

IDEAS FOR YOUR 4-H CLUB TABLES AT THE ANNUAL OPEN HOUSE, RECRUITMENT EVENTS, 4-H ACTION CENTER (AT THE FAIR), OR FUN ACTIVITIES FOR CLUB MEETINGS!

*BROUGHT TO YOU BY
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Alka Seltzer Rockets

Materials:

- Empty white film canisters (the Fuji film type work best)
- Alka Seltzer tablets
- Warm water

What to Do:

1. Break the Alka Seltzer tablet into 4 pieces. You only need $\frac{1}{4}$ tablet for each rocket.
2. Place a $\frac{1}{4}$ tablet of Alka Seltzer in your film canister.
3. Fill canister about $\frac{1}{3}$ full with warm water.
4. Quickly place the cap back on the canister and gently shake it.
5. Right away, you should place the canister with the cap down on the ground. The canister will be upside down. It is very important that you place it correctly otherwise it will not fly.
6. Back away from your rocket and watch carefully. The chemical reaction will make it pop and fly into the air!

Tips: Drugstores with a photo department will usually give you their empty film canisters for free. Also, it is best to do this activity outside because the fizz from the rockets spills on the ground, and the rockets can reach impressive heights!



Be a Toy Inspector

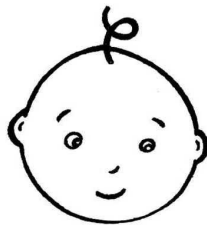
4-H Action Center 2007: Head

Materials:

- Toilet paper tube (cut down the side)
- Tape
- Ruler
- “Safe” and “Not Safe” Bin
- Toys

What to do:

1. Use the ruler to measure the opening of the tube. Adjust the tube opening so that it measures 1 ¼ inches.
2. Securely tape the side of the tube so that the opening stays at 1 ¼ inches. You have just made a choke-tube tester. Babies learn about the world by putting things in their mouth, and anything that fits in the tube might be a choking hazard for a baby.
3. Test the toys on the table. Try to drop each item through the tube.
4. Put all the items that are too big for the tube into the “Safe” bin. Put all the items that are small enough to fit through the tube into a “Not Safe” bin.
5. Take your choke-tube tester home and see if your own toys are safe for very young children!



Football Pudding

Materials:

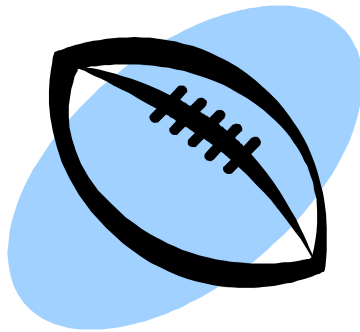
- Spoons
- Liquid measuring cup
- Permanent Marker
- Quart size resealable bags (1 for each person)
- Gallon size resealable bags (1 for every 2 people)
- Instant pudding (one 3.4 oz package for every 2 people)
- Milk (2/3 cup for each participant)

What to Do:

1. Put $\frac{1}{2}$ the package of pudding into your quart size resealable bag.
2. Add $\frac{2}{3}$ cup milk and seal the bag *well*.
3. Use the permanent marker to write your name on the quart size bag.
4. Find a partner.
5. Both you and your partner should put your *well-sealed* quart size bags into a gallon bag and close the gallon bag.
6. Toss the gallon bag to each other *gently* until the pudding is ready to eat. (Note: this is best done outside.)
7. Open up the gallon bag and take out your quart sized bag of pudding. Eat it with a spoon directly from the bag!

Friendship

Materials:



Bracelets

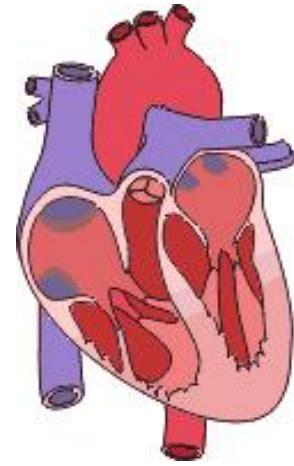
- Tape
- Three strands of colored embroidery thread, (each strand precut to 26" long)

What to do:

1. Hold the three strands together with the ends matched up. Tie an overhand knot one inch from the end.
2. Tape the knot to a tabletop.
3. Holding the free end, twist the bunch repeatedly in the same direction until it is tightly wound.
4. Pinch the twisted band in the center and fold it in half so that the free end matches up with the knotted end.
5. Release the center, and the band will automatically twist back on itself.
6. Slip the ends through the loop (the pinch point) at the opposite end of the band, tie a knot to secure the bracelet, knot again and trim the ends.
7. Give to a friend!



Go With the Flow



Materials:

- Your hands

What to do:

1. Hold one hand straight up over your head, and let the other one hang down at your side.
2. Slowly count to sixty.
3. Now hold your hands side by side and look them over. What do you notice?

What happened:

See how the hand that was up in the air is much paler than the one that was hanging down? That's because gravity made it harder for your heart to pump blood to the hand over your head, but it helped your heart to pump blood to the hand that was hanging down. The more blood, the darker your hand.

How Strong are You?



