

# 4-H CLOVERBUDS CONNECTION

June - July 2025

## NEXT MEETING

Cloverbud Camp is in July this month!

We meet from 8am-1pm.

July 15th

July 16th

July 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

## FUN IN THE SUN

Hello Cloverbuds,

As the weather begins to get nicer we tend to find ourselves outside more. There is endless possibilities of what you could do outside during the spring and summer. From planting a garden to reading your favorite book in the sun, or maybe hiking a mountain, the options are endless. Over our next couple meetings we will learn about a few things that we could take outside and have fun with.

Cloverbud camp is on its way! This year's camp is going to be packed with fun activities. The theme is Pool Party, so don't forget to bring clothes you aren't afraid to get wet! We are so excited to spend a few days with you learning, creating, and competing. Can't wait to see you there!

Rylee, Sheldon, Kiara

**CLOVERBUD CAMP**

**THEME: POOL PARTY!**

**JULY 15-17**

**8:00AM - 1:00PM EVERYDAY!**

GEORGE AMOS BUILDING (EXTENSION OFFICE)  
412 Gillette Ave.

Must be enrolled in Cloverbuds  
**RSVP by July 1st**  
**\$25.00**

## GET OUTSIDE!

Spending time in nature can build confidence, imagination, responsibility, and its a fun way to exercise! There's a lot less structure than most types of indoor play and you can choose how to interact with nature. Be in charge of watering a plant! Not only is exercise good for bodies, but it seems to make them more focused. Being outside also helps you feel less stressed.



# BUILD NATURE SCULPTURES

Fun engineering STEM projects provide challenges using natural items can be done just about anywhere in the outdoors. Design and build structures: identify a problem/challenge, design a solution, test the solution, and finally redesign as necessary. Remember that sticks, leaves, rocks, etc. are parts of natural ecosystems and habitats, so you may want to return them when finished.

Try these engineering challenges:

- Design and build a sculpture that can hold water.
- Design and build a sculpture made of round rocks stacked at least 4 rocks high.
- Design and build a woven sculpture.
- Design and build a sculpture made of leaves.
- Design and build a wall either of sticks or rocks that is sturdy enough for you to sit on.
- Design and build a tower made of sticks that can hold a rock the size of your fist on top.



## Park Scavenger Hunt

Check the items off the list as you find them!

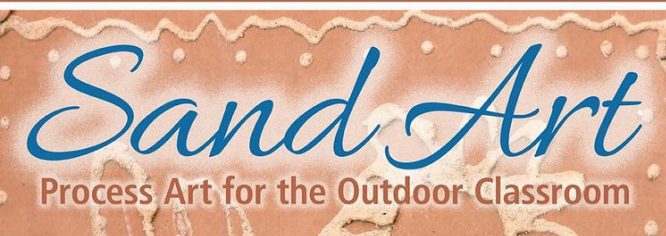
- ☐ Water
- ☐ Leaf
- ☐ Rock
- ☐ Stick
- ☐ Trash Can
- ☐ Bug
- ☐ Bench
- ☐ Slide
- ☐ Grass
- ☐ Flower
- ☐ Bird



## LET'S MOVE IT!

Go on a Park Scavenger Hunt!  
Take the list and see what you can find,  
explore high and low. See how many  
items you can find!





## MAKE IT YOURS!

Supplies: Dry sand, paper cup, white pencil or crayon, glue, dark paper

1. Sketch a design on the paper. 2. Go over all the lines with glue. This is great practice for fine motor control! 3. Sprinkle sand over the wet glue. 4. Shake off excess sand. Make sure to let the glue dry completely.



