

Jackson County

Mini 4-H

Handbook



Jackson County Mini 4-H

Welcome to Mini 4-H! This program is designed for youth who are in kindergarten through second grade.

This project booklet contains information and exhibit requirements for thirteen different projects: Cake Decorating, Crafts, Foods, Forestry, Garden, Health, Livestock, Models, Reading, Scrapbook, Sewing, Science, and Wildlife.

Mini 4-H General Project Guidelines

- Project Exhibits by grade level are limited to the following:
 - Kindergarten - One project exhibit
 - First Grade - Up to Two project exhibits
 - Second Grade - Up to Three project exhibits
- Mini 4-H members are not to show livestock of any kind at the fair. Mini members choosing the livestock project must do a poster.
- For safety purposes, any project exhibit that resembles a sword, knife or look-a-like weapon will be judged but not be displayed.
- Mini 4-H projects will be judged community style or at an open judging. This allows the 4-H'ers to be present during judging to receive information and answer questions from the judges. Attendance is helpful, but not mandatory.
- Please refer to the "Jackson County 4-H Handbook" for other information.

Poster Rules for Mini 4-H

- All posters are to be 14" x 22" poster board.
- All posters need to have a stiff backing.
- All posters need to be covered with a clear plastic.
- All posters should be horizontal.
- Title your poster.
- Make sure your Name and Club is written on the back of your poster.

If you have any questions about Mini 4-H, call the Extension Office at
(812)358-6101

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Mini 4-H – Cake Decorating

Welcome to the creative world of cake decorating. Not only is it important for our food to taste good but many times our taste buds begin to work just by seeing a baked good. In Mini Cake Decorating, we will discover many of our hidden talents and creative ideas.

Project Exhibit – Choose one and exhibit on a paper plate covered with plastic wrap.

1. Frost three (3) two to four inch sugar cookies, using store-bought or homemade icing and decorate as you desire.
2. Frost three (3) cupcakes using store-bought or homemade icing/frosting and decorate as you desire.

Project Information -

To begin this project you need an idea. Think about what you like to do and maybe you could decorate your cookies or cupcakes. Show your ideas to an adult and then consider the following things before you decide which one to use.

1. Does the idea sound fun to you?
2. Will it teach you something new?
3. Will the idea be easy enough for you to complete?
4. Will you need to purchase additional supplies or equipment before you start the project?

Once you have considered these questions, then it is time to choose the best idea. Next you will need to make a list of supplies and equipment you will need to complete your project. Then check to see which supplies and equipment you already have at home, and which you will need to purchase.

Some basic supplies that you will need include a metal spatula, prepared or homemade frosting and cookies or cupcakes. You may also wish to use icing bags with piping tips.

After you have all the supplies you need and are ready to start decorating, the next step is to get together an area of the kitchen where you can work on your project and not be disturbed. Remember to choose a spot where your project is safe. If you have any pets in the house, be sure to keep your supplies out of their reach also.

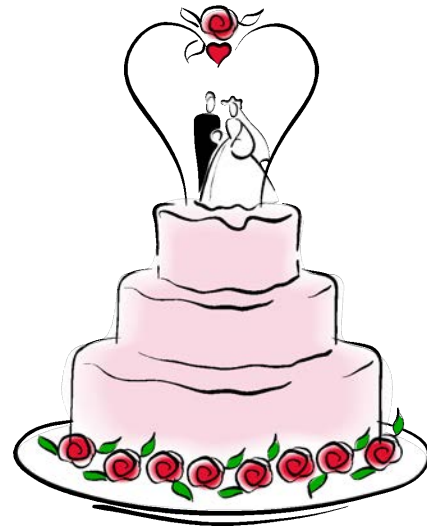
Now that you have the perfect spot, you're ready to start your project. Start your project when you will have plenty of time to work on it and won't be interrupted. Set out all your supplies and equipment. Make sure you have an adult around to help you out.

Frosting adds more than just decoration to your cookies or cupcakes. It adds flavor and helps keep them moist and fresh.

To ice your cookies, use a metal spatula. Do the top of the cookies. Apply a thin layer of icing to begin with and let dry. This is called a "crumb coat" because it seals the crumbs so they do not show up in your decorator icing. After your crumb coat is dry, liberally apply icing making sure you thoroughly cover all the cookies. Get the icing as even and smooth as you can. Next you can decorate as you wish.

You can frost your cupcakes in the same manner or you may choose to pipe your frosting on using piping bags and icing tips. The design you choose is up to you. Take your time and be creative.

After you have decorated your cookies or cupcakes, be sure to store them in a safe place until time to take them to the fair. Do not store them in an airtight container. This can cause condensation that will make your colors bleed. A cake box or similar box usually works best. Just make sure your cookies or cupcakes won't touch the sides or top of the box.



Mini 4-H – Construction and Architectural Replica

The Construction and Architectural Replica project allows you to be creative and learn to follow directions. Once your project is complete you have something you are very proud of! The Mini 4-H Construction and Architectural Replica project allows you to choose either a Lego or another similar kit of your choice. You need to choose your kit based on age appropriateness and size. The variety of kits is endless! From cars to boats to houses, you are only limited by your imagination.

Project Exhibit -

1. One age and developmentally appropriate Lego or other kit no larger than 10" x10"x10"

Project Information -

- Special display stands may be used
- Consider gluing your model together for durability. This also helps prevent possible damage to the project while on public display.
- For safety purposes, any project exhibit that resembles a sword, knife or look-a-like weapon will be judged but not be displayed.



Mini 4-H – Crafts

Let's have fun with crafts! Everyone enjoys making things. Let's be creative. In the Mini 4-H Crafts project, you may choose from a variety of things to do. You will have an opportunity for individual expressions and choice of articles that will be useful and satisfying.

Project Exhibit –

1. Make and exhibit one article from the area of needlework, latch work, candle-making, fine arts, ceramics, other craft of your choice.

Project Information -

For fine arts - All work must be framed as a picture and prepared for hanging. Canvas art on a wooden frame is considered prepared for hanging, provided that the frame has a hanger.



Mini 4-H – Foods

Cooking and baking are a lot of fun, as you will find out as you work on your Mini 4-H Foods Project. Be sure to follow directions carefully and ask an adult to help when you need it. Have fun and let your family enjoy your new ability.

Project Exhibit - Choose one and exhibit on a paper plate covered with plastic wrap.

1. Three baked biscuits. You may use store bought can or frozen biscuits or homemade.
2. Three slice and bake cookies or three drop cookies from store-bought ready to prepare mix or from scratch.
3. Three cut into serving size brownies from store-bought ready to prepare mix or from scratch.

Project Information -

What the Judge Will Be Looking For

Outside Characteristics –	Color (typical of this kind)
	Uniform shape
	Uniform size
Inside Characteristics –	Moist, neither soggy nor too dry

BEFORE YOU COOK:



- * WASH YOUR HANDS.
- * READ THE RECIPE ALL THE WAY THROUGH.
- * ASK QUESTIONS IF YOU DO NOT UNDERSTAND.
- * CHECK THE LIST OF INGREDIENTS TO BE SURE YOU HAVE EVERYTHING YOU WILL NEED BEFORE YOU START.
- * PLACE TOGETHER THE INGREDIENTS AND THE EQUIPMENT YOU WILL NEED.
- * FOLLOW DIRECTIONS.



AFTER YOU COOK . . .

- * HAVE FUN EATING.
- * MAKE SURE BURNERS ARE TURNED OFF.
- * WASH DISHES AND CLEAN UP THE KITCHEN.
- * PUT EVERYTHING AWAY.



COOKING UTENSILS ACTIVITY

Draw a line from the picture of each cooking utensil to the name listed below.

1. WOODEN SPOON



2. CAN OPENER



3. EGG BEATER



4. COOLING RACK



5. ROLLING PIN



6. POT HOLDERS

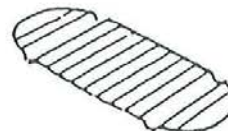


7. GRATER

8. SIFTER



9. MEASURING CUP



10. MEASURING SPOONS

How to measure



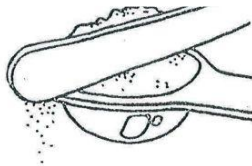
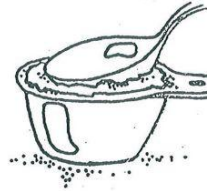
WHAT TO USE:

Standard measuring cups and spoons are the secret of accurate measuring.



MEASURING BROWN SUGAR:

Since brown sugar is sticky, you can measure it more accurately by packing it. Fill a dry measuring cup and press down with the back of a spoon to pack firmly.



MEASURING DRY INGREDIENTS:

Take a heaping measure in a spoon or cup, then level it off with the flat edge of a table knife or spatula.

MEASURING FATS OR SHORTENING

Fat at room temperature is easier to pack without air pockets.



MEASURING LIQUIDS:

A liquid measuring cup has a rim above the 1 cup line to prevent spills. Place the cup on a level surface and read from the side. You'll probably have to bend down to do this.



Fat is leveled off the same way you level dry ingredients.

Measurement abbreviations used in recipes:
c. -cup T. or tbsp - tablespoon t. or tsp. - teaspoon

HOW TO MEASURE

Answer these true and false statements.

1. ____ Liquid and solid ingredients can be measured accurately in the same cup.
2. ____ White sugar is packed when measuring.
3. ____ Check the accuracy of liquid measurements at eye level.
4. ____ Measurements in a cup should be level full, not heaping.
5. ____ For measurements less than 1/4 cup use measuring spoons.
6. ____ When recipes call for a teaspoon or tablespoon of an ingredient, measure with a spoon used to eat with.
7. ____ The common abbreviations for measurements are C., T., t.

