



# 4-H CLOVERBUD HANDBOOK

2024-2025 4-H YEAR

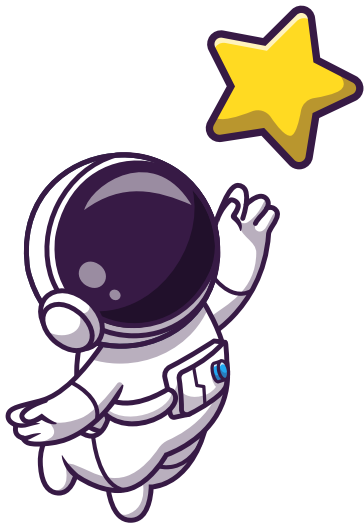
NAME: \_\_\_\_\_

4-H CLUB: \_\_\_\_\_

**K-STATE**  
Research and Extension



River Valley  
District



# WELCOME, CLOVERBUD!



Hello, Cloverbud!

We are so excited to have you as a part of our River Valley District 4-H Family! Our names are Macy Hynek and Marissa Hurst and we are the 4-H Youth Development Agents. We develop and deliver educational programs to the school-aged youth in Clay, Cloud, Republic, and Washington counties. We cannot wait to meet you and see all of your growth through the 4-H program! If you have any questions, you can reach us at:



**Macy**

785-527-5084  
mhynek@ksu.edu



**Marissa**

785-243-8185  
mlhurst@ksu.edu



# MEET YOUR PROGRAM MANAGER

Program Managers are the frontline when it comes to 4-H in your county. They are there to answer questions, offer guidance, and help you grow as 4-H members! Each county in the River Valley District has a program manager, can you find yours?



**Diane**

Republic Co.

785-527-5084

dkussman@ksu.edu



**Melissa**

Clay Co.

785-632-5335

melissabaxter@ksu.edu



**Brianna**

Cloud Co.

785-243-8185

bmhake@ksu.edu



**Brooke**

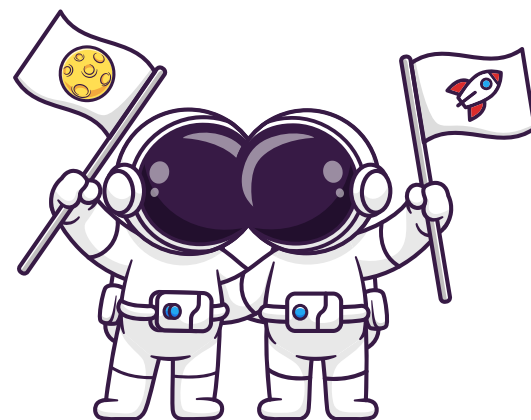
Washington Co.

785-325-2121

brooke6@ksu.edu

Who is your program manager?

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# LET'S STAY CONNECTED!



River Valley 4-H (Facebook Page)



@rivervalleydistrict4h



River Valley Extension District



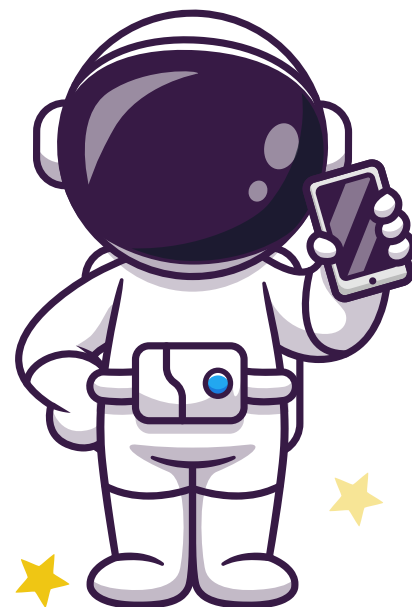
Bi-Monthly Newsletter



<https://rivervalley.k-state.edu>  
<https://ksre.k-state.edu>

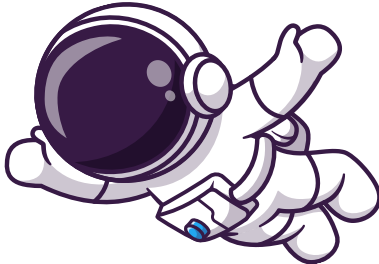


River Valley 4-H (Private Group)





# MY 4-H CLUB



NAME: \_\_\_\_\_

4-H AGE (AGE ON JANUARY 1, 2025): \_\_\_\_\_

LOCAL 4-H CLUB: \_\_\_\_\_

CLUB LEADER(S):  
\_\_\_\_\_  
\_\_\_\_\_

LEADER CONTACT INFORMATION:  
\_\_\_\_\_  
\_\_\_\_\_

## MONTHLY CLUB MEETING

- DATE: \_\_\_\_\_
- TIME: \_\_\_\_\_ A.M. P.M.
- LOCATION: \_\_\_\_\_

# THE 4-H PLEDGE

The 4-H pledge helps us remember what 4-H is all about and helps us remember the 4 H's. This pledge is said before all 4-H events, especially club meetings. This pledge has special actions that go with it. Can you draw a line to the astronaut doing the action that you think goes with each part of the pledge that is written in green? Then practice saying the whole pledge!

"I pledge:

My head to  
clearer thinking

My heart to  
greater loyalty

My hands to  
larger service

And my health  
to better living



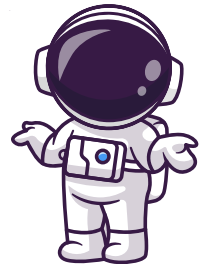
Place hands at your sides or  
behind your back



Place one hand over  
your chest



Place one hand to  
your head



Place hands out in  
front of you

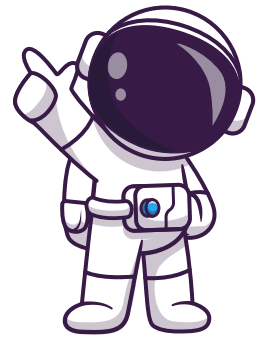
For my club, my community, my country, and my world."

