Have about five herbs. Share the herb identity and things that the herb does for people.
- **Dressing Discovery** – Bring different types of dressings to a club meeting. Select no fat, reduced fat and regular varieties. Have groups look at the ingredients of the different varieties to discover what makes them the variety listed. Discuss key ingredients that seem to be in each dressing type. (You may want to cover brand names to avoid stereotyping and advertising.)

## Resources:

- Extension Junior Master Gardener curriculum
- National 4-H Gardening curriculum



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