Answers: 1. = F, 2. = F, 3. = F, 4. = T, 5. = T, 6. = F, 7. = T

Mini 4-H – Forestry

Trees grow in yards, in fields, and in forests. You will learn that trees are very useful. While you are in mini 4-H, try to learn about as many different kinds of trees as you can. Trees are one of our most valuable resources and it helps everyone to know about them.

Project Exhibit –

1. Mount and identify by labeling 5 leaves on a 14" x 22" horizontal poster.

Project Information -

We invite you to download and use the Purdue Extension State Mini 4-H Forestry manual for this project as a reference for learning materials and activities.

<https://extension.purdue.edu/4-H/projects/mini-4-h-projects.html>

A tree provides many things. It can be a home for birds, squirrels or raccoons. It can provide shade for a person when the sun is bright and hot, and it serves as an umbrella and provides protection to animals when it rains. Its roots hold the soil from eroding away. Its nuts or seeds can provide food for wildlife as well as for man. Its leaves recycle our air and help to keep it clean for us to breathe.

When gathering leaves for your project, identify the tree you take it from (example: white oak, hickory, sassafras, tulip tree, etc.). You may need the help of an adult or a book. There is a small book available at the Extension Office that will help you with this. Make sure you identify the tree and leaf correctly.

To press the leaves, bring them home and place them between sheets of old newspaper and then put weight on them; heavy books work well. Leave them there for 3-5 days until they are dry. Check them every day to make sure they are drying flat and not curling up. When the leaves are dry you are ready to mount.

Arrange the leaves on a 14" x 22" horizontal poster. Attach each leaf to the poster when you have it arranged like you want it. Beneath each leaf, print the name of the leaf (sassafras, tulip tree, etc.). All posters should be backed with a stiff backing and covered with clear plastic. Title your poster.

Poster Rules

1. All posters are to be 14" x 22" poster board.
2. All posters need to have a stiff backing.
3. All posters need to be covered with a clear plastic.
4. All posters should be horizontal.
5. Title your poster.



Mini 4-H – Garden

As part of the Mini 4-H Garden project you are now enrolled in an important food project. Your garden, with assistance from an adult, will need to be properly planned and planted in order to produce an abundant supply of crisp, juicy, vegetables of highest quality for the table or for canning and freezing. The experience and knowledge you gain will help you later in life.

Project Exhibit -

1. One vegetable and one flower. Follow single vegetable requirements found on the next page using the list provided for the correct number of vegetables to exhibit. Example: You would not exhibit 1 bean but rather 20 pods, or not 1 tomato, rather 5 tomatoes.

Project Information -

There are several pointers you want to keep in mind when assisting with the garden plan and work.

- A. Planning the Garden
 1. Location should be open, fertile and clear
 2. Plan “blue print” of garden plot before planting
 3. Check equipment
 4. Order seeds and plants
- B. Planting the Garden
 1. Prepare the soil
 2. Plant the seed
 3. Set out plants
 4. Be aware of frost danger
- C. Care of Garden
 1. Weed control
 2. Watering
 3. Thinning
 4. Mulching
 5. Staking
 6. Insect and disease control



4-H Single Vegetable

The classes and amounts to be displayed are listed below.

1. Beans 20 pods (green snap)
2. Beans 20 pods (green lima)
3. Beans 20 pods (wax snap)
4. Beets, 5 on plate
5. Broccoli, 1 head
6. Cabbage, 1 head (round)
7. Cabbage, 1 head (flat)
8. Cabbage, 1 head (pointed)
9. Carrots, 5 on plate
10. Corn, 5 ears (white corn)
11. Corn 5 ears (yellow sweet)
12. Cucumbers, 5 on plate (slicing)
13. Cucumbers, 5 on plate (pickling)
14. Egg Plant, 1 on plate
15. Kohlrabi, 5 on plate
16. Muskmelon, 1 on plate (any variety)
17. Okra, 5 on plate
18. Onions, 5 on plate (flat white)
19. Onions, 5 on plate (flat yellow)
20. Onions, 5 on plate (globe white)
21. Onions, 5 on plate (globe yellow)
22. Peppers, 5 on plate (sweet bell)
23. Peppers, 5 on plate (sweet banana)
24. Pumpkins, 1 (any variety)
25. Squashes, 1 (acorn)
26. Squashes, 1 (bush scallop)
27. Squashes, 1 (butternut)
28. Squashes, 1 (Hubbard, blue/green)
29. Squashes, 1 (yellow crookneck and yellow straightneck)
30. Squashes, 1 (Zucchini)
31. Tomatoes, 5 on plate (red)
32. Tomatoes, 5 on plate (yellow)
33. Tomatoes, 5 on plate (Rome type)
34. Tomatoes, 5 on plate (cherry type)
35. Watermelons, 1 (any variety long)
36. Watermelons, 1 (any variety round)

Mini 4-H Health

Congratulations on wanting to learn about your health. You will be learning to develop important life skills that are grouped into the four H's in the 4-H clover – Head, Heart, Hands, and Health. Invite a parent or other adult to help you with your project.

Project Exhibit – Choose one of the following to Exhibit

1. A 14" x 22" horizontal poster with a MyPlate using pictures or drawings of foods fitting to each category.
2. A 14" x 22" horizontal poster about bicycle safety.
3. A 14" x 22" horizontal poster about 3 Healthy Habits you have learned about. (Self-care, physical activity, eating properly, etc.)

Project Information -

Poster Rules

1. All posters are to be 14" x 22" poster board.
2. All posters need to have a stiff backing.
3. All posters need to be covered with a clear plastic.
4. All posters should be horizontal.
5. Title your poster.

MyPlate

Eating Healthy

Choosing healthy foods is just one more part in creating an overall well-being. When making healthy food choices all the time, you are helping to keep your body from becoming overweight and possibly preventing diseases.

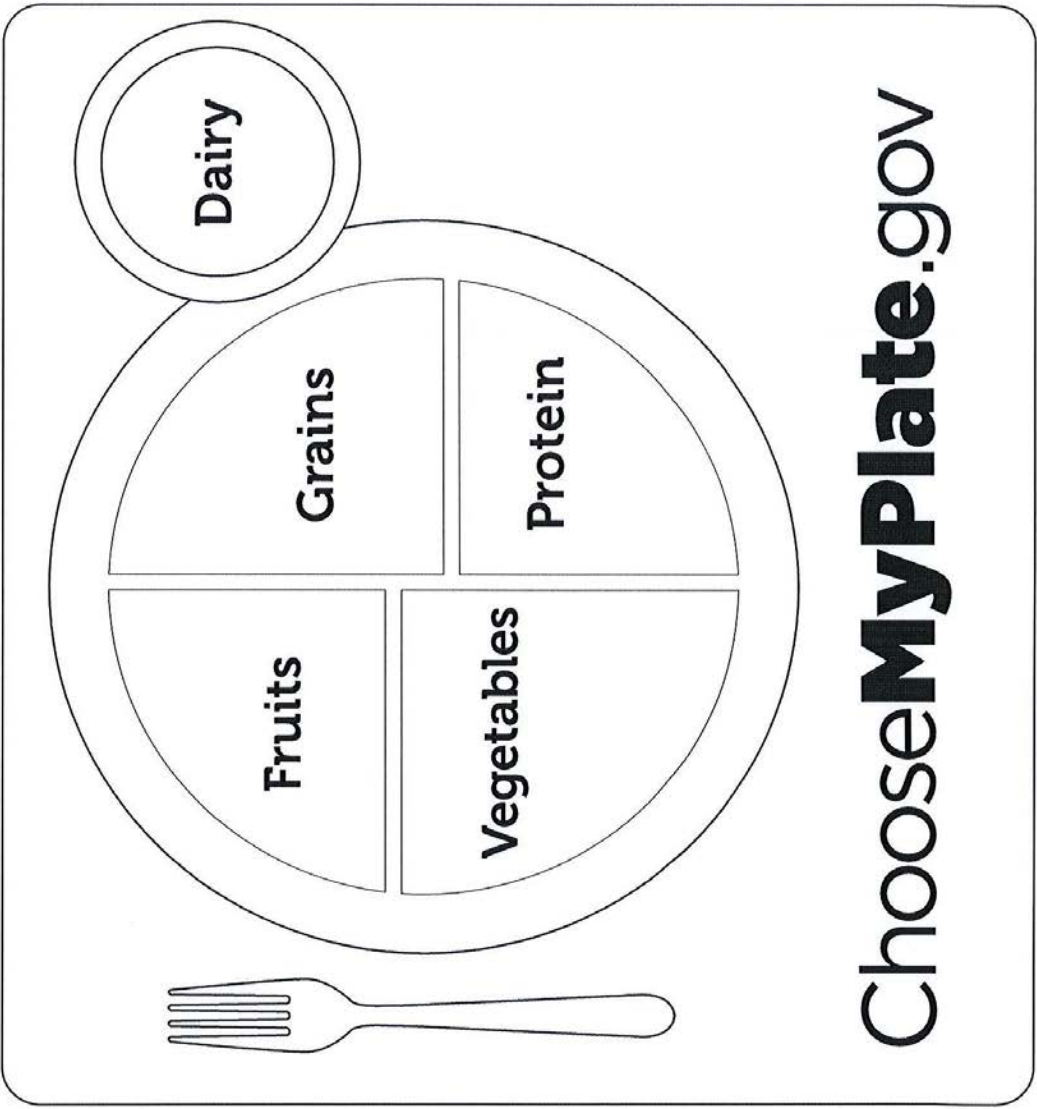
When you choose healthy food and beverage choices from all five food groups including fruits, vegetables, grains, proteins, and dairy you will get the nutrients you need. You can find many resources to help you find the best choices for your body. One of these is MyPlate from the United States Department of Agriculture. It is a simple guide to helping you portion out the correct amounts of each of the five food groups you need each meal.