# THE 4-H MOTTO

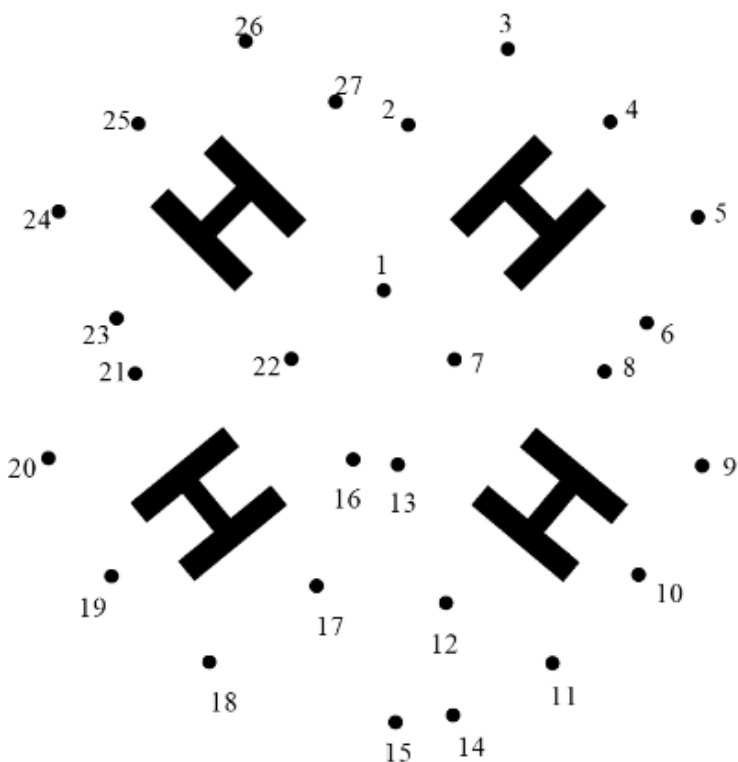
Can you help the astronaut trace the 4-H motto  
"To Make the Best Better."?



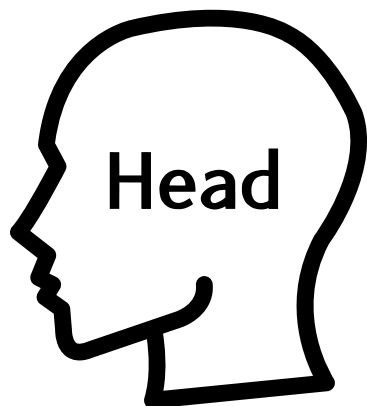
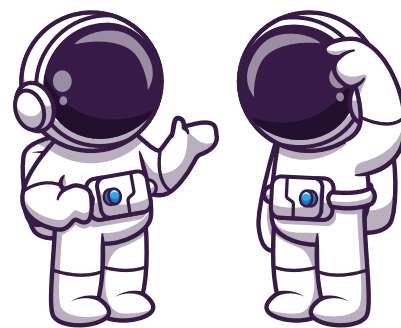
# THE 4-H EMBLEM



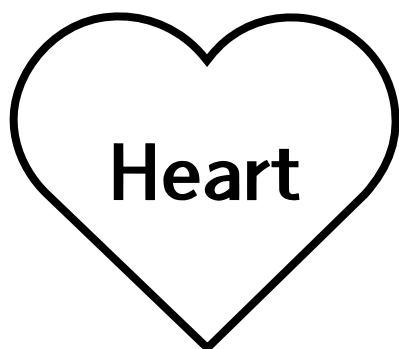
The clover is the 4-H emblem. The green four leaf clover has a white H on each to represent each of the four H's that are represented in 4-H: Head, Hear, Hands, and Health. Can you connect the dots to recreate the 4-H emblem? Hint: It should look the green clover to the right!



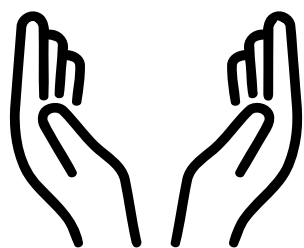
# WHAT DOES EACH H STAND FOR?



We use our heads to solve problems! We are also always learning something in 4-H!



We each have a place in 4-H. We learn compassion and self-discipline in 4-H!



Hands

We use our hands to give back to others in our community and our world with through service!



We learn to make healthy choices through 4-H!

# **MONTHLY ACTIVITIES FOR 2024-2025**



**1. PHOTOGRAPHY**

**2. SHOPPING IN STYLE**

**3. READING ADVENTURES**

**4. ROBOTICS CODING**

**5. BEEF: BUCKET CALF**

**6. VISUAL ARTS**

**7. BUILDING BLOCK ENGINEERING**

**8. PETS**

**9. FOODS AND NUTRITON**

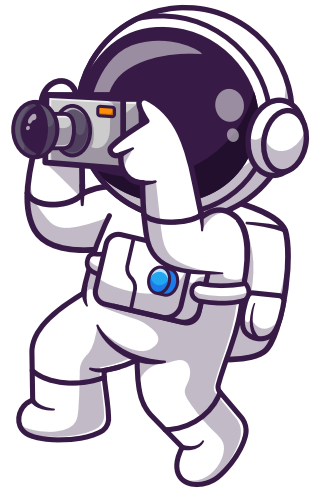
**10. GEOLOGY**

**11. ROCKETRY**

**12. PERFORMING ARTS**

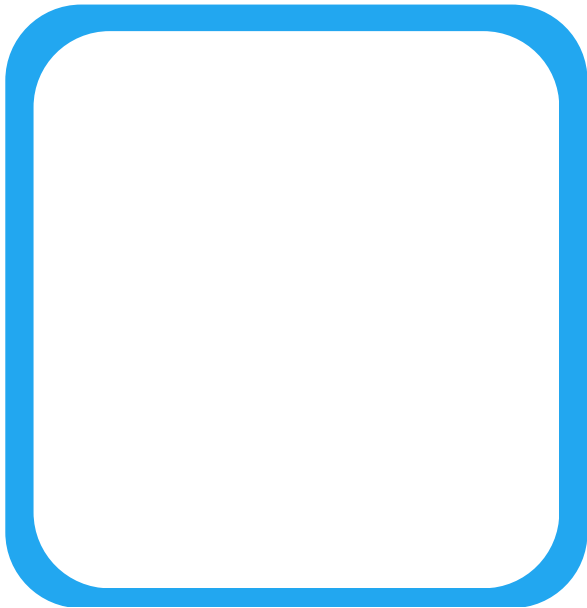
# ACTIVITY ONE:

