



DISCOVER



4-H PAPER CRAFTS CLUBS



EXTENSION
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Description

The Discover 4-H Clubs series guides new 4-H volunteer leaders through the process of starting a 4-H club or provides a guideline for seasoned volunteer leaders to try a new project area. Each guide outlines everything needed to organize a club and hold the first six club meetings related to a specific project area.

Purpose

The purpose is to create an environment for families to come together and participate in learning activities that can engage the whole family, while spending time together as a multi-family club. Members will experiment with new 4-H project areas.

What is 4-H?

4-H is one of the largest youth development organizations in the United States. 4-H is found in almost every county across the nation and enjoys a partnership between the U. S. Department of Agriculture (USDA), the state land-grant universities (e.g., Utah State University), and local county governments.

4-H is about youth and adults working together as partners in designing and implementing club and individual plans for activities and events. Positive youth development is the primary goal of 4-H. The project area serves as the vehicle for members to learn and master project-specific skills while developing basic life skills. All projects support the ultimate goal for the 4-H member to develop positive personal assets needed to live successfully in a diverse and changing world.

Participation in 4-H has shown many positive outcomes for youth. Specifically, 4-H participants have higher participation in civic contribution, higher grades, increased healthy habits, and higher participation in science than other youth (Learner et al., 2005).





Utah 4-H

4-H is the youth development program of Utah State University Extension and has more than 90,000 youth participants and 8,600 adult volunteers. Each county (Daggett is covered by Uintah County) has a Utah State University Extension office that administers the 4-H program.

The 4-H Motto

"To Make the Best Better!"

The 4-H Pledge

I pledge: My HEAD to clearer thinking, My HEART to greater loyalty, My HANDS to larger service and My HEALTH to better living, For my Club, my Community, my Country, and my world.

4-H Clubs

What is a 4-H Club? The club is the basic unit and foundation of 4-H. An organized club meets regularly (once a month, twice a month, weekly, etc.) under the guidance of one or more volunteer leaders, elects its own officers, plans its own program, and participates in a variety of activities. Clubs may choose to meet during the school year, only for the summer, or both.

Club Enrollment

Enroll your club with your local Extension office. Each member will need to complete a Club/member Enrollment form, Medical History form, and a Code of Conduct/Photo Release form (print these from the www.utah4h.org website or get them from the county Extension office).

Elect Club Officers

Elect club officers during one of your first club meetings. Depending on how many youth you have in your club, you can decide how many officers you would like. Typical officers will include a president, vice president, pledge leader, and secretary. Other possible officers or committees are: song leader, activity facilitator, clean-up supervisor, recreation chair, scrapbook coordinator, contact committee (email, phone, etc.), field trip committee, club photographer, etc. Pairing older members with younger members as Sr. and Jr. officers may be an effective strategy to involve a greater number of youth in leadership roles and reinforce the leadership experience for both ages. Your club may decide the duration of officers—six months, one year, etc.



A Typical Club Meeting

Follow this outline for each club meeting:

- Call to order–President
- Pledge of Allegiance and 4-H Pledge–Pledge Leader (arranges for club members to give pledges)
- Song–Song Leader (leads or arranges for club member to lead)
- Roll call–Secretary (may use an icebreaker or get acquainted type of roll call to get the meeting started)
- Minutes of the last meeting–Secretary
- Business/Announcements–Vice President
- Club Activity–arranged by Activity Facilitator and includes project, lesson, service, etc. These are outlined by project area in the following pages.
- Refreshments–arranged by Refreshment Coordinator
- Clean Up–led by Clean-up Supervisor



Essential Elements of 4-H Youth Development

The essential elements are about healthy environments. Regardless of the project area, youth need to be in environments where the following elements are present in order to foster youth development.

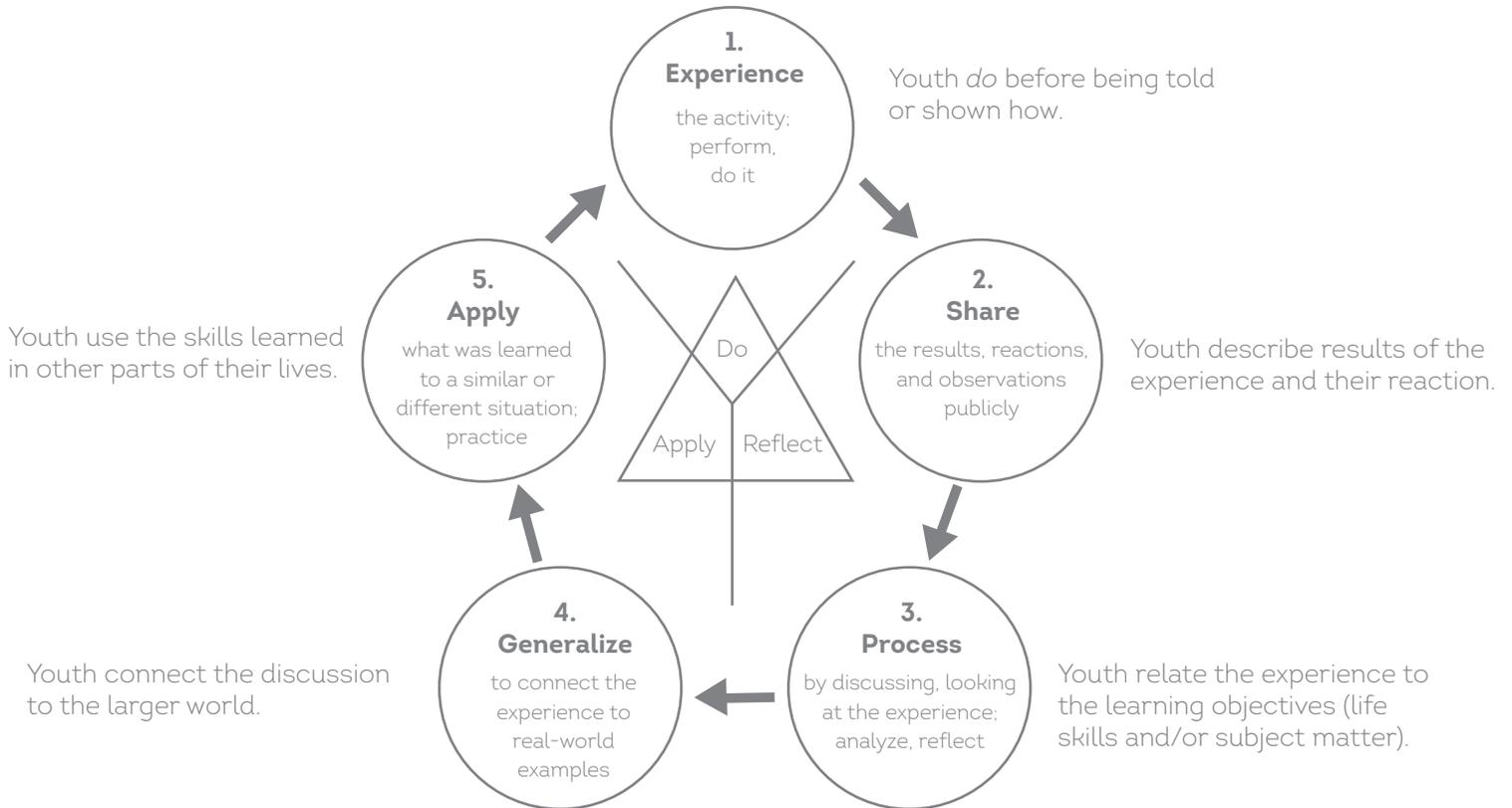
1. **Belonging:** a positive relationship with a caring adult; an inclusive and safe environment.
2. **Mastery:** engagement in learning; opportunity for mastery.
3. **Independence:** opportunity to see oneself as an active participant in the future; opportunity to make choices.
4. **Generosity:** opportunity to value and practice service to others.

