

4-H is an opportunity to try new activities and learn new skills. If you're looking for an idea and want to try something new, check out the projects below. 4-H Friday includes a variety of projects and skill levels. 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, 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*

Pop-Up Greetings

Identify helpers in your community and create a unique 3-D card to thank them. Or make a card to brighten somebody's day to let them know you are thinking about them.



UW-MADISON EXTENSION

4-H Project Area: Civic Engagement; Art

Time: 25 minutes

Life Skills: Concern for Others; Communications

Materials:

- ❖ Plain white paper
- ❖ Pencils and crayons, colored pencils, or markers
- ❖ 1 piece of heavy cardstock per child
- ❖ Selection of construction paper and additional decorative paper – scrapbooking paper, wrapping paper, etc.
- ❖ Scissors and Glue sticks



Instructions:

1. Think about people in your community that you could thank or send a greeting to.
2. If you have an example pop-up book or greeting card you received, take a few minutes to look at them and examine how they work and are made.
3. Give each child a piece of paper and pencil and have them plan their design first. Tell them to sketch some ideas and write a short message.
4. As they finish, ask them to share their ideas and let them pick out paper for pop-up cards.
5. Demonstrate making the card step by step:
 - Fold cardstock in half, short sides together.
 - Cut two equal slits in the folded edge.
 - Push the section between slits out so it folds in and "pops up" when opened.
 - Fold a piece of construction paper in half, short sides together, for the outer cover.
 - Glue the pop-up card inside the construction paper cover.
6. Decorate your card. Cut out paper shapes and glue to the pop-up. Add drawings and a message.

Reflect:

- *Would you do anything different?*
- *How do you think the individuals will feel when they get your cards?*

Source: WI Cloverbud Activity Plans, Year 1 <https://4h.extension.wisc.edu/opportunities/projects/cloverbuds/>

Taco Tuesday

Try this 4-H recipe for your next Taco Tuesday!

Ingredients:

- ✓ 1 pound ground beef or turkey
- ✓ ½ cup chopped onion
- ✓ 1 envelope taco seasoning
- ✓ 1 can (15 oz) tomato sauce
- ✓ 1 can (15 oz) whole kernel corn, drained
- ✓ 1 cup shredded reduced-fat sharp cheddar cheese
- ✓ 1 ½ cups reduced-fat biscuit mix
- ✓ 1 egg, slightly beaten
- ✓ ¾ cup skim milk

Order of Work:

1. Preheat oven to 350 degrees F
2. Place ground meat and chopped onion in skillet. Stir meat and break it apart while it is cooking. Cook until meat is lightly browned and thoroughly cooked. Remove skillet from heat.
3. Place colander over a glass or metal container to catch drippings. Pour cooked ground meat into the colander to drain.
4. Return meat to skillet. Stir in taco seasoning, tomato sauce, and corn.
5. Spoon into ungreased baking dish (13"x9"x2")
6. Sprinkle with cheese
7. In medium bowl, combine biscuit mix, egg, and milk; pour over meat mixture.
8. Bake for 35 minutes, until lightly browned.
9. May serve with shredded lettuce, chopped tomatoes, and reduced-fat sour cream.

Nutrition Facts per Serving: 404 calories, 14 g fat, 1388 mg sodium, 39 g carbohydrate, 3 g fiber

Source: University of Illinois Extension, 4-H Cooking 201, page 61

Extension Waupaca County
<https://waupaca.extension.wisc.edu/>
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There are a lot of home environment projects you can make all year long. Show your creativity with this mason jar craft.



Supplies:

- ❖ Clean mason jar of any size
- ❖ Orange tissue paper
- ❖ Black construction paper
- ❖ Mod podge / sponge brush
- ❖ Scissors
- ❖ Battery operated tea light candle
- ❖ Green ribbon

Directions:

1. Cut tissue paper into pieces about 1 inch square or into narrow strips.
2. Brush mod podge on one section of the outside of the jar, cover with tissue paper.
3. Continue this around the whole jar.
4. When the whole jar is covered with orange tissue paper, put one more thin layer of mod podge over all of the tissue paper to secure any loose edges.
5. Design eyes, nose, and mouth using the black construction paper. Glue on the jar.
6. Wrap green ribbon around the top of the jar.
7. Place a battery operated tea light candle inside the jar and enjoy!

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