



The Spirit of 4-H is Alive and Well in Cherry County

Ideas to Engage the Head, Heart, Hands and Health During the COVID-19 Shut-Down

Just because COVID-19 has cut us off from meeting in person doesn't mean the learning stops for the nation's premier youth development program – 4-H! There are so many ways to grow, explore, and create while we wait to gather. Just think of the Clover as your guide – head, heart, hands health!

Here are some of the latest developments and resources available to keep the Spirit of 4-H alive and well during these crazy times.

1. HEAD: Take the "My Favorite 4-H Project Challenge"

Attention Cherry County 4-H members – a NEW Challenge! Let's work together to offer virtual learning experiences! Take the "My Favorite 4-H Project Challenge" until May 9. Create a little video or photo story about a project of choice, and send it to mgarwood3@unl.edu. Tell us what you are learning and relate it to the 4-H pledge (head, heart, hands, health) and explain why others should get involved! All participants will receive a leadership pin and will be entered in a prize drawing for a \$50 gift certificate to the 4-H Mall!

Ideas:

Websites to use to research your heritage

Teach your dog a new trick

What to do when you bring baby chicks home

A recipe to try/cooking demo

New codes you have created, Scratch Jr. stories, etc.

Art projects and demos

Starting plants from seeds

Games you can play with a child you are babysitting

Just about anything else you can think of!

Use your 4-H manuals and other Extension resources, and tell us what they are! Michelle Garwood, 4-H Educator, will review each entry and provide additional information, resources, project leader contact info, etc.

The entries will then be available on our website: <https://extension.unl.edu/statewide/cherry/>. Let's DO this!

#inspirekidstodo #trueleaders #4Hgrown #covid19 #coping

Tune into a variety of virtual learning experiences offered statewide by Nebraska 4-H (see 4h.unl.edu for links and registration info)

Living Room Learning for Elementary Youth

Tune in every Tuesday and Thursday afternoon at 2:00 PM CT/1:00 PM MT.

Boredom Buster Challenges for Grades 6-9

Tune in every Monday and Wednesday afternoon at 2:00 PM CT/1:00 PM MT.

Each week for these programs, youth will be given a problem to solve using materials found in their home.

Through these hands-on virtually guided challenges youth will learn about entrepreneurship, healthy living, science, technology, and more! Each session will be recorded and made available for on-demand viewing.

Nebraska 4-H has also collected some of their favorite activity guides that are perfect for hands-on learning at home. Check out their [virtual and at-home educational resources](#), also at 4h.unl.edu, for more information and access to all of the statewide virtual opportunities.

Youth DO NOT NEED TO BE IN 4-H TO PARTICIPATE!

2. **HEART: Serve from a Distance**

Community service might be more challenging remotely, but it is not impossible! Two ways we are encouraging youth to help others is to record a music or talent performance, speech, demonstration, or a short verbal greeting. These will be compiled and sent to local assisted living centers and nursing homes to play for residents! Please e-mail your submissions to mgarwood3@unl.edu **by April 15, 2020.**

You are also encouraged to make lawn signs that can be placed at these facilities. Here are the instructions:

- 1) Locate some sturdy foam board, cardboard, etc.
- 2) Create a positive, uplifting message for residents who are unable to accept outside visitors at this time (write messages large enough to be seen from a distance – keep it simple).
- 3) Gather colorful art tools to make the signs eye-catching and attractive.
- 4) Consider covering/wrapping the signs carefully in some kinds of plastic to prevent moisture damage.
- 5) Locate some dowels or use wire hangers to craft some posts so you can stick the signs into the lawn.

When you are finished and the weather is nice, contact the facilities to let them know when you are coming so they can give you instructions about dropping them off or placing them on your own.

- a. Cherry Hills Estates: 402-376-2555
- b. Oakwood: 402-376-1001
- c. Pineview: 402-376-1260

Finally, Nebraska 4-H has launched a civic engagement initiative for the COVID-19 pandemic. There are a variety of ideas including planting a donation garden, writing encouraging messages with sidewalk chalk, recording stories, and hosting themed scavenger hunts. Check it out at <https://4h.unl.edu/civic-engagement>

Be sure to take photos of your projects – you can use these as 4-H Citizenship projects and enter a poster or notebook at the county fair. It is also a great Leadership/Service Project for your Achievement Application. Feel free to share your photos at mgarwood3@unl.edu!

