



Navigate Your Way Through

4-H

02

Cook It!
4-H Fresh Chefs

03

Build It!
4-H STEM Activities

04

Discover It!
4-H Scavenger Hunt

01

Grow It!
4-H Green Garden

05

Join It!
Douglas County 4-H
Club

This Activity Packet

Each activity in this packet highlights the unique qualities of the 4-H program; Exploring and discovering, encouraging and challenging, that's what Georgia 4-H is all about!

As you complete each activity be sure to take a snapshot of your accomplishments and post them to the Douglas County 4-H (GA) Facebook page or email them to epullen@uga.edu

These activities are meant to be experienced with friends and family, so have FUN!!!

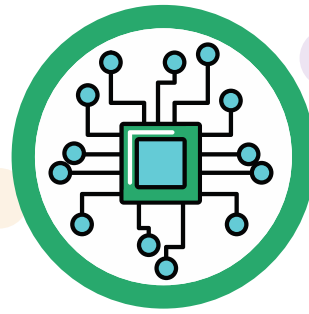
With each activity completed, cut and paste your stamp to its designated location.

The first 5 packets completed, with pictures posted or emailed, and submitted to the

Douglas County Extension Office

(6279 Fairburn Road, Douglasville, GA 30134)

will receive 1 Free Day-Camp Pass for Douglas County's 2021 Summer Day Camp Activities



GROW IT!

1. **Location:** Locate an area where you would like to place your plant. Be sure your location provides plenty of sunlight for your plant.
2. **Potting:** Follow the attached instruction for creating a newspaper seed pot. *Or use any recyclable items container to start with.*
3. **Soil:** Place your soil in your newspaper seed pot and moisten with water.
4. **Planting:** Read the seed packet for planting instructions. *General Rule- bury seeds to a depth twice the diameter of the seed*
5. **Water:** Spray your plant with water and use plastic to seal moisture in.- *Be sure to remove the plastic after germination.*
6. Place your completed plant in your chosen location.

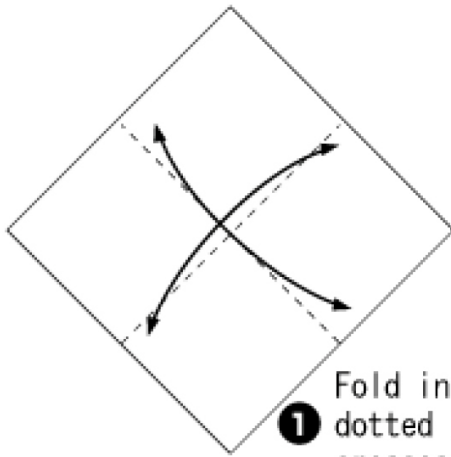
For more information about your garden care, tips, and additional resources visit:
<https://extension.uga.edu/programs-services/school-garden-resources.html>

Challenge: Enter the "Best Home Vegetable Garden Contest" for a chance to win \$100. Flyer attached

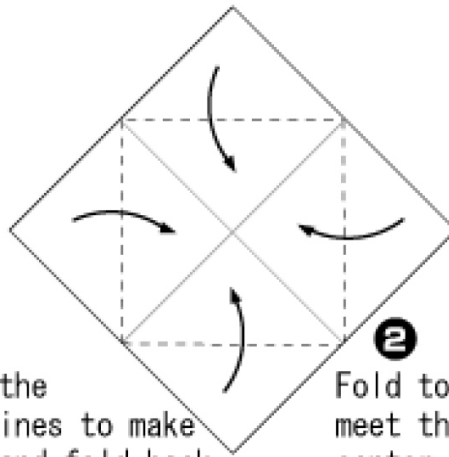


When Completed,
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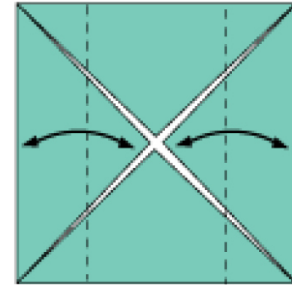




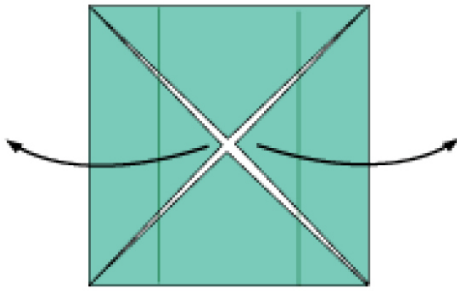
1 Fold in the dotted lines to make creases and fold back