Simple things like adding fruits to each meal or picking a vegetable you like to eat with your lunch are a great place to start your journey to healthier eating. Drink water instead of soda.

You can go to www.ChooseMyPlate.gov to get a plan for your activity and nutrients needs. Select MyPlate Plan on the website.

Fill out the MyPlate with a meal that you would most like to eat.

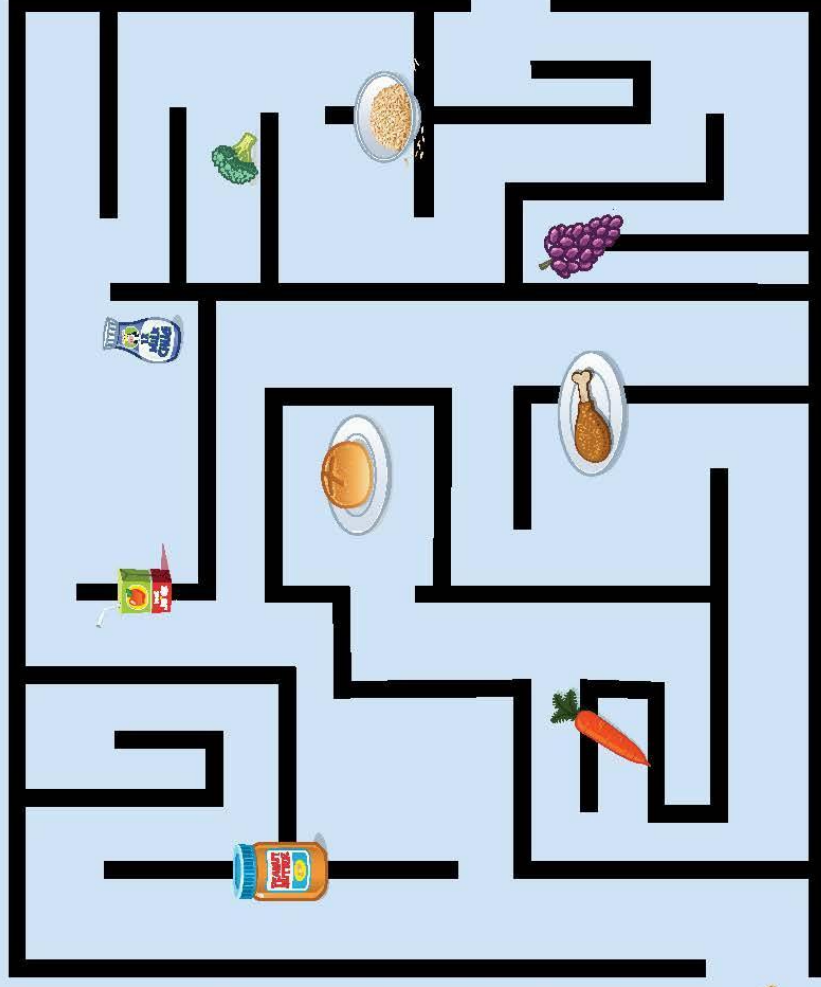
RESOURCE - www.choosemyplate.gov



MyPlate Maze

- and help her find foods from each food group on the way to

MyPlate for Kids.



Lead the pal from MyPlate through the maze



ChooseMyPlate.gov



Adapted from
Team Up At Home Team Nutrition Activity Book



Have Fun With Fruits and Vegetables



Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

Find:

- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Eggplant
- Grapes
- Kiwi
- Orange
- Papaya
- Pear
- Peas
- Squash
- Yams



Fruit and Vegetable Goals

Name a fruit you would like to try:

How will you eat this fruit? (On cereal, as a snack, for dessert, with dinner or on pancakes.)

Name a vegetable you would like to try:

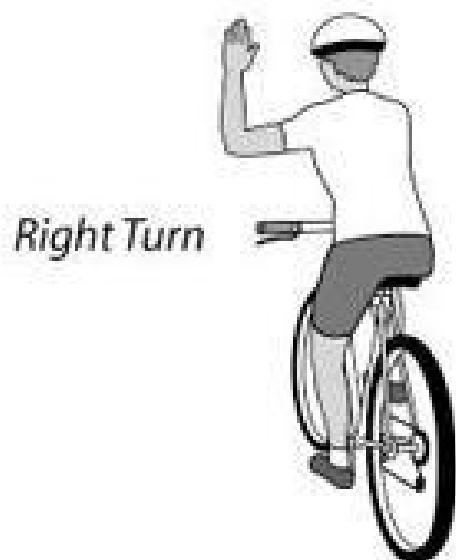
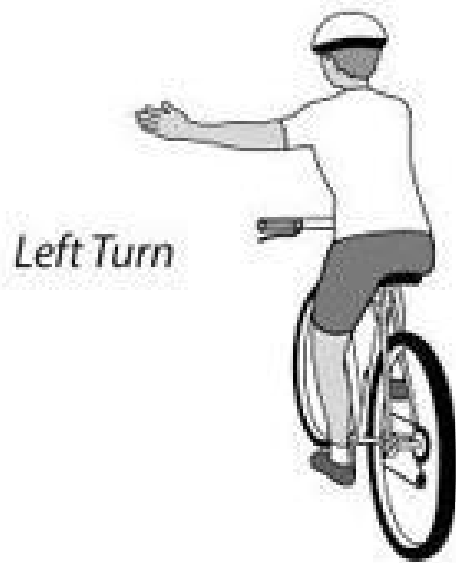
How will you eat this vegetable? (As a snack, with dip, or for lunch.)



Bicycle Safety

Learning to be safe while riding your bicycle is important. In this project you will be introduced to the major safety points in bicycle safety. Remember that bicycling is fun for everyone as long as everyone is safe!

(Resources – Bicycle safety flyer included with permission from NHTSA)



TIPS FOR PARENTS, GUARDIANS, AND KIDS

BICYCLE SAFETY

**Bicycling is fun, healthy, and a great family activity.
But a bicycle isn't a toy; it's a vehicle!**

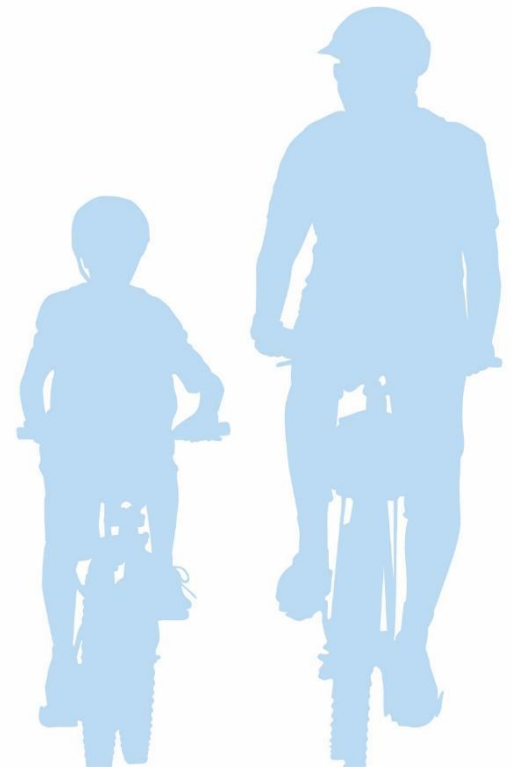
Some bike crashes can cause serious injuries and most are related to the behavior of you (the bicyclist) or the motorist. There are a number of things you can do to prevent a crash, and protect your brain if a crash occurs.

Safe Riding Tips

Before riding, make sure you, your family, and the bicycles are ready to ride. Be a "Roll Model" for other adults and children.

Remember to:

- **Wear a Bicycle Helmet.** Everyone – at every age – should wear bicycle helmets. For more guidance on fitting a helmet, see the National Highway Traffic Safety Administration's *Fitting Your Bike Helmet*.
- **Adjust Your Bicycle to Fit.** Stand over your bicycle. There should be 1 to 2 inches between the rider and the top tube (bar) if using a road bike and 3 to 4 inches if using a mountain bike. The seat should be level front to back, and the height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebar height should be level with the seat.
- **Check Your Equipment.** Before riding, inflate tires properly and check that the brakes work.
- **See and Be Seen.** Whether daytime, dawn, dusk, bad weather, or at night, make yourself visible to others. Wear neon, fluorescent or other bright colors when riding, to be most easily seen. Wear something that reflects light, such as reflective tape or markings, or flashing lights. Remember, just because you can see a driver doesn't mean the driver can see you.
- **Control the Bicycle.** Ride with two hands on the handlebars, except when signaling a turn. Place books and other items in a bicycle carrier or backpack.
- **Watch for and Avoid Road Hazards.** Look for hazards such as potholes, broken glass, gravel, puddles, leaves, and dogs. All these hazards can cause a crash.
- **Use Verbal and Non-Verbal Communication.** This includes eye contact with drivers, turn signals, pointing to road hazards for bicyclists behind you, and stating "passing on your left," or "on your left."
- **Avoid Riding at Night.** It's hard for road users to see bicyclists at dusk, dawn, and nighttime. Use reflectors on the front and rear of your bicycle. White lights and red rear reflectors or lights are required by law in all States.



