



A PROJECT TO HELP YOUNG 4-H'ERS  
DISCOVER SUBJECT MATTER!

Dear 4-H Family,



This project is designed to give everyone in your family an opportunity to learn about 4-H. You will also "DISCOVER" new projects and activities which your boy or girl can do.

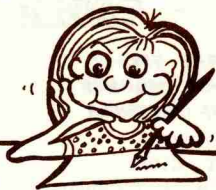
Please help your 4-H'er enjoy the excitement of discovering 4-H.

### How to help your family discover:

- Work your way through the "4-H Is" section.
- Ask your child what he learned about himself, the family, your community.
- Help your child select the "Projects" he/she wants to discover.
- Provide "answers" to your child's questions.
- Help your child decide which of the 4-H projects he/she enjoyed most and plan more family activities.



The Discovery  
Clover



Dear 4-H Member,

Welcome to the world of 4-H! As a new member, you will "DISCOVER" many things with your family and your friends who are in your club.

Some of the fun things you will discover are:

- More about you and your family
- Your community
- One or more of the following projects:
  - Animal Science
  - Plants and Soils
  - Environmental and Natural Resources
  - Home and Family
  - Leadership, Citizenship, Careers and Community Service
  - Communications, Arts and Leisure Education
  - Mechanical Science and Safety



*The Discovery Clover*

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# MY CLUB

My club name \_\_\_\_\_

There are \_\_\_\_\_ members \_\_\_\_\_ are boys  
\_\_\_\_\_ are girls

My Discovery Group has \_\_\_\_\_ members.

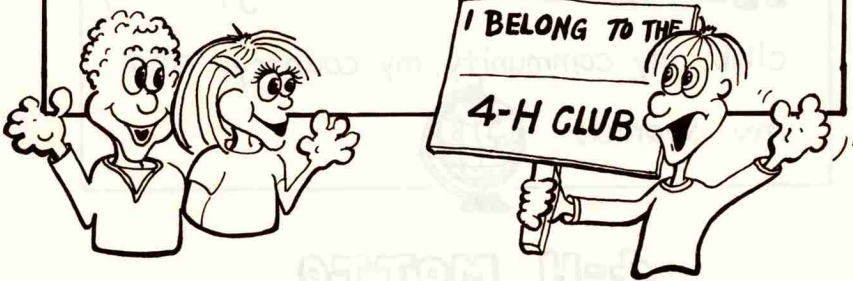
I go to club meetings

on foot  on my bike  by bus  by car

My Discovery Group meets

in a home  church  meeting hall

My leader's name is \_\_\_\_\_



# FEELING GOOD

## I'm OKAY

Everyone can do things well! What are some of the things you do well? Do you like to do these things? Complete these sentences. Say something **GOOD**.

I feel good about the way I \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I'm proud I was able to \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I'm proud that I can \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How do you feel about yourself? Circle the face that shows how you feel.



We feel good about ourselves when we think happy thoughts. Are you happy...

- most of the time
- Some of the time
- only a few times

# LET'S MAKE A DECISION!

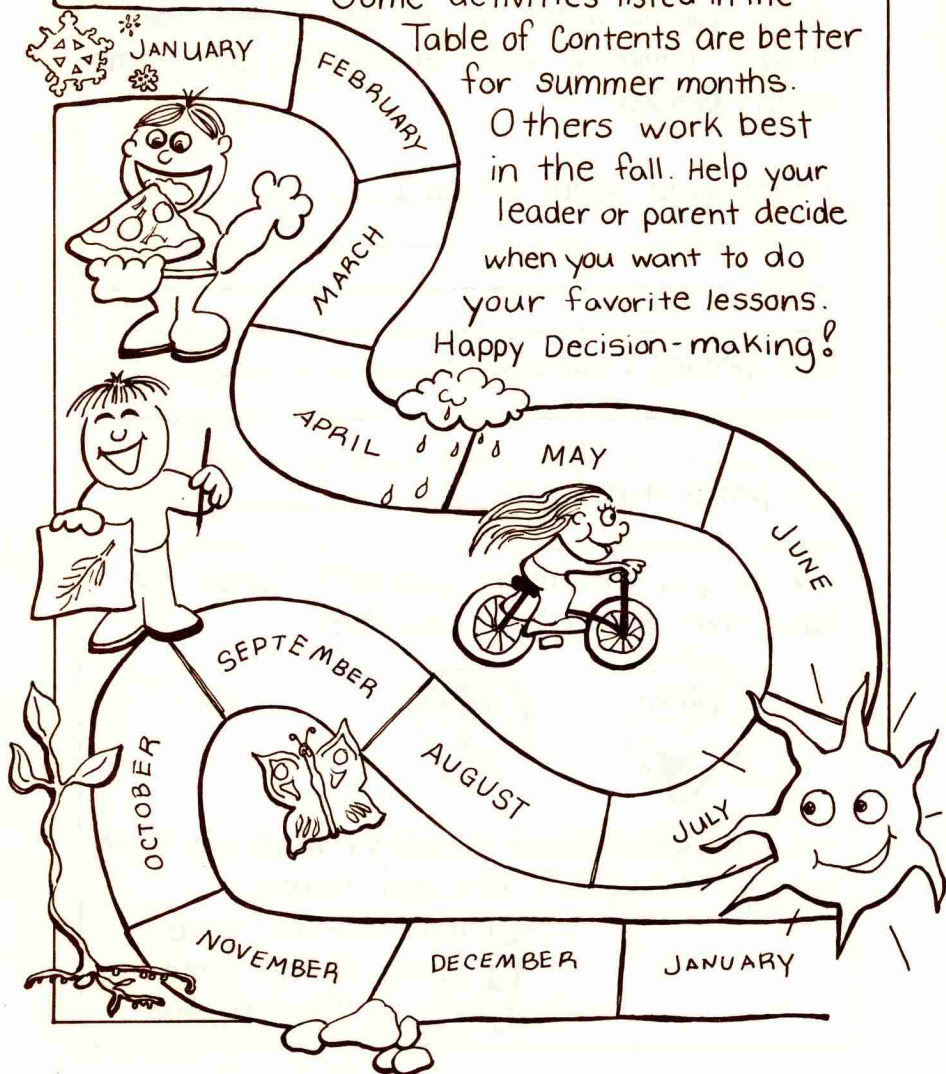
## DISCOVERY CLUB CALENDAR

Look at all the things we can do in Discovery this year.

Some activities listed in the Table of Contents are better for summer months.

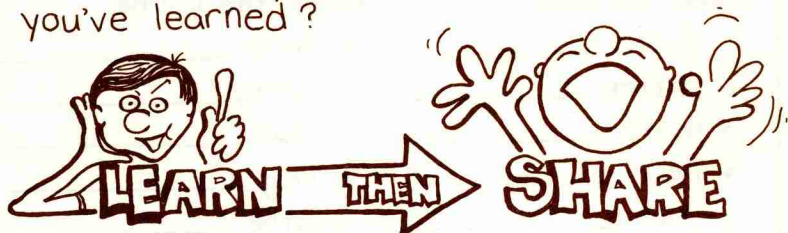
Others work best in the fall. Help your leader or parent decide when you want to do your favorite lessons.

Happy Decision-making!



# LEARNING THEN SHARING

In your 4-H Discovery Project, you've learned a lot! Would you like to tell others what you've learned?



When you've learned and shared with a friend, your brother, sister, mom or dad, you'll feel good!

