

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. *Penny Tank, 4-H Program Educator*

Family Coat of Arms

Did You Know?

A **coat of arms** is a unique design painted on a shield. Designs on the coat of arms were typically inherited, meaning that they pass from a parent to their children. In the Middle Ages, the designs were shown on shields. Today they are usually only drawn or painted on the paper. Each symbol on the coat of arms will represent something that has an important meaning to that person, country or company.

(Adapted from kids.kiddle.co/coat_of_arms—March 2020)

Procedure:

1. Think about what makes your family unique: special talents, favorite activities or hobbies, interests, favorite foods, history, traditions, and more.
2. Draw a coat of arms symbol on a piece of paper. Divide it into 4 sections.
3. Fill each area with a drawing for one of those unique items.
4. Include the family name on the coat of arms. Could be one of the 4 areas or by using a ribbon across the top or bottom.
5. Take a photo and have your child share and explain it with your family and friends.

Discussion:

1. What makes your family unique?
2. What symbol in the coat of arms is most important to you? Why?
3. How can your family share your strengths with others?



UW-MADISON EXTENSION

4-H Project Area: Health & Safety

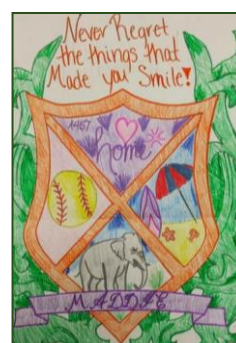
Life skill: Self-Understanding

Time: 30 minutes

Materials:

- Large piece of paper or poster board
- Pencils, markers or crayons
- Coat of Arms symbol to trace or copy

Activity adapted from: *Cloverbuds Activities Packet, Minnesota Extension, MI-7575*



Homemade Applesauce

Try this recipe titled *The Best Applesauce*, from Foods Literature, 4-H Cooking 101, Illinois Extension

Ingredients:

- 2 cooking apples (such as Jonathan or Rome)
- 1/3 cup water
- 1/4 teaspoon cinnamon
- 1 to 2 teaspoons granulated sugar, if desired

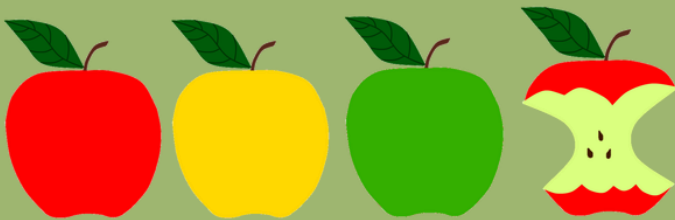
To Do:

Ask for an adult's help if you haven't done this before; be careful with sharp utensils, and around the stove.

1. Wash apples; peel, core, and cut them into small chunks.
2. Place the apples in a saucepan and add water and cinnamon.
3. Bring to a quick boil; then cover and simmer until the apples are soft (8 to 10 minutes). Stir occasionally.
4. If desired, mash with fork or potato masher.
5. Add sugar to taste if desired. Serve warm or cold.

Reflect on your experience:

- ❖ *How did your applesauce turn out?*
- ❖ *What was most challenging?*
- ❖ *What do you think would happen if you use different apples?*



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Is it an Insect?



Which of the following are insects?

Ants	Grasshoppers	Flies
Bees	Butterflies	Moths

If you answered "all of them" then you are correct! If you find these insects outside or look at pictures you will learn the following things that make an insect an insect. All insects have a:

- ✓ Body that is divided into three parts (head, thorax, and abdomen)
- ✓ Pair of antennae
- ✓ 3 pairs of legs



Some adult insects have one or two pairs of wings.

The study of insects is called **entomology**. While all insects have the same basic parts, there are a lot of differences in how the parts look and work (for example: their mouths, their abilities to run, hop or fly, and the way they communicate (using light, sound or color)). This is called **diversity**.

Eyes of an Insect: You learn much about your world by looking. An insect has a **compound eye** and sees objects differently than other animals because of the way its eye is made. They have what are called **facets** that make up their eyes. Insects look at things and see them divided into several thousand parts. Let's try it:

1. Cut a handful of drinking straws in half and hold them together.
2. Wrap the straws tightly with masking tape so they can stand on their own.
3. You have just made a compound eye model
4. Look at a picture through your compound eye model. What do you see? How does the picture change from what your own eyes see?

Reflect: What else could you explore about insects? What do you need to do to start an insect collection?

Source: *Teaming with Insects, 4-H Entomology Literature*

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