Rules of the Road – Bicycling on the Road

In all States, bicycles on the roadway are considered vehicles, and bicyclists are the drivers, with the same rights and responsibilities as motorists to follow the rules of the road. When riding, always:

- **Go With the Traffic Flow.** Ride on the right in the same direction as other vehicles. Go with the flow – not against it.
- **Obey All Traffic Laws.** A bicycle is a vehicle and you're the driver. When you ride in the street, obey all traffic signs, signals, and lane markings.
- **Yield to Traffic.** Almost always, drivers on a smaller road must yield (wait) for traffic on a major or larger road. If there is no stop sign or traffic signal and you are coming from a smaller roadway (out of a driveway, from a sidewalk, a bike path, etc.), you must slow down and look to see if the way is clear before proceeding. Yield to pedestrians in a crosswalk.
- **Be Predictable.** Ride in a straight line, not in and out of cars. Signal your moves to others.
- **Stay Alert at All Times.** Use your eyes and ears. Watch out for potholes, cracks, wet leaves, storm grates, railroad tracks, or anything that could make you lose control of your bike. Listen for traffic and avoid dangerous situations; don't use personal electronics when you ride.
- **Look Before Turning.** When turning left or right, always look behind you for a break in traffic, and then signal before making the turn. Watch for left- or right-turning traffic.
- **Watch for Parked Cars.** Ride far enough out from the curb to avoid the unexpected from parked cars (like doors opening, or cars pulling out).

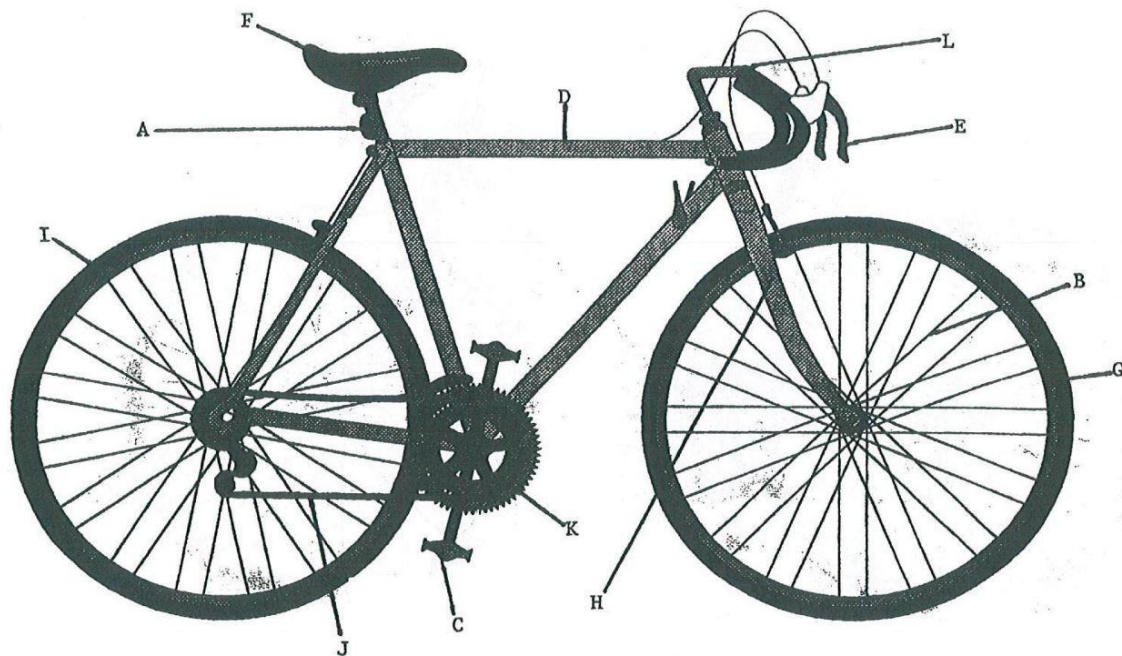
Where to Ride Safely

- **Use bike lanes or bike paths, if available.**
 - While bicycles are allowed on many roads, riders may feel safer being separated from traffic. A lane or path is a safer choice than riding on a sidewalk.
 - Riding on sidewalks puts you in a place where cars do not look for or expect to see moving traffic.
 - Sidewalk riding puts you at risk for crashes at driveways and intersections.
- **Children younger than 10 years old are not consistently able to make the decisions necessary to safely ride unsupervised in the street.** Therefore, they are safer riding away from traffic.
- **For anyone riding on a sidewalk:**
 - Check the law in your State or jurisdiction to make sure sidewalk riding is allowed.
 - Watch for vehicles coming out of or turning into driveways.
 - Stop at corners of sidewalks and streets to look for cars and to make sure the drivers see you before crossing.
 - Enter a street at a corner and not between parked cars. Alert pedestrians that you are nearby, saying, "Passing on your left," or use a bell or horn.



For more information
on bicycle safety, visit
the NHTSA Web site at:
www.nhtsa.gov/Bicycles.

Match the Bike Parts to the Letter



- | | |
|------------------------|-----------------|
| _____ Frame | _____ Fork |
| _____ Saddle | _____ Rim |
| _____ Reflector (rear) | _____ Handlebar |
| _____ Tire | _____ Chain |
| _____ Spoke | _____ Brakes |
| _____ Pedal | _____ Cranks |

Answer Key: A-reflector(rear), B-Spoke, C-Pedal, D-Frame, E-Brakes, F-Saddle, G-Rim, H-Fork, I-Tire, J-Chain, K-Cranks, L-Handlebar,

Healthy Habits

Physical Activity

Being active helps your overall well-being in many ways. By being active, a person is generally sick less often, has greater levels of concentration, less stress, tension and better sleep. Kids are recommended to be active 60 minutes each and every day.

How do you stay active? Being active is much more than just playing sports! You can take a walk with your dog or your 4-H livestock animal, have a dance party in your room, help your parents sweep the house and so much more.

Activity helps you with strengthening your muscles, becoming more flexible and being able to do more activities for longer. Walking, running, stretching, and bike riding all help you build muscles and endurance to keep you healthy and active.

What 3 ways are you active?

1. _____

2. _____

3. _____

(RESOURCE - National 4-H Curriculum *Keeping Fit and Staying Healthy*)

Screen Time

Too much screen time, whether it be watching TV, texting, being on the internet, playing video or computer games can affect your well-being. Your activity level decreases during screen time and tendency to snack on unhealthy foods is more likely also.

The recommended amount of screen time for kids and teens is 2 hours a day. How many hours do you think you average? What ways can you reduce your screen time? What can you do instead?

WAYS TO REDUCE SCREEN TIME

- Pick your favorite show and only watch that for the evening.
- Set a timer for device use and turn all devices off when time is up.
- Have a family game night once a week (device free)
- Get active - go for a walk, do stretches, yoga
- Learn a new skill or hobby
- Read a book

(RESOURCE - CATCH Kids Club Healthy Habits and Nutrition)

Mind Health

Did you know that there's more to being healthy than just eating well, being active and getting enough sleep? You need to be taking care of your mind too! Did you know that the things you do to take care of your body all work together to help your mind? By being healthy inside and out, we help our bodies and minds be strong, feel good and be ready for the good and difficult things that come our way.

Everyone is different. You know that from your family, classmates and your fellow 4-H members. This is what makes us all unique. We all have different bodies and minds, so we all use different ways to help us feel healthy both inside and out.

Can you think of something you already do and how you feel while doing it?

Example - working on homework, completing your 4- H project and getting a ribbon, playing with your sibling
Ask your family and friends what they do to feel their best both inside and out.

Can you start using one new idea to help look after your mind better?

This could be something physical or taking up a new hobby. Setting aside downtime to just relax and think about your day. Starting a diary.

Always know there are trusted adults you can go to at any time for help if you ever need someone to talk to! This could be someone in your family, your teacher or your 4- H leader.

RESOURCE- <https://www.childrensmentalhealthweek.org.uk/>

Eating Healthy

Choosing healthy foods is just one more part in creating an overall well-being. When making healthy food choices all the time, you are helping to keep your body from becoming overweight and possibly preventing diseases.

When you choose healthy food and beverage choices from all five food groups including fruits, vegetables, grains, proteins, and dairy you will get the nutrients you need. You can find many resources to help you find the best choices for your body. One of these is MyPlate from the United States Department of Agriculture. It is a simple guide to helping you portion out the correct amounts of each of the five food groups you need each meal.

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Fill out the MyPlate with a meal that you would most like to eat.

(RESOURCE - www.choosemyplate.gov)

Mini 4-H Livestock

Livestock plays an important part in our world. Livestock can provide food, clothing, and even be for hobby or enjoyment. Owning and raising livestock develops skills that as a mini 4-H member you will use your entire life. As a Mini 4- H member you will help your mentor or family with raising livestock or you will visit your mentor to learn about livestock. In this project you will learn more about a species of animal you choose.

Project Exhibit - Choose one of the following to exhibit

1. A 14" x 22" horizontal poster that has a picture of a livestock animal. Identify by labeling the animal and label 5 parts on the animal. You may also include a picture of your real animal on your poster as well.
2. A 14" x 22" horizontal poster explaining the care, grooming and/or feeding of your animal.