## WAYS YOU CAN SHARE:

A sharing way is the way you choose to share what you've learned about a topic in this book. You select one of the 9 Sharing Ways after you've completed a chapter in Discovery.

SHARING WAY 1. Read a report or story about it to club or class.

SHARING WAY 2. Tell the group about it. (speech)

SHARING WAY 3. Put up a poster about it.

SHARING WAY 4. Give a presentation.

SHARING WAY 5. Do a scrapbook page about it and show to group.

SHARING WAY 6. Present a skit about it.

SHARING WAY 7. Do a bulletin board or window display.

SHARING WAY 8. Write a letter and share it.

SHARING WAY 9. Invent your own way to share what you have learned.

HAVE FUN LEARNING AND SHARING!



## FUN WITH ANIMAL NAMES

Name the male:

1. Cattle \_\_\_\_\_

2. Chicken \_\_\_\_\_

3. Goose \_\_\_\_\_

4. Deer \_\_\_\_\_

5. Duck \_\_\_\_\_

6. Pig \_\_\_\_\_

Name the female:

7. Cattle \_\_\_\_\_

8. Sheep \_\_\_\_\_

9. Horse \_\_\_\_\_

10. Hog \_\_\_\_\_

Name the young:

11. Bear \_\_\_\_\_

12. Sheep \_\_\_\_\_

13. Duck \_\_\_\_\_

14. Frog \_\_\_\_\_

15. Cattle \_\_\_\_\_

16. Chicken \_\_\_\_\_

17. Horse \_\_\_\_\_

18. Deer \_\_\_\_\_

19. Cat \_\_\_\_\_

20. Dog \_\_\_\_\_

## ANIMAL CARE

Objects about you are either living or non-living. Animals are living things. You find them both inside your home and outside. Many families keep animals in the house—pets such as a dog or cat, or perhaps a canary. Whether you live in town or on a farm, you have seen birds, squirrels, rabbits, chipmunks and other animals in the out-of-doors.

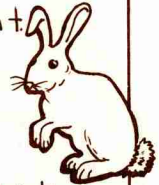
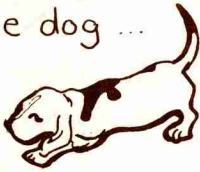
If you live on a farm, you see cows, pigs, sheep and chickens every day. These farm animals are kept for a purpose —

Cows give milk; chickens lay eggs; Sheep produce wool. Almost every farm animal produces meat.



In this unit you will learn more about the animals that live around you.

Let's take a look at the coat on a few animals -  
the dog ... the cat ... the rabbit.



The dog has hair; the cat and rabbit have a thicker, finer coat we call fur. Their natural fur coats enable them to withstand cold temperatures. Cats and rabbits usually keep their coats clean by licking themselves. Their fur is usually clean and shiny. Some dogs lick themselves clean too, but we also help them keep clean by giving them a bath.

1. Name 5 common breeds of your favorite animal.

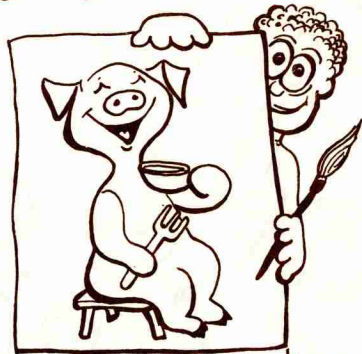
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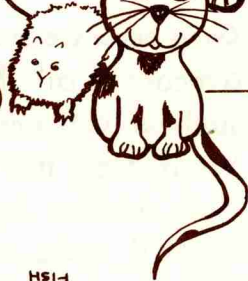
2. On a separate sheet of paper (or in a notebook), keep a record of all the feed fed an animal for one week such as calf, pony, dog, or other pet. Kind of animal? What does the animal eat?
3. Make a poster showing your favorite kind of animal, what it eats, where it lives and what the animal is used for. Bring the poster to your next meeting.

# PET SHOP

Find the pets in the Pet Shop. Their names are up, down, across, and backwards.






S T O R R B S T A C S N C B  
 N U N S M I C E O R T D H D  
 A R D N J R T T F E O D I C  
 K T O A L D C F I T R A C R  
 E L G I C S G E S S R C K A  
 S E S L R I B E H M A R S T  
 V S O S G U I N E A P I G S  
 S P I D E R S C E H P B M A  
 S C S E L S R S T I B B A R  
 A H A M S T E R S E R N A B  
 H I V S E C A N A R I E S E

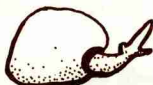


ANSWERS:

- CANARIES
- CHICKS
- MICE
- PARROTS
- FISH
- BIRDS
- SNAILS
- TURTLES
- GUINEA PGS
- RABBITS
- SNAKES
- CATS
- HAMSTERS
- RATS
- SPIDERS

# GROWING SEEDS

1. Ask your helper to find 2 small jars (6-10 oz.) which are the same size. One jar will need a tight fitting lid.
2. Next, find 6-10 oz of a grain, such as wheat, oats, or barley. Soak the grain in water for 24 hours. Drain the water and spread the grain on paper towels to remove excess water. 
3. Place  $\frac{1}{2}$  the grain in one jar. Put the lid on very tight!
4. Place the other  $\frac{1}{2}$  of the grain in the other jar.  
No lid for this one!
5. Let the jar stand (in a safe place!) for 4-5 days at a temperature of about  $70^{\circ}\text{F}$ . 
6. After 4-5 days, observe the jars.  Do you SEE any differences? Record answers on the chart.
7. Do you think seeds need air to germinate? If seeds do need air, how do they get it if they are buried in soil? Please explain!



PLACE A CHECK MARK ✓ IN BOX ON DAYS WHEN THE GRAIN DRIES OUT OR THE SEEDS SPROUT





		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>JAR 1</b> HAS WET GRAIN IN IT. LID IS TIGHTLY SCREWED ONTO JAR.	SEEDS SPROUTING					
	GRAIN DRYING OUT					
<b>JAR 2</b> ALSO HAS WET GRAIN. LID IS <u>NOT</u> ON THE JAR.	SEEDS SPROUTING					
	GRAIN DRYING OUT					

# MAKING A TERRARIUM

## YOU NEED:



- A large jar with lid   
(Make holes in the lid with a hammer and nail.)

- Pebbles and pretty rocks 

- Sand 

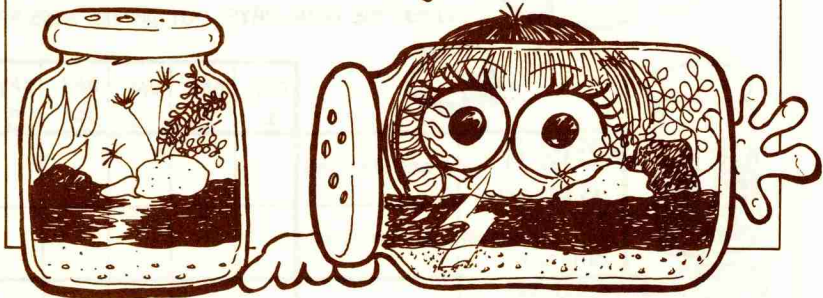
- Moist dirt 

- Small plants and colored strawflowers 

## YOU DO:

- Wash and dry the jar (remove label).
- Add pebbles and sand in a 1" layer.
- Add a layer of dirt 1"-2" deep.
- Transplant the plants in jar - stick in some strawflowers.
- Sprinkle lightly with water.
- Place rocks around the plants and put lid on.

