



MINI 4-H HANDBOOK
Kindergarten, First Grade,
and Second Grade

**This 4-H Handbook
Belongs To:**

NAME:_____

ADDRESS:_____

PHONE NUMBER:_____

CLUB:_____

CLUB LEADER:_____

SAFETY POLICY FOR 4-H

Lake County and Purdue University Youth Development seeks to further its educational mission for the youth of Lake County by encouraging youth to participate in non-formal educational opportunities that are appropriate and safe for and promote the mental, physical, and social development skills of the individual youth. No youth will be allowed to participate in any 4-H activity where it is determined by the on-site educator or volunteer that such participation could compromise the safety of that participant, observers, and /or animals.

- a) No child shall anticipate in 4-H activities which require the child to perform in a manner that is too advanced for his/her development.
- b) If the guidelines are not followed for a particular event or activity, then such event or activity shall not be considered to be a 4-H event and shall not be under the auspices of 4-H educators or covered by Purdue University.

THE LAKE COUNTY FAIR

The 4-H Program, Lake County Agricultural Society, the Lake County 4-H Club Committee, Inc. and the Cooperative Extension staff may not be held responsible for the safety of exhibits. Nor will they be liable for losses or damage sustained due to vandalism, theft, weather, fire, accidents or any other cause. Exhibitors wishing to insure themselves or their belongings, may do so at their expense.

The entries are subject to all rules and regulations of the Lake County Agricultural Society and the Lake County 4-H Program.



Purdue University
Cooperative Extension Service
2293 N. Main Street
Crown Point, IN 46307
219-755-3240
FAX 219-755-3251
www.extension.purdue.edu/lake

Purdue Extension - Lake County
4-H Youth Development Staff

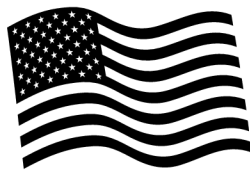
Extension Educators	Jennifer Haynes Julie Jones Kasey Wilhoit
---------------------	-------------------------------------------------

4-H Secretary	Roz Adams
---------------	-----------

Communications & Marketing	Hayley Kinley
----------------------------	---------------

Office Hours
Monday - Friday
8:30 AM - 4:30 PM
Closed Holidays

Facebook: Purdue Extension-Lake County 4-H
Instagram: @lake.county.4h



Pledge to the Flag

I pledge allegiance to the Flag of the United States of America
and to the Republic for which it stands, one Nation under God,
indivisible with liberty and justice for all



The National 4-H emblem is a four-leaf clover with the letter "H"
on each leaf.

4-H Pledge

I pledge my HEAD to clearer thinking.
My HEART to greater loyalty,
My HANDS to larger service,
And my HEALTH to better living,
For my club, my community,
my country, and my world.

4-H Motto

"To Make the Best Better"

4-H Colors

Green and White

Green: Represents life, youth and growth

White: Represents purity and high ideals

PROGRAM GENERAL INFORMATION

The Lake County and Indiana 4-H Program have established and maintained a heritage of educational youth development. This heritage is vital to the lives of 4-H members both now and in the future. In order to promote the confidence Hoosier citizens have placed in 4-H, certain standards of behavior need to be maintained. Subsequently, this document has been designed to identify those standards with regard to the Lake County 4-H programs. Lake County 4-H policy is determined by the Lake County 4-H Club Committee, Inc. under the auspice of the County Extension Board. The Lake County 4-H Club Committee, Inc. uses advice from Extension Educators, 4-H Leaders, State 4-H staff, and /or other interested persons in the County 4-H program.

Purdue University prohibits discrimination against any member of the University community on the basis of race, religion, color, sex, age, national origin or ancestry, genetic information, marital status, parental status, sexual orientation, gender identity and expression, disability, or status as a veteran.

If you are in need of accommodations to attend events, please contact the Extension office at 219-755-3240 at least 2 weeks prior to the event.

For special dietary needs contact the Extension office at 219-755-3240 at least 2 weeks prior to the event.

If you need an interpreter or translator, please contact the Extension office at 219-755-3240 at least 2 weeks prior to the event.

WREATHS

A wreath is an assortment of leaves, flowers, paper twigs or berries all woven together to look like a ring, heart or star.

Option to Exhibit at the Fair:

- Create or exhibit a wreath (using paper, craft items, flowers, fabrics, shells or use an idea of your own.