Project Information -

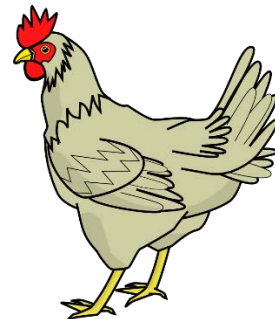
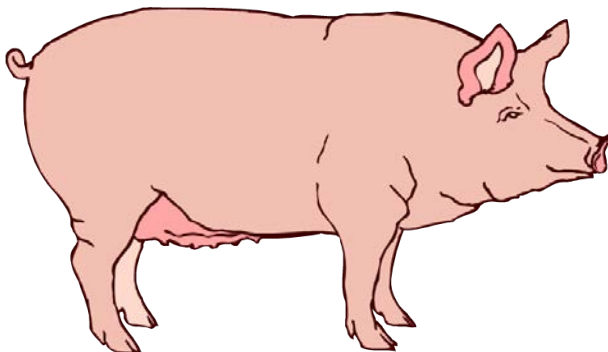
Poster Rules

1. All posters are to be 14" x 22" poster board.
2. All posters need to have a stiff backing.
3. All posters need to be covered with a clear plastic.
4. All posters should be horizontal.
5. Title your poster.

Animals can be one of the following: Dairy, Dairy Beef, Beef, Sheep, Goat, Swine, Horse & Pony, Rabbit, Poultry, Dog, Cat, etc.

The Extension office has specific resources for several species available upon request.

Parents Please Note: Mini 4-H Livestock members are not to show live animals in a 4-H Fair event.



Mini 4-H – Reading

Mini 4-H Reading is to encourage youth to share their love of reading with others. Book selection is your choice! What do you like to read? History? Biographies? Fiction? Mysteries?

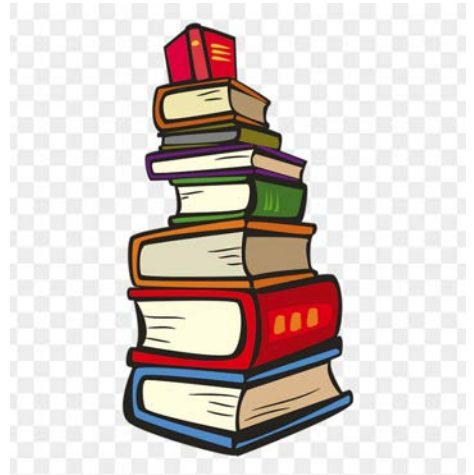
Project Exhibit - Choose and exhibit one of the following

1. A 14" x 22" horizontal poster by drawing a scene from your favorite part of a book you have read this year. Title your poster using the name of the book.
2. A 14" x 22" horizontal poster that tells about the book you liked the most you read this year by drawing scenes and writing sentences to describe the scenes you have drawn. Title your poster using the name of the book.
3. A 14" x 22" horizontal poster that tells about the book you liked the most you read this year by drawing scenes and writing sentences to describe the scenes you have drawn. Title your poster using the name of the book.
4. Illustrate and write your own short story. Mount on a 14" x 22" horizontal poster. Title your poster using the name of your short story.

Project Information -

Poster Rules

1. All posters are to be 14" x 22" poster board.
2. All posters need to have a stiff backing.
3. All posters need to be covered with a clear plastic.
4. All posters should be horizontal.
5. Title your poster.



Mini 4-H – Science

Exploring the world of science is so much fun! The word science comes from a Latin word meaning "to know". By using science, we learn things about our everyday world and even those worlds we can't see. Science is the way we learn about the world around us, sometimes from watching and observing or by doing experiments. In the mini 4-H science project you will explore a few areas of science that you can continue to explore as you move into regular 4-H.

Project Exhibit - Choose and exhibit one of the following

1. Plant 3 small pots with a flower or vegetable in each one. (Example - green beans, tomato, pepper, zinnia) Take care of the plants and exhibit the best plant of the three.
2. Weather Science - Exhibit a 14" x 22" horizontal poster showing 3 types of clouds. May draw, use craft materials, etc.
3. Create a star constellation using paints or stickers using one of the constellations in the State manual as your guide or build a make believe rocket using materials you find around your home. (Paper towel tubes, construction paper, etc.) Rocket must be no larger than 10" tall x 6" wide

Project Information -

Plant Science

Growing your seeds -

Germination is the sprouting of a seed after a period of dormancy; also described as the development of a plant from a seed after a period of rest.

Once seeds are planted, germination begins. The seeds have a "coat" or layer on the outside that protects it. This layer starts to gather up the water provided to the seed and breaks away. Along with the light and warmth the seeds are receiving, the seeds will start to grow the little plants they have inside them. These little plants have roots, stems and even leaves!

In just a few days' time, this plant will begin to peek above the surface of the soil. Keep watching! Just a few more days and it will look like most plants you think of as being a plant.

Plants have many important needs - light, warmth, water, soil, and food. When you choose your seeds, you have to consider these needs among a few others. Where are you going to put your plants to grow? How big of a container are they going to eventually need? Thinking ahead of these needs will make your project go best for you and your plants.

The seeds that you purchase will tell you exactly what the plants need to grow. Look on the back of the packet for this information. You will find information about the light required, watering information and maybe even how much feed or fertilizer they require.

The location you place the growing seedling pots will determine their light and warmth. Without enough light, a plant cannot make the sugars that it uses to make its stems and leaves.

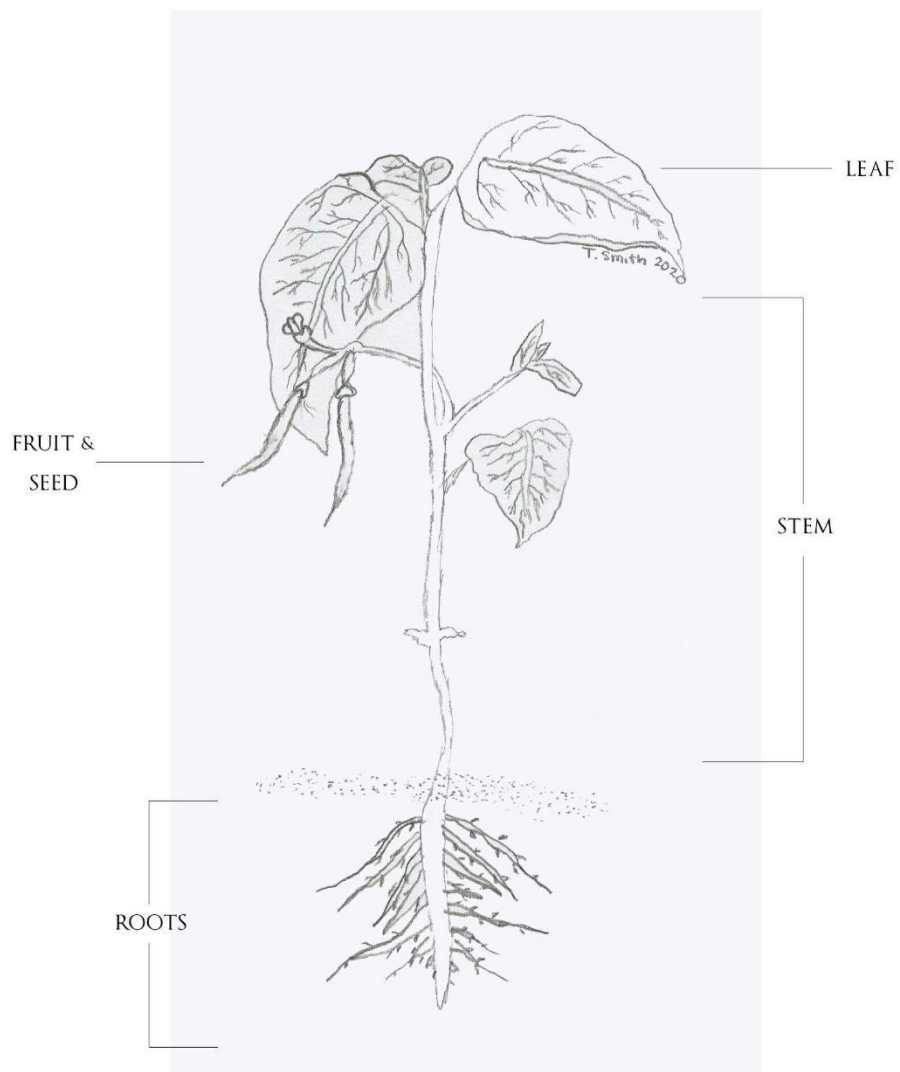
Plant Parts

Take a look at the drawing below. Learn about a few important parts of a plant.

Stem - supports all the plants parts above the ground

Leaf - makes food for the plant to grow using sunlight.

Roots - part of the plant below the ground holding the plant in place. The roots take in water and nutrients for



the plant.

Weather Science

Cloud Formation-

A cloud is water in the air that we can see. Water on the Earth evaporates, meaning turns into a gas, and rises high up into the sky. High in the sky the air is colder, this causes the water to condense or get closer together, and it changes from a gas to drops of water or even freezing into ice crystals. The drops of water gather together by the billions and form the clouds we see.

Warm air holds more water than cool air. When the warm, wet air becomes cooled, some of this water condenses out of the air and forms droplets or ice crystals. Sometimes you see this as a mist in the air or you may see this on a cold day when you breathe out and you see your own breath. You are making your own small clouds!

Types of Clouds -

Did you know that different kinds of clouds have names? There are 10 basic names for cloud formations using five terms.