Keep your terrarium in a light place - no direct sun.  
(Terrariums make nice gifts!)



P.S. WHEN THE STRAWFLOWERS GET DRY AND OPEN UP,  
IT'S TIME TO WATER !

# PRINTING WITH NATURE

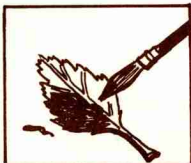
You can make hand-painted leaf prints on your bulletin board or simply on paper.



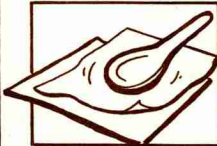
## WHAT YOU NEED:

- LEAVES
- BRUSH
- NEWSPAPER
- PAINT (TEXTILE, OILS, INKS, AND/OR LEFTOVER HOUSE PAINTS WORK FINE.)

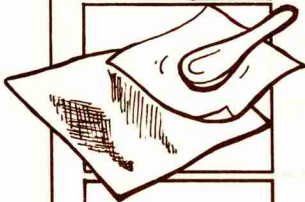
## WHAT YOU DO:



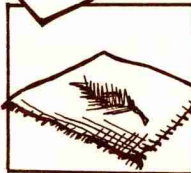
- ① Cover a tabletop with newspaper. Paint either the veined underside or the topside of the leaf.



- ② Place painted side down on white paper. Place scrap paper on top. Press with fingers or a wooden spoon.



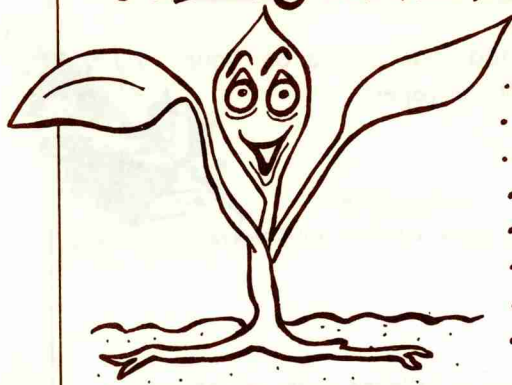
- ③ Repeat leaf printing 3 times without repainting leaf. Did you use too little or too much paint? Did you press too hard or too lightly?



- ④ Now that you know how it's done, make a test print or two on a scrap piece of fabric you used for your bulletin board.

**HAPPY LEAF PRINTING!**

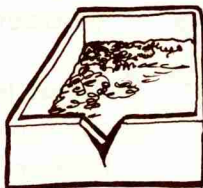
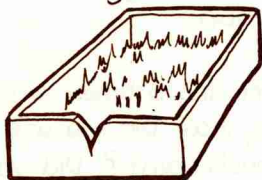
# DO PLANTS PREVENT SOIL LOSS?



## THINGS YOU WILL NEED:

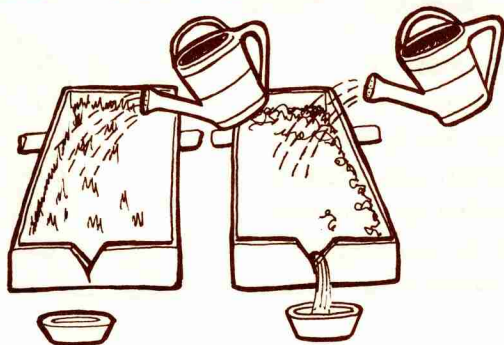
- A HELPER
- 2 BOXES, 16 x 12 x 4 EACH
- 2 LARGE PLASTIC TRASH BAGS
- 2 WATERING CANS
- SOIL AND SOD (GRASS)
- 2 BOWLS
- 2 STICKS, ONE INCH THICK
- SCISSORS

Find or make two small boxes about 16 inches long, 12 inches wide and 4 inches deep. At one end of each box, cut a  $\nabla$  1 1/2 inches deep in the center. Line each box with a plastic trash bag to make it water tight.



Cut a piece of sod (grass) to fit one of the boxes. Trim the grass with scissors to about 1 inch high. Fill the other box with soil from the same place... **NO** grass, just soil. The idea is to have the same kind of soil in the boxes, one with grass, the other bare.

Set the boxes on an old table so the V-cut ends extend over the edge. Place the sticks under the other end to tilt the boxes. Fill the two sprinklers with water and pour the water on both boxes at the same time. Hold the cans about 12 inches above the boxes. Pour the water steadily and at the same speed.



Put the bowls beneath the V-cuts of each box. Fill the two sprinklers with water and pour the water on both boxes at the same time. Hold the cans about 12 inches above the boxes. Pour the water steadily and at the same speed.

	IN SOIL	IN BARE SOIL
1. How long before water flowed into the bowl?		
2. How long did the flow into the bowl last?		
3. How much water flowed into the bowl?		
4. Was the water in the bowl clear, partly clear, or muddy?		

Do you think plants help prevent soil erosion? \_\_\_\_\_

Explain. \_\_\_\_\_

\_\_\_\_\_



# BUG OUT

## WHAT IS AN INSECT?

The study of insects is called entomology (en-to-mol-o-gy), and a person who studies them is called an entomologist (en-to-mol-o-gist). But just what is an insect?

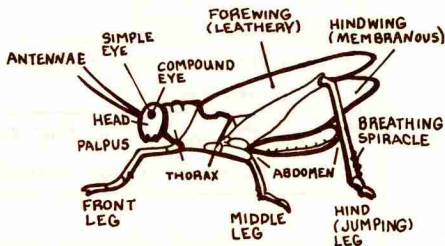


## INSECTS ARE ANIMALS THAT :

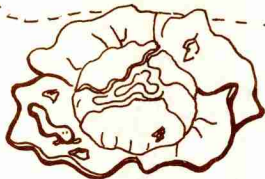
- Do not have a backbone.
- Have body covered by a hard shell or external skeleton.
- Have three body regions—the head, thorax, and abdomen.
- Have three pairs of jointed legs.
- Have one pair of antennae (feelers).
- May have either no wings, one pair of wings, or two pairs of wings.
- Usually have compound eyes.

## MAKE A LIST OF INSECTS YOU FOUND

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_



## WHERE TO LOOK FOR INSECTS :



On a wide variety of vegetation,  
both day and night.



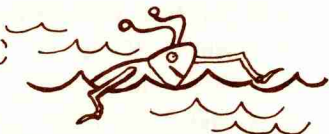
Around street lamps, porch  
lights, and study lamps.



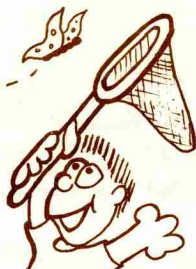
In woodpiles, especially in  
spring and early summer.



In the soil.



Along the edges of rivers,  
lakes or ponds and in the  
water.



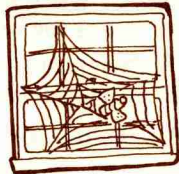
In the air for flying insects  
on warm days from early  
spring to late fall.



On (or in) fresh or decaying  
fruit.



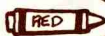
On animals for fleas and  
lice.



In buildings, windows, flour  
bins, cereal packages.



Closets or boxes where  
old papers and clothing are  
stored.



**COLOR THE PLACES YOU FOUND INSECTS!**



# HUNTING IN NATURE



Get several friends together some weekend for a scavenger hunt.

Have some family member be the "Hunt Official."

The Hunt Official gives each team an identical list of items to find, and times the hunt. Those who find the most items

in the time limit win. (Something good to eat is a good prize.) Make the list from the ones below. Choose an equal number from each list. Add items you might think of!

