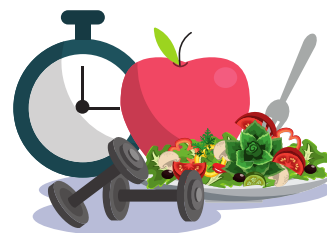


CLVERBUDS CONNECTION

February - March 2024



NEXT MEETING

Cloverbuds meet on every 3rd Wednesday of the month from 4-6 pm.

February 21st

March 20th

April 17th

4-H HIGHLIGHTS

Please enroll at <https://4h.zsuite.org/>

You must be active status to participate including your payment of \$5 for the year.

Sign up for Remind! TEXT @4-hclover to 81010

NEW YEAR, NEW GOALS

Hello Cloverbud Families,

My name is Molly Oakley, I am the newest intern at the extension office. I am a senior in high school and have been involved in 4H for 10 years now. I competitively breed and show dairy goats and boer goats as well as show sheep at the county, state, and national level. I am looking forward to getting to work with everyone in Cloverbuds.



HEART FACTS

Your heart is a muscle.

If you want it to be strong, you need to exercise it. How do you do that? By being active in a way that gets you huffing and puffing; like jumping rope, dancing, or playing basketball. Try to be active every day for at least 30 minutes!

Eat a variety of healthy foods and avoid foods high in unhealthy fats, such as saturated fats and trans fats (reading food labels can help you figure out if your favorite snacks contain these unhealthy ingredients). Try to eat at least five servings of fruits and vegetables each day.

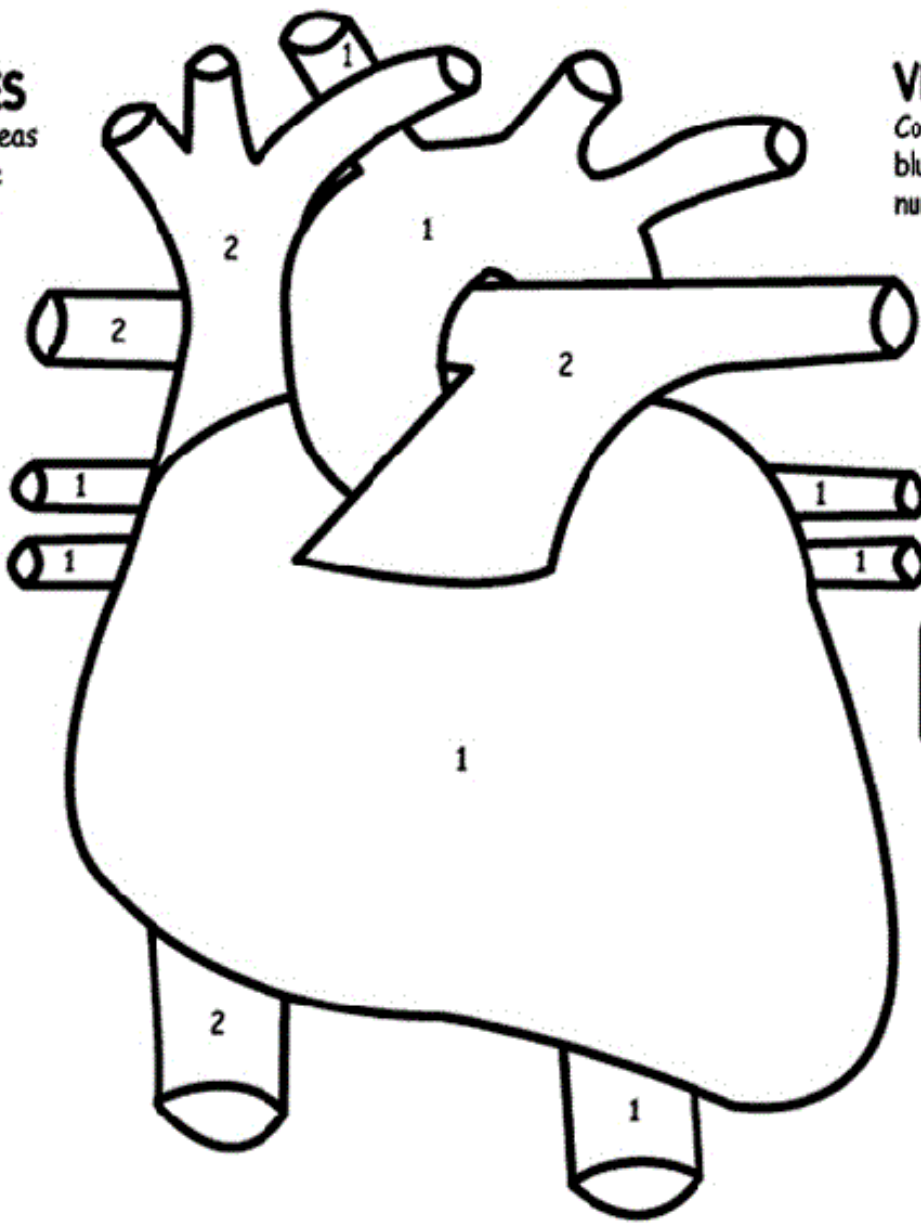
ARTERIES

Color the areas red that are numbered 1.

VEINS

Color the areas blue that are numbered 2.