## COLOR ME!!!

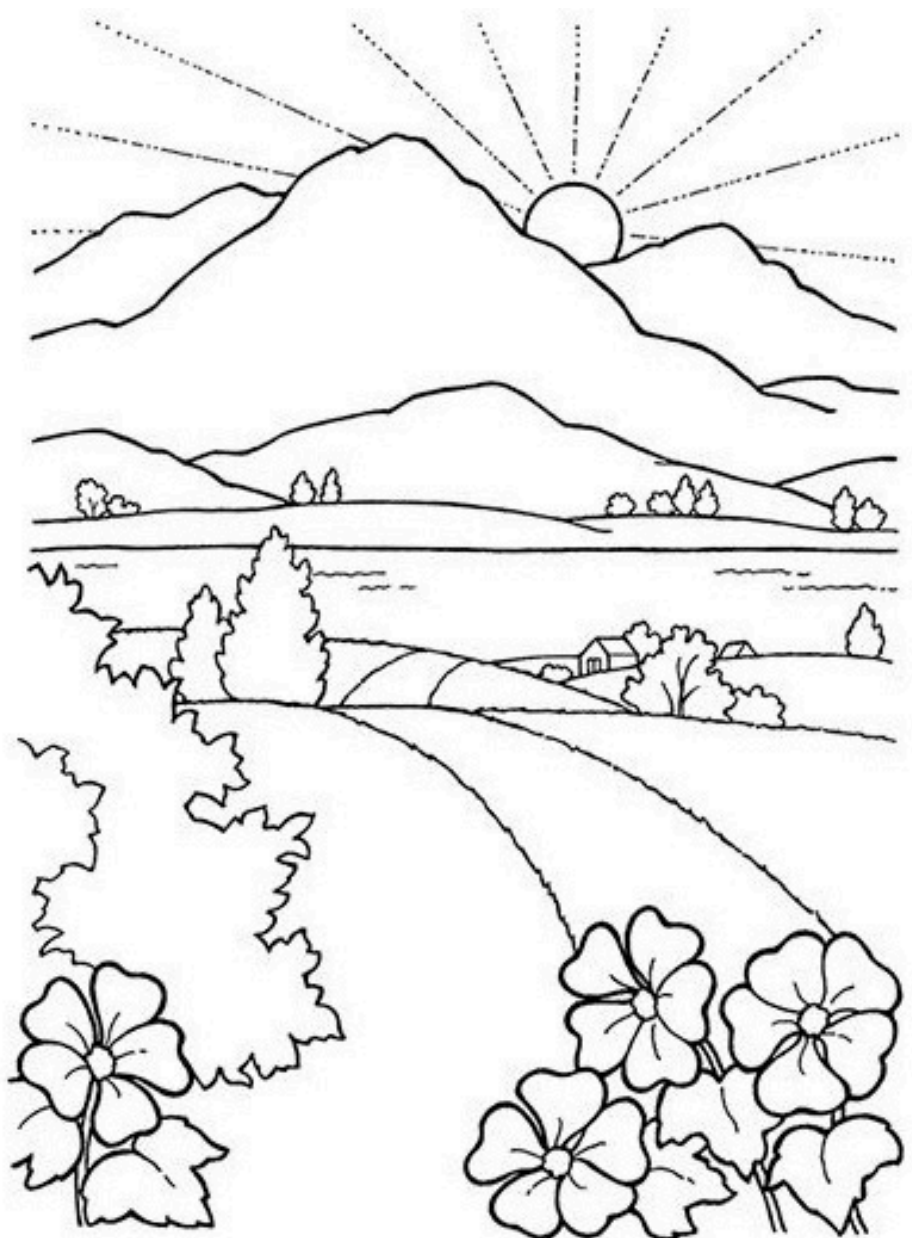
Sun- Yellow

Grass, Trees, Mountains- Green

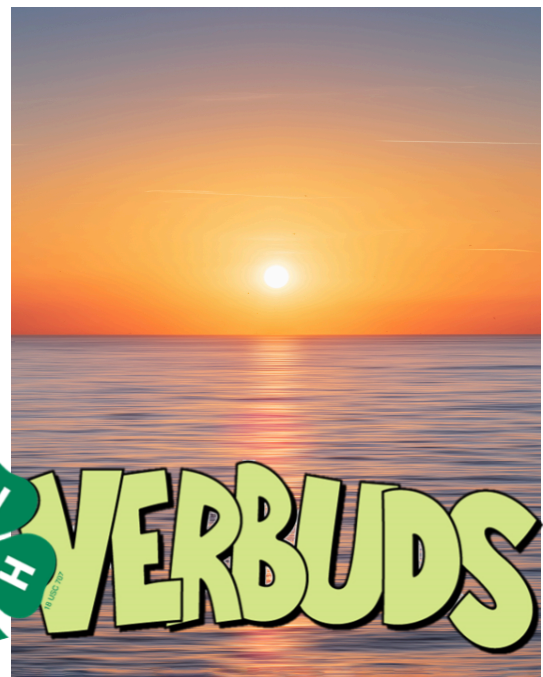
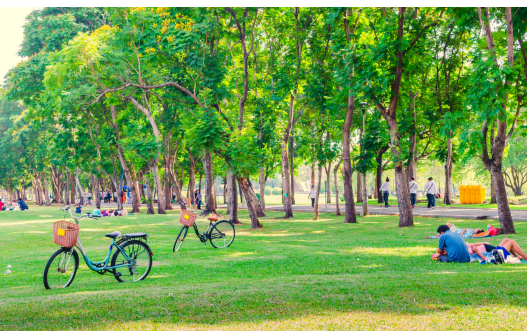
Water & Sky- Blue

Path & Houses- Brown

Flowers- Any!