# PHOTOGRAPHY

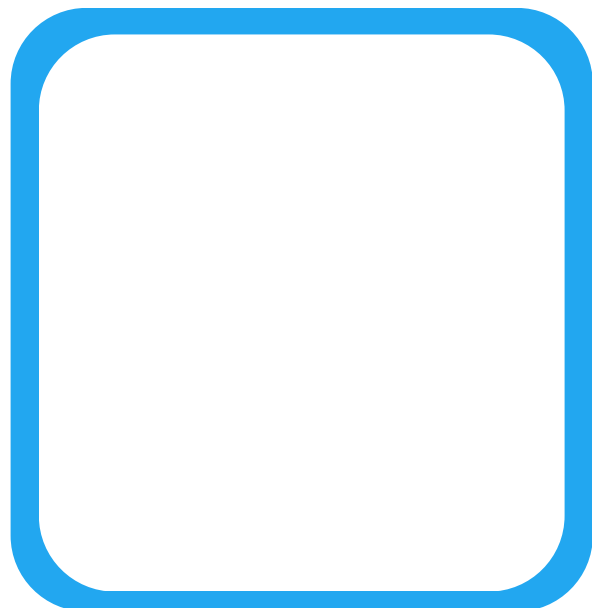


Capture your friends, family and important events through photography. Learn about basic and advanced film cameras, and/or digital cameras, and how to plan, compose, light and exhibit your photos. Advance into wide-angle and telephoto lenses, filters, light meters and computer enhancement.

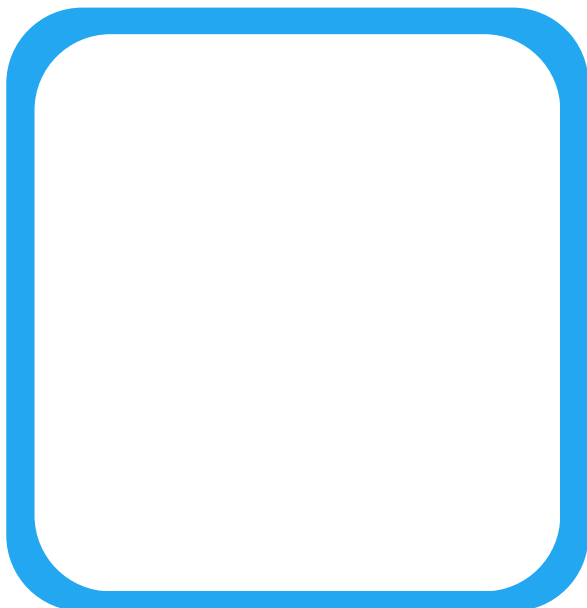
**DID YOU KNOW?** A subject is whatever you are taking a picture of! Take a picture of yourself and three of your favorite things with a parent's help! Print off the photos and tell us what the subjects are!



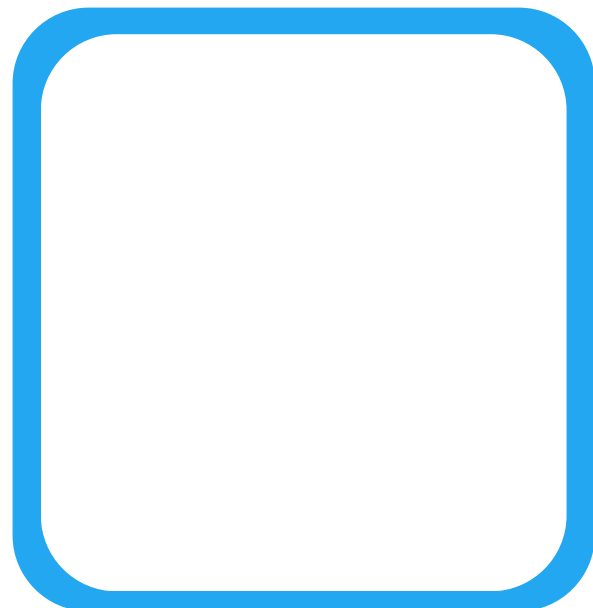
**SUBJECT:\_\_\_\_\_**



**SUBJECT:\_\_\_\_\_**



**SUBJECT:\_\_\_\_\_**



**SUBJECT:\_\_\_\_\_**



# ACTIVITY TWO: SHOPPING IN STYLE



In Shopping in Style, youth will learn a lot about clothing. Youth will learn what looks best on them and the best ways to build a versatile wardrobe while staying within their budget. In addition, youth will be able to identify their clothing needs. Finally, youth will learn to "put it all together" and to present themselves with confidence. As you can see, there's a lot to learn, so get ready to go Shopping in Style!

Try on your favorite outfit! Why is it your favorite?

Maybe you picked a tee shirt that has your favorite character on it!

Tell someone why this is your favorite outfit. What is your favorite part about it?

Maybe you love the color purple and you got really cool new purple tennis shoes!

Tell someone what you bought your outfit for. Where will you wear it?

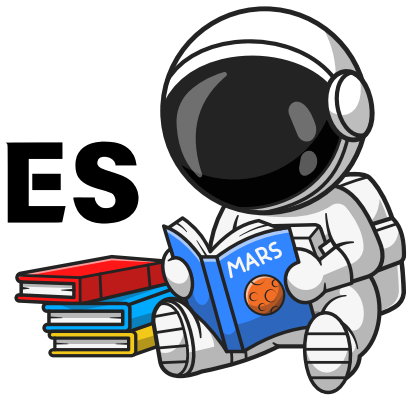
Maybe you bought a dress for a wedding, but you can also wear it to church!

Keep one piece of your outfit on and see if you can find a different piece of clothing that will match with it, too.

You might need an adult's help with this one!

**Challenge: wear your new outfit out and about somewhere!**

# ACTIVITY THREE: READING ADVENTURES



Do you enjoy a good book? Do you like to read or study other project areas in 4-H? Check into the phases of the 4-H reading project.

Read a book with a family member and then fill in the boxes with a drawing of one character, one setting, and one scene from the book!