- Cirrus - high-level above 18,000 feet altitude, wispy clouds
- Alto - mid level 6,500 to 18,000 feet altitude,
- Stratus - low level around 6,500 feet altitude, layered or flat clouds
- Cumulus - clouds that grow vertically and are fluffy or lumpy looking
- Nimbus - clouds that hold precipitation of any kind

You can find a chart with pictures and more info on these clouds from NOAA here -

<https://www.weather.gov/jetstream/cloudchart>

Go outside and see what types of these clouds you see on a few days. List 3 types here -

1. _____

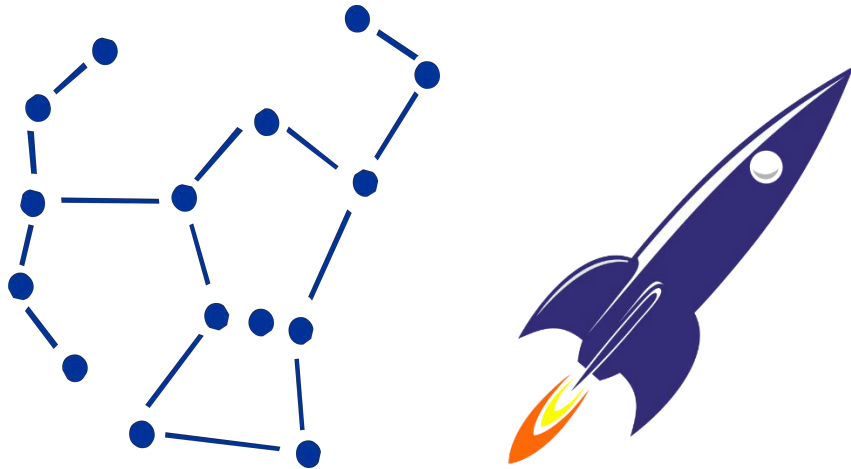
2. _____

3. _____

Space Science

We invite you to download and use the Purdue Extension State Mini 4-H Space manual for this project as a reference for learning materials and activities.

<https://extension.purdue.edu/4-H/projects/mini-4-h-projects.html>



Mini 4-H – Scrapbooking

The scrapbook project allows you to preserve your memories in an organized and creative way. Memories may include family, 4-H, vacations and even your pets and animals.

Project Exhibit:

1. Exhibit 4 pages (2 pages front and back) in an album at least 8"x10" in size. Judged pages will be those made since the last 4-H fair. Follow the guidelines included in this manual. Mark pages to be judged.



Example scrapbook page with journaling and labeling of photo

Project Information -

General 4-H Scrapbook Requirements

Scrapbook Album – each album should:

- A. Have a front and back cover with pages firmly attached between the covers.
- B. Pages must be at least 8"x10" in size. (12"x 12" is the most common size and will be easier to work with and find materials for.)
- C. Pages must be acid-free, lignin-free, buffered scrapbook pages.
 - Acid free, pH-balanced chemistry pages will not accelerate the natural deterioration of your photos.
 - Lignin-free pages will maintain their durability and whiteness-non-yellowing.
 - Alkaline reserve (buffering) has a neutralizing effect to protect photos against pollutants from "the outside" (e.g., the environment, acidic greeting cards, etc.)
- D. Polypropylene Page Protectors or covers
 - Made of photo-safe plastic to protect album pages and photographs from finger prints, abrasion and accidental spills. Protectors or covers made of PVC give off chlorine gas that causes the plastic to bond with photographs over time, making it impossible to separate the two!

Labeling – each scrapbook album will have a label (attached with a string) with:

- 4-H member's name
- Club name
- Grade
- Page numbers to be judged
- This label listing the page numbers will indicate the pages the 4-H member wishes the judge to review for judging. The page numbers need not be written on the actual album page. Rather, the member should count the first page as Page #1 and proceed onward. You may pick the pages you wish to be judged, always in sets of two to allow continuity of the album.

Photographs – photos are the focus of your album and must be included on at least half of your page requirements.

- The photos do not have to have been taken by the participant. If you would like to create an album honoring your grandparents, or maybe a special trip that you have taken with your family, this is acceptable. Just remember, this is your album and your memories.

Journaling – journaling is required on every page. Without words, you have pages of photographs and memorabilia, not a book of memories. Our photos and memorabilia are simply more complete, more meaningful and more fun with detail, emotion, and humor that only words can provide.

- Photo-safe Pigma pens are fade-proof, water-proof and acid-free when used on acid-free paper. These pens cause no damage to photos over time and will be legible for generations to come.
- Label photos with names, dates and places, etc.

Cropping Techniques – You may use a variety of cropping techniques and page layouts in your album. Not everything has to be cropped or "artsy," use a nice balance, keeping in mind that the main focus is preservation of the photo and its story. Too many shapes on a page can be distracting to the eye and take away from the

meaning of the photos. Straight cutting of photos using regular scissors or paper cutter. Decorative scissors can be used.

Decorations – All decorations (including stickers and die cuts) should be acid-free and lignin-free to maintain the integrity of the page and photos. Once again, remember that these are decorations and should be added only to enhance the photos and journaling and not be the main focus of the page. Simple 2-3 colors of paper, stickers and die cuts can be used, but are not mandatory.

Page/Photo Layout and Design – A variety of page layouts will add creativity and interest to your album. Use a nice balance complementing your theme for the page and pictures. Keep in mind the proper placement of your photos. You are telling a story, so use chronology (putting things in order of occurrence), or themes to organize your album.

Neatness counts – Exhibit clean and neat pages with clear and neat handwriting. No computer created writing is allowed. Your handwriting is part of your heritage so use it often.

Mini 4-H – Sewing

Mini 4- H sewing is an introduction to sewing. By using the combination of art and the science of sewing, you will create projects that give you the skills to learn how to begin your sewing adventure.

Project Exhibit - Choose and exhibit one of the following

1. Make and exhibit either 2 quilt squares
2. Tic-Tac-Toe Weaving as directed in the State manual and mount on a 14" x 22" horizontal poster.
3. Make and exhibit fleece fringe scarf
4. Make and exhibit either a hand sewn tissue holder or a stuffed felt monster/animal using directions provided.

Project Information -

We invite you to download and use the Purdue Extension State Mini 4- H Sewing manual for this project as a reference for the projects and learning materials.

<https://extension.purdue.edu/4-H/projects/mini-4-h-projects.html>



Felt Penguin

Supplies: 9" x 12" craft felt sheets - 1 black, 1 white & 1 orange, embroidery floss or thread, fiberfill, needle

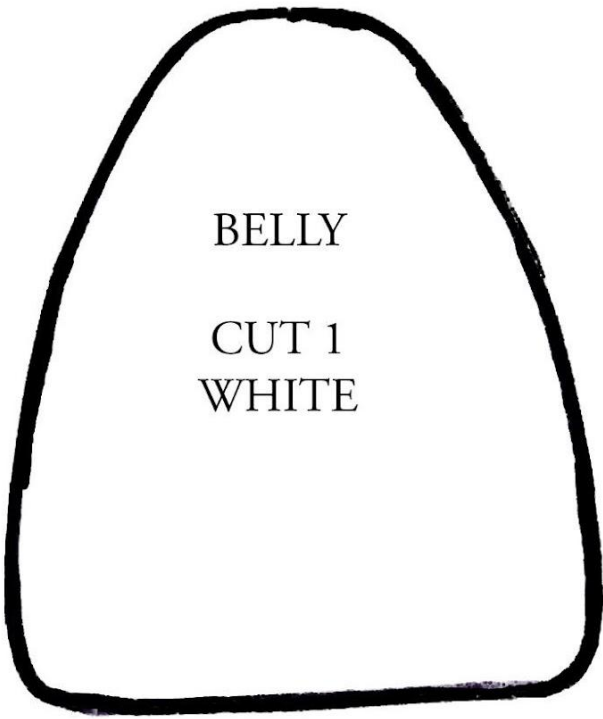
1. Gather supplies and provided pattern. Carefully cut the pattern out. Make cuts just outside the black lines.
2. Arrange and trace the pattern pieces onto the felt sheets.
3. Carefully cut out the traced pieces. You may use pinking shears or regular scissors. Make sure that the 2 body pieces are the same size when you are finished cutting.
4. Assemble the penguin by placing the white belly on top of one of the black body pieces. Line the bottom edges up together and center the white belly onto the body. Use straight pins to hold in place while you stitch the belly onto the body.
5. Place the beak slightly overlapped on top of the belly and stitch in place.
6. Take the eyepieces, layering the black on top of the white. Arrange above the beak and stitch each eye on.
7. Place the two feet on the bottom edge of the second body piece. Lay the top piece of the penguin on top, lining up the edges. Use straight pins to hold all together.
8. Stitch around the edge of the penguin until you have an opening of 2". Use this opening to stuff the penguin with fiberfill to desired thickness. Continue stitching to complete sewing and close up the opening.

Be creative with either this pattern or draw/find your own to create other animals or monsters!