WHAT IS MINI 4-H

Mini 4-H is a program designed to encourage positive development of children in Kindergarten through second grade. The goal of Mini 4-H is to help young children explore friendships outside the family, explore the way in which things work, practice both small and large muscle control, and think about the ways people work together on projects. The NON-COMPETITIVE learning environment for

Mini 4-H includes:

Planned learning activities in which children are invited to be active and explore materials and ideas without the pressure of completing a specific product or exhibit.

Low adult/leader to child ratio that allows time for adults/leaders to provide individual, positive encouragement and assistance. Simple, interesting activities that are fun. Encouragement of children to participate in a group activity by sharing and or displaying their activity projects.

Rewards are identical and/or ribbons are the same color for everyone.

HOW DO I JOIN MINI 4-H?

New members are welcome! You can enroll online at www.4Honline.com or contact the Extension Office at 219-755-3240. The Extension Office can also assist you in finding a 4-H Club.

HOW TO MAKE YOUR PROJECT READY FOR THE FAIR

Mini 4-Hers are encouraged to use their imagination and do activities they have an interest in.

- **HOW MANY PROJECTS?** - Mini 4-Hers can do one or more than one of the projects listed in this handbook.
- Enter your mini project entries in the "Fair Entry" Portal by July 1st. The link to "Fair Entry" is <https://lakecountyin.fairentry.com/>
- If a POSTER is being displayed, we ask for it to be 11" X 14" and to be displayed horizontally, with stiff backing and clear plastic covering.
- **EXHIBIT LABEL** - all exhibits must have a Lake County Mini 4-H exhibit label securely attached. Please bring to the Lake County Fairgrounds 4-H Building by the date in the handbook.

MINI 4-H PROJECTS

Arts & Crafts	Genealogy	Recycled Art
Artificial Floral	Geology	Sewing
Beef Cattle	Goats	Sheep
Bicycle	Health & Safety	Small Animal
Cake Decorating	Helping at Home	Soil & Water Conservation
Cat	Horse & Pony	Sun, Space, and Stars
Collections	Legos/Models	Swine
Dairy Cattle	Oceans	Wildlife
Dinosaurs	Plants & Flowers	Wreaths
Dog	Poultry	
Foods	Rabbits	
Forestry	Reading Together	

WILDLIFE

Do you ever wonder about the animals that live in the woods and areas around your home or city? Would you like to know how and they live? Take your time and be safe when exploring wildlife.

Options to Exhibit at the Fair:

- Using pictures of Bird, Fish or Mammal, make a mobile
- Make a Birdhouse or Bird Feeder
- Collection of Insects
- Using binoculars: Chart of Your Observations of Wildlife.
 - What wildlife did you see?
 - Where did you see it?
 - What does it eat?
- Create a Poster or scrapbook about Wildlife (examples: Types of Birds, Fish or Mammals)
- Take a trip to the Zoo and take pictures and make a poster of the animals you see.



SWINE

Did you know that gelatin, chalk and crayons are made using pork by-products? Did you know that pig heart valves have been used to replace damaged human heart valves? You will learn the answers to all of these questions and more! Pigs are a great project for young people to show.

Options to Exhibit at the Fair:

- Exhibit a poster with pictures of pigs (snapshots, magazine picture, drawings, etc...).
- Find your favorite breed of pig. Include picture(s), short description, and explanation of why it is your favorite breed of pigs.
- What products do we get from pigs? Make a collection or diagram of these products.
- Identify what basic needs a pig would need,
 - Food
 - Shelter
 - Water
- What is the proper way to show a pig? Learn how to show a pig by interviewing an older Swine member 4-Her, who shows pigs.



ARTS & CRAFTS

(There are a wide variety of projects that can be done in Arts & Crafts. Choose from below or come up with your own)

Beading:

Keychain
Ornament

Bracelet/Necklace
Wind Chime

Painting:

Ceramics
Paint by Number

Plastercraft
Rocks

Tye Dye:

Shirt

Apron

Craft Kits:

Needlework
Decoupage
String Art

Leather
Weaving
Mosaics

Poster Drawing of people, nature or your choice.

Colored Pencils

Charcoal

Crayons



Markers

Paint

Artificial Floral Design

Options to Exhibit at the Fair:

- Design your own artificial flowers into wreaths, centerpieces, or other displays.
- Put together an article using artificial flowers. They can be a centerpiece, hairpiece or handheld bouquet.