## MANMADE

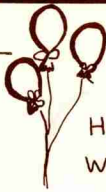
- A PIECE OF GLASS
- A TWISTOFF BOTTLE TOP
- A POPSICLE STICK
- A CHEWING GUM WRAPPER
- A METAL OBJECT
- A BUTTON
- AN ALUMINUM CAN
- PAPER
- PENNY
- A PAPER CLIP

## NATURAL

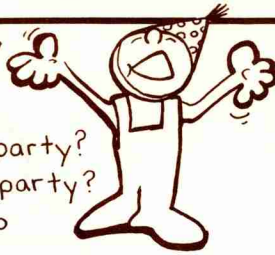
- A BIRD FEATHER
- AN OAK LEAF
- AN ORANGE PEEL
- A FLOWER
- A CLOVER
- A PINE NEEDLE
- A CLUMP OF RED CLAY
- A WHITE ROCK
- A MICA PIECE
- A PIECE OF VINE

Count all the items you collected. Are more manmade or natural things in your neighborhood? \_\_\_\_\_

## DISCOVERING Home and Family



# HAVE A PARTY



Have you ever been to a party?  
What is your favorite kind of party?

\_\_\_\_\_. Who goes to parties? \_\_\_\_\_

### PLANNING

KIND OF PARTY WE'LL HAVE: \_\_\_\_\_

WHO I WILL INVITE: \_\_\_\_\_

PARTY DATE: \_\_\_\_\_

TIME: \_\_\_\_\_

PLACE: \_\_\_\_\_

GAME I WANT TO PLAY AT PARTY: \_\_\_\_\_

KIND OF REFRESHMENTS: \_\_\_\_\_

### MAKING AN INVITATION

#### THINGS YOU'LL NEED:

- MARKERS
- SCISSORS
- GLUE
- MAGAZINE
- CONSTRUCTION PAPER

1. Fold construction paper in half or use scissors to cut special design (hearts) for invitation.
2. Glue a pretty picture on the front. Write "4-H \_\_\_\_\_ Party" on the front. Fill in the blank with the kind of party you will have.
3. Make the inside of the invitation like the example (at left). Fill in the blank spaces after you finish copying the example. Don't copy the things under the lines. Your leader can help you.
4. Give your invitation to the person you're inviting.
5. Have a great **PARTY!**

*You're Invited  
to a  
4-H Party*

#### AN INVITATION

What: \_\_\_\_\_  
(KIND OF PARTY)

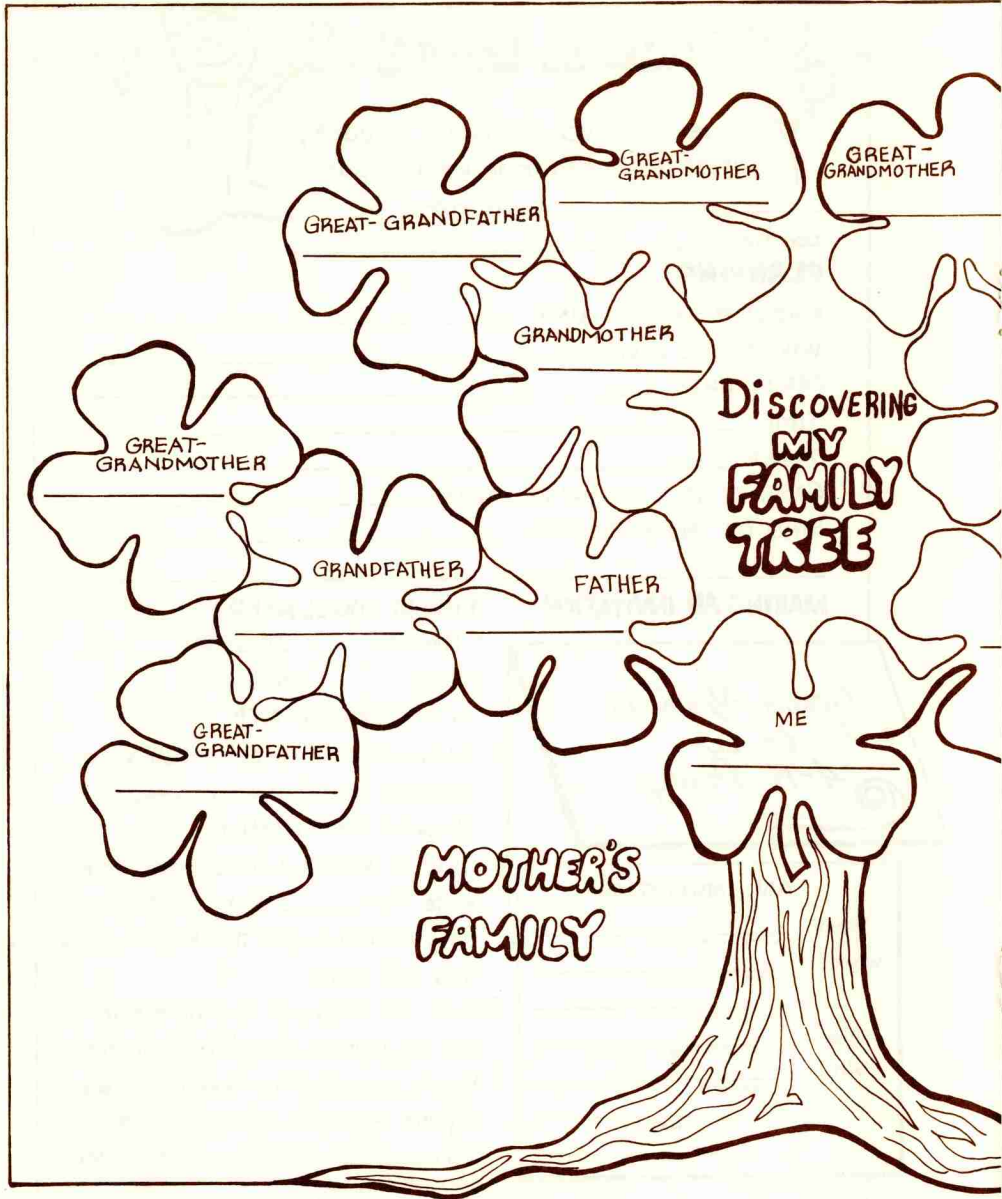
Where: \_\_\_\_\_  
(NAME OF PLACE)

\_\_\_\_\_  
(ADDRESS)

When: \_\_\_\_\_  
(DATE AND TIME)

Why: \_\_\_\_\_  
(REASON)

Hosted by: \_\_\_\_\_  
(NAMES)

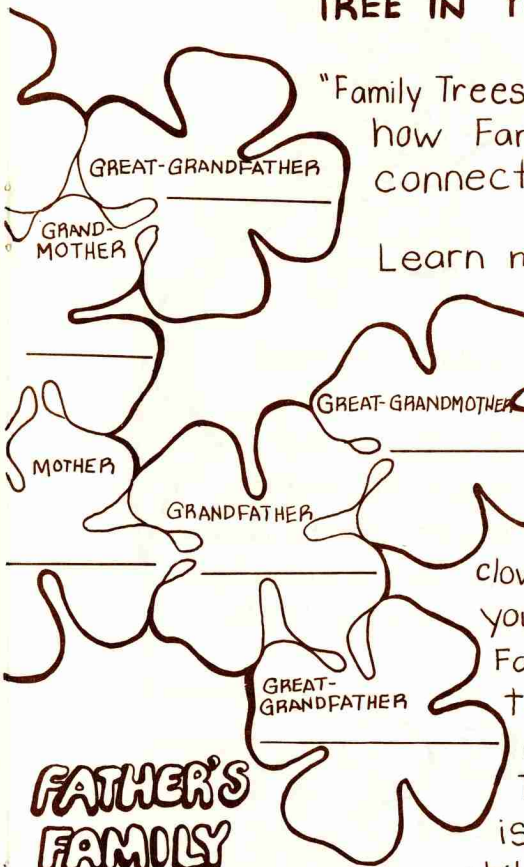


# DID YOU KNOW THAT THERE IS A TREE IN YOUR FAMILY?

"Family Trees" are used to show how Family Members are connected.