Materials:

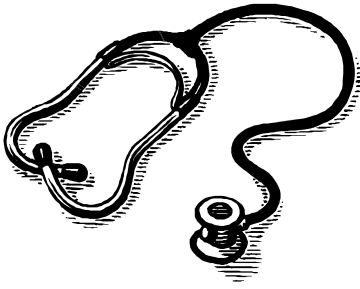
- 5 Sheets of newspaper

What to Do:

1. Hold your arm out straight and hold one piece of newspaper in just one hand. If you're right handed, use your left hand. If you're left handed, use your right.
2. Now, crumple up the paper into a tiny ball, using just one hand.
3. Do it again with the next piece of paper, and until you've crumpled all five pieces of paper.
4. What do you notice?

What's Happening?

Is your arm tired? We don't use those muscles in our arms to do hard crumpling jobs very often so your crumpling muscles tire out quickly. If you practice crumpling newspapers like that, your whole arm will grow stronger.



Listen to THIS!

Materials:

- A plastic funnel
- Clear plastic tubing (can be found at hardware stores)

What to do:

1. Put the tube onto the funnel spout.
2. Put the funnel over your heart and hold the other end of the tube to your ear. **DO NOT PUSH THE TUBE INTO YOUR EAR.**
3. Listen.

What happened:

Can you hear it? Heartbeats usually sound like “lub-dub, lub-dub, lub-dub.” If you don’t hear it right away, you might not have the funnel in the best place – your heart is in the middle of your chest, the left side is closer to your skin. Try moving the funnel around. If you still can’t hear it, do a few jumping jacks to get your heart pumping a little harder and try again!

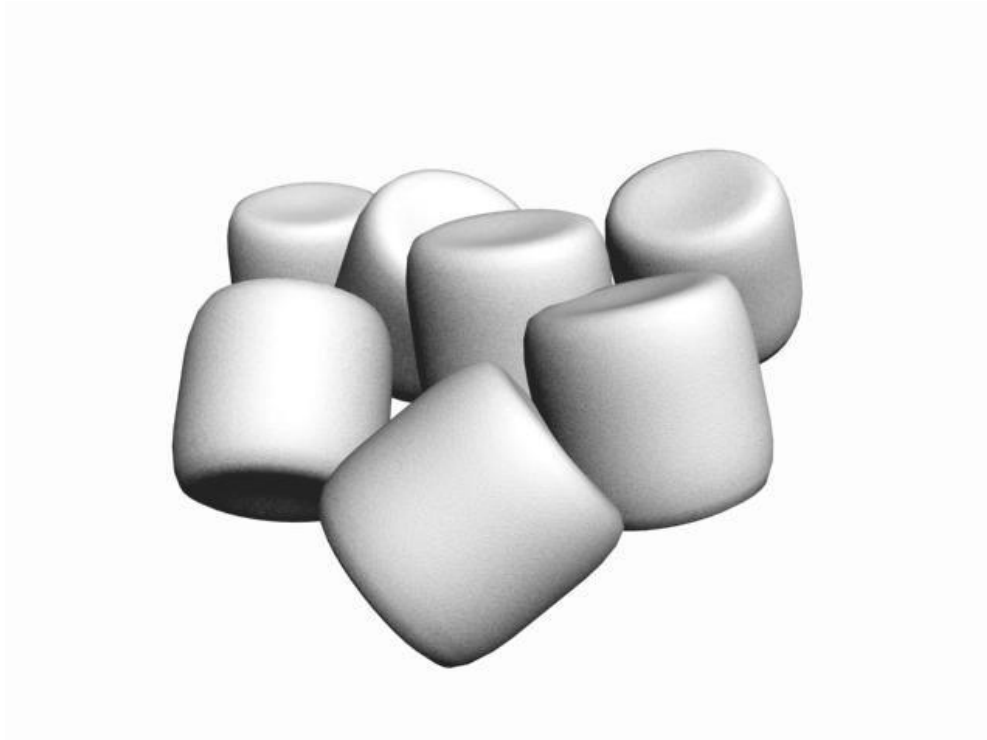
Marshmallow Architecture

Materials:

- Mini marshmallows
- Toothpicks

What to Do:

1. Use the marshmallows to connect the toothpicks.
2. Try building all sorts of shapes and structures: cubes, pyramids, towers, bridges, etc.





Mini First Aid Kits



4-H Action Center 2007: Health

Materials:

- Film canister
- Red tape
- Band-Aid
- Gauze Pad
- Cord
- Wet Wipe
- Half Q-tip
- Scissors

What to do:

1. ADULTS ONLY: Use a hammer and nail to punch a hole in the center of the film canister cap. This can be done ahead of time. Also, cut Q-tips in half with a pair of heavy duty scissors.
1. Fold the length of cord in half. Tie a knot about one inch from the loose ends.
2. Thread the folded end of the cord through the hole in the film canister lid. The knot should be underneath the lid. This will turn your First Aid Kit into a necklace!
3. Roll the Band-Aid, gauze pad, and wet wipe so that they fit inside the film canister.
4. Slip the half Q-tip into the film canister.
5. Put the lid on your First Aid Kit.
6. Cut two pieces of red tape and use them to make a red cross on the front of the film canister.
7. Wear your First Aid Kit around your neck to be prepared for emergencies!