COLOR ME!!!



HUMAN HEART



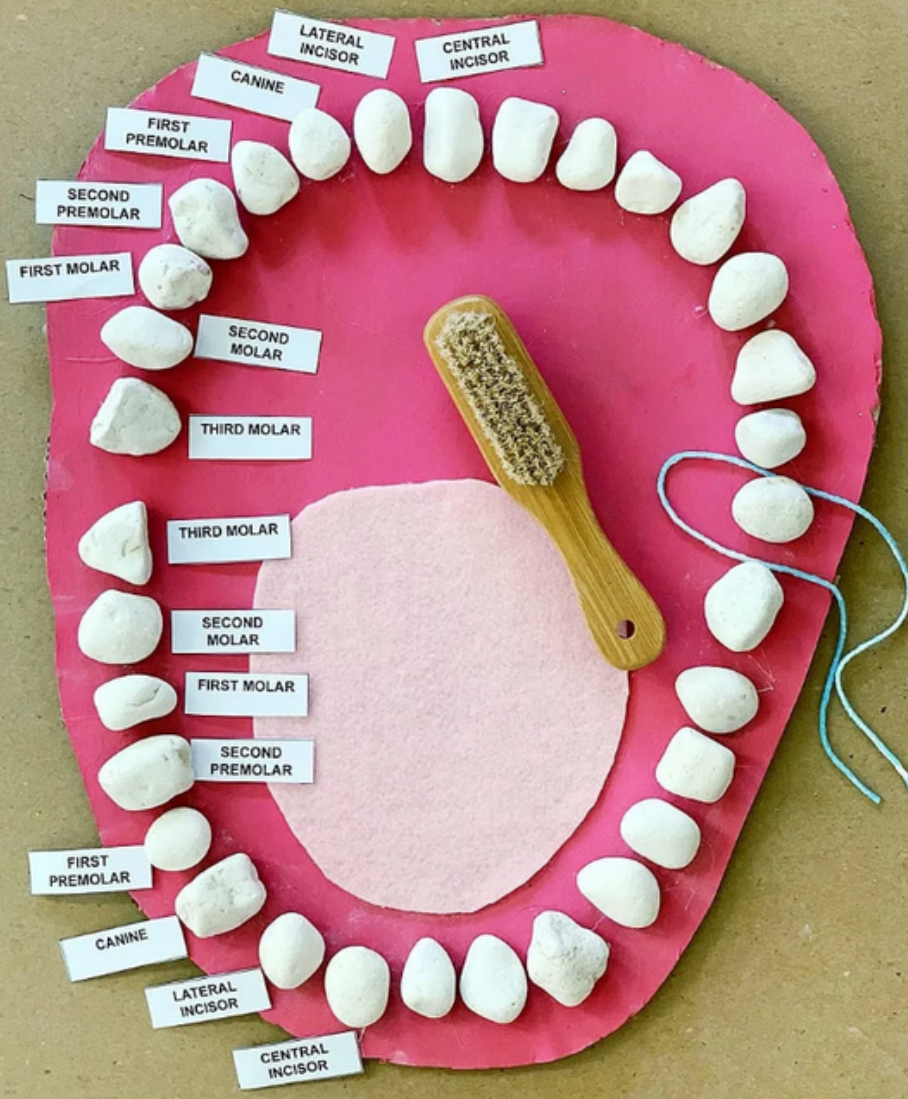
MAKE YOUR OWN PAPER LUNGS

Supplies: 2 paper bags, 2 straws, tape, markers

1. Get a picture of lungs that show the bronchioles and alveoli. Use a marker to draw on the smooth side of the bag, without the flap. Include the alveoli and the bronchiole.
2. Open the bags fully, slip the straw in the bag 2-3" in and gather the top of the bag around the straw. Tape tightly, be sure you get a good seal.
3. Use the straws to make the lungs work.

Do you notice what is happening with the paper lungs is the exact opposite of what was happening with the lungs in the body?





OPEN WIDE

Supplies: large piece of cardboard, red and white paint, 32 small rocks, scissors, hot glue gun, string, brush

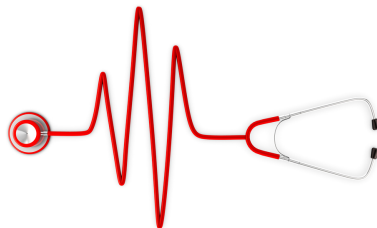
1. Cut out a large cardboard base in the shape of a mouth. Paint it dark pink by mixing white and red paint together. Allow to dry.
2. Paint a tongue by adding more white.

3. Find 32 small rocks (white or painted white) to use as teeth in the mouth. Glue these down using a hot glue gun.
4. It's time to brush and floss! Get a small bristle brush and piece of yarn and have practice brushing and flossing teeth. Don't forget the tongue!

LET'S MOVE IT!

Grab a dice and some family or friends. Then move! Take turns rolling and do the activity that matches the number on the dice.





Wyoming 4-H

CAMPBELL COUNTY EXTENSION

412 S. Gillette Ave
Gillette, WY 82716

Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Kelly Crane, Director, University of Wyoming Extension, College of Agriculture and Natural Resources, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071. The University of Wyoming is an equal opportunity/affirmative action institution.