**STORY NAME:** \_\_\_\_\_

**CHARACTER:**  
WHO IS IN THE STORY?

**SETTING:**  
WHERE ARE THE CHARACTERS AT?

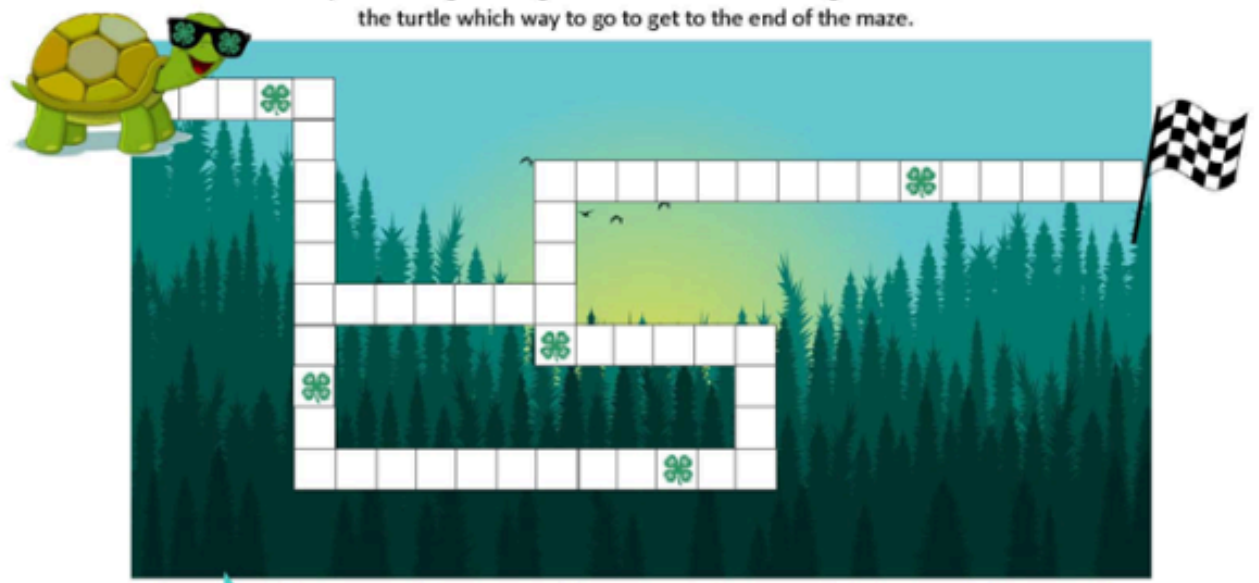
**SCENE:**  
WHAT ARE THE CHARACTERS DOING?

# ACTIVITY FOUR: ROBOTICS CODING



The goal of the 4-H Robotics project is to make Science, Technology, Engineering, and Math engaging and meaningful in the lives of young people. Youth have the opportunity to practice and refine their engineering skills through programs like Junk Drawer Robotics. Using LEGO robotics platforms coding and programming skills are emphasized.

Help the turtle get through the maze! Draw the missing arrows to tell the turtle which way to go to get to the end of the maze.



What goes in the next box?

--	--	--	--	--	--	--	--

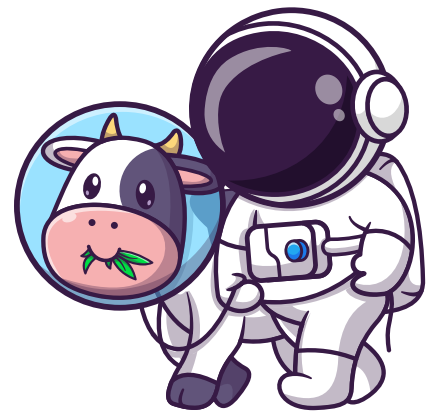


What goes in these boxes?

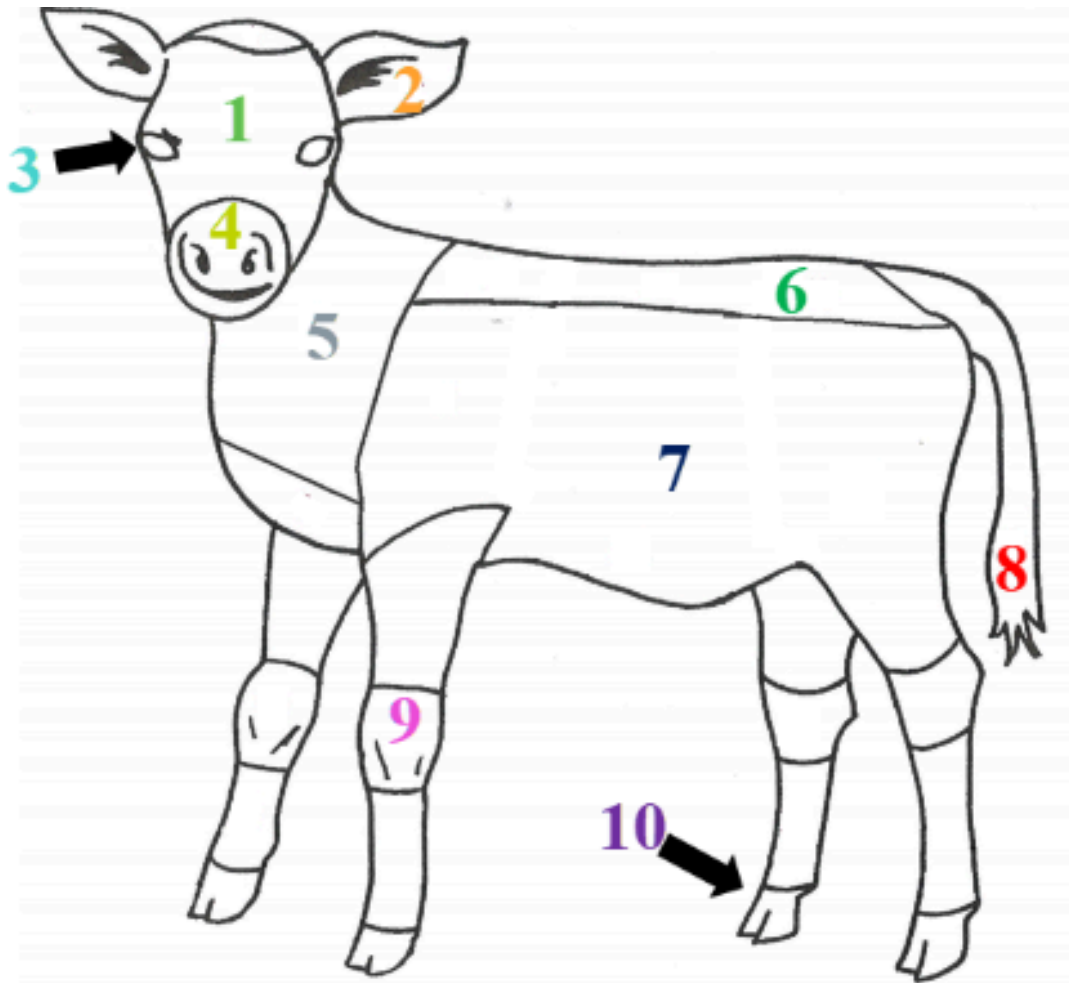
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# ACTIVITY FIVE: BEEF

The beef project is an excellent way to learn about raising, caring for and managing beef. Begin with a calf or build your own herd as you learn about the beef industry.