SUN, SPACE, AND STARS

Explore beyond our Earth and look at what you can find up in space.

Options to Exhibit at the Fair:

- Make a solar system mobile (12" x 12" or less)
- Make a model of a shuttle (12" x 12" or less)
- Make a poster about two different planets. Include a picture of the planet, its name, and interesting facts about it.
- Make a poster showing one or two different constellations.
- On a poster, draw and label the different phases of the moon.
- Make a Planet Booklet. Include a picture of the planet, its name, and interesting facts about it.



SOIL & WATER CONSERVATION

Soil and water conservation means taking care of the dirt(soil) and the water on Earth by protecting them from being washed away or used up too quickly, so that plants can grow healthy and we can always have clean water to drink.

Options to Exhibit at the Fair:

- Exhibit a poster with pictures of any soil or/and water topic of snapshots, magazine picture, drawings, etc...).
- What products do we get from soil? Make a collection or diagram of these products.

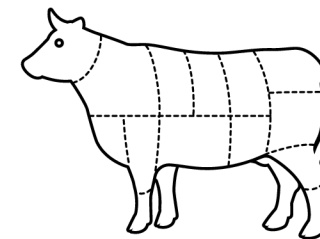


BEEF CATTLE

This project can be an unforgettable learning experience. Learn popular breeds of beef cattle, different meat cuts that come from beef, how they are raised and processed.

Options to Exhibit at the Fair:

- Find a picture of a beef cow. Identify where different meat cuts can be found on it and label it on your poster. Major cuts include: Chuck, Rib, Flank, Round, Loin
- Make a Cattle Farm Diorama
- Interview a beef farmer and make a scrapbook on what you learned.
 - Why did you become a beef farmer?
 - What do you feed the cattle?
 - What is your favorite/least favorite thing about raising cattle?
- Create a poster of the popular breeds of beef cattle.

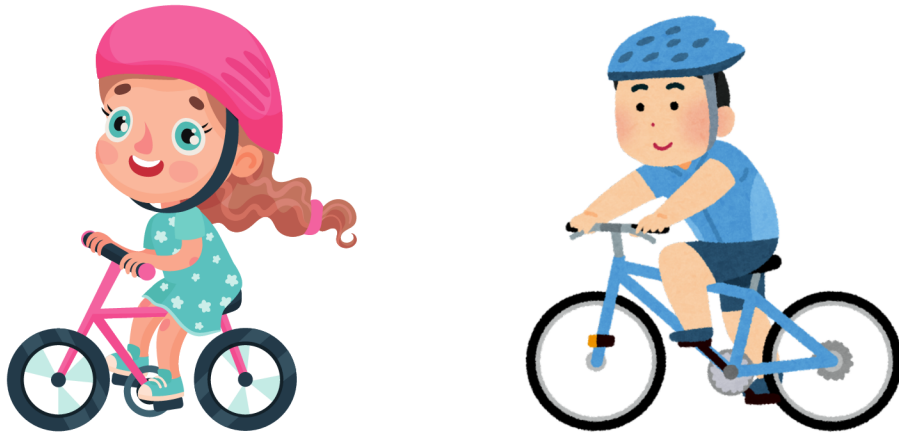


BICYCLE

A bicycle can take you places, keep you physically fit, help you have fun with your friends. Riding a bicycle is a big responsibility. This project will help you learn how to ride your bicycle safely.

Options to Exhibit at the Fair:

- Make a poster on bicycle maintenance, operation, or safety.
- Write a story about an experience you had on your bike.
- Look and identify the parts on your bicycle. Make a diagram with the pictures you take. Check that they are properly adjusted for safety. Parents can help.
- Make a "Rules for the Road" safety booklet.



SMALL ANIMAL

Small animals are small in size and usually kept as pets. Examples of small animals include birds, guinea pigs, hamsters, gerbils, reptiles and mice.

Options to Exhibit at the Fair:

- Exhibit a poster with pictures of a small animal (snapshots, magazine picture, drawings, etc...).
- Find your favorite kind of small animal. Include picture(s), short description, and explanation of why it is your favorite small animal.
- What is the proper way to show a small animal? Learn how to show a small animal by interviewing an older Small animal member 4-Her, who shows small animals.