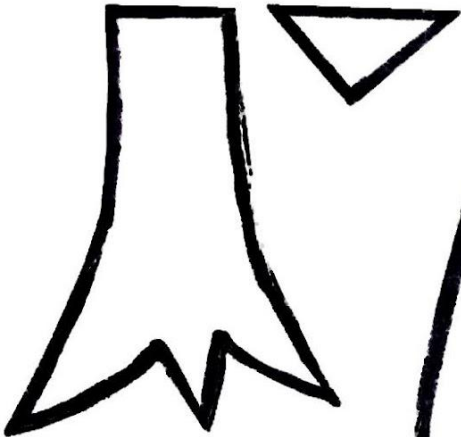
FELT PENGUIN PATTERN

BELLY
CUT 1
WHITE



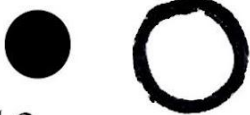
CUT 2
ORANGE

CUT 1
ORANGE

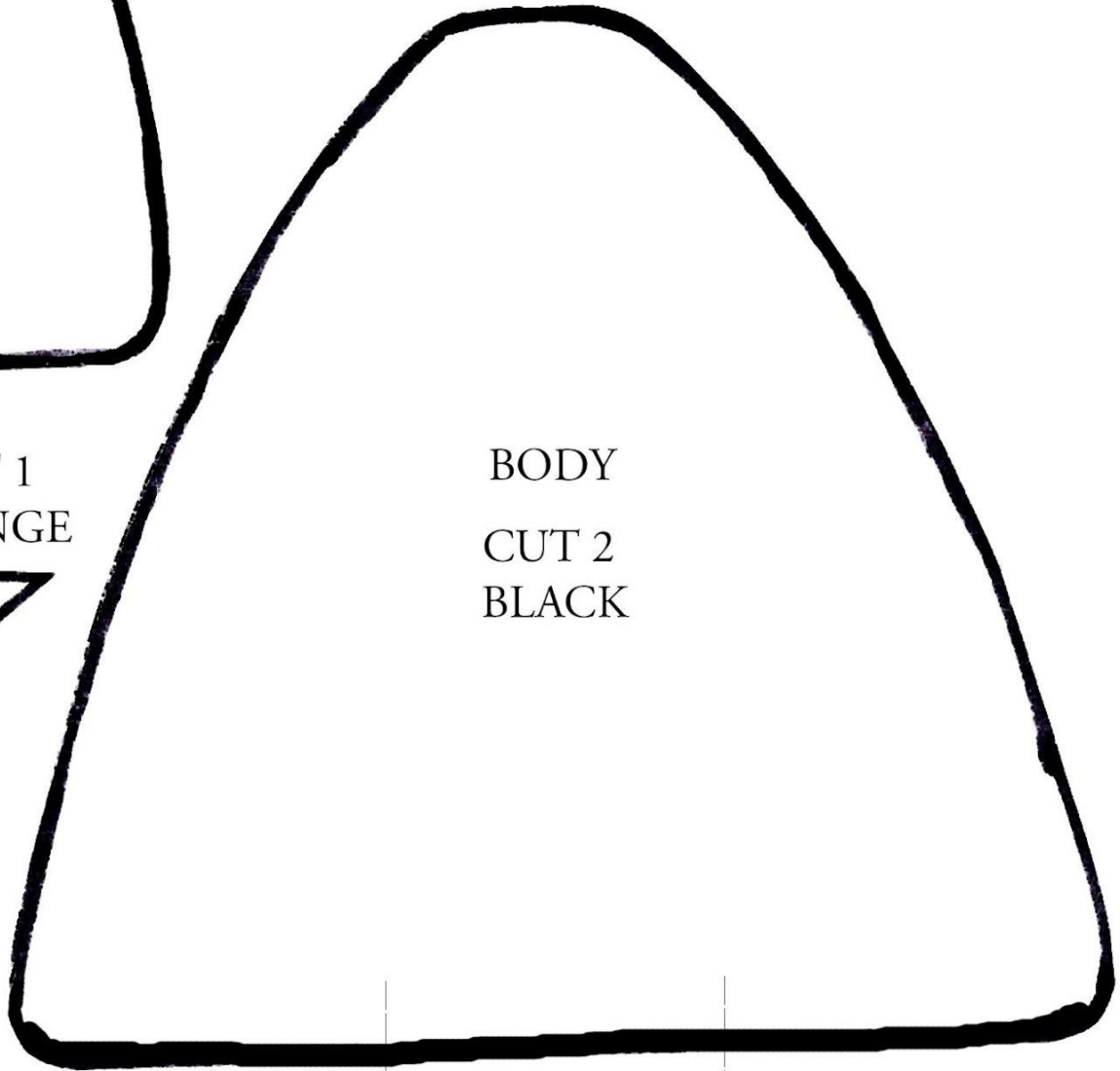


CUT 2
BLACK

CUT 2
WHITE



BODY
CUT 2
BLACK



DO NOT CUT!!!
ATTACH LEGS NEAR THESE MARKS



BEGIN STITCHING IN THIS CORNER

Felt Tissue Holder

Supplies: 9" x12" craft felt, embroidery floss or thread, embellishments (optional)

1. Measure and cut a $6 \frac{1}{4}$ " x $4 \frac{3}{4}$ " rectangle from the felt. You can use regular scissors or pinking shears.
2. Make a mark with a pen or pencil on the inside of the felt at $3 \frac{1}{8}$ " to mark the center, dividing the piece in half lengthwise.
3. Fold the $4 \frac{3}{4}$ " sides into the center to meet the mark you just made. Use straight pins to hold your sides in place while you sew
4. Stitch the sides using your choice of thread.
5. You may be creative and add embellishments before or after you have sewn together your project. Some are easier to add before you sew, so think about how you want your project to look in the end. Be creative!



Mini 4-H – Wildlife

Learning about wildlife allows you to connect with the world around you. Whether it be native mammals, birds or even pollinators, through this project, you will learn about different kinds of wildlife that live in your own backyard. You will learn to identify different species and make homes or feeders for them as well.

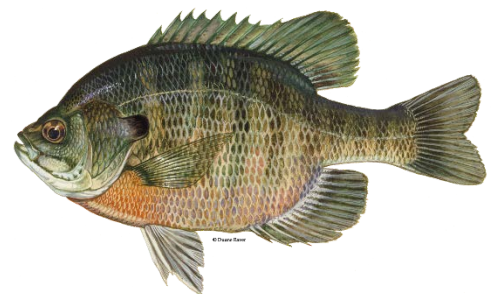
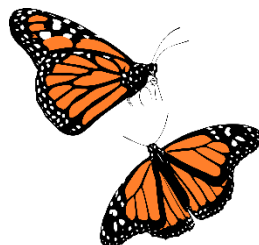
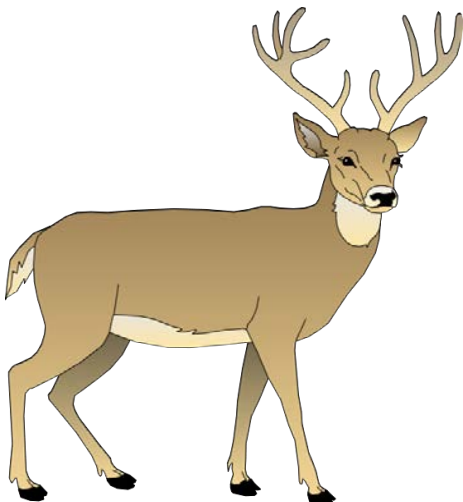
Project Exhibit – Choose and exhibit one of the following

1. Draw, color and identify by labeling 2 animals native to Indiana from the provided list. Exhibit mounted on a 14" x 22" horizontal poster.
2. Make and exhibit one birdhouse or bird feeder.
3. Create a pollinator garden or feeding station. Exhibit one of the following -
 - A 14" x 22" horizontal poster with pictures of your garden or station showing pollinators visiting.
 - Draw, color and identify by labeling 3 species of pollinators. Exhibit mounted on a 14" x 22" horizontal poster.

Project Information -

Poster Rules

1. All posters are to be 14" x 22" poster board.
2. All posters need to have a stiff backing.
3. All posters need to be covered with a clear plastic.
4. All posters should be horizontal.
5. Title your poster.



Indiana Native Wildlife

Beaver	Bluegill
Cottontail Rabbit	Bass
Coyote	Catfish (Channel or Flathead)
Fox (Gray, Red)	Crappie
Groundhog	Largemouth Bass
Indiana Bat	
Muskrat	Alligator Snapping Turtle
Opossum	Common Garter snake
Squirrel (Fox, Gray, Red)	Common Water snake
White-Tail Deer	Eastern Box Turtle
Bald Eagle	
American Cardinal	
Sand Hill Crane	
Turkey	