(Information retrieved from: <http://www.4-h.org/resource-library/professional-development-learning/4-h-youth-development/youth-development/essential-elements/>)



4-H “Learning by Doing” Learning Approach

The Do, Reflect, Apply learning approach allows youth to experience the learning process with minimal guidance from adults. This allows for discovery by youth that may not take place with exact instructions.



4-H Mission Mandates

The mission of 4-H is to provide meaningful opportunities for youth and adults to work together to create sustainable community change. This is accomplished within three primary content areas, or mission mandates, - citizenship, healthy living, and science. These mandates reiterate the founding purposes of Extension (e.g., community leadership, quality of life, and technology transfer) in the context of 21st century challenges and opportunities. (Information retrieved from: http://www.csrees.usda.gov/nea/family/res/pdfs/Mission_Mandates.pdf)

- Citizenship:** connecting youth to their community, community leaders, and their role in civic affairs. This may include: civic engagement, service, civic education, and leadership.
- Healthy Living:** promoting healthy living to youth and their families. This includes: nutrition, fitness, social-emotional health, injury prevention, and prevention of tobacco, alcohol, and other drug use.
- Science:** preparing youth for science, engineering, and technology education. The core areas include: animal science and agriculture, applied mathematics, consumer science, engineering, environmental science and natural resources, life science, and technology.

Getting Started

1. Recruit one to three other families to form a club with you.
 - a. Send 4-H registration form and medical/photo release form to each family (available at utah4h.org)
 - b. Distribute the Discover 4-H Clubs curriculum to each family
 - c. Decide on a club name
 - d. Choose how often your club will meet (e.g., monthly, bi-monthly, etc.)
2. Enroll as a 4-H volunteer at the local county Extension office (invite other parents to do the same)
3. Enroll your club at the local county Extension office
 - a. Sign up to receive the county 4-H newsletter from your county Extension office to stay informed about 4-H-related opportunities.
4. Identify which family/adult leader will be in charge of the first club meeting.
 - a. Set a date for your first club meeting and invite the other participants.
5. Hold the first club meeting (if this is a newly formed club).
 - a. See *A Typical Club Meeting* section above for a general outline.
 - i. Your activity for this first club meeting will be to elect club officers and to schedule the six project area club meetings outlined in the remainder of this guide. You may also complete a-d under #1 above.
 - b. At the end of the first club meeting, make a calendar outlining the adult leader in charge (in partnership with the club president) of each club meeting along with the dates, locations, and times of the remaining club meetings.
6. Hold the six project-specific club meetings outlined in this guide.
7. Continue with the same project area with the 4-H curriculum of your choice (can be obtained from the County Extension Office) OR try another Discover 4-H Club project area.



Other Resources

Utah 4-H website: www.Utah4h.org

National 4-H website: www.4h.org

4-H volunteer training:

To set up login:

<http://utah4h.org/html/volunteers/get-involved/new-volunteer-training>

To start modules: <http://4h.wsu.edu/volunteertraining/course.html>

(password = volunteer)

References

Information was taken from the Utah 4-H website (utah4h.org), the National 4-H Website (4h.org), the Utah Volunteer Handbook, or as otherwise noted.

Lerner, R., M. et al., (2005). Positive youth development, participation in community youth development programs, and community contributions of fifth grade adolescents: Findings from the first wave of the 4-H Study of Positive Youth Development. *Journal of Early Adolescence*, 25(1), 17-71.

We would love feedback or suggestions on this guide; please go to the following link to take a short survey:

<http://tinyurl.com/lb9tnad>

4-H PAPER CRAFTS CLUB *Meetings*



Club Meeting 1

Scrapbooking 2



Club Meeting 2

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Club Meeting 6

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4-H Club Meeting 1

Scrapbooking



Supplies

- Acid-free paper
- Scissors
- Glue
- Embellishments (stickers, stamps, ribbon, stencils, etc.)
- Pens
- Markers
- Rulers
- Paper cutter
- Templates
- Bags/boxes for kits

Paper crafts are an area that can be widely explored through mostly inexpensive or recycled materials. Project ideas may include: scrapbooking, origami, gift wrapping, card or journal making, stenciling, paper mache, recycled crafts, and holiday decorations, such as ornaments, table displays, and wall art.

Scrapbooking is an expression of creativity and can be as elaborate or simple as you would like. Everyone has a different style and technique. It is used to tell a story and document special memories from the past.

Making a *Scrapbook*



1. SCRAPBOOK NAME TAG

- Everyone should create their own unique name tag using any of the available materials.
- This activity is fun to get the creative ideas flowing and to get acquainted with each other.

2. ASSEMBLE A BASIC SCRAPBOOKING KIT

The kit can include whatever you would like, but should include a few basic items.

- Scissors
- Paper
- Adhesive (liquid glue, glue stick, tape, or any other preferred adhesive)
- Scrapbook pen (good for labeling, journaling, and making notes)
- Ruler
- Embellishments (stickers, stencils, ribbon, cut-outs, stamps, etc.)
- Paper cutter (not a necessity, but great to ensure straight-edge cuts)
- Bag or box to store supplies in





3. DEMONSTRATE HOW TO USE TOOLS

- Paper cutter: Always line up the paper with the edge so it is straight. Make sure to keep fingers away from the blade!
- Remind youth about safety rules when using sharp objects.

4. TIPS TO DISCUSS

For beginners: Using templates will help youth have a starting point and will lead to more creativity in the future. It is also important to teach youth how to properly use tools and supplies, purchase supplies cost-effectively, and recycle items for frugal projects. Assess the skill levels of the youth in your club and adapt what you are doing according to their abilities. Small craft projects are beneficial for beginners so they will have success the first time and will be excited about continuing their new hobby.

Intermediate: Acid-free paper is important to use when making projects you will want to preserve for a long time. Papers that contain acid will deteriorate over time. Paper should be labeled as acid-free or a sales associate can help you find it. Youth at this level may want to volunteer to use their skills to scrapbook for any clubs or organizations they are a part of through school, church, or the community. Review the scrapbooking judging sheet for the fair and use it to evaluate and improve your work for the fair.

Advanced: Challenge yourself to try new techniques such as antiquing or embossing your page. You may get creative and add fabric or stitching to your pages. Work on building a story over multiple pages with a similar style that brings them together. You may be interested in looking for local scrapbooking expos in your area or getting involved by teaching scrapbooking to a younger 4H class.

5. START WORKING ON YOUR SCRAPBOOK

- Look through your photos and decide which ones you would like to put on your page. If you do not have your pictures with you, skip this step and go on to the next one.
- Look at the different layout examples and decide which one you like or create a completely different one.
- Pick out any papers, stickers, and embellishments you would like to use and then be creative! Don't worry if you don't think something looks good. A scrapbook is a personal thing that is important to each person, and should be unique and tell your own story.



Reflect

- Have everyone show the page they made or talk about the ideas they have.
- What do you love about your project?
- How was your project different from the others?
- What happens when you use too much glue or not enough?
- What would happen if you didn't use acid-free paper?
- Is there anything you would change about your page?
- How can you serve the community through scrapbooking?

Apply

- How can practicing scrapbooking skills be helpful?
- What other things can you think of that require practice before you can do them well?
- After learning these skills you could make a holiday template of pages as a gift and donate them to an assisted living center for the residents to put their own pictures on. They could then be displayed on their bulletin board.



Belonging

Make sure to create an environment that is open and positive and values each individual's unique creativity.

Citizenship

After learning these skills, the club could highlight a community event and post it on the community bulletin board.

Mastery

Although there are a few basic skills needed to scrapbook, the most important skill to develop and master is creativity!

Generosity

Scrapbooking a page and donating it to someone else or volunteering to scrapbook for an organization are great ways to use your creativity to serve others.