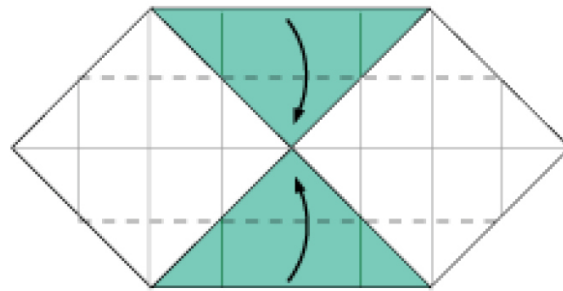
2 Fold to meet the center line



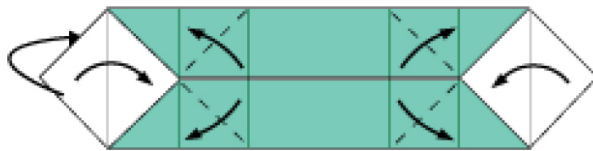
3 Fold to make creases and unfold



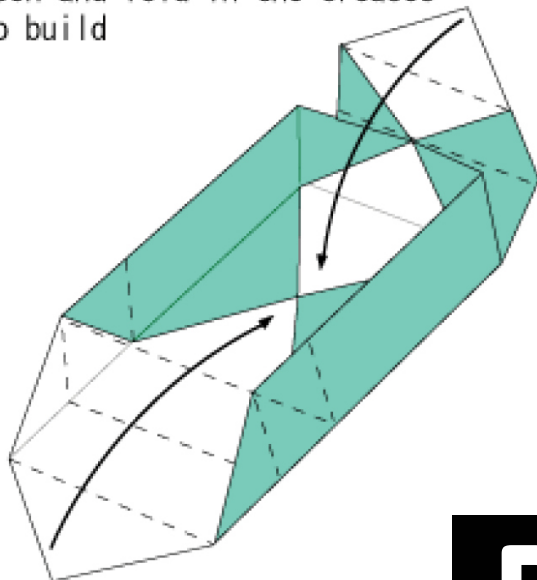
4 Unfold



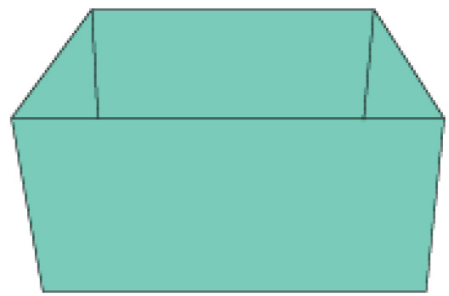
5 Fold in the dotted lines to meet the center line



6 Open and fold in the creases to build



7 Finished



*Traditional Diagram: Fumiaki Shingu

Paper Pots

COOK IT!

Make 4 of your favorite meals that are both inspiring and easy to make from the Fresh Chefs 4-H Digital Cookbook.

This collection of recipes from the 4-H community features nearly 50 recipes from 4-H'ers, supporters, and 4-H alumni — including celebrity chef, author, and Tennessee 4-H alumna Carla Hall — the Fresh Chefs digital cookbook includes healthy everyday recipes and celebratory dishes for youth and families to enjoy.

<https://4-h.org/parents/healthy-living/cookbook/>



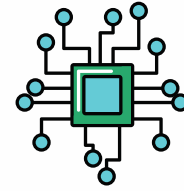
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F R E S H  C H E F S

Recipes from 4-H youth, celebrity alumni and supporters, featuring Celebrity Chef, Author, 4-H Healthy Habits Program Ambassador, Tennessee 4-H Alumna Carla Hall



BUILD IT!



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Towers

- Create a free standing 2 foot tall Tower using either straw or tooth picks, paper and tape.
- Once Complete, test the Durability of your structure by placing a weighted object on top (tennis ball, ping pong ball, legos, golf ball, etc...)

Spoon Catapult

- Create a catapult using spoons, tape, rubberbands, and popcycle sticks.
- Once Complete, test your catapult's force and trajectory by launching an object (example: marshmellow or paper ball) at a target.