# Wyoming 4-H

## CAMPBELL COUNTY EXTENSION

412 S. Gillette Ave  
Gillette, WY 82716





# OUTDOOR RECREATION



## WHAT'S IT ALL ABOUT?

This 4-H project is for those who like hiking and camping! Progress from day hikes, to overnight camping trips and then to extended backpacking expeditions as you hike through the three activity guides and the helper's guide. Experiences relate to food, shelter, Leave No Trace ethics, safety, navigation equipment and camp management.

## HERE'S WHAT YOU CAN LEARN...

### STARTING OUT

- ✿ Plan and pack for a day hike
- ✿ Learn to select appropriate outdoor clothing/shoes for hiking
- ✿ Understand how to use layering to regulate body temperature
- ✿ Plan appropriate food for hiking
- ✿ Prepare a basic first aid kit
- ✿ Understand how to care for blisters and hot spots
- ✿ Practice Leave No Trace principles
- ✿ Learn how to use a compass
- ✿ Identify hazardous weather and natural shelters
- ✿ Observe plants and animals

### LEARNING MORE

- ✿ Plan an overnight camping trip
- ✿ Select equipment needed for overnight camping
- ✿ Determine backpacking gear needed for a team
- ✿ Demonstrate safe use of camping tools
- ✿ Learn to tie knots
- ✿ Select appropriate camping sites and shelters
- ✿ Plan a camping menu and the supplies needed to cook it
- ✿ Learn about purifying water
- ✿ Describe relationships between animals and plants

### GOING FURTHER

- ✿ Plan a backpacking trip
- ✿ Select the correct backpack and gear for an overnight trip
- ✿ Be able to select a non-tent shelter when backpacking
- ✿ Choose the correct food for a backcountry adventure
- ✿ Share responsibilities for campsite tasks
- ✿ Learn about different environments
- ✿ Develop a personal conditioning program
- ✿ Use triangulation to find your location
- ✿ Understand emergency procedures in remote areas

## RESOURCES

- ✿ *Hiking Trails* (08043)
- ✿ *Camping Adventures* (08044)

- ✿ *Backpacking Expeditions* (08045)
- ✿ *Outdoor Helper's Guide* (08046)

## TAKE IT FURTHER!

- ✿ Attend 4-H camp or 4-H adventure camp
- ✿ Plan and conduct an outdoor adventure skillathon for your club or the general public
- ✿ Go on a night walk
- ✿ Learn about camouflage and why it is used
- ✿ Record your animal and plant adventures in a journal
- ✿ Take a first aid or CPR class
- ✿ Take a First Responder class or course
- ✿ Have a medical professional come and speak to your project or club
- ✿ Start a nature sketchbook
- ✿ Visit a training center or gym to meet with a health or fitness professional about body conditioning
- ✿ Develop a spice kit to take on your backpacking expedition
- ✿ Visit a camping store to explore your equipment options
- ✿ Sleep under the stars and compare it to sleeping with a shelter
- ✿ Go on a hike in your community.
- ✿ Visit your local Forest Ranger or Parks District to talk about local park and trail needs
- ✿ Visit a wildlife refuge or bird sanctuary

### ENHANCE YOUR COMMUNICATION SKILLS

- Give a demonstration on how to use a compass
- Lead a tent pitching working demonstration
- Show your friends or family members how to pack light for a trip

### GET INVOLVED IN CITIZENSHIP AND SERVICE

- Host an outdoor cooking contest for your community, offer free food for anyone that attends
- Create a flyer about working with allergies when planning food for a larger group
- Create and design camping equipment for people with different abilities
- Organize a clean up of a park or hiking trail

### LEARN ABOUT LEADERSHIP

- Organize an outdoor adventure club in your community, see if you can recruit members to join 4-H
- Lead a game at your club meeting about Leave No Trace principles

## EXHIBIT IDEAS

- ✿ Do a poster on water filtration
- ✿ Prepare GORP
- ✿ Display on Leave No Trace principles
- ✿ Design an outdoor shelter (real or mini version)
- ✿ Make a display of knots
- ✿ Make a map of your local area
- ✿ Make an outdoor cooking recipe
- ✿ Create a recipe book of outdoor cooking recipes
- ✿ Poster on how to use a compass
- ✿ Journal of your camping or hiking adventures
- ✿ A book of camping songs
- ✿ A display on selecting a camping site
- ✿ Poster on how to seal a tent
- ✿ A tent repair kit
- ✿ A display about weather safety



*Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, director, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071. The University is committed to equal opportunity for all persons in all facets of the University's operations. All qualified applicants for employment and educational programs, benefits, and services will be considered without regard to race, color, religion, sex, national origin, disability or protected veteran status or any other characteristic*