Paper Gyrocopter

Materials:

- One sheet of plain paper
- Pinking shears or scissors
- One paper clip
- Ruler



What to Do:

1. Cut out a 6 ½-inch-long by 1 ½-inch-wide strip of paper. If you cut it with pinking shears the gyrocopter will fly better, but regular scissors work too.
2. Starting at the top, cut a 3-inch-slit down through the middle of the strip to create a pair of wings.
3. Fold the wings down in opposite directions from one another.
4. Attach a paper clip to the bottom of the strip for weight.
5. Drop the gyrocopter from an elevated spot, and it should spin to the ground!

Record your Pulse

Materials:

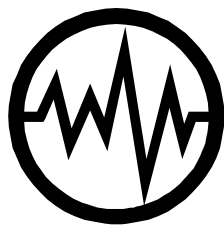
- Your wrist
- Your fingers
- A watch

What to do:

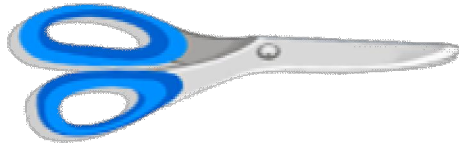
1. Use your right hand index and middle finger to find your pulse on the inside of your left wrist or on your neck.
2. Count the number of beats in one minute. This is your resting heart rate.
3. Do jumping jacks or jog in place for one minute.
4. Check your pulse again. Count the number of beats in one minute.

What happened:

Did you have more heart beats in a minute after jogging in place? This is because your heart rate increases when your heart beats faster. Proper exercising should elevate your heart rate for at least 20 minutes.



Scissors Snipping



Materials:

- Colored typing paper cut into 8", 6" and 4" squares
- Glue sticks
- Scissors
- Construction paper

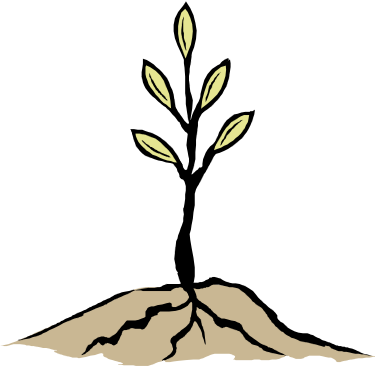
What to Do:

1. Fold a large square of paper in half.
2. Cut a shape out of the folded side of the paper.
3. Cut several smaller shapes out of the folded side.
4. Open the paper and look at the design. What do you see?
Does the same thing happen when you cut shapes from the edge of the paper that is not folded?
5. Make more designs: try folding the paper twice the same way, in fourths, or diagonally twice.
6. Try many kinds of cut shapes. You could also try cutting from different sized squares.
7. When all of your designs are cut, display them by gluing them to a different colored piece of construction paper.
8. Display your design at home!

See Them Sprout

Materials:

- Lima Beans
- Plastic resealable bag
- Paper towel
- Permanent Marker
- Spray bottle full of water



What to do:

1. Soak the beans overnight.
2. Fold a paper towel in half once.
3. Dampen the paper towel with water from the spray bottle.
4. Place 4 or 5 beans on the paper towel.
5. Fold it again and place it in the plastic bag.
6. Use the marker to label the bag with your name.
7. Take your bag home and keep it in a warm, dark place.
7. Check your beans in about 7 days. They should begin to sprout!

Spider Snacks

Materials:

- Plastic knife
- Peanut Butter
- Raisins
- Pretzel sticks
- Ritz Crackers



What to Do:

1. Spread peanut butter on one Ritz cracker. Place another Ritz cracker on top of the peanut butter. You have made a peanut butter & cracker sandwich. This will be the body of your spider!
2. With the plastic knife, spread a tiny amount of peanut butter on two raisins. The peanut butter will act like glue. Stick the raisins onto the top of your peanut butter & cracker sandwich. They are the spider's eyes.
3. Get 8 pretzel sticks. Stick 4 pretzel sticks into the peanut butter in your sandwich on each side. These are your spider's legs.
4. Enjoy your tasty and healthy snack!

Stress Balls

Materials:

- Balloons (the 9" round party balloons work best)
- Flour
- Funnel



What to do:

1. Stretch and pull the balloon.
2. Place the neck of the balloon over the bottom of the funnel. Be sure it's on securely, or you will soon make a mess!
3. **CAREFULLY** pour cornstarch into the funnel.
4. Push out any excess air bubbles and tie a knot.
5. Squeeze your stress ball when you get frustrated or upset to relieve your stress!

Sweet Bracelets

Materials:

- **Elastic cord**
- **Scissors**
- **Lifesavers candy**

What to Do:

1. **Measure the elastic cord around your wrist, allowing an extra few inches for the knot.**
2. **Thread on the candy. To add interest, you can alternate different colors or thread mini Lifesavers between the big Lifesavers like smaller beads.**
3. **Tie the two ends of the elastic with a double knot.**
4. **Try on your bracelet.**
5. **Enjoy your sweet treat!**