Healthy Living

Crafts are a wonderful way to reduce stress through the expression of creativity. Scrapbooking is also a great way to document important events and remember happy memories and life stories.



References

Humphrey, Nicole (2008, March 15.) Assembling a Basic Tool Kit. Retrieved from <http://scrapbooking.families.com/blog/assembling-a-basic-tool-kit#>.

Utah 4H. Scrapbook Basics. Retrieved from http://utah4h.org/files/publications/publication/pub__7295887.pdf.





4-H Club Meeting 2

Card Making



Supplies

- Cardstock
- Scrapbook paper
- Scratch Paper
- Embellishments (stickers, stamps, ribbon, stencils, etc.)
- Scissors
- Glue
- Pens
- Markers
- Rulers

Card making is a great way to use small, leftover paper scraps and embellishments that aren't big enough for a larger project! You can make many kinds of cards, such as holiday, birthday, congratulatory, thank you, invitations, announcements, etc.

Card Templates



1. TALK ABOUT CARD TEMPLATES

- A template is a pattern or a model for making a card. It is similar to a scrapbooking layout. You can make different kinds of cards from the same template by changing the paper you use, the placement and the types of embellishments, or changing the greeting.
- Look over the example templates found on the attached sheets (see pages 9 and 10).
- Talk about the commonalities and differences between the templates and variations you could use with them.
- Terms to discuss:
 - Portrait vs. landscape- A portrait card is an up and down card and its height is greater than its width and it opens from the side. A landscape card has a width that is greater than its height and to open you lift up from the bottom.
 - Mat- When you layer two papers on top of one another and the bottom layer is larger, it creates a border around the top layer. The bottom layer is called the mat. See "B" on example template 1 (see page 9).
 - Greeting- This is the statement on the front of the card. For example: Thank You, Happy Birthday, Merry Christmas, Get Well Soon, Congratulations, etc.



2. BRAINSTORMING IDEAS FOR YOUR CARD

- a. Decide what/who you are going to make your card for. It could be for an upcoming holiday such as Valentine's Day, Christmas, Mother's/Father's Day, Thanksgiving, or for a birthday that is coming up.
- b. Look at example cards to get different thoughts and ideas.
- c. If you don't know what the card is for, sometimes it is a good idea to get started making it and the inspiration will come!

3. MAKING A CARD USING A TEMPLATE

- a. Use the template labeled #1 found on the example template sheet (page 9).
- b. Once you have selected the papers you are going to use, cut them to these dimensions. To ensure straight cuts, use a cutting board.
 - A- 6 x 8 inches cardstock folded in half to create a 4 x 6 inch card
 - B- 3 $\frac{3}{4}$ x 5 $\frac{3}{4}$ inches
 - C- 3 $\frac{1}{2}$ x 5 $\frac{1}{2}$ inches
 - D- 3 x 3 inches with optional mat measuring 3 $\frac{1}{4}$ x 3 $\frac{1}{4}$ inches
 - E- $\frac{1}{2}$ x 5 $\frac{1}{2}$ inches
- c. Start by folding "A" in half to make the base of your card. Then continue by gluing on "B" and "C" consecutively.
- d. Decide whether you are going to make a landscape card or a portrait card.
- e. Glue "E" on next followed by "D" if desired.
- f. Add embellishments and your greeting.
 - You can use stickers, stencils, or just write your greeting with a marker or pen.
 - Add any desired stickers, ribbons, or designs to your card to finish it off.

4. MAKING YOUR OWN TEMPLATES

- a. Use your scratch paper to sketch three of your own card templates.
- b. Try to think outside of the box and come up with some one-of-a-kind designs.
- c. Choose your favorite and make it into a card.

5. VARIATIONS ON THIS PROJECT

- a. Try making a pop up card, a digital card, or a photo book card.



Reflect

- Were you surprised by how different everyone's cards turned out using the same template?
- Would you prefer to have a template to follow or do you like coming up with your own designs?
- What is the difference between a portrait card and a landscape card?
- What occasion, if any, did you make your cards for?
- Do you like the templates you created?
- How could you make them better or change them?

Apply

- How can you use your card making skills to help others?
- In what other ways can you use the paper craft skills you have learned?
- How can you connect card making to other activities in your life?



Belonging

Send a card to someone you love or admire and let them know how much you appreciate them. It doesn't take much to make someone's day!

Mastery

Making paper crafts is a great hands-on skill that can be used for many different things!

Generosity

Getting together and making cards to send to the troops or to hospital patients is a great way to use this skill to uplift others.

Healthy Living

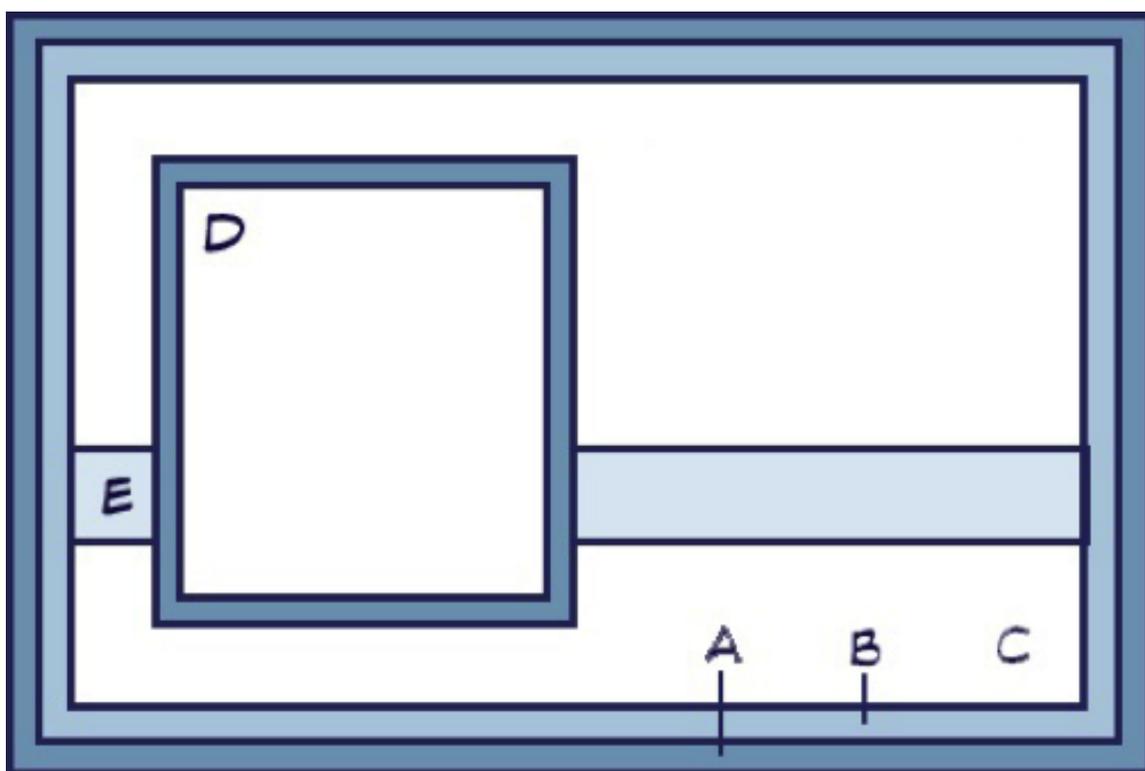
Crafts are a wonderful way to reduce stress through the expression of creativity. Making and giving cards is a great way to express gratitude and appreciation.