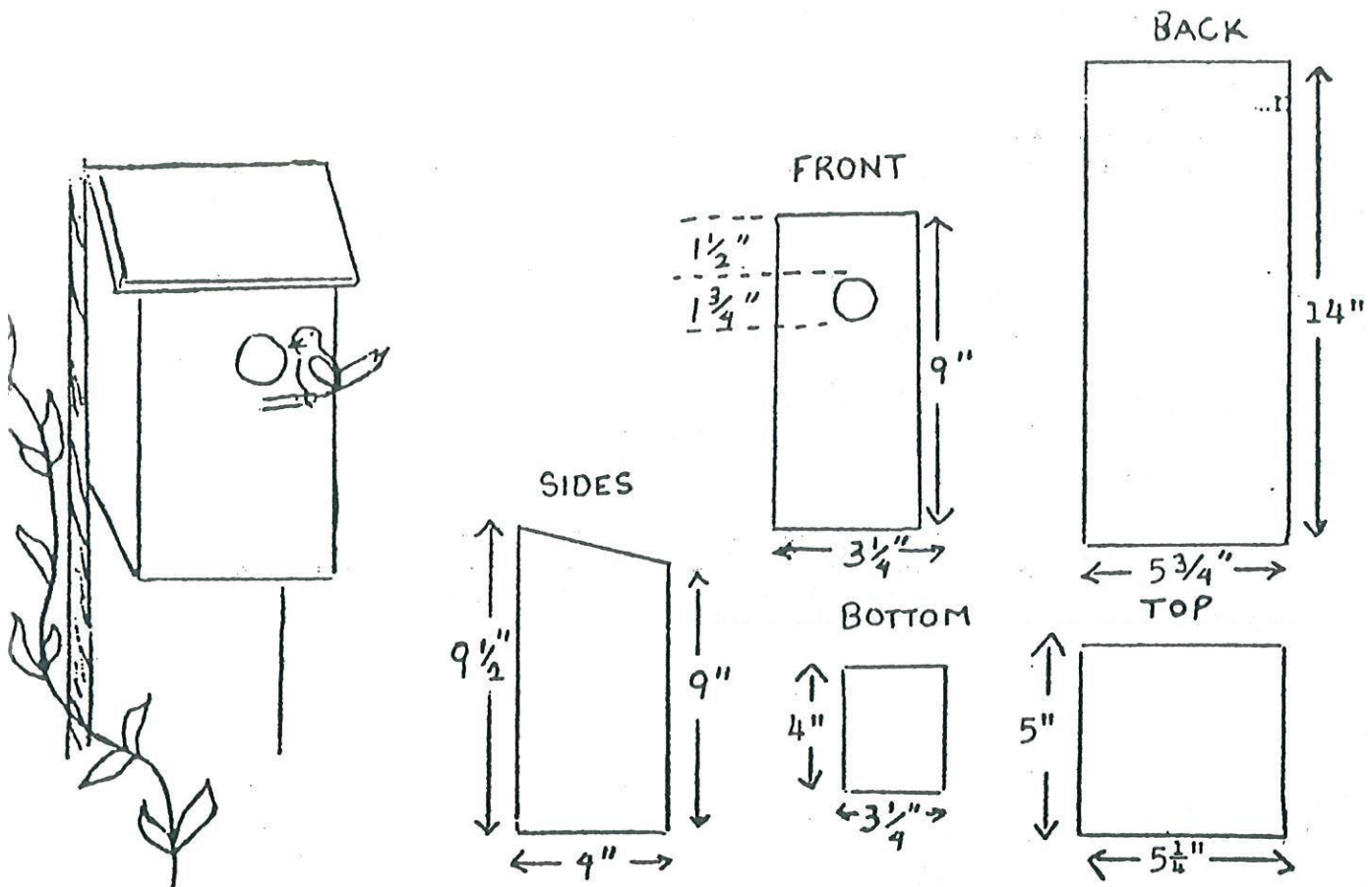
Birds

Learning about birds is a great way to explore the wildlife in your backyard. You will feel good and important when you are able to identify different birds or see the birds living in the house you have made for them.

When they are hungry and feeding their families, they will eat from the bird feeder you built. Do you know what kinds of birds visit your bird feeder?

Once you have made your house or feeder, you will want to hang or fasten it in an area that will attract the birds. If houses and feeders are not placed to meet the needs and habits of the birds they will go unused.

The following plans are included for your use or examples. You may find others to use if you wish.



Standard Bird House

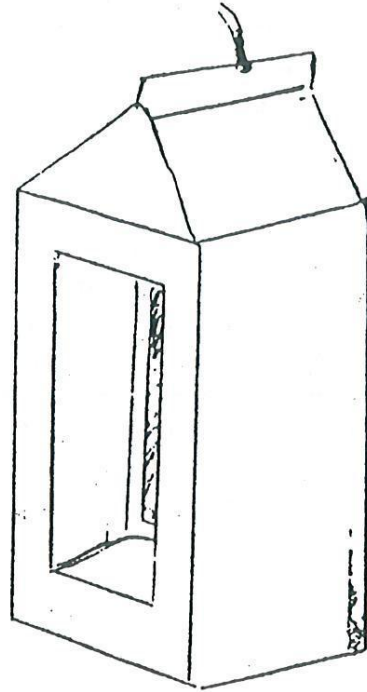
Milk Carton Bird Feeder

Materials you will need:

- A. One empty half gallon milk carton.
- B. Wire or string to attach carton to tree.
- C. Small block of wood approximately 1" x 2" x (1/2" or 3/4")

Construction:

- A. Cut two opposite sides out of the carton leaving approximately 1" all the way around the cut-out (see illustration). The top should be stapled, glued or taped shut.
- B. Punch 3 or 4 holes in the bottom of the carton with a needle. REMEMBER to punch from the inside out so water can drain out.
- C. Punch a hole in the center bottom and center top. (Do not open top.)
- D. Loop string or wire around wood and draw string or wire up through the holes. Twist wire or tie string in knot directly over hole at top leaving enough to hook around a tree limb or post.
- E. Cover with leaves (dried, green or artificial). These can be glued on with weatherproof glue.
- F. Hook to limb or post. (Hang from a low branch of a tree for easy filling).



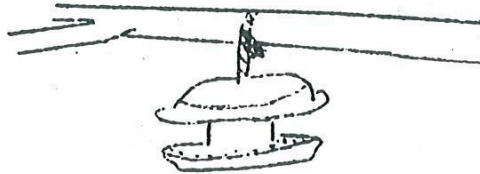
Flower Pot Bird Feeder

Construction: You will need:

- A. Two aluminum pie pans (one for the top and one for the bottom).
- B. One plastic ice cream container.
- C. A few feet of wire or strong cord.
- D. A small block of wood.

Instructions:

- A. Punch a series of fairly large holes all around the base of the bin (ice cream container) so the feed can spill out onto the pie pan base.
- B. Punch a few small holes in the base of one pie pan (the base) with a needle. Punch holes from the inside out! The holes should be large enough so water will drain through the center of the two tins and through the center of the container and lid.
- C. String cord or wire through all four sections of the feeder.
- D. Tie a piece of wood to the bottom of the wire to hold the bird feeder up.
- E. Hang it from a tree branch.



Birds Like to Eat!!

Birds fall into two categories:

- A. Seed eaters like mixed seed such as hemp, millet, kaffir, corn, cracked corn and sunflower seed. You can buy bird seed and sunflower seeds at most of your local garden and discount stores.
- B. Insect eaters like suet. This can be purchased at your local grocery stores.

Some birds will like raisins, currents, bayberries, small pieces of apple and banana, bread crumbs, doughnuts, and cold cereal.

The feeder should be placed near trees or high shrubs, as some birds won't venture into an open area to feed.

Pollinators

Planning a Pollinator Garden or Feeding Station

Pollinators are those animals that work hard to pollinate many crops and flowers in our world. These pollinators include honey bees, native bees and wasps, butterflies, bats, birds and beetles. We can help provide these pollinators by providing gardens that have special flowers, trees and even nests to protect them.

Indiana is home to many native wildflowers that pollinators love! Milkweed is very important to the Monarch Butterfly as well as being an excellent source of pollen and nectar for native bees and wasps. Late summer and autumn blooming Goldenrod and Asters are essential sources for honeybees. There are also many flowering trees that provide for these pollinators that grow in Indiana. It is helpful to choose plants that grow in native to Indiana in your garden, as these are the plants pollinators prefer most.

When planning for your garden or feeding station area, think about where you will put it. You want a place in your yard that is perfect either for sun or shade depending on the plants you choose. You also want to make sure that you have water available and that the pollinators visiting will not be in harm's way. Your space can be as small or as big as you'd like it to be! Check the resources listed below for additional information on planning your garden or station area.

<https://extension.entm.purdue.edu/publications/POL-5/POL-5.html>

<https://www.pollinator.org/guides>

Download a list of native flowers here by searching for POL-6-W in the Purdue Extension Education store -

<https://edustore.purdue.edu>

Tips for creating your projects:

Pollinator Garden

- Choose plants that flower different times during the growing season
 - Choose a variety of colors and flower shape/size
 - Plant more than one plant in groups to create clumps
 - Avoid Pesticides and other chemicals
- Allow dead matter (sticks and leaves) to gather for some pollinators to use as nesting material
- Consider bee houses or other habitats for native pollinators in your garden

- Your garden can be in the ground or in patio planters

Feeding Stations

There are several ways to make feeding stations. Below are examples and simple directions.

Sugar Water for Pollinators

Adults - Bring one cup of water to a boil. Remove from heat and stir until dissolved in 1/4 cup sugar. Allow to cool before using in feeders. Refrigerate unused portions.

Hanging Saucer –

Supplies needed - plastic plant saucer or disposable pie tin, yarn or twine, beads, small rocks or flat marbles

1. Have an adult help you punch 4 evenly spaced holes around your saucer.
2. Have the adult help you cut your yarn or twine into 4 pieces about 24" long.
3. Tie one end of each yarn into the saucer. Thread beads onto each piece if desired. Tie all 4 tops of yarn together.
4. Place rocks or flat marbles in the bottom of the saucer as a place for the pollinators to land.
5. When you have hung your feeder, you can place small pieces of sliced fruits and or a small amount of water in the bottom of your feeder. Watermelon, kiwi, bananas and oranges are good choices. You can also make a sugar water to put in the saucer (recipe above)



Bird Bath Style -

Supplies - small terracotta pot and medium terracotta saucer, spray paint or garden (Patio Paint) acrylic paint, multipurpose glue (e6000, epoxy type glue) small rocks or flat marbles

1. Paint your pot and saucer if desired. Wait until both pieces are completely dry before step 2.
2. Have an adult help you glue the saucer to the pot. You will want to turn the pot upside down and glue the saucer to the bottom side of the pot. Allow the glue to fully dry and cure.
3. Place the rocks or marbles in the saucer. These are placed for the pollinators to land and stand on out of the water or sugar water in the saucer. You can add pieces of fruit and also sugar water in you saucer if you like. A recipe for sugar water is above.



Hanging Fruit Holder -

Supplies - stick or dowel rod, wire, twine for hanging

1. Have an adult help you cut lengths of wire and twist the top portion around the stick. Make a small hook on the other end of each wire.
2. Cut enough twine to tie to each end of your stick and have enough for hanging.
3. Hang in place.
4. Attach a piece of cut fruit from each of the hooks.

