

4-H is an opportunity to try new activities and learn new skills. If you're looking for an idea to pass the time and want to try something new, check out the projects below. 4-H Friday will be created weekly with a variety of projects and skill levels highlighted each week. Please remember the social distancing and safer at home guidelines while doing these projects. If you would like to take a picture of you or your family doing one of these 4-H projects, feel free to email it to me at penny.tank@wisc.edu, with the subject line: 4-H Friday Photo and each family will be entered into a drawing at a later date for some special gifts! I may even ask for your permission to post a few on Facebook or our website/newsletter. We have some supplies at the Extension Office that could possibly be mailed to your home if needed. Email Penny to discuss.

Coloring Eggs with Natural Dyes

Did You Know?

The tradition of coloring eggs began in Europe. In Ukraine, the people attempted to bring out the power of the sun and the resurrection of nature, during a cold spring. What reminds you more of the sun than an egg with a bright yellow center? The people of Ukraine began the practice of writing on eggs, called pysanky. Decorated eggs were kept in homes, given to friends, or buried in fields. The decorated eggs were thought to protect the family, banish evil, and insure spring's return.

(Adapted from Country Living—March 2019)

Procedure:

Be sure an adult helps with the stove and boiling water.

1. Wash eggs with mild soap and water. Then towel dry.
2. Fill a plastic sandwich bag with any of the dye materials and a little bit of water.
3. Place egg in sandwich bag and close with a rubber band or twist tie.
4. Place bag into cooking pot filled with water.
5. Boil 10 minutes, then cool.
6. Remove the bag from the cool water.
7. Untie the bag and remove the egg. Different colors will be left depending on what combinations of natural materials used.

Reflect on your experience:

What color is your favorite?
Have you tried this technique before?
What was easy or difficult? Explain.
Could you teach somebody else how to do this?

Adapted from: Cloverbuds Activities Packet, University of Minnesota Extension, MI-7575



UW-MADISON EXTENSION

4-H Project Area: Creative Arts

Life skill: Self-Understanding

Time: 30 minutes

Materials:

- Stove (with an adult's help)
- Cooking Pot with Water
- Plastic sandwich bags with rubber bands
- Eggs
- Skins of Fruits or Vegetables
Onion Skins, Potato Peels, Radish Peels,
Orange Peels, Beet Skins, or ???



Examples of Ukraine Pysanky



NATURESPACE

“Penny Walk” Scavenger Hunt

Supplies:

- Penny
- Paper and pen for scavenger hunt list

Step outside and take a “penny walk” to see everything that is springing to life! Explore your surroundings and get physical activity at the same time.

Activity:

1. Pick a place to walk and explore; your yard, your block, etc. (remember social distancing)
2. Whenever you reach an intersection in your path, or maybe every 20 seconds, *whatever makes sense for your surroundings*, flip the penny. If it lands on heads, turn right; if it lands on tails, turn left.
3. Use the scavenger hunt list below to try to find these items while on your walk.

3 Rocks: Shiny, Flat, Rough	Pine Cone
5 Different Leaves	Tree Roots
Stick-4 inches long	Moss
Something Square	Squirrel
New Grass Growing	Flower
Spider Web	3 Birds
Animal Tracks	
Stick that looks like the letter Y	
4 Different Colors in Nature	
Locate a Bird’s Nest	
Something Round (besides a rock)	
New Buds on a Tree Limb	

Reflect: Was it hard or easy to find all items? Did you see anything new you didn’t notice before? What other ways could you get outside and explore?

Source: 4-H Healthy Living Activity Guide; National 4-H

Thanks to Alison Acker for creating a template for 4-H Fridav.

INTERGENERATIONAL/COMMUNICATION PROJECT: Interview an older family member, family friend, or neighbor (by phone or computer)

Having fun with history!

History is about real life stories. It has to do with things that happened to people during their lives. One of the best ways to find out about the past is by listening to older people share memories. Some things may be tragic and sad, others are exciting and heroic. Some stories are serious and some are funny.

1. Ask somebody if you can interview them.
2. Set up a time to talk (or two times).
3. Make a list of questions/topics to talk about.
4. Choose a quiet place for you to talk.
5. Have paper to take notes. Set a time limit.
6. Be ready to pay attention so you won’t miss the good parts!

Additional interview tips:

*Don’t interrupt – remember you’re interested in what the other person has to say.

*Encourage the other person to keep talking; follow up with “How did you feel about that?” or “Could you tell me a little more about that?”

*Talk clearly and loud enough for the other person to hear you.

*Show your appreciation – say thank you, send a thank you note, share your finished project with the person.

Sample questions:

- What was your school like?
- Tell me about toys you played with.
- Tell me about one or two of your earliest childhood memories.
- What kinds of advice do you have for young people today about living a good life?
- What were some of your favorite foods when you were growing up?
- How did you talk to your friends?
- What did you do for fun? Did you grow up with video games or computers?

Reflect: What did you learn during your interview? Were you a good listener? Would you do anything different next time?

Source: *Voices from the Past*; 4-H Communications Literature

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