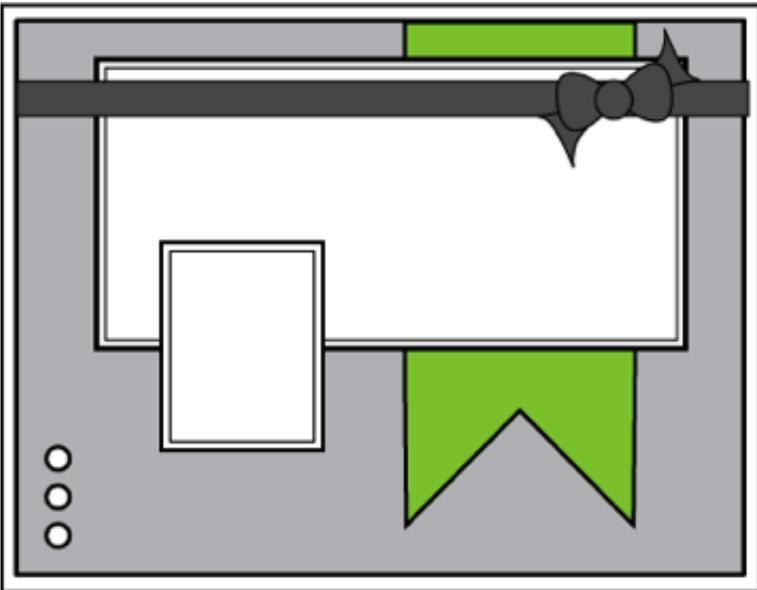
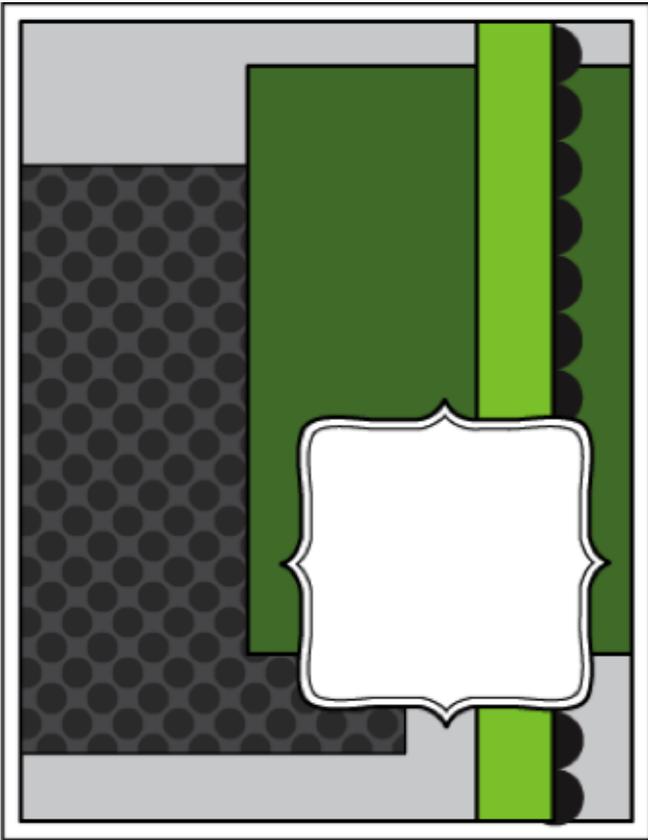


References

Tilman, Julee (2012.) Mojo Monday. Retrieved from <http://mojomonday.blogspot.com/p/2012-sketches.html>.

Card *Template 1*





Card Examples





4-H Club Meeting 3

Journal Making



Journals are a great place to write down your memories, ideas, dreams, and day-to-day happenings. Because we often write personal things in a journal, they become very special to us and something that we want to last forever. Making your own journal can be special because it is made just the way you want it, which makes it personal, and it also reflects a part of who you are!

A journal is also important because it is how we find out about history and it is a way of sharing our story with future generations.

Supplies

Easier Journal

- Heavy cardstock (1 piece per member)
- Computer paper (10 pieces per member)
- Hole punches
- Rubber bands (1 per member)
- Twig (1 per member)
- Embellishments
- Scissors
- Rulers
- Pencils

Harder Journal

- Computer paper
- Scrapbook paper
- Cardboard or shoe boxes
- Glue
- String or thread
- Fabric scraps (at least 12x12 in. size)
- Scissors
- Sewing needles
- Packing tape
- Rulers
- Pencils

Making a *Journal*



1. TALK ABOUT JOURNALS

- a. Journals teach us about the past and allow us to learn about people that have come before us.
- b. Share any personal stories about ancestors journals that you have learned from
 - i. If you don't have any personal stories you can discuss famous journals that have impacted our world
 - o One of the most famous journals is that of Anne Frank. Anne Frank depicted her life in hiding during World War II through her personal diary "Kitty." The diary described life with her family and four friends in Amsterdam during German occupation.
 - o Lewis and Clark chronicled their adventures in mapping the Northwest Passage.



2. CREATE A TWIG BOOK JOURNAL

- Cut 10 pieces of 8 ½ x 11 computer paper in half.
- Cut 1 piece of 8 ½ x 11 heavy cardstock in half.
 - Your final papers should measure 8 ½ x 5 ½.
- Punch 2 holes in one of the short sides of all of your pages (see Figure 1).
 - Make sure your holes line up when you stack your papers together.
- Score the top cover page just so it will bend easily when the book is being worked on (see Figure 2).
- Insert a rubber band from the bottom of the book up through one of the sets of holes (see Figure 3).
- Slip your twig in the rubber band (this keeps it from slipping out while you bring the other end of the rubber band up). (see Figure 4)
- Now, thread the other end of the rubber band up through the second hole and loop it over the other end of the twig (see Figures 5 and 6).
- Design and embellish the cover page of your new journal (see Figure 7).

Figure 1

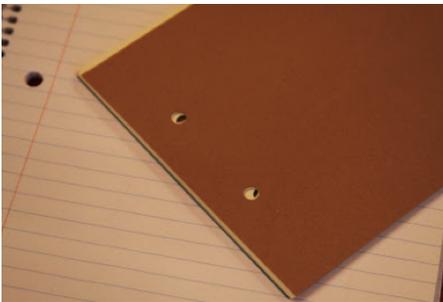


Figure 2

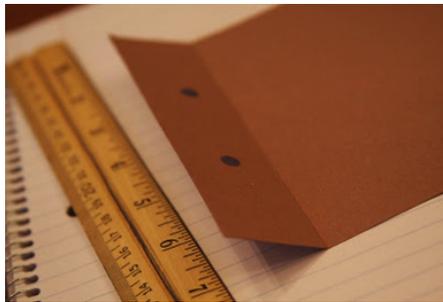


Figure 3



Figure 4



Figure 5



Figure 6



Figure 7





3. MEASURING AND CUTTING YOUR SUPPLIES

- a. For one journal you will need to measure and cut:
 - Two $8\frac{3}{4} \times 5\frac{3}{4}$ inches of cardboard/shoe box. (front/back covers)
 - One $8\frac{3}{4} \times 3\frac{3}{4}$ inch of cardboard/shoe box. (spine)
 - Two $8\frac{1}{2} \times 11$ inches of scrapbook paper. (front/back inside cover sheet)
 - One $9\frac{3}{4} \times 11\frac{3}{4}$ inches of fabric. (book covering)

4. PUTTING THE JOURNALS TOGETHER

- a. Fold 20 sheets of computer paper in half. Fold each of them individually in half. (Not all 20 together.) This will help it to lay flat.
 - You can use any other desired paper as long as it measures $8\frac{3}{4} \times 11$ inches.
 - You may use as much paper as you desire. Twenty sheets is a guideline that will end up being 80 pages in your finished journal.
- b. Stack your folded pieces of paper together with the edges lining up. Using your ruler measure $\frac{1}{4}$ inch in from the folded edge and mark dots that are 1 inch apart along the spine.
 - Use your sewing needle to poke holes on the dots through all the sheets of paper. Thread your needle with string/thread. Thread it through the holes and around the spine several times so that it will hold together.
 - Make sure you reinforce this binding enough times so that it won't come apart.
 - You may want to rub a little glue along the spine for extra strength.
- c. Lay your three cardboard pieces flat with the spine piece in the middle.
 - Leave about a $\frac{1}{4}$ inch between the three pieces so they will fold.
 - Lay a couple pieces of packing tape across the cardboard pieces to hold them together and keep them even. Make sure you have left space between.
- d. Lay the cardboard covers on the inside of your fabric. Make sure the right side of your fabric is facing the outside.
 - Glue the fabric onto the cardboard covers. Fold the extra fabric neatly over the edge and tape down on the inside covers.
- e. Glue the spine of your pages to the cardboard spine. Allow time to dry.
- f. Glue your scrapbook paper on the front and back inside covers. Make sure to cover the exposed fabric edges for a professional look.
 - The scrapbook paper will also cover the very first page of your book.
 - Make sure everything is dry.