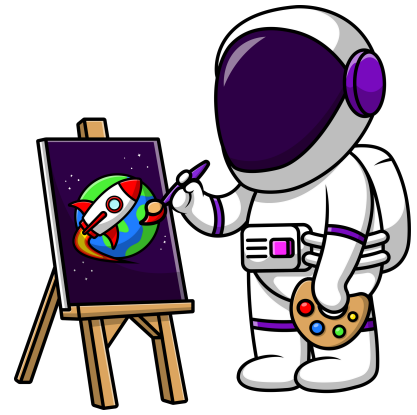


Write the number of the body part next to the name, then color the bucket calf.



- 5 Neck        Nose        Knee        Body        Eye
- Ear        Tail        Back        Head        Hoof

# ACTIVITY SIX: VISUAL ARTS



The visual arts project teaches artistic skills and the elements and principles of design. 4-H members explore techniques, study art history, culture, and discover their talents. Be creative; draw, paint and work with different mediums.

**Make a spring time themed craft!**

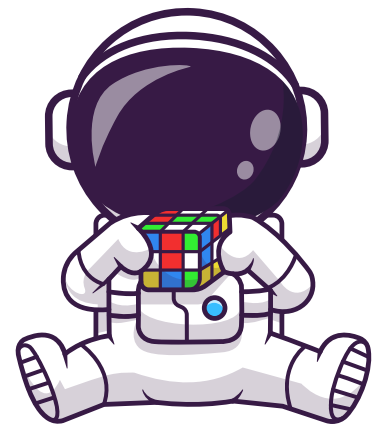
**What you need:**

- Newspaper
- Paper
- Paint
- Paint brushes
- Plastic Forks
- Paper plates



1. Lay down newspaper to make sure there is no mess
2. Lay out the white paper
3. Paint straight green lines from the bottom of the paper in different lengths
4. Put paint on the paper plates
5. Stamp the fork into the paint and press it to the paper at the top of the green line
6. Repeat in different colors until the green lines all have a flower
7. Add leaves with green paint and a paintbrush
8. Wait to dry!

# ACTIVITY SEVEN: BUILDING BLOCK ENGINEERING



The project is starting with an emphasis on using building blocks (“Legos”) to construct dioramas. This project allows youth to explore architectural design in a three dimensional space. The intent is for this program start with foundational ideas of architecture, some of which youth may already have, and allow youth to continue to build on this knowledge becoming more and more experienced.

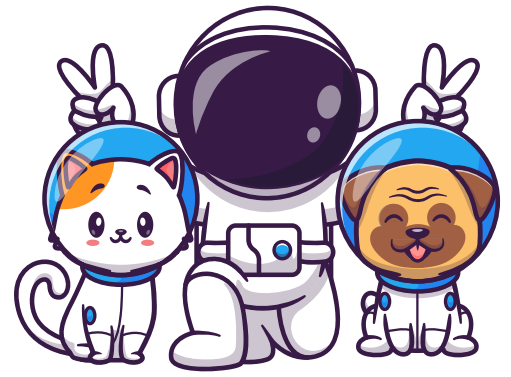
Build a house out of Legos or Duplos! Try to build one using your own creativity, not following instructions! But, if you need some inspiration, here is a photo to help you get started!





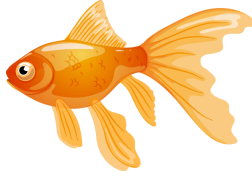






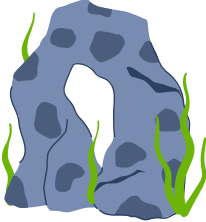

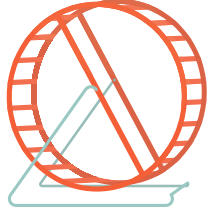






# ACTIVITY 8: PETS

Whether you're a fish, hamster or cat lover, this project is intended for members to learn more about their household friends. You will focus on hand or aquarium pets or cats as you learn about the different species and how to keep them healthy. You will have the chance to be creative and design a toy for your pet, create a commercial or even a scavenger hunt.

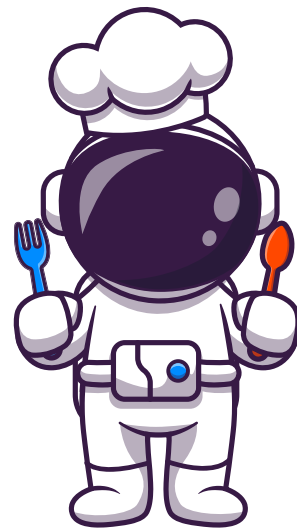


Below you have four pets: a dog (d), a hamster (h), a fish (f), and a turtle (t). In each category, figure out which items belong to which pet and write the letter on the line underneath the item.

	D	H	F	T
PET				
FOOD	 -----	 -----	 -----	 -----
TOY	 -----	 -----	 -----	 -----
BED	 -----	 -----	 -----	 -----

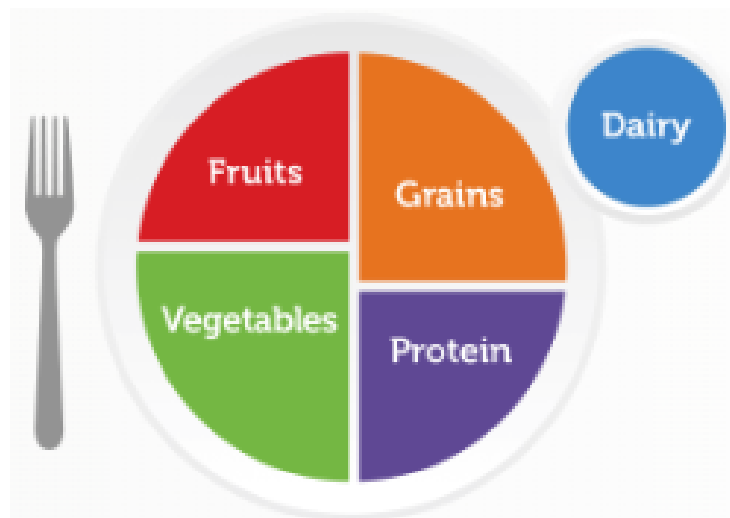


# ACTIVITY NINE: FOODS AND NUTRITION



In this project, you will have fun learning how to cook the basics and then advance to gourmet and international meals. You will learn the heritage of many foods as well as consumer buying skills to get the most for your money. In addition, you will learn how to make healthy snacks and modify recipes to fit a healthy life style.

