



Clayton County Extension

# Clover Kids

Programming for K-3 grade students

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## Community Service Ideas for Clover Kid Clubs

*January & February 2009*

Clover Kids is a great place to begin to learn valuable life skills through community service. Learning to serve the community helps children develop empathy for others, build positive relationships and become empowered to make a difference in their world.

Some ideas for community service with Clover Kids don't have to be large activities, they can be simple and done in one meeting.

Around Valentine's Day visit a local nursing home. Have the children take the residents Valentines that they have made and sing songs. This type of community service activity takes a little more planning. Contact the Activities Director at your local nursing home and set up a time when your group can visit. It certainly doesn't have to be a special holiday. Anytime of the year is good to do this. The children get to interact with the residents and have new experiences.

At Easter time fill plastic Easter eggs with candy and simple items like erasers that can be used in school. Deliver them to a childcare center or local community resource center for their kids club.

Another community service activity is to have a children's clothing drive in which the youth are encouraged to go through their own clothes and give away those they no longer use. Gather all of these donations and take them to a local program that gives children's clothes to needy families.

Other community service ideas to consider are collecting non perishable foods for the local food bank and picking up trash around a local park and separate trash from recyclables, teaching Clover Kids the importance of recycling and taking care of the earth.

### January is

National Book Month  
National Eye Care Month  
National Oatmeal Month  
National Thank You Month  
Hot Tea Month

### February is

National Heart Month  
Black History Month  
National Cherry Month  
National Dental Care Month



## Coming February 28—"Pajama Jam"

### 2009 Clover Kid Fun Day



A county-wide Clover Kids fun event will be held Saturday, February 28 at Johnson's Reception Hall in Elkader from 9:30 am –3:30 pm. The workshop will have a pajama party theme filled with crafts, games, food and fun! All K-3 students are invited to attend. \$10 per child. Pre-registration is required by February 18. Contact the Extension Office in Elkader for more details.

# CRAFT IDEAS

## Sweet Shovel

### Materials Needed:

- Small bag of candy
- Twist tie
- Ribbon
- Toy Sand Shovel
- Permanent Marker or paint pen



1. Close a small bag of candy with a twist tie. With a ribbon, tie it to the handle of a toy sand shovel.
2. Use a paint pen or permanent marker to write your message at the base of the shovel, just below the candy bag.

### Message Ideas:

- I dig you!
- Here's the scoop on Valentine's Day
- It's Valentine's Day--dig it!
- You've got the scoop on me!

## Feet Heart Cards

1. Trace your child's feet on colored card stock or heavy construction paper and cut out the shapes
2. Glue 2 feet at the heels to form a heart and use a paint pen or marker to pen a message.
3. Glue flat-bottomed plastic jewels (available at craft stores) to the toes for polished nails.



- Message Ideas: You're my sole mate      I get a kick out of you      I'd walk a mile for you  
We're off on the right foot      You are toe nice!



## BAGEL BIRD FEEDER

### What you need:

- Stale bagel
- Bird seed
- Zip Baggie
- Lard
- String

### What you do:

Spread lard or peanut butter on the bagel. Place birdseed in the baggie, drop the bagel in, and shake until the bagel is coated. Tie the ribbon through the hole of the bagel and hang outside.

## Valentine Heart Animals

### Supplies:

- Red, pink, white, purple, gray construction paper
- Scissors
- Glue
- Marker or crayons

Optional - thread or pipe cleaners (for whiskers)



Cut out a lot of hearts from red, pink and other construction paper.

Make an animal by gluing various sizes and shapes of paper hearts together. Add eyes, nose and other details using a marker. Tape on thread or pipe cleaners for whiskers. Try making dogs, cats, mice, worms, butterflies, elephants, pigs, fish, etc.



**Don't forget to check out the Iowa Clover Kids Page at <http://www.extension.iastate.edu/4H/Clover/index.htm>**

# TREATS

## Homemade Peanut Butter

Nuts are like meat because they contain a lot of protein. Nuts and meats even belong in the same food group. Can you think of a kind of butter that is made of nuts? It is a healthy snack that can give your body protein to help build muscles. You can make your own peanut butter at home.

Put 2 cups of roasted peanuts in a blender. Add 1/4 cup of sugar, 2 tablespoons of oil and 1 teaspoon of salt. Blend until it is smooth. If you like crunchy peanut butter, add another 1/4 cup peanuts and blend.