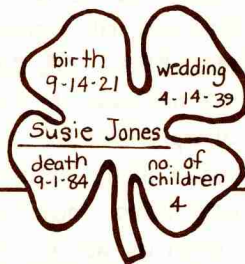
Learn more about your Family by asking an adult to help you "DISCOVER" your Family Tree.

On the blank in each clover, write the name of your relative (Grandmother, Father, Etc.). Then write their birthdays, wedding days, and day of death. The last side of the clover is for the number of children they had.



**FATHER'S FAMILY**

sample clover



# SHOP ALONG

## YOU NEED:

Newspaper Grocery Ads  
Scissors  
Glue  
Colored Markers  
Paper

## YOU DO:

- ✓ Choose your favorite foods in the food ads with Mom.
- ✓ Color the pictures and cut out the pictures of the food, or just the names,
- ✓ And glue these to paper. Write down the prices on the paper next to each item.
- ✓ You and Mom find your favorite foods at the supermarket.



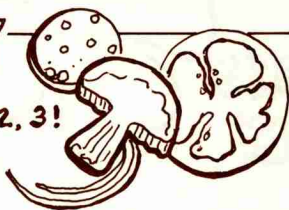
# PIZZA PAZZAZZ

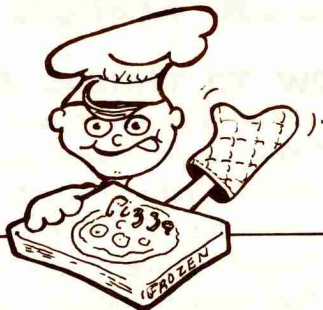
## GETTING READY IS AS EASY AS 1, 2, 3!

1. Wash your hands.
2. Read the recipe.
3. Get out all ingredients and equipment before you start.

## REMEMBER: BE CAREFUL WHILE YOU COOK.

1. Use hot pads to handle anything hot.
2. Sharp knives are dangerous. Never hold food in your hand while cutting. Place firmly on cutting table and keep your fingers out of the way.
3. Clean up as you go! Especially if you spill something.





### WHAT YOU NEED:

- One boxed pizza mix

### WHAT YOU DO:

1. Preheat oven to 425° F.
2. Put pizza flour in a bowl and add  $\frac{1}{2}$  cup very warm water to mix. Stir with fork until all flour particles are moist. Stir vigorously 25 strokes.
3. Cover bowl and put in a warm place for 5 minutes.
4. Grease a cookie sheet or 12- to 14- inch pizza pan. Grease fingers well and spread dough into a 10" by 14" rectangle on cookie sheet or spread to edge of pizza pan. Pinch up edges to hold sauce.
5. Pour pizza sauce over dough. Spread to edge and add cheese.
6. Bake in oven for 16 to 20 minutes or until crust is brown.

- One prepared frozen pizza

1. Preheat oven to 425° F.
2. Take pizza out of box and remove all plastic wrap.
3. Place frozen pizza directly on the center oven rack.
4. Bake for 8-11 minutes or until center cheese is melted and crust is golden brown. Happy eating!

### HOW DID YOU DO?

Was your pizza good? \_\_\_\_\_ what toppings did you use?  
\_\_\_\_\_

Did the frozen pizza taste better than the one you made? \_\_\_\_\_

Check which of the basic food groups were in your pizza:

- fruit and vegetable    bread and cereal    meat    milk and dairy



# ---A STITCH IN TIME

## HOW TO THREAD A NEEDLE:

1. Cut a piece of thread about 18 inches long.

Breaking the thread leaves fuzzy ends. These do not go through the needle easily.

2. Grasp the needle between thumb and finger. Brace other hand against it.

3. Push thread through the hole. Moisten the end, if needed.



## SEWING ON A BUTTON:

1. Mark the spot where you want the button.

Use a pencil to mark it.

2. Thread the needle. Pull the ends of the thread together. Tie a knot. You have made a double thread.

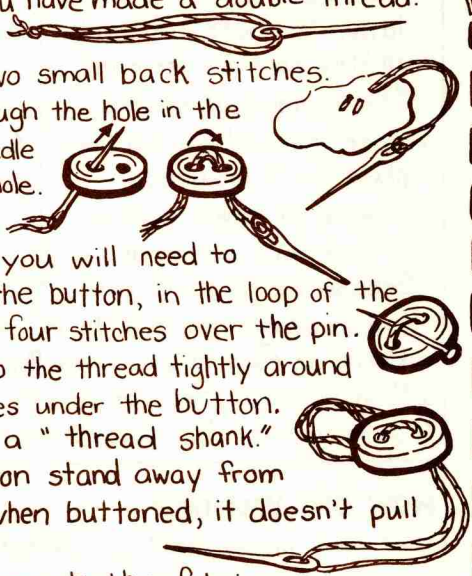
3. Make a stitch on the pencil mark. Make two small back stitches.

4. Stick the needle up through the hole in the button. Stick the needle down through the other hole.

5. If you are sewing on a flat button, you will need to lay a pin on top of the button, in the loop of the thread. Take at least four stitches over the pin.

6. Remove the pin. Wrap the thread tightly around the stitches four times under the button. You have just made a "thread shank." This makes the button stand away from the fabric so that, when buttoned, it doesn't pull and rip the fabric.

7. Bring the needle through the fabric to the inside where it won't show. Make a knot.



# WHERE DO I LIVE?

My house is in the  country  town  city



Mail a postcard to yourself. If you need help, ask an older person?

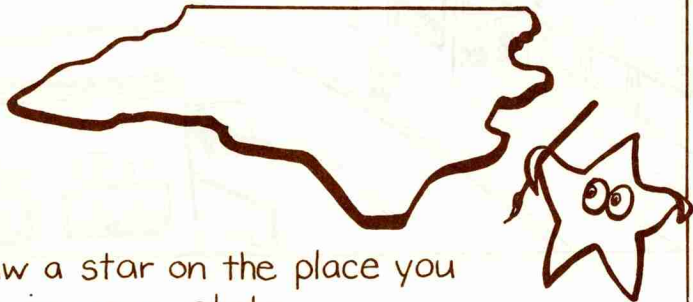
NAME	_____
ADDRESS	_____
TOWN	_____
STATE	ZIP CODE _____

The name of my community is \_\_\_\_\_.

It has a  Post Office  Church  
 School  Fire Department  
 Grocery Store  Playground

The name of my county is \_\_\_\_\_.