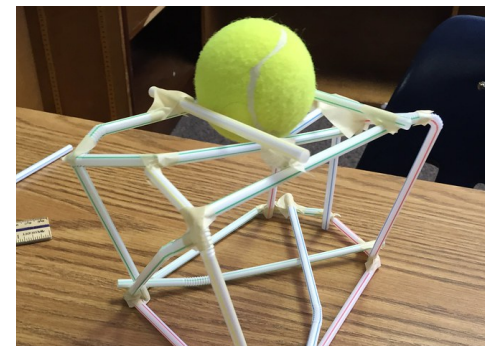
Marble Maze

- Create a maze using scissors, cardstock/cardboard, and straws.
- Once Complete, test your maze to see how well your marble can travel through it.

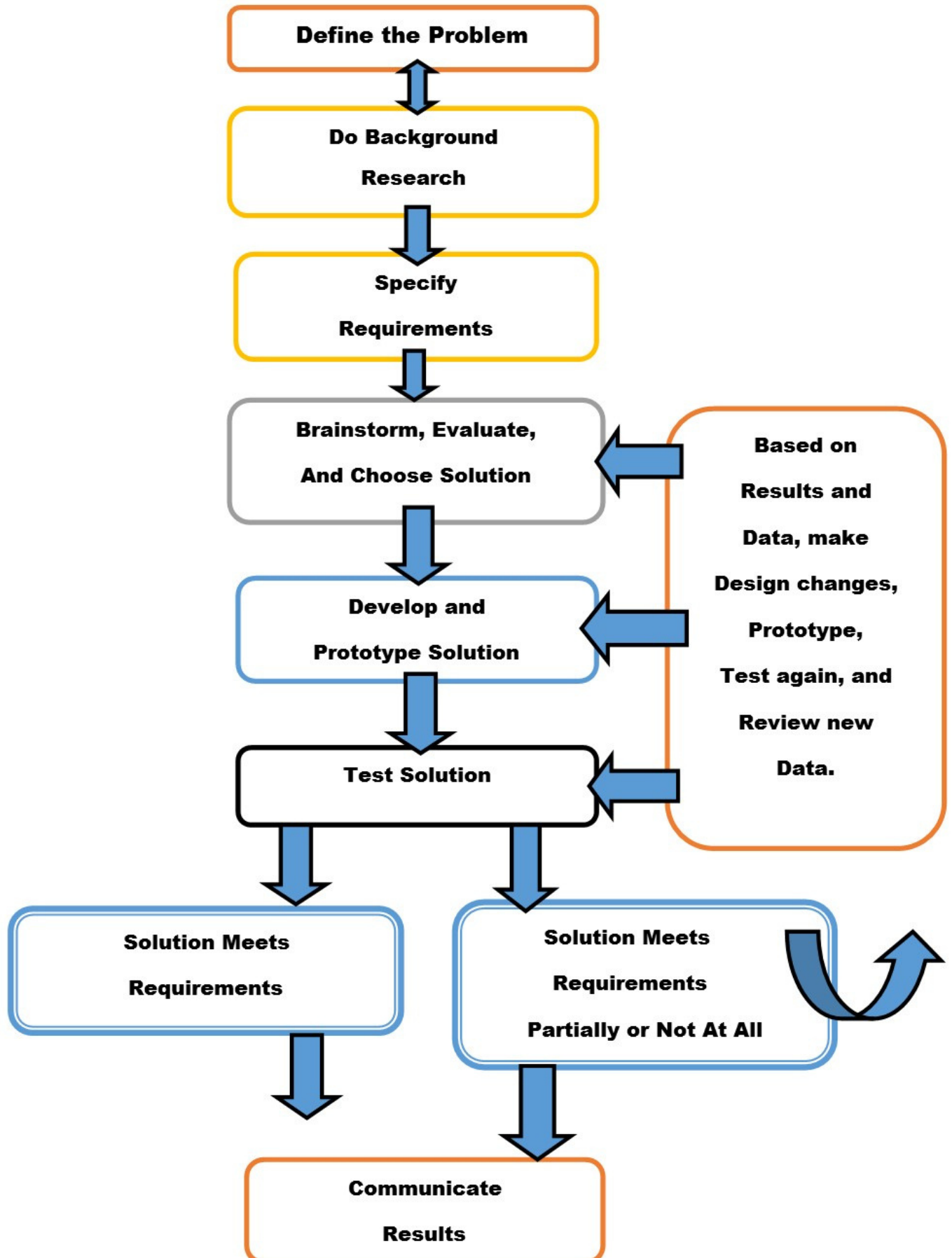
Bottle Rockets

- Create a rocket using a water bottle, water bottle caps, straw, balloons, and tape.
- Once Complete, test your rocket's traveling distance.