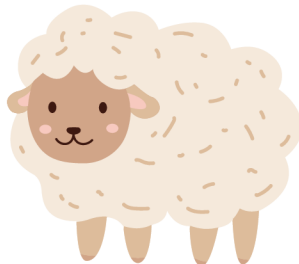


SHEEP

Sheep are mammals with thick wool coats that are raised for their meat, milk and wool.

Options to Exhibit at the Fair:

- Exhibit a poster with pictures of sheep(snapshots, magazine picture, drawings, etc...).
- Find your favorite breed of sheep. Include picture(s), short description, and explanation of why it is your favorite breed of sheep.
- What products do we get from sheep? Make a collection or diagram of these products.
- Identify what basic needs a sheep would need,
Food
Shelter
Water
- What is the proper way to show a sheep? Learn how to show a sheep by interviewing an older Sheep member 4-Her, who shows sheep.



CAKE DECORATING

Learn all about creating beautifully decorated cakes!

Options to Exhibit at the Fair:

- Decorate a cupcake using (Store bought or homemade) frosting. Use decorating tips, spatula or kitchen knife to create a beautiful decorated cake. You can add sprinkles, and other edible decorations to enhance it.
- Decorate a round 9 inch styrofoam disk. (Store bought or homemade) frosting. Use decorating tips, spatula or kitchen knife to create a beautiful decorated cake. You can add sprinkles, and other edible decorations to enhance it.
- Make a poster showing the different designs the cake decorating tips make.
- Take pictures and make a poster of all the cakes you have helped make this past year.



CAT

Cats are cute and cuddly, but need special care. Learn what you need to do to own your own cat.

Options to exhibit at the Fair:

Cat Nutrition

- Types of Cat Foods
- Table Scraps or not

Activity: Make a poster or book telling about food nutrition.

Health Care

- Pet Proof your home and yard. Learn what plants are poisonous to cats.
- Yearly Checkups- Learn what vaccinations are needed.

Activity: Make a First Aid For Cats that includes Veterinarian's phone number, gauze, adhesive tape, nonstick bandages, hydrogen peroxide, activated charcoal, eye dropper for oral medicine.



SEWING

We all wear clothes and in this project you will explore how fabric is woven and how to sew something.

Options to exhibit at the fair.

- Make a sewing box. Include needles, thimble, thread, pins etc.
- Sew a fabric pillow to display.
- Using a weaving loom, weave a pot holder.
- Make a pin cushion.
- Make a weaving loom out of cardboard or straws.
- Sew a simple stuffed animal.
- Make a poster showing the steps in weaving.



RECYCLED ART

Recycle an article by making it into something else.

It is based on the 4 R's (Reduce, Reuse, Recycle, Recover).

The material is reshaped from one form to another.

Options to Exhibit at the Fair:

- Clothing item (hats or purses made from blue jeans)
- Furniture item (Coke cases made into end tables)
- Bottles or cans (Canister set made from cans)



COLLECTIONS

A collection is a group of items that have something in common and you have enjoyed collecting.

Options to exhibit at the fair:

- Display your collection in a box, shoebox, scrapbook, or make a poster
- Your collection should be no larger than 12"x 12"
- You should have 5 items in your collection
- NO VALUABLES PLEASE!
- Collection Suggestions: rocks, coins, pencils, magnets

You may wrap your collection in plastic and attach a small card telling us why you have your collection.

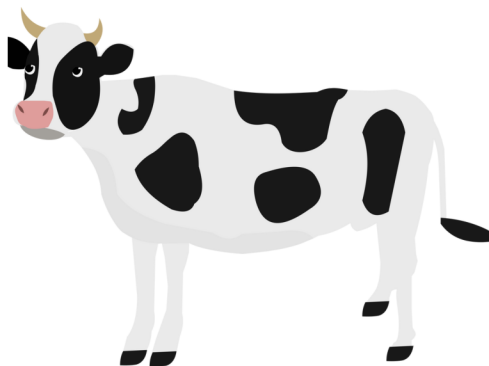


DAIRY CATTLE

Dairy Cattle give us milk, we can use this milk to drink or make into cheese, yogurt and many other things.

Options to exhibit at the Fair:

- Make a collage of milk by-products
 - Cheese, yogurt, etc
 - Use these pictures to make a poster
- Make a Dairy Farm Diorama
- Interview a dairy cow farmer and make a scrapbook on what you learned.
 - Why did you become a dairy cow farmer?
 - What do you feed the dairy cows?
 - What is your favorite/least favorite thing about dairy cows?
- Create a poster of the popular breeds of dairy cows.