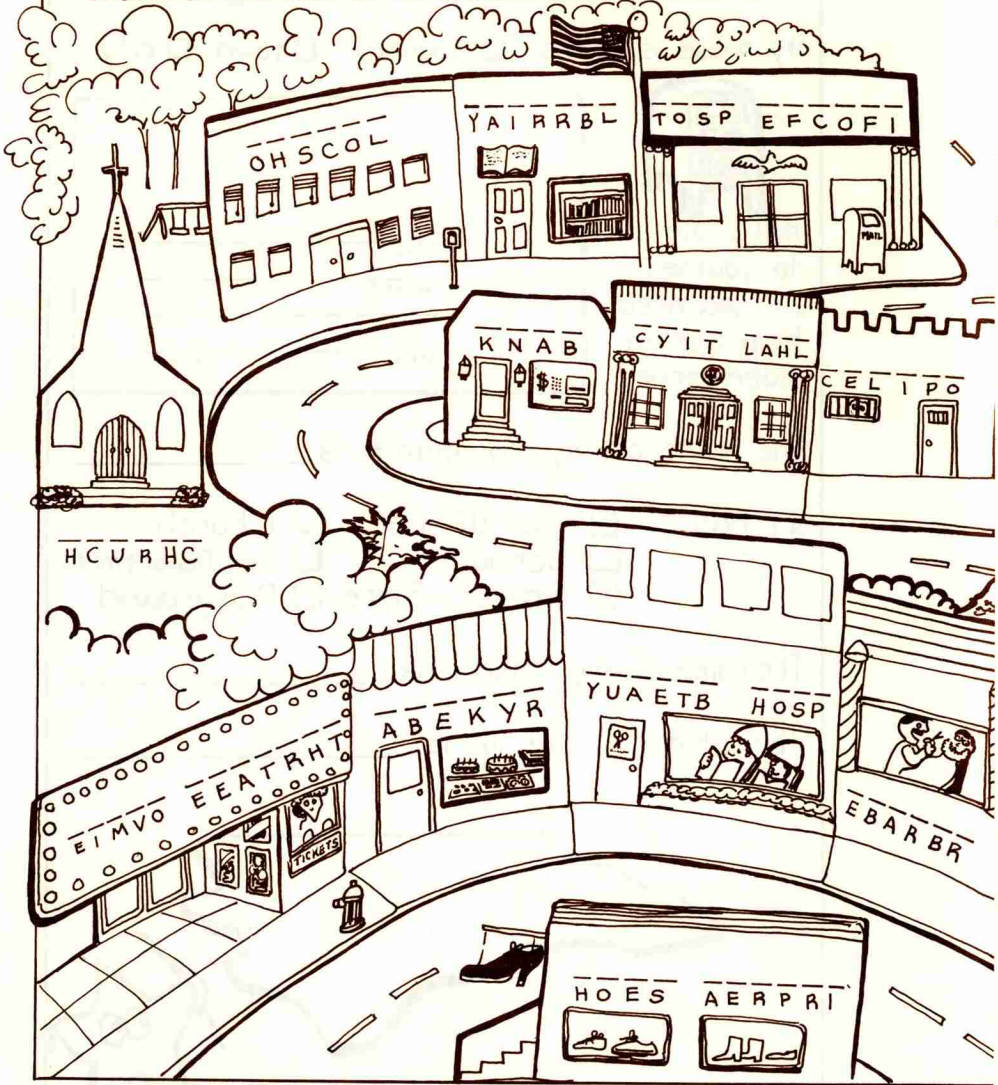
The state I live in is \_\_\_\_\_.

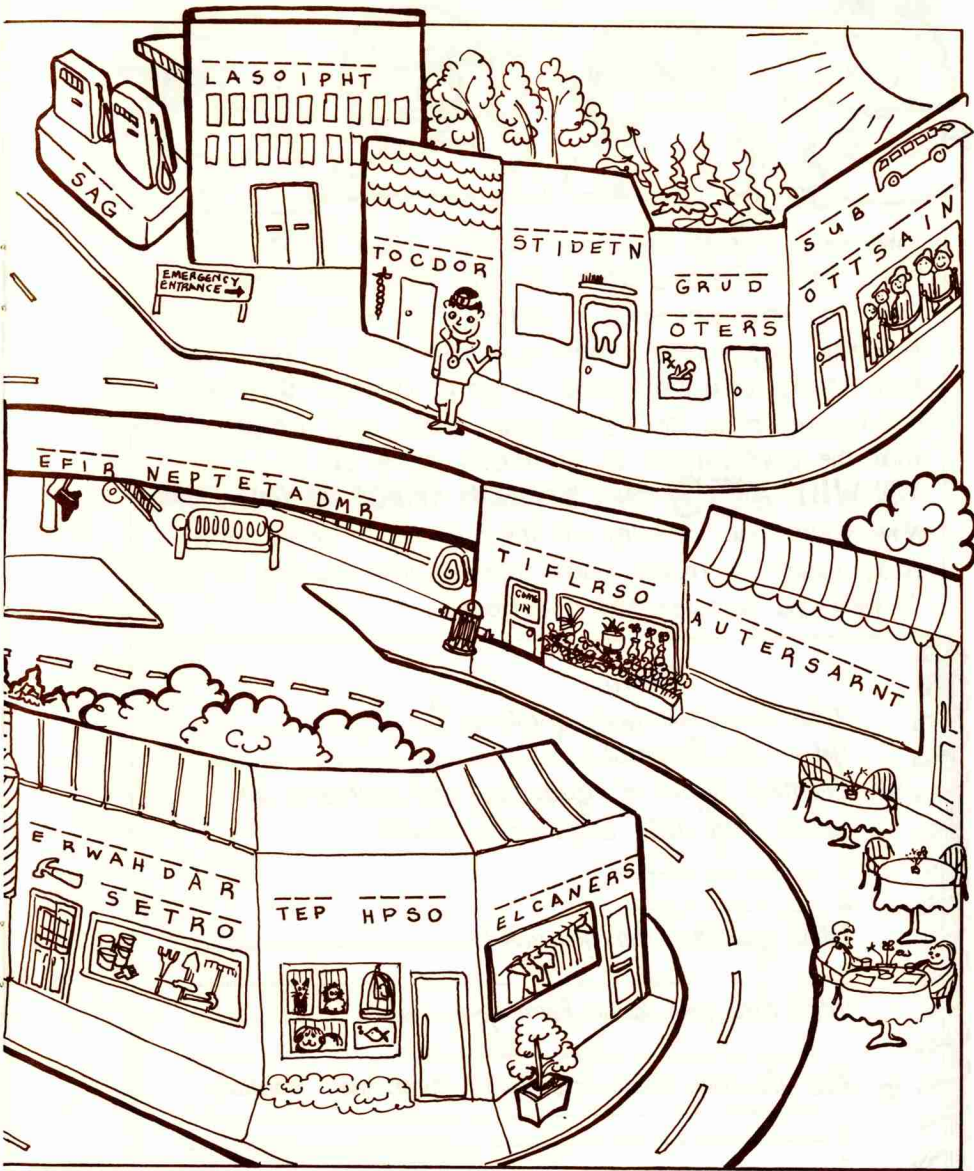


Draw a star on the place you live in your state.

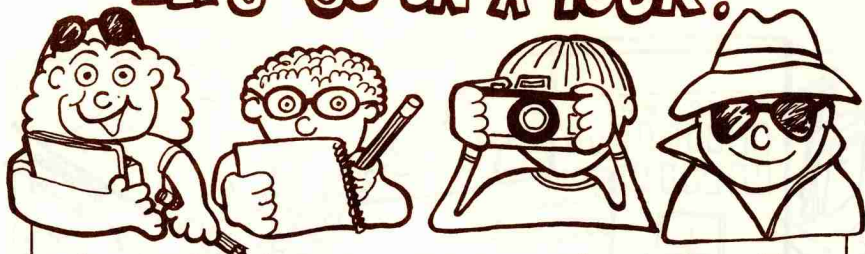
# CLYVERVILLE, U.S.A.