3. **HANDS: Get outside!**

With the weather getting warmer and the days longer, it is a great time to get outside. Use your hands to plant a garden, clean up your yard, make a rocket or woodworking project, work with an animal, take nature photos, go camping (away from crowds of course), you name it! We are working in partnership with the National Park Service, Niobrara Council, and other partners to share Citizen Scientist projects this spring and summer. Help collect data in nature that is sent to researchers across the world for REAL science projects! Stay tuned for more information!!!

4. **HEALTH: Follow the CDC Guidelines to keep everyone safe, move more and eat well!**

Don't forget to unplug from all the virtual learning and move your body at least 60 minutes a day. This is a great time to hone your healthy cooking skills as well. The Cherry County 4-H Food Workshop series was interrupted with only the Air Fryer session completed. If we can not reschedule the Pressure Cooker and Cooking with Herbs classes for summer, we will work on a virtual option. Cooking with Liz and Outdoor Cooking are still scheduled for summer. We will culminate with a Special Foods competition either live or virtual in July. So in the meantime, get a hold of the new 4-H Foods Manuals or visit <https://food.unl.edu/> for some great recipes and online learning tools and start practicing. Your family will appreciate it.

What about County Fair?

At this time, we are hoping to resume business as usual around May 9. But if conditions worsen across the nation, please be mentally prepared for the possibility that summer programming, including County Fair, may be suspended for this year. The Ag Society decides whether or not Fair will be held, but that does not guarantee that 4-H will be able to participate. Please remember, that 4-H is NOT JUST ABOUT COUNTY FAIR! The 4-H Council and Cherry County 4-H Staff are committed to making this a year of quality learning, regardless! We will use our creativity, technology, and other resources to recognize what our youth have been doing. This may look like a “virtual fair”, complete with interviews and judging conducted via Zoom conferences. It might mean selling livestock directly to buyers vs. holding a premium auction. It might mean an online gallery of photos, video, and text written by youth.

Recommendations for live animal projects:

The ID deadline for all livestock is currently June 15. Try to wait as long as possible to purchase market animals, maybe purchase one instead of two, consider direct sales as an alternative, or think of other ways to learn this year without purchasing an animal (research reflected in reports/posters, etc.). Breeding projects can still be a great option! Our livestock committee will adjust exhibit options as needed. For example, the Sandhills Production and bucket calf beef projects are already judged mainly on a detailed record book/story. At this time, we still recommend halter-breaking livestock on your usual schedule.

Horse deadlines have been adjusted and District Horse Shows have been cancelled. State Horse Show is still on the schedule, but participants will not have to qualify through District shows. Levels testing requirements have also been adjusted with new online options. Please see a special Horse e-mail and the 2020 Horse packet for detailed information.

Small animals: Do what you would normally do!

IMPORTANT TIP FOR ALL PROJECTS, ESPECIALLY ANIMALS: Take lots of photos of whatever you do and jot down notes over the upcoming months in case you will need to present your learning virtually!!!

This is a great time to invest in 4-H manuals if you haven't already! They are a great help with self-paced, at-home learning. Go to this spot on the Nebraska 4-H website to launch into either the UNL Marketplace or the National 4-H Mall: <https://4h.unl.edu/resources/parents-youth#curricula>

PLEASE WATCH YOUR E-MAILS, MAIL AND THE FACEBOOK PAGE CAREFULLY FOR UPDATES!!

We are here for you and welcome ideas, comments, and feedback! Please do not hesitate to contact Michelle at 402-389-1655 or mgarwood3@unl.edu, Ryan Sexson, 4-H Council President, at 402-389-1671 or flyingstraining@gmail.com, or any of the other 4-H Council members: Cristen Witte, Melanie Radant, Michelle McNare, Janell Naslund, Beth Gourley, Sarah Schied, Laura Willert, Cherie Hilderhoff, Renee Taylor, or Bodell Bachelor.



UNL Extension Cherry County - 365 N. Main, Suite 3 - Valentine NE 69201

Phone: (402) 376-1850 Fax: (402) 376-2867

<https://go.unl.edu/cherry4h>

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture. The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.