5. WITH REMAINING TIME, WRITE IN YOUR JOURNALS ABOUT WHAT YOU HAVE LEARNED!

6. VARIATIONS ON THIS PROJECT

- Hole punch through all the layers of your book and tie a ribbon through the spine.
- If you tape ribbon to the front and back inside covers, tie them together to keep your book closed.
- Mat board would make a good hard cover for your book.



Reflect

- Why is keeping a journal beneficial?
- What journals written in the past have benefited our society? What can we learn from others journals?

Apply

- What are you going to include in your journal: poetry, pictures, etc.?
- Journaling is a great way to record our thoughts. What other types of information would be beneficial to record?



Belonging

A journal is a place to write your most personal feelings about how you feel involved in your family, with friends, or any group you are a part of.

Independence

If members are having difficulties with a certain step allow for them to solve the problem on their own as much as possible.

Mastery

While members are working on embellishing walk around and applaud members and encourage them to reflect upon their success. Help them see the improvements they have made since the first meeting.

Healthy Living

Journals are important to preserve special memories and to learn about family history. Writing in a journal can be a great way to let off steam and reduce stress.

References

Curiously Crafty (2008.) Journals. Retrieved from <http://curiouslycrafty.wordpress.com/tutorials/>.

Tutorial on how to make a twig journal was retrieved from:

<http://stitchingunderoaks.blogspot.com/2009/10/twig-books.html>



It is highly recommended that the club leader practice the origami projects before the club meeting.

Supplies

- Green Origami paper (6x6 inches)
- Crisp dollar bills (one for each member)
- Print outs for each member:
 - Very Simple Origami Jumping Frogs
 - print on green paper
 - Dollar bill t-shirt
 - Mountain and valley folds
 - Origami square base
 - Difficult Origami frog

Basics of Origami



1. DISCUSS ORIGAMI BASICS

Origami means "folding paper" and it is the Japanese art of paper folding. The goal of origami is to transform a flat sheet of paper into a sculpture through folding and sculpting techniques. The use of cutting or glue is not considered to be origami.

2. PRACTICE BASIC FOLDS

The valley and mountain fold is the most basic fold in origami.

- Practice these folds on a sheet of origami paper.
 - Instructions can be found on page 19.

Origami paper is a special kind of paper. There are many different kinds. Although you do not have to use origami paper to fold origami; however it will usually work the best. There are three important things that make origami paper great for paper folding.

- Square - Origami paper is always square, most commonly 6 inches or 10 inches square.
- Thin - Origami paper is a very thin paper that allows you to fold it multiple times easily.
- Holds creases - Origami paper is known for being able to hold a stiff crease. This helps make clean folds.

3. MAKE A SQUARE BASE USING GREEN 6x6 ORIGAMI PAPER

Create a square base using the instructions found on page 20.

- Most origami creations begin with a base. For example if you want to make the popular "origami crane" you need to first learn the bird base. Once you have learned the bases it is easier to make more complicated things.



4. COMPLETE AN ORIGAMI PROJECT

Three different projects have been provided.

1. First complete the “Very Simple Origami Jumping Frog” it is designed for beginners (see pages 21-23).
2. Once this is done move on to the Dollar Bill T-Shirt (see pages 24-26).
3. If time permits try the Difficult Origami Frog (see pages 27-30).

It is highly recommended that the club leader practice these projects several times before the club meeting!

Watching a video tutorial can be VERY HELPFUL! There are many video tutorials available on “You Tube” for these projects, if additional help is needed.

- Dollar Bill T-Shirt Tutorial: <http://www.youtube.com/watch?v=YMlappPPtB8>
- Difficult Frog Tutorial: <http://www.youtube.com/watch?v=d3srGzG8EvM>



Reflect

- Why is it important to follow the instructions in origami?
- What are some of attributes of origami paper?

Apply

- Did it help to start with the simple projects before moving on to the more difficult ones?
- Are there other activities in life that require starting with easier tasks in order to eventually complete more difficult ones?



Mastery

Challenge the members to not quit after the Dollar Bill T-Shirt activity, but instead apply what they've learned to completing the more difficult frog activity.

Belonging

Now that the group is more established discuss creating club T-Shirts, hats, jackets, etc. to help promote group identity.

Generosity

Origami is a fun and thoughtful gift to give. Giving a paper crane is said to signify good luck.

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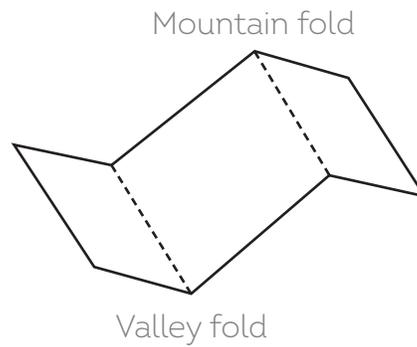
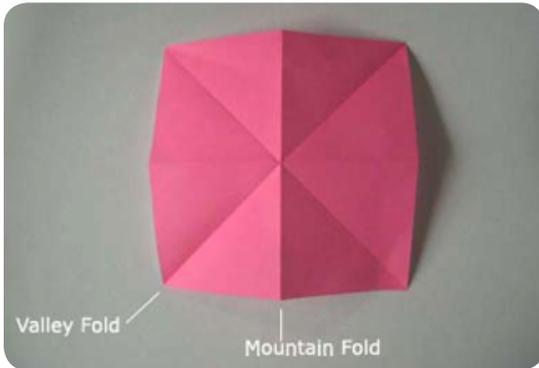
Very Simple Origami Jumping Frog. Retrieved from:

<http://www.djibnet.com/photo/origami+paper/origami-jumping-frog-instructions-and-paper-3051222260.html#>