UNSCRAMBLE THE SIGNS ON THE BUILDINGS IN THE COMMUNITY.





# LET'S GO ON A TOUR!



Take some friends and go on a tour. Your leader will help you. Before going on the tour you should talk to the person in charge of the tour site. Ask the supervisor when you can take a tour and how many you may have in your group. Different businesses have to follow many rules and regulations that the government or business sets up.

**YOU WILL SEE MANY DIFFERENT THINGS ON YOUR TOUR.**

After your tour, answer all the questions below. You may want to make some notes while you are on tour to help you answer the questions.

## Tour

Who answered your questions? \_\_\_\_\_  
NAME

Job in the business: \_\_\_\_\_

- ① Name 2 types of equipment you saw and tell what they did. Draw one here →

1. \_\_\_\_\_

2. \_\_\_\_\_

What questions did you ask? \_\_\_\_\_

What did you learn from your tour? \_\_\_\_\_

- ① List the three most important things you learned.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Would you like to go on another tour? \_\_\_\_\_ where?

Why? \_\_\_\_\_

# LET'S BE SCAVENGERS



WHAT IS A SCAVENGER?

A SCAVENGER IS SOMEONE OR SOMETHING THAT CONTINUALLY REMOVES ARTICLES. IT MAY BE GOOD OR BAD.



I WANT TO BE A GOOD SCAVENGER!

You can salvage or remove articles by yourself or in a group. If you are working by yourself, ask your helper to give you a copy of Scavenger Hunt List from the Leader's Guide. Time yourself to see how long it takes to find all the items.

TIME IT TOOK TO FIND ALL ARTICLES \_\_\_\_\_

WERE SOME ARTICLES HARD TO FIND? \_\_\_\_\_

WHICH ONES WERE HARD TO FIND? \_\_\_\_\_

## GROUP SCAVENGER HUNT

1. Divide 4-Hers into two groups. Put groups in opposite corners of room. Place a "treasure chair" in the center of the room.
2. Each group will select a captain.
3. Send teams outside to scavenge items. Allow 10 minutes, then call 4-Hers inside. Scavenged items should be placed in center of the group area.
4. Your leader will call out items from list in Leader's Guide.
5. Any group member can find items and give to group Captain. Only the captain can take it to the treasure chair. The first captain to reach the chair earns a point for his team.
6. Your leader will call out items for 10 minutes. The team with the most points will get a surprise!



HAPPY SCAVENGING 

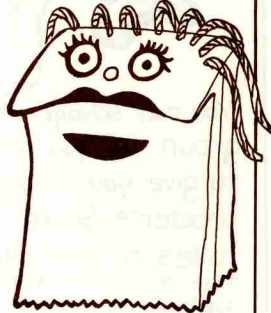


# PAPER BAG PUPPETS

Have you ever wondered what it would be like to be a puppet? Is there some crazy thing you would like to be for a day but never thought possible? Well, just read on to find out how your wildest imaginings can come true!

**YOU'LL NEED:** • PAPER BAGS • FELT TIP PENS • YARN • GLUE

**WHAT YOU DO:** Using an unopened bag, paint the top half of a mouth on the bottom of the bag and the lower half of the mouth on the side of the bag, as pictured. Glue on bits of yarn for hair and draw face with felt tip pens.



My puppet's name is \_\_\_\_\_

I like my puppet because \_\_\_\_\_

My friend's puppet \_\_\_\_\_  
is nice because \_\_\_\_\_ name

Ideas I have for a puppet skit (a mini show):

---

---

---

---

# WRITING YOUR PUPPET SHOW

Use your ideas to write a puppet show. Be sure to let each puppet say something. Let one puppet talk to another?

PUPPET 1: \_\_\_\_\_

PUPPET 2: \_\_\_\_\_

PUPPET 3: \_\_\_\_\_

PUPPET 1: \_\_\_\_\_

PUPPET 2: \_\_\_\_\_

PUPPET 1: \_\_\_\_\_

PUPPET 3: \_\_\_\_\_

## TOPICS FOR A PUPPET SHOW

- BEING FRIENDS
- DON'T FIGHT
- MY FAMILY
- COMMUNICATE
- DENTAL CARE
- EAT RIGHT
- LEARN TO SHARE
- PHYSICALLY FIT
- SMILE AND BE HAPPY
- BE SAFE



## PRESENTING YOUR PUPPET SHOW

Invite your parents to a special Discovery meeting. At the meeting, you'll present your puppet show!

**GETTING READY:** ① Cut a 24"x30" rectangle out of an old white sheet. The rectangle should be cut 1 yard up from the bottom of the sheet and be centered. Get an adult to help you make this stage. ② Hang up sheet where puppeteers can get behind it. ③ Set up chairs for audience ④ Bring your puppet and puppet show script for meeting.

### PRESENTING THE SHOW:

1. Talk slowly.
2. Raise your voice so the audience can hear you.
3. Follow your script carefully. Try not to lose your place.
4. Be excited.
5. Have Fun!

### AFTER THE SHOW:

1. Introduce the puppeteers (people who make puppets work).
2. When you're introduced, smile and take a bow.
3. You've DONE GREAT!



# MAKING A FIRST AID KIT



Every family should have a first aid kit that contains the supplies needed for most life-threatening emergencies. A good kit, kept in a handy place, also helps in handling minor injuries. First aid kits can be bought or put together by the family. The list of supplies that follows should be helpful. A good container will help you find your supplies when needed. A checklist inside the lid will help you know when supplies need to be replaced. Your family may want to have a kit for the home and one for the car.

