

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 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](mailto: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*

## No-Sew Craft Project, Reusable Tote Bag

**Did You Know?** You can make a reusable tote bag out of a t-shirt you no longer wear. Maybe you have a special shirt that doesn't fit anymore and you do not want to give it up; use it to **make a reusable tote bag** that you can take with you anywhere. (Be sure you ask your mom or dad before you do this project.)

**Source:** Click on this link for a how to video  
<https://www.lsuagcenter.com/articles/page1589216135673>  
Louisiana State University, Louisiana 4-H

### Procedure:

- Step 1:** Cut off the sleeves so that you cut the fabric just past the seam where the sleeves were sewn to the shirt. To help make the cuts even, you can fold the shirt in half and try to cut the sleeves at the same time (you will need sharp scissors for this to work).
- Step 2:** Cut off the collar of your shirt in a slightly oval shape or round shape (tip: turn a bowl upside-down and use a magic marker to trace an outline before cutting). This cut will create the straps of your reusable bag, so cut it to your preference.
- Step 3:** Decide how deep you want your bag to be and cut off the bottom part of your bag. Remember that you will lose some length to the fringe, so try not to cut the bag too short.
- Step 4:** Turn your bag inside out, then use scissors to cut the fringe for the bottom of the bag. Use a piece of tape to mark your cut line (about 3-3.5 inches up), then cut slits from the bottom of the shirt to the tape line, making your slits about 1/2 to 1 full inch apart. You will want to cut the front and back of the shirt at the same time.
- Step 5:** Tie the fringe. First, tie the front and back together. Next, go back again and tie the fringe knots together again from left to right. If you lift your bag up, you will notice there are holes between each fringe knot; work to cover each hole by continuing to knot the fringe pieces together.
- Step 6:** Once your fringe is tied, turn your bag inside out and admire your new creation. For a variation, you can also cut your handles and knot them to create a unique look.



UW-MADISON EXTENSION



**Time:** 30 minutes

### Materials:

- Scissors
- Old t-shirt
- Colored tape
- Ruler or tape measure
- Bowl (optional)
- Magic marker (optional)

### Reflection:

1. How did you pick the shirt you would use?
2. Could you teach others how to make a bag?
3. Do you think there are any places in the community that could use reusable bags?

## Space and NASA

A few weeks ago, 4-H Friday highlighted a lesson plan on how to make your own Wright Brothers Front Rudder airplane from the 4-H aerospace literature.

If you are interested in exploring more about space and NASA, ask a parent or guardian if you can go on this website created by Iowa 4-H, Iowa State University.

<https://www.extension.iastate.edu/4h/iowa-4-h-and-nasa-iowa-space-grant-consortium-steam-academy>

This site includes a series of online challenges. Each one highlights a NASA resource for youth in grades 4-12 that can be done at home. This is a great chance to learn more about science, technology, engineering, arts, and math (STEAM) and NASA!

Sample challenges include:

- ❖ Astronaut Lander Challenge
- ❖ Moon 2 Mars Coding Challenge
- ❖ Cosmic Art Challenge
- ❖ Planetary Poetry Challenge

Each challenge includes a short video to introduce it and then written directions to do the challenge.

*If are not able to go on the computer, contact Penny and the challenge directions could be printed and mailed to you so you can try them.*

*Thank you to Iowa State University*



**Straw Rocket Challenge**

Link to full directions from NASA: <https://www.gil.nasa.gov/pdf/15am70main/make-a-straw-rocket/>

1. Gather materials – paper, straw, tape, sharpened pencil, ruler, data sheet (printed or create your own). See photos of the materials and detailed directions needed in the link above.
2. Do:
  - a. Design and make your straw rocket.
  - b. Cut out a paper rectangle for the rocket body. Decorate if wanted. Wrap the paper rectangle around the pencil lengthwise to make a tube and tape to secure.
  - c. Cut out fins (triangle shapes) for the rocket. Tape the fins onto the rocket body.
  - d. Twist the top of the rocket body tube around the sharpened end of a pencil carefully. This will help you make the nose cone of the paper rocket. Place a small piece of tape if needed on the nose cone to seal it up. Why does the nose cone need to be sealed?
3. Prepare to launch! Remove the pencil and place your rocket over the straw. Be sure your launch area is clear of people and hazards. Then, blow into the straw to launch your rocket.
4. Record the distance the rocket traveled on a data sheet.

**Reflect and Apply**

5. Think about changes to make such as the length of the nose cone or different fin shapes and then launch again and again! Think about what worked well with your rocket and what you might want to change after each test.
6. Discuss or write about the following question: *How did your design impact your rocket launch?* Use your data table to help you answer this question.
7. Share your learning with others and a photo of your rocket on social media with an adult's permission. Hashtags: #I4H-Home or #IowaSpaceGrantConsortium

Follow-up NASA Videos:  
<https://www.nasa.gov/learning/1>  
<https://www.nasa.gov/learning/systems/is/index.html>

Thank you to our partner [Iowa Space Grant Consortium](#)

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Extension Waupaca County

<https://waupaca.extension.wisc.edu/>

715-258-6230

## Colored Salt Jars

This is a great project to do outside on a nice day and you do not have to worry about getting salt or sidewalk chalk on your table or floor!

### Supplies:

- Baby Food Jar or other small decorative jar
- Salt (I have also used sugar)
- Sidewalk chalk
- Paper plates
- Toothpicks
- Glue (if you want to glue the lid on the jar or glue fabric or other decorative items on the lid)

### Steps:

1. Pour a small amount of salt on a paper plate
2. Pick your first color of chalk
3. Rub the colored chalk over the salt to color it (you will also color the plate)
4. Fold the plate slightly to make a sort of funnel and pour the colored salt into the jar (this is your first layer of salt)
5. Repeat steps 1-4 with how ever many different colors of salt you wish to use
6. When you get to the top of the jar, you will not see the very top layers because the cover will be over them, however, it is important to fill the jar to the very top (if you do not, the salt will become all mixed together if the jar would tip over or get shaken up)
7. If you wish to add some additional design, use the toothpick to carefully push a “hole” down in a few places right next to the outside of the jar, then the next color you add will “fall” into those holes
8. Secure the lid on the jar, you can use some glue if you wish. You could also decorate the lid.



**Reflect:** What was the hardest part of this project? What might you try next time you do it?

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