READING TOGETHER

Options to Exhibit at the Fair:

- Write a book and read it to someone. Bring your book in to exhibit.
- Make three bookmarks for reading and display them on a poster.
- Make a poster about your favorite book. Include the title and author.



RABBITS

Rabbits are small, furry mammals with big ears, long front teeth and fluffy tails.

Options to Exhibit at the Fair:

- Exhibit a 3-5 page scrapbook, telling the story of a rabbit that you own and/or care for.
- Draw a diagram of a rabbit's body parts
- Make a book on different breeds of rabbits.
- What is the proper way to show a rabbit? Learn how to show a rabbit by interviewing an older Rabbit member 4-Her, who shows rabbit.



DINOSAURS

Travel back millions of years ago to the day of the dinosaurs. Explore fossils, learn about a paleontologist and different types of dinosaurs.

Options to exhibit at the Fair:

- Make a fossil cast (Exhibit must be 12"X12" or smaller)
- Draw your own dinosaur on a poster.
- Find four pictures of dinosaurs. Label them with their name, weight, size, type (Meat eater or plant eater)
- Make a clay or wooden model of your favorite dinosaur



DOG

Dogs are fun to have, but require training, and knowledge of how to take care of them.

Options to exhibit at the Fair:

Dog Nutrition

- Types of Dog Foods
- Table Scraps or not

Activity:

- Make a poster or book telling about dog food nutrition.

Health Care

- Pet Proof your home and yard. Make a list of what plants are poisonous to dogs.
- Yearly Checkups- Make a list of what vaccinations are needed.

Activity:

- Make a First Aid Kit For Dogs that includes Veterinarian's phone number, gauze, adhesive tape, nonstick bandages, hydrogen peroxide, activated charcoal, eye dropper for oral medicine

Dog Training

- Take pictures of you caring and training your dog. Label each picture with what you are doing.

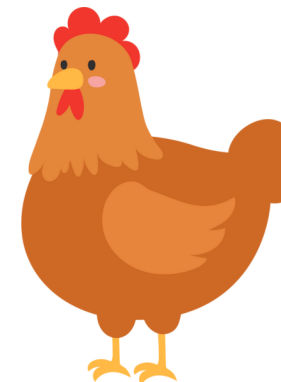


POULTRY

Poultry is a domestic fowl, particularly those raised for food or laying eggs. Examples of poultry breeds are: White Rock, White Leghorns, Barred Plymouth Rock, New Hampshire Reds, and Rhode Island Reds etc.

Options to Exhibit at the Fair:

- Exhibit a 3-5 page scrapbook or a small scale model, telling the story of an animal that you own and/or care for.
- Draw a diagram of a chicken's body parts
- Draw a picture of the parts of an egg.
- With adult supervision, candle an egg. Take pictures while doing it and make a poster about it.
- Make a book on different breeds of poultry and/or fowl.

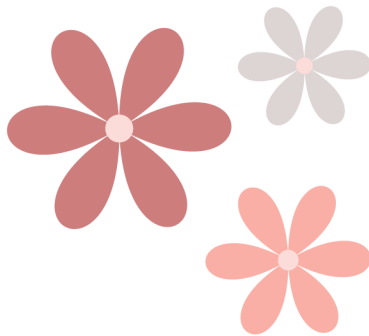


PLANTS AND FLOWERS

Plants and flowers are all around us. Learn how to care for plants and how to grow vegetables to eat.

Options to Exhibit at the Fair:

- Plants are living things that grow. Make a chart to show what happens if you don't give the plant what it needs like soil, water, sun or air.
- Draw a diagram, showing the 3 main parts of a plant. Stem, Leaves and Roots
- Grow Green Beans in a plastic bag with a moist paper towel.

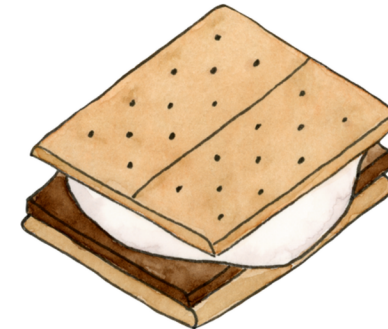


FOODS

In Foods you will learn about nutrition and food safety. Before doing your project, please wash your hands and pull long hair back.