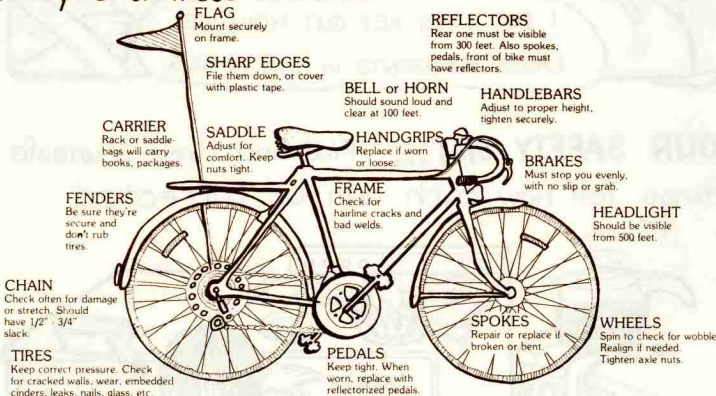
## FIRST AID SUPPLIES

	HAVE	NEED	COULD BE USED INSTEAD
◦ STERILE GAUZE SQUARES . . . . .	_____	_____	_____
◦ ROLL OF GAUZE ROLLER BANDAGES . . . . .	_____	_____	_____
◦ ROLL OF ADHESIVE TAPE . . . . .	_____	_____	_____
◦ ADHESIVE BANDAGES . . . . .	_____	_____	_____
◦ TONGUE DEPRESSOR BLADES . . . . .	_____	_____	_____
◦ SAFETY PINS . . . . .	_____	_____	_____
◦ BAR OF SOAP . . . . .	_____	_____	_____
◦ FLASHLIGHT . . . . .	_____	_____	_____
◦ SCISSORS . . . . .	_____	_____	_____
◦ TWEEZERS . . . . .	_____	_____	_____
◦ MEASURING SPOONS . . . . .	_____	_____	_____
◦ PLASTIC BAGS . . . . .	_____	_____	_____
◦ CALAMINE LOTION . . . . .	_____	_____	_____
◦ ABSORBENT COTTON . . . . .	_____	_____	_____
◦ MATCHES . . . . .	_____	_____	_____
◦ THERMOMETER . . . . .	_____	_____	_____
◦ TOWEL . . . . .	_____	_____	_____
◦ SMALL DRINKING CUPS . . . . .	_____	_____	_____
◦ TRIANGULAR BANDAGE FOR SLINGS . . . . .	_____	_____	_____
◦ TABLE SALT . . . . .	_____	_____	_____
◦ BAKING SODA . . . . .	_____	_____	_____
◦ RAZOR BLADES . . . . .	_____	_____	_____
◦ FIRST AID BOOK . . . . .	_____	_____	_____
◦ PHONE NUMBER FOR NEAREST . . . . .	_____	_____	_____
POISON CONTROL CENTER . . . . .	_____	_____	_____
(YOUR LEADER CAN HELP YOU.)			

# BICYCLE SAFETY CHECK

## BE A BIKE INSPECTOR

Most bike accidents happen because the cyclist (someone who rides a bicycle) doesn't ride safely or keep the bike in good repair. Help yourself (or a friend with a bike) ride safely by inspecting a bicycle for these features.



## TRUE / FALSE TEST

- |  | TRUE  | FALSE |
|--|-------|-------|
| 1. A bicycle is a vehicle.....   | _____ | _____ |
| 2. You should ride a bicycle on the right side of the road.....                      | _____ | _____ |
| 3. A bicycle rider should hold his right arm out before he turns to the right.....   | _____ | _____ |
| 4. Bicycle riders should stop at red signal lights.....                              | _____ | _____ |
| 5. Your bicycle should be adjusted to fit you.....                                   | _____ | _____ |
| 6. A red reflector should be on the back of every bike.....                          | _____ | _____ |
| 7. It is not necessary to hold the handle bars at all times.....                     | _____ | _____ |
| 8. It is all right to carry a passenger on the cross-bar of a bicycle.....           | _____ | _____ |
| 9. When a bicycle wheel wobbles, it will wear out a part of the tire too fast.....   | _____ | _____ |
| 10. Motorists do not know what a cyclist will do when he is weaving or wobbling..... | _____ | _____ |
| 11. When an automobile stops in front of you, swerve around it.....                  | _____ | _____ |
| 12. It is safe to ride three abreast when riding in a group.....                     | _____ | _____ |
| 13. A rider should carefully watch the traffic in front of him.....                  | _____ | _____ |
| 14. A flashing red signal light means to go slowly.....                              | _____ | _____ |

ANSWERS:

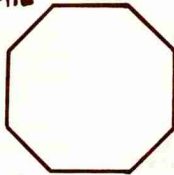
1 T 2 T 3 F 4 T 5 T 6 T 7 F 8 F 9 T 10 T 11 F 12 F 13 T 14 F

# TRAFFIC SIGNS AND SYMBOLS

Learn to recognize them by shape, symbol (picture) and color. Traffic signs and lights are for bike drivers, too. You are expected to know and obey all traffic signs and signals. That means you must stop for stop signs and signals just like a car or other vehicle. You must also obey all warning signs and those that tell you where you can or cannot drive, as well as special signs such as those at railroad crossings. **TRAFFIC SIGNS ARE FOR YOUR SAFETY AND INFORMATION—LEARN TO RECOGNIZE AND OBEY THEM.** Match the names with the correct sign.

## FIND THE RIGHT LETTER FOR EACH PICTURE

- |                         |               |
|-------------------------|---------------|
| A. SPEED LIMIT SIGN     | F. YIELD      |
| B. PROCEED WITH CAUTION | G. STOP       |
| C. SCHOOL CROSSING      | H. RAILROAD   |
| D. SLOWING OR STOPPING  | I. RIGHT TURN |
| E. NO BICYCLES          | J. LEFT TURN  |



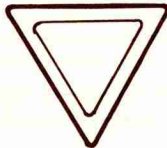
1. \_\_\_\_\_



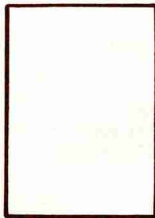
2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



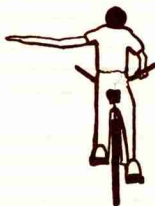
5. \_\_\_\_\_



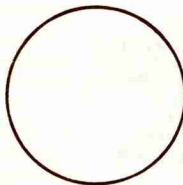
6. \_\_\_\_\_



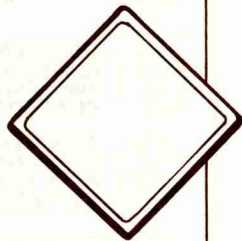
7. \_\_\_\_\_



8. \_\_\_\_\_



9. \_\_\_\_\_











10. \_\_\_\_\_

# THE "I'VE REALLY DONE IT" PAGE



Fill out this page as you read, learn, and share in each of the eight chapters. Each time you complete a chapter, color a "smiley" face and write down the titles of the pages you did.

	LESSONS I COMPLETED	MY FAVORITE PAGE
 INTRODUCTION	_____	_____
	_____	
	_____	
 DISCOVERING ANIMAL SCIENCE	_____	_____
	_____	
	_____	
 DISCOVERING PLANTS AND SOIL	_____	_____
	_____	
	_____	
 DISCOVERING ENVIRONMENTAL AND NATURAL RESOURCES	_____	_____
	_____	
	_____	
 DISCOVERING HOME AND FAMILY	_____	_____
	_____	
	_____	
 DISCOVERING LEADERSHIP, CITIZENSHIP, CAREERS, AND COMMUNITY SERVICE	_____	_____
	_____	
	_____	
 DISCOVERING COMMUNICATIONS, ARTS AND LEISURE EDUCATION	_____	_____
	_____	
	_____	
 DISCOVERING MECHANICAL SCIENCE AND SAFETY	_____	_____
	_____	
	_____	

## SHOW AND TELL...



### SHARE YOUR SKILLS

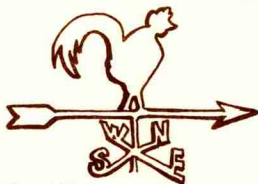


### A FAMILY AFFAIR

Show your club members and friends what you did. Tell them what you learned. For example, if you painted a bird-house, tell others how you did it and what you used. This is called a 4-H presentation. Ask your leader or parent to help you.

For more presentation information ask your leader for help. Dad and Mom will also help, or they can suggest someone who can. Be sure to record everything that you did in the "Discovering 4-H" project.

By working in this book, you have explored many different 4-H projects. Next year you will have a good idea about the different projects you can take. Your County Agricultural Extension Office will be happy to show you the projects mentioned in this book. Ask for a Project Selection Sheet.



4-H IS EVERYWHERE

MY NAME \_\_\_\_\_  
MY PARENT'S NAME \_\_\_\_\_  
MY CLUB \_\_\_\_\_  
MY COUNTY \_\_\_\_\_



PREPARED BY  
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