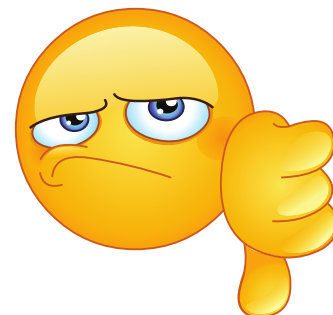
Make your own snack mix! Your goal is to make a trail mix that includes three of the categories in the my plate categories! See if you can make the right choices to get all three categories in your trail mix. Can you guess which three categories we are covering? Hint: It's the red, purple, and orange categories!



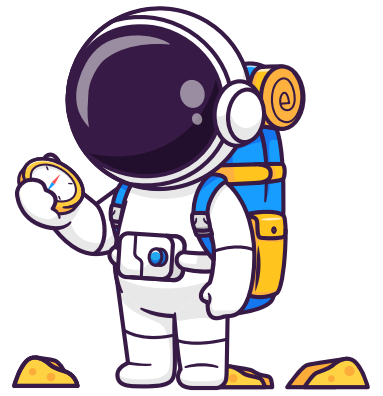
Circle the ingredients you would like to use, then buy the ingredients to make it! You can have as many ingredients as you would like, but make sure to get one from each category! (Try to only stick to one "fun" ingredient!)

- | Fruit  | Protein  | Grains   | "Fun"   |
|--|--|--|---|
| <ul style="list-style-type: none"><li>• Raisins</li><li>• Dried Bananas</li><li>• Dried Strawberries</li><li>• Dried Cranberries</li></ul> | <ul style="list-style-type: none"><li>• Peanuts</li><li>• Cashews</li><li>• Almonds</li><li>• Macadamia Nuts</li></ul> | <ul style="list-style-type: none"><li>• Pretzels</li><li>• Cheerios</li><li>• Cheezits</li><li>• Popcorn</li></ul> | <ul style="list-style-type: none"><li>• M +Ms</li><li>• Chocolate Chips</li><li>• White Chocolate Chips</li><li>• Peanut Butter Chips</li></ul> |

How do you like your trail mix?



# ACTIVITY TEN: GEOLOGY



Did you find a rock at the park and don't know what kind it is? What about fossils? If you would like to learn more about rocks, minerals and fossils, then dive into the geology project! Discover the types of minerals, rocks and fossils that can be found where you live. Learn about geological formations across the state and in other states.

Grow your rock collection on this scavenger hunt! Try to find a rock for each of the following categories. After you find them, you can cut these squares out and paste them on a shoe box. Then display your rocks on top!

Find a rock that is bigger than your hand!

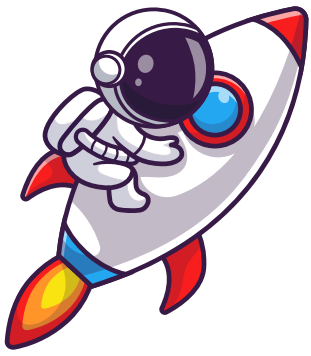
Find a rock that is white!

Find a rock that is smooth!

Find a rock that has more than one color!

Find a rock with speckles!

Find a rock that is the size of a quarter!



# ACTIVITY ELEVEN: ROCKETRY

Project participants in the 4-H Rocketry and Aerospace project learn about the latest in aerospace technology as well as explore the fundamentals of rocketry such as lift, drag, and other factors that affect rocket design. Youth have the opportunity to try out various designs of rockets as well build their own rockets and test their flight ability.

In this activity, you will make a paper rocket!

## Materials

- Tape
- Plastic Straw
- Pencil
- Paper
- Scissors

1. Cut a strip of paper a little wider than a pencil
2. Wrap the paper around the pencil and tape it in place (not too tight, you will need to remove the pencil)
3. Tape down the top so there is no hole in the paper
4. Take the pencil out of the rocket and replace it with a straw

Your rocket is almost ready, but it needs a little push. Got any ideas on how to make the rocket blast off?

You can watch this Youtube video for how to make your rocket more advanced and fly even further!

<https://www.youtube.com/watch?v=ppNbqL3LuUo>





# ACTIVITY TWELVE: PERFORMING ARTS

Do you enjoy being in the spotlight? Do you like to be creative while performing on-stage or setting up backstage? Then you should jump into this project! You will learn to express yourself in front of a crowd either on-stage, backstage, as a puppeteer or writing your own script.

The performing arts projects includes playing a musical instrument! Today we will make our own!

What you will need

- Paper towel roll
- Duct tape
- Aluminum foil
- a mixture of corn kernels, rice, and small noodles



1. Cover one end of the paper towel roll with duct tape
2. Insert a long rolled-up piece of aluminum foil into the paper towel roll
3. Fill the inside of the paper towel roll 1/4 full with the mixture of corn kernels, rice, and small noodles
4. Cover the other end of the paper towel roll with duct tape
5. Wrap construction paper around the paper towel roll
6. Wrap duct tape over the construction paper on both ends
7. Decorate if you would like!
8. Hold the rain stick up and down, then slowly turn it upside down and hear the rain!

# ADDITIONAL PROJECTS

Kansas 4-H offers 45 projects in 7 different project areas. See the entire list of projects below!  
Find more information about the projects at <https://www.kansas4-h.org/projects/>

## Natural Resources

- Environmental Science
- Geology
- Shooting Sports
- Wildlife

## Plant Science

- Agronomy
- Entomology
- Forestry
- Horticulture & Landscape Design

## Consumer and Family Sciences

- Sewing & Textile Design
- Shopping in Style
- Family Studies
- Fiber Arts
- Foods & Nutrition
- Health & Wellness
- Interior Design & Architecture

## Animal Science

- Beef
- Dairy Cattle
- Dairy Goat
- Dog
- Horse
- Meat Goat
- Pets
- Poultry
- Rabbit
- Sheep
- Swine
- Veterinary Science