Options to exhibit at the Fair:

- Peanut butter sandwich, cut into 2 or 4 pieces
- Snack Mix - crackers, peanuts, pretzels, etc
- Popcorn Mix - Popcorn, peanuts, pretzels, etc
- No Bake Cookies
- Marshmallow Treat or S'mores
- Make a poster or book that includes pictures of 6 safety rules in the kitchen. Label each picture with the safety rule.
- Make a poster showing the pyramid of healthy foods.

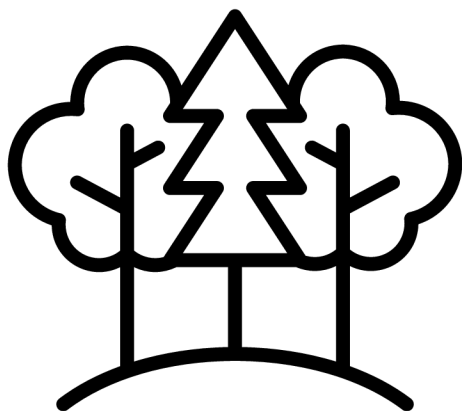


FORESTRY

Trees are all around us, but we often don't think much about them. Doing this activity will provide lots of opportunity to get outside and explore nature!

Options to exhibit at the Fair:

- Make a booklet of leaf rubbings. Try to identify the leaf.
- Collect leaves and press them in a book for a week.
Display them in a book or poster
- Plant a small tree. Take pictures and make a poster.
- On a poster, draw and label the parts of a tree: roots, trunk, branches, leaves.
- Make a book or poster identifying animals that live in trees.

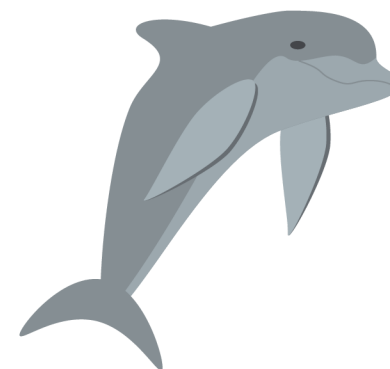


OCEANS

Dive deep into the depths of the ocean to find something fun and interesting!

Options to exhibit at the Fair:

- Make a poster or booklet to exhibit. Include at least 2 animals that live in the ocean. Include a picture, its name and interesting facts about your animals.
- Using a shoe box, build an ocean diorama.
- Choose a species (Whales, Dolphins, Sharks) and make a booklet or poster on it. Include type, name, size and weight.
- Make a model of your favorite ocean animal (12" X 12" or less)

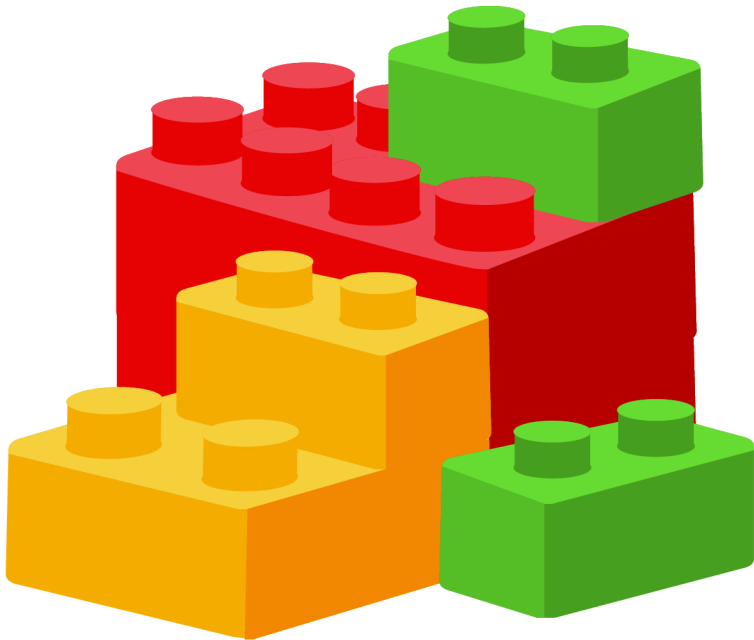


LEGOS/MODELS

If you like building things, this is the project for you!
Your project must be 12"X12" or less.