Challenge: follow the attached Engineering Design Process to test your to prototype



Engineering Design Process



DISCOVER IT!



When Completed,
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Here!

The Douglas County Extension Page is Your Source For All Things Extension! Browse Through the Website To Fill In the Blanks Below!

1. The Douglas County Extension program is associated with which university?
2. On the Douglas County Extension's home page, Douglas County Extension are proud partners with _____ and _____.
3. For a home & garden, you can go to the _____ & _____ page to find more information about soil testing or a water analysis.
4. For information about the Cancer Prevention Cooking classes, the Walk Georgia Program, or publications on Food Preservation and Radon Education, contact _____.
5. The two forms needed to become an Extension Volunteer are _____ & _____.
6. Douglas County 4-H offers _____ Resources, _____ Resources, & _____ Resources to making virtual learning fun for all!
7. _____, _____, & _____ can go to the _____ page to access the project list and other information about Project Achievement.
8. To join and participate in the Douglas County 4-H Club, 4-Her's must complete and submit an _____ & the _____ of _____.
9. How many out-of-school clubs does the Douglas County 4-H program offer?
10. The monthly newsletter & hands-on learning topics related to Science, Health, Agriculture, & Citizenship are found on the _____ page.

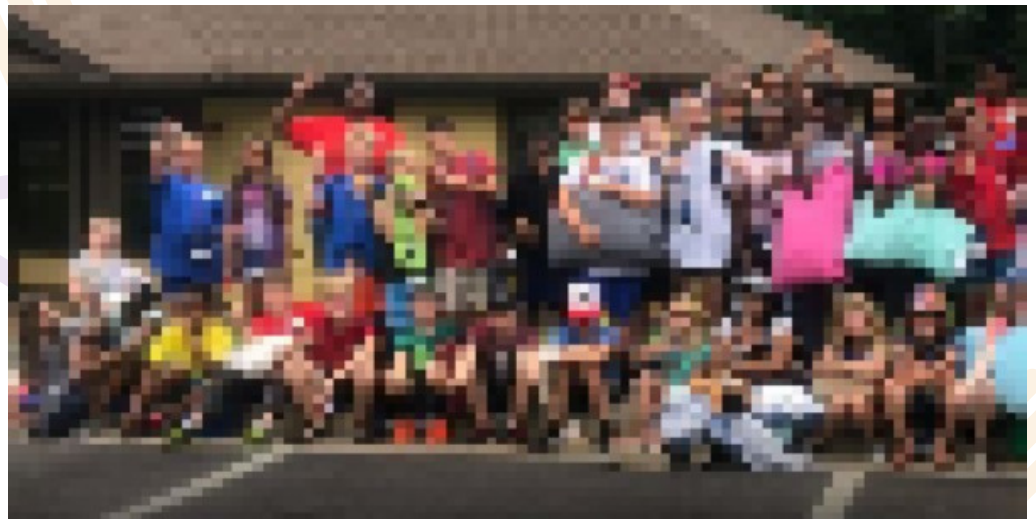
JOIN IT!



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Check out the Douglas County 4-H
Facebook Page Where You Will Find:

- **Family Fun Learning Activities**
- **Local & State 4-H Events**
- **Douglas County 4-H Club Updates**
 - Cooking Club
 - S.T.E.A.M. Club
 - Horse Club
 - *Separate Facebook Page - (Douglas County 4-H Horse Club)*
 - S.A.F.E. Teams (BB & Shotgun Club Team)
 - Junior & Senior Club
 - Home School Club
 - Lifesmarts Team



Douglas County 4-H (GA)



About Discussion Rooms Members Events **Media** Files

Tell Us What You Think

Select the option that best fits your opinion.

Strongly Agree Agree Disagree Strongly Disagree

This activity packet was fun.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I now know more about the Douglas County Extension 4-H program and what it has to offer.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I can use these activities in school.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I would like to do more activity packets like this.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I am more likely to visit the Douglas County Extension website and Facebook page for information.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I can better navigate the Douglas County Extension Website and locate information about 4-H, Agriculture & Natural Resources, and Family & Consumer Science programs.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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