## Healthy Hearts

Ingredients:

- Watermelon Slices
- Orange Slices
- Bambo kitchen skewers



Use a heart-shaped cookie cutter on watermelon slices. Poke a bamboo kitchen skewer through each heart, then complete the arrow with an orange slice tip and tail.

# GAMES

## Steal My Heart Game

What you need:

- Bowl of candy hearts
- Chopsticks

HOW TO PLAY:

1. To set up, place a bowl of candy hearts on a flat surface within easy reach of the players and hand each person a pair of chopsticks.
2. Set a timer for about 2 to 5 minutes, depending on the ages of your players.
3. At "Go," contestants start removing hearts from the bowl using only their chopsticks, placing the candies in front of them. When time is up, the player with the most hearts wins.



## Detective Game

One child is the "detective." The detective describes a "missing child" (classmate), giving their eye color, hair color, description of clothing, likes, etc. The first person to identify the missing child gets to be the new detective.

## Silent Touch

This is a great game to quiet children and build memory skills. The first child gets up and touches an object and then sits down. The second child gets up, touches the first object, then touches an additional object. The third child touches the first object, second object, and adds a third object. The game continues as classmates touch what the previous children have touched in sequential order and then add a new item. When a child forgets, simply begin the game all over again.

## SILENT BALL

You will need a small, soft ball for this game. Explain that the object of the game is to see how many times you can toss the ball without talking. Look at the person you are throwing the ball to so they will be ready. Silently count how many times we can throw the ball without talking or dropping it. If someone talks or drops the ball, then the game begins all over again.

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## THE IMPORTANCE OF THE 1 to 6 RATIO

The National Guidelines for K-3 youth groups recommends a ratio of 1 adult to every 6 children in Clover Kids. This adult-child ratio is important to providing the best possible program for the children involved. I know meeting that ratio is very challenging - but here are a few reasons to consider trying:

1. Opportunities for individual attention - and interactions/bonding within the group are increased. Children experience A POSITIVE RELATIONSHIP WITH A CARING ADULT.
2. Supervision/safety is increased. Children in grades K-3 are still learning to associate choices and consequences. They might not think through the results of their actions, so increasing supervision is important to provide a SAFE ENVIRONMENT.
3. Adults can provide the framework to *actively include* everyone in the process regardless of their individual skill levels. The 1 to 6 adult - child ratio provides the framework needed for an INCLUSIVE ENVIRONMENT.
4. Children are more likely to get and stay ENGAGED IN LEARNING when there is an interested adult involved in the process. That can be difficult when the ratio exceeds 6 children to every adult.
5. The OPPORTUNITIES to experience MASTERY, BELONGING, GENEROSITY, and INDEPENDENCE are increased when adults are involved to encourage, engage, and educate children.
6. Adults can create opportunities for children to evaluate their experiences, experience service to others, and build on successes for future learning.

## Youth and Community Service Go Hand-in-Hand

Have you taken the time to teach your Clover Kids the 4-H pledge? Teaching the pledge to our youngest 4-H members goes beyond memorizing, to helping them understand what the words mean. Clover Kid members can learn what the pledge of "hands to larger service" actually means by advisors defining "service," then giving their members examples, and incorporating community service into their club meetings. Service can be explained as giving your time and energy to perform a task that benefits others. By asking members to share how they have helped others at school, church or at home, will illustrate what the 4-H pledge means.

Besides making a pledge to do community service through 4-H, there are numerous reasons for 4-H Clover Kids to reach out to help others.

**Fun** - Volunteering is a good way to spend quality time together, while learning from each other, and having fun with their friends, club members, adult volunteers, and/or their families.

**Self Fulfillment** - 4-H members feel good about themselves and proud of their contributions and sacrifices to help others.

**Skills** - Youth learn new skills, such as leadership, team work, communication, decision making, planning, time management and responsibility.

**Career Exploration** – Service experiences can give youth insight into various career fields.

**Citizenship** - Youth learn how one person's contributions can make a difference in their community.

**Diversity** - Learning about diversity and being accepting of others who come from different backgrounds will foster respect for others.

**Future Volunteer** - Youth who volunteer will continue to volunteer and give back to their community as adults.

4-H and community service has gone hand-in-hand over the last century as members have strived to "make the best better" in their community. The youngest members, 4-H Clover Kids can "learn by doing" community service with their advisors, families, and 4-H friends. Service projects can make an impact not only on the community, but a lasting impression on our youth as they develop into contributing citizens. It is their little hands with your big hands guiding them that will make our world a better place to live!

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