OPTIONS to exhibit at the fair:

- Make one snap together plastic model
- Make a model using clay or popsicle sticks
- Make a model from a purchased kit



GENEALOGY

Explore family traditions and learn where ancestors lived
and traveled.

Options to exhibit at the Fair:

- Go on a Treasure Hunt and write up your family tree. Use the diagram to help you out.
- Interview a loved one. Older relatives will have great stories to share. Draw a picture book of things your older relatives did when they were your age. (Games, Chores, Jobs)
- Make a scrapbook of pictures of your relatives.

I LOVE
my
family

GEOLOGY

Geology involves studying the earth's crust, its layers, and their history. You will learn to identify rocks, minerals and fossils.

Options to exhibit at the Fair:

- Create a display of your geological samples. (12" X 12" or smaller)
- Make a poster describing the "Rock Cycle"
- Grow crystals and make a poster to show the process of how you did it.
- Make a book of the different rock types explaining each one.
 - Sedimentary
 - Igneous
 - Metamorphic

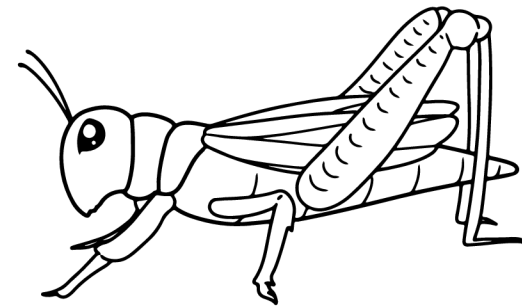


INSECTS

Have some creepy crawly fun with this project. You can collect insects to display and identify.

Options to exhibit at the fair.

- Collect pictures of different insects and label each insect with its name and what they eat.
- Ant Farm in a jar. Identify where they live and what they eat.
- Collect and mount 3 insects in a 12"X12" or less display. Label each insect with its name
- Make a poster on one common insect. Attach a picture and give interesting facts on your insect.
- Make a poster on the body parts (head, thorax, and abdomen) of an insect.

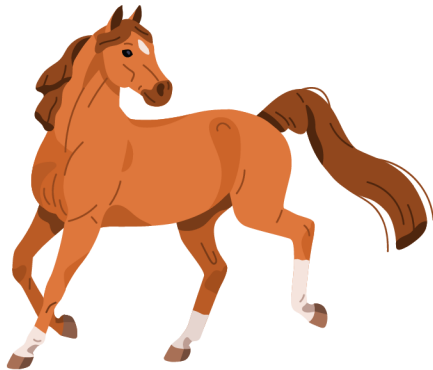


HORSE AND PONY

A horse or pony is an exciting adventure. They are big animals that need special care. Explore horses and pony to see which you like best.

Options to exhibit at the Fair:

- Show pictures of the 5 basic coat colors.
- There are 3 natural gaits of the horse: Walk, Trot and Gallup.
- Design a poster or book describing each gait.
- Show pictures of some basic tools to groom and care for your horse. Explain what each tool is used for
- Describe some safety tips when being around a horse.
(Stay calm, know your horse's temperament, never tease your horse, treat your horse with kind, but firm treatment.



GOATS

Did you know there are meat goats and milk goats? Did you know goats love to play and jump? Did you know baby goats share the same name as you - kids?

Options to exhibit at the Fair:

- Make a book identifying different types of goats
 - Meat goats or dairy goats
 - Doe, Buck, wether, kid Identifications
- Make a chart of what goats would eat.
- Identify what basic needs a goat would need,
 - Food
 - Shelter
 - Water
- Make a book or poster identifying different breeds of goats.



HEALTH AND SAFETY

Would you know what to do if you or a friend got hurt?
Did you know your heart is a muscle that needs
exercise every day?

Options to exhibit at the Fair:

- Make a first-aid kit to carry when you are away from home.
- Make a poster or booklet telling about basic first aid help
- Make a poster about fire safety in your home
- Make a scrapbook of personal care habits (wash hair, wash hands, brush teeth, etc)
- Make a poster or booklet of your daily exercise routine or food log.



HELPING AT HOME

As you get older your parents will give you more and more responsibilities. What are you doing to help?

Options to exhibit at the fair.

- Make a chore chart for one week. Tell us about the chore(s) you did to help at home.
- On a poster, list or draw the steps you take to complete one of your chores.