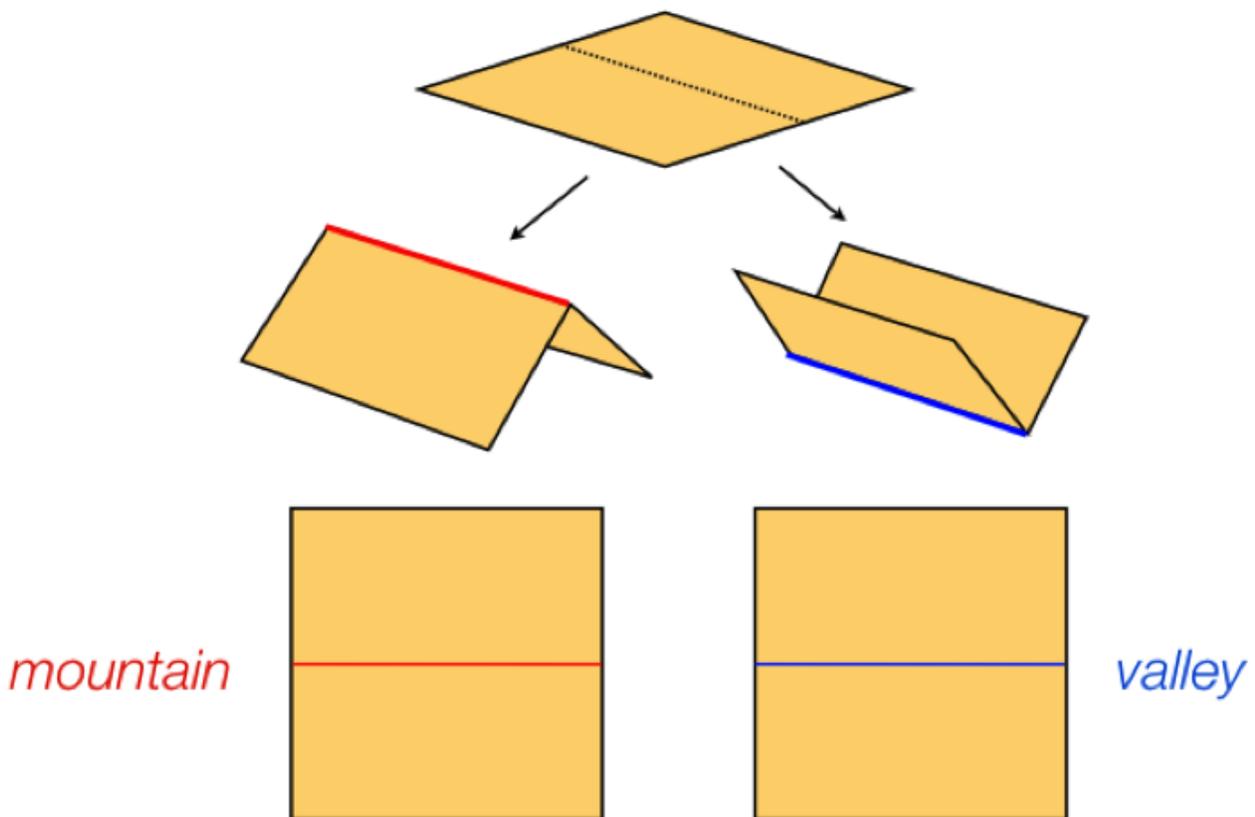
Difficult Origami Jumping Frog. Retrieved from:

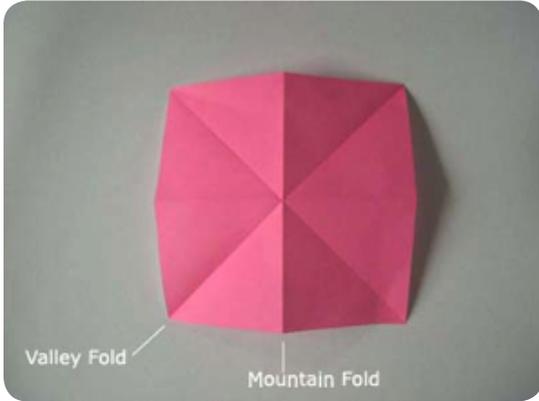
<http://www.origami-instructions.com/origami-frog.html>

Valley and Mountain *Folds*

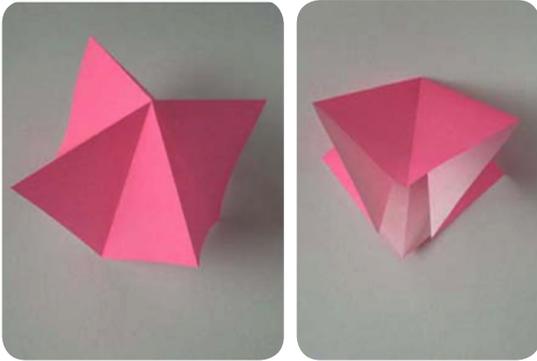


- For a mountain fold, the paper is folded in half to create a mountain or an upside down v-shape.
- The valley fold is the same, but is on the other side. It is folded in half to create a valley or a v-shape.
- The difference between the two may seem insignificant, but it is important to use the right one or it will affect the outcome of your origami piece.





1. Start with a square piece of origami paper.
2. Fold it on the diagonals as well as on the North-South and East-West lines, as shown below. Note that the type of fold is important. Crease well.
 - Place the colored side of the paper upwards, then fold the diagonals as valley folds and the N-S and E-W folds as mountain folds. See picture on the left.



3. Now it will be very easy to simply collapse the piece of paper along the fold lines.

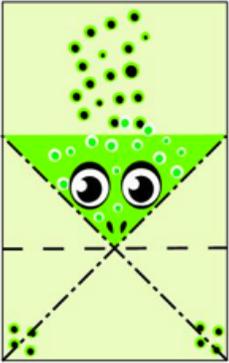


4. It will collapse right into a square folded piece of paper. This is your square base.

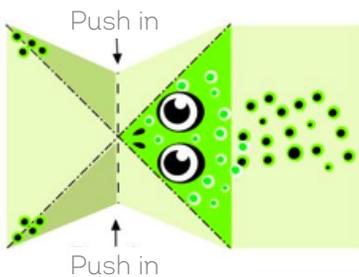
Simple Origami *Jumping Frog*

1. Cut out the rectangle (see pattern on page 22).

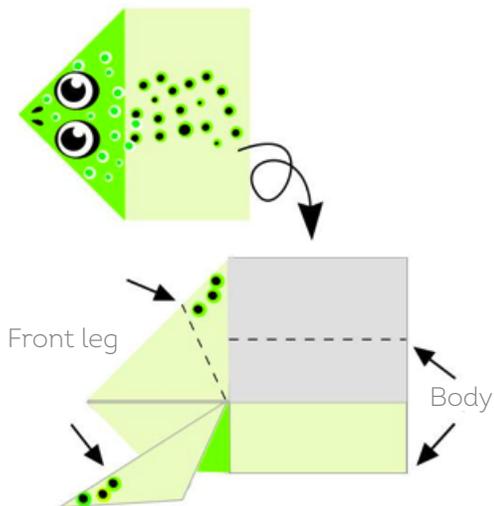
Turn the paper so the plain side is facing up. Then, fold the diagonal lines as shown and open back up. Now turn the paper printed side up. Fold the straight line.



2. Push in the paper as indicated.

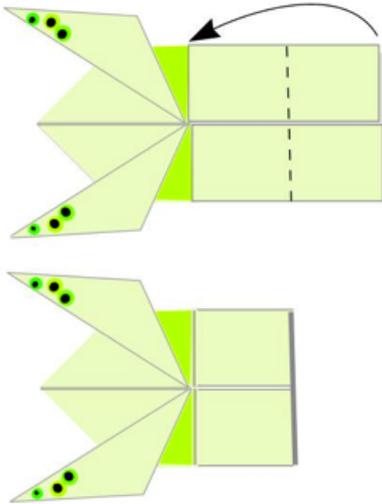


3. Turn the paper over so the printing is down. Fold the front legs forward and fold the body in.

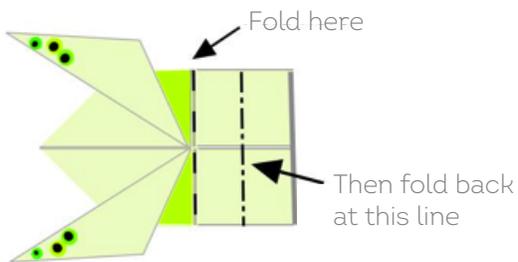




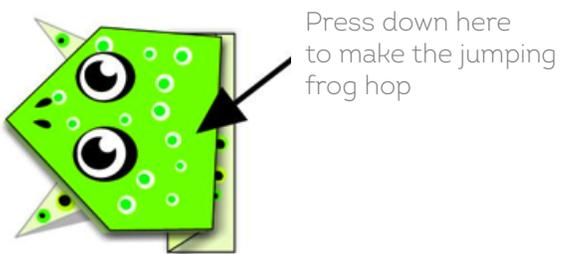
4. Fold the bottom up.