## Communication & Expressive Arts

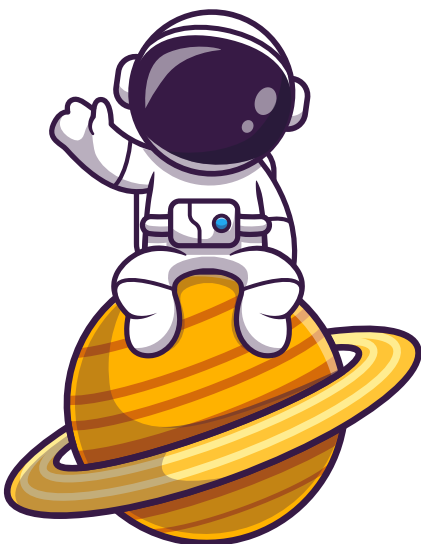
- Communications
- Performing Arts
- Photography
- Visual Arts

## Leadership & Personal Development

- Civic Engagement
- Leadership
- Reading Adventures
- Self-Determined

## Engineering & Technology

- Aerospace/Rocketry
- Ag Mechanics Welding
- Astronomy
- Building Blocks Engineering
- Computer Science
- Electric & Renewable Energy
- Robotics
- Small Engines
- Uncrewed Aircraft Systems
- Woodworking



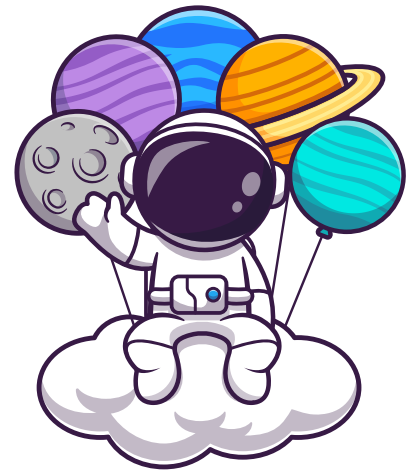
## WHAT PROJECTS INTEREST YOU?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# CLOVERBUD FAIR RULES



1. 4-H Cloverbuds may exhibit or showcase age-appropriate activity items from their 4-H Cloverbud experiences.
2. The Cloverbud may showcase a product, poster, or notebook for a show and tell display.
3. A 4-H Cloverbud may showcase a pet from the approved list during his/her show and tell. Pets cannot be included in overnight exhibits. No livestock may be exhibited.
4. The Cloverbud may not participate as a competitive exhibitor and is not eligible to receive premiums or awards. A 4-H Cloverbud may receive a 4-H Cloverbud ribbon or participation award

Washington Co. Fair  
July 15-20, 2025

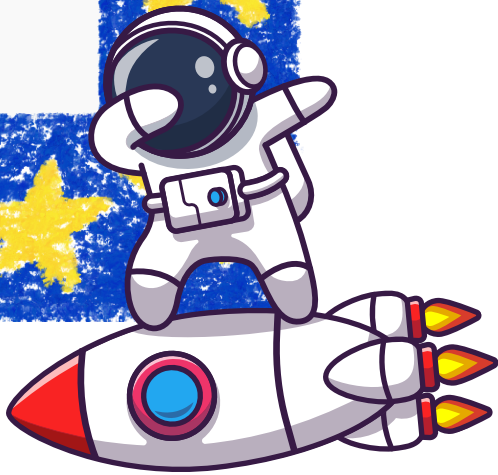
Cloud Co. Fair  
July 15-20, 2025

Clay Co. Fair  
July 22-27, 2025

Republic Co. Fair  
July 28- Aug.3, 2025

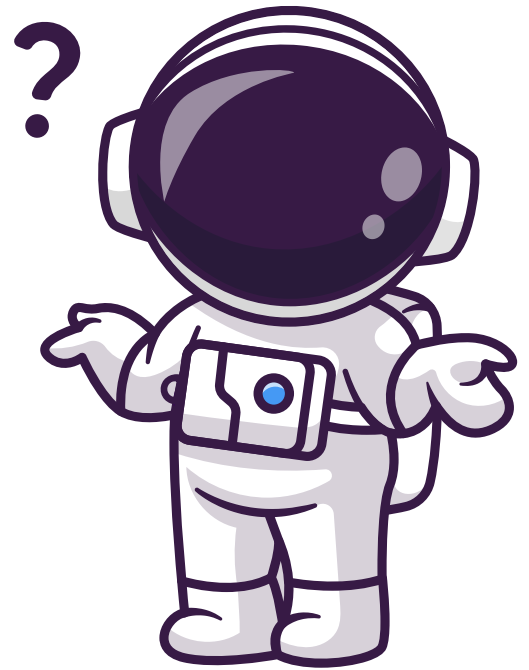


**SHOW US A PHOTO OF YOU AT THE FAIR!**





# LET'S TAKE A LOOK BACK AT YOUR YEAR AS A CLOVERBUD!



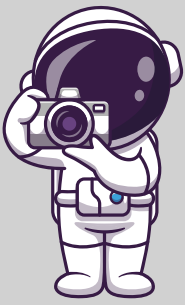
What are some things you learned as a cloverbud?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