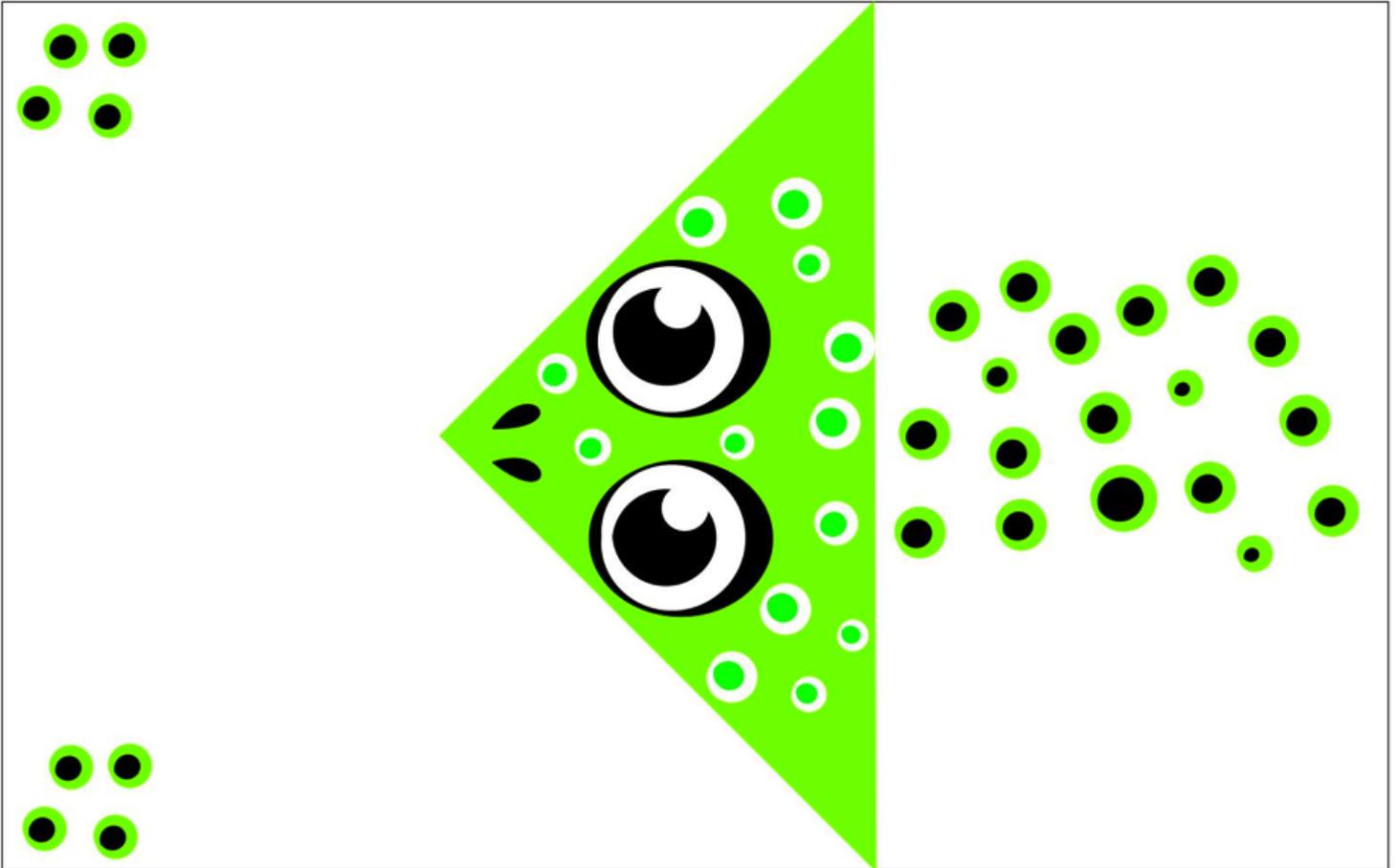
5. Fold where indicated.



6. Make your frog jump!



Simple Origami Jumping Frog *Pattern*



Dollar Bill *T-shirt*



1. Put a dollar bill on the table facing long ways with George Washington on top.



2. Now, fold the dollar bill in half like a hot dug bun, making sure the picture of George is on the inside.



3. Unfold the dollar. Fold both sides into the middle crease from the first fold.



4. Turn the dollar bill over and fold down the white part at the side near the edge.



5. Turn it over again. At the same end, fold the corners into the middle line that is made by the two folds. This will be the collar. The exact angles are not critical.



6. Fold the opposite end in as shown. This fold can cross the circular pattern to form a sort of "necklace." See the front of the shirt in the next step. You can also adjust this fold to control the length of the finished shirt.



7. Fold the same end that you just folded again, up the rest of the way so the bottom fits neatly under the collar. The collar holds this fold in place. You can get the best fit by tucking the end snugly under the collar and then sliding your finger to the bottom to form the crease.



8. To make the sleeves, unfold both of the folds you just made. Then slightly unfold the two middle folds for the sleeves. Take one side at the bottom of the dollar where you just made the fold in step 5. Pinch out a corner shape (reverse the crease made in step 5) on the outer edge.



- Fold the side back into place with the sleeve sticking out.

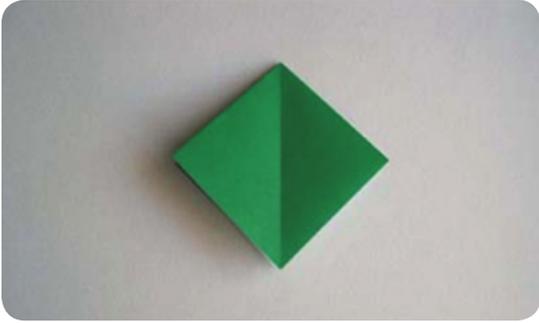


- Make the other sleeve the same way.



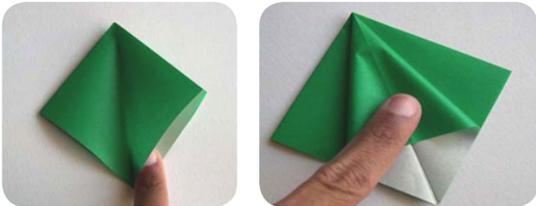
9. Fold both of the upwards folds back under the collar, and now you have a collared shirt made out of a dollar bill!

Difficult Origami *Frog*

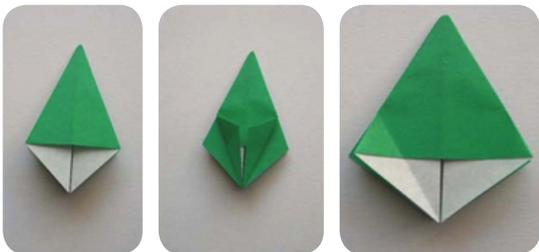


1. Start with a square piece of origami paper. Green makes a very convincing frog.

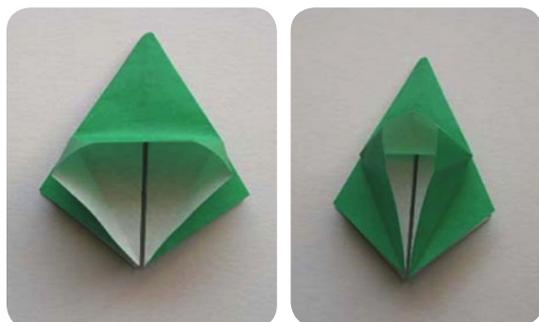
2. Make a square base.



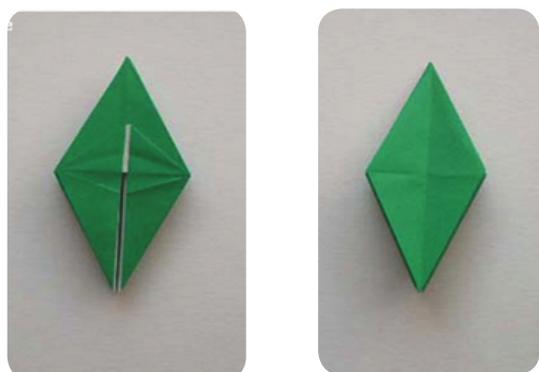
3. Next insert your finger into one of the pockets in the square base. Move the pocket around to the front, then flatten and crease it. This classic origami move is known as squash fold.