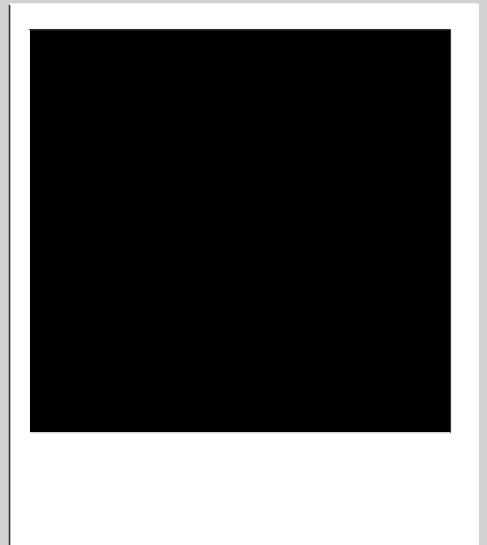
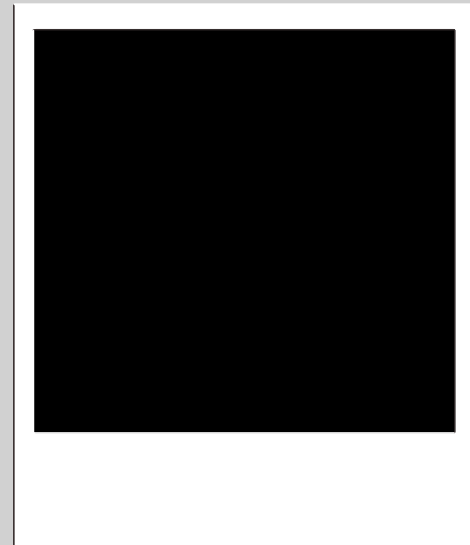
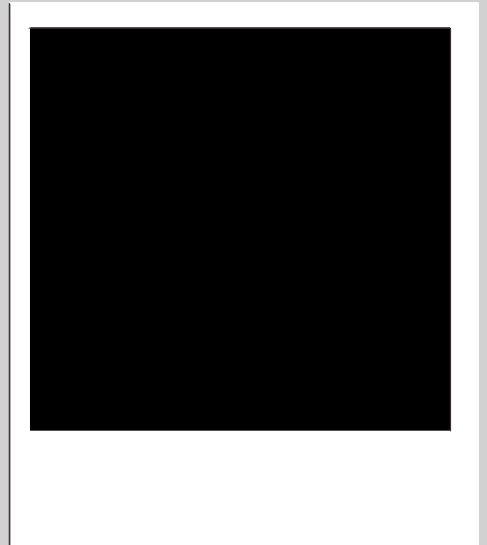
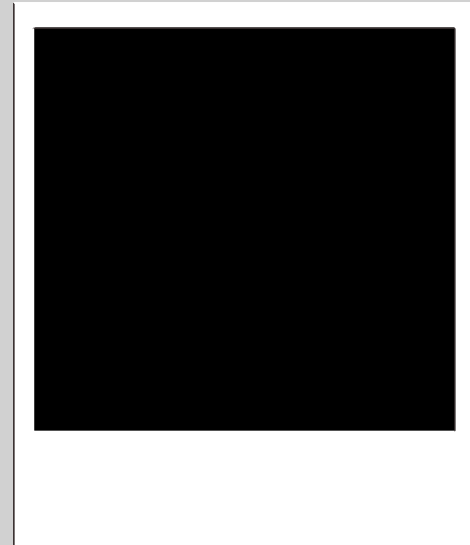
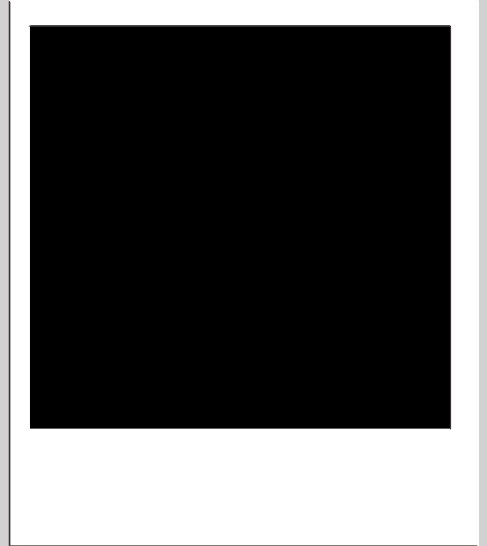
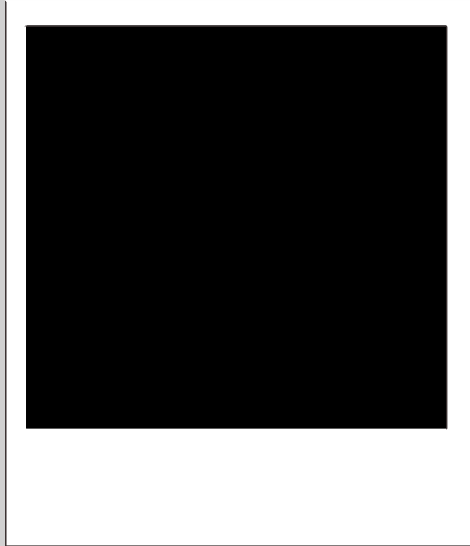
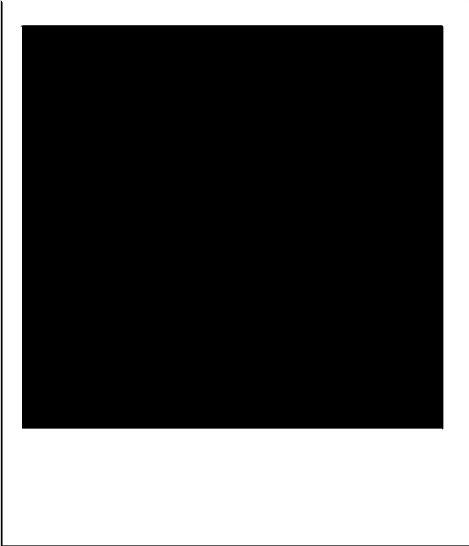
What was your favorite part of being a Cloverbud?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**CLUB LEADER SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_



**Cut & glue/tape photos of you throughout your year as a cloverbud. Pictures can include Club photos, fair photos, activities, or events that you participated in this year.**



# WE ARE SO HAPPY YOU JOINED US!

Sign up to participate in 4-H next year on October 1, 2025.  
Re-enroll by visiting <https://v2.4honline.com>



**K-STATE RESEARCH AND EXTENSION IS COMMITTED TO PROVIDING EQUAL OPPORTUNITY FOR PARTICIPATION IN ALL PROGRAMS, SERVICES AND ACTIVITIES. PROGRAM INFORMATION MAY BE AVAILABLE IN LANGUAGES OTHER THAN ENGLISH. REASONABLE ACCOMMODATIONS FOR PERSONS WITH DISABILITIES, INCLUDING ALTERNATIVE MEANS FOR COMMUNICATION (E.G., BRAILLE, LARGE PRINT, AUDIO TAPE, AND AMERICAN SIGN LANGUAGE) MAY BE REQUESTED BY CONTACTING THE EVENT CONTACT, MACY HYNEK OR MARISSA HURST, TWO WEEKS PRIOR TO THE EVENT AT 785-527-5084 OR 785-243-8185 OR MHYNEK@KSU.EDU OR MLHURST@KSU.EDU. REQUESTS RECEIVED AFTER THIS DATE WILL BE HONORED WHEN IT IS FEASIBLE TO DO SO. LANGUAGE ACCESS SERVICES, SUCH AS INTERPRETATION OR TRANSLATION OF VITAL INFORMATION WILL BE PROVIDED FREE OF CHARGE TO LIMITED ENGLISH PROFICIENT INDIVIDUALS UPON REQUEST.**

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