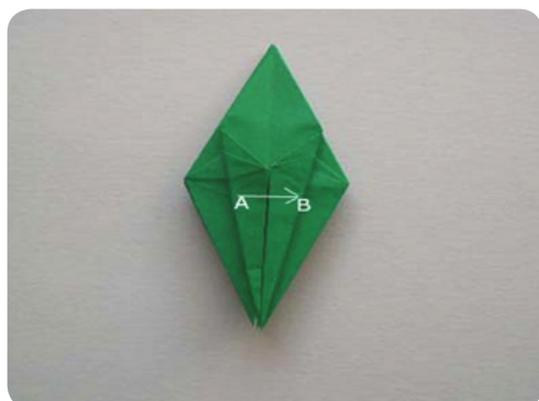
4. Now perform the squash fold three more times until the piece has the diamond shape shown on the left. Next fold and unfold the corners as shown, to make crease marks.



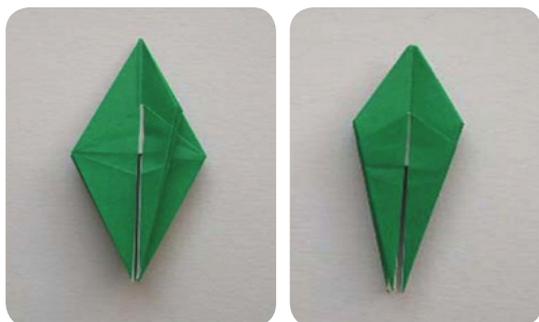
5. Next comes another classic origami move, the petal fold. The last photo shows the completed petal fold.



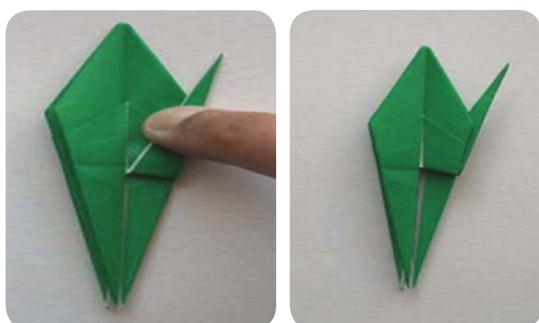
6. Now perform the petal fold three more times on the other three faces of the diamond to create the origami frog base. Fold the frog base down the center line as shown. Then fold the lower edges of one layer into the center line.



7. Now fold edge A to edge B as shown by the arrow.



8. The perform the previous three steps again, three more times, until the piece looks like the one on the left.

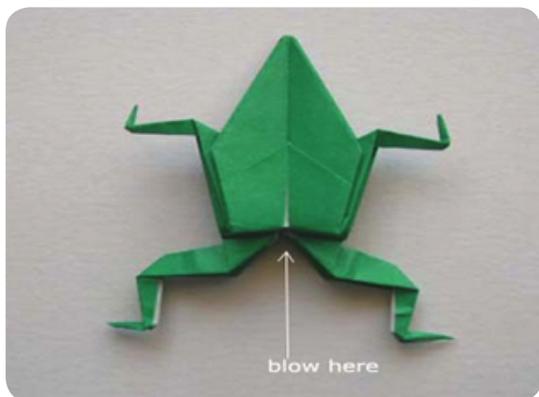
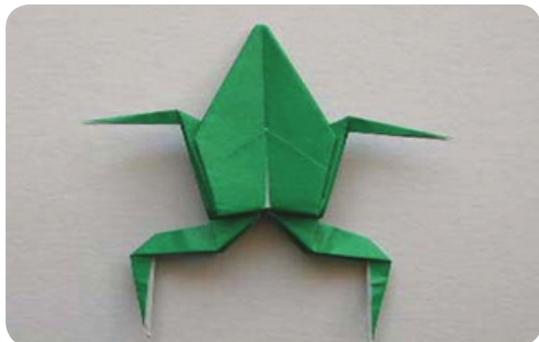


9. Now it's time to turn the tadpole into a frog! Pre-crease the leg, then use reverse folds to create the two front legs as shown.





10. Now use reverse folds to stretch the back legs. Apply reverse folds again, twice each on the front and back pairs of legs, as shown in the photos to the left.



11. Now you need to blow as shown on the left to inflate the frog's body. And now you have an origami frog!



For further instruction or clarification visit <http://www.origami-instructions.com/origami-frog.html>.

4-H Club Meeting 5

Recycled Paper-Grow Cards



Supplies

- Newspaper
- Colored paper
- Screen
- Bin/large bucket
- Water
- Cookie cutters
- Blender
- Flower seed (any seed will work, but larger is better)

Ask the youth if they have ever received a card for their birthday, Christmas, or another special occasion. Then ask them if they have ever planted one of those cards in the garden. Tell them that today they are going to make a greeting card that they can plant in the garden, and it will grow a plant!

These are called “grow cards” and they are made from recycled paper. They are a great way to have fun, make your own paper, think about the environment, and make a plant all in one activity!

Grow Cards

1. TALK ABOUT THE ENVIRONMENT AND RECYCLING

- Our environment is being polluted by waste. When we recycle it helps reduce the amount of waste that is put into our environment, which creates a healthier and safer place for us to live.
- Brainstorm ways you can make recycling fun. For example, in addition to the grow cards, have the youth think of other items they can recycle and repurpose.

2. MAKING THE GROW CARD MIXTURE



1. Tear the newspaper and colored paper into small pieces about the size of postage stamps.
2. Fill the blender half full with the scraps and three quarters full of water.
3. Colored paper will change the color of the grow card. Experiment with different color combinations.
4. Blend at a high speed until the mixture has an oatmeal-like consistency.





3. MAKE THE GROW CARDS



1. Place the screen on top of the bin and then place a cookie cutter on top.



2. Pour the blended paper mixture into the cutter so a thin layer of the mixture fills the shape.
3. Sprinkle seeds into the mixture. Press the seeds into the mixture with your finger so they won't fall off when the card is dry.



4. Place the screen with the shape onto a towel and carefully remove the cutter.
5. Lay another towel on top of the paper shape and firmly press to remove most of the remaining water.
6. The paper shape will still be damp, but will be strong enough to hold its form.
7. Let dry for one or two days.

4. FINISHING UP

- You can tie some raffia or ribbon to your grow card to make it a cute gift.
- Write a little note along with your grow card so that the person you give it to knows what to do with it and how to take care of it.
- Plant the grow card in your garden and take care of it just like you would any other plant. Watch it grow!



Reflect

- What shape did you make your grow card?
- Did you know you could make this just out of newspaper and water?
- What happened when you added a lot of different colored papers?
- What do you think would happen if you added paper of every color to the blender?
- What happened when you added too much water to the mixture?
- What else could you make from the newspaper and water mixture?

Apply

- Why is recycling important?
- Do you think it is important to protect our environment?
- How does this activity help the environment?
- What can you do differently to be more environmentally aware?



Belonging

Get involved in the community through recycling or by getting a group of people to plant grow cards in someone's garden.

Generosity

Giving someone a grow card lets them know that you are thinking of them.

Citizenship

An important part of our future is based on us, as citizens, acting responsibly and protecting our environment. Making these grow cards is a change toward being environmental citizens.

Science

Advocate for environmental protection in your community or to your local government.

Healthy Living

These grow cards are an environmentally friendly project, which helps to create a healthy living environment for everyone!



References

Junior Master Gardener Program (2002.) Grow Cards. Retrieved from <http://www.jmgkids.us/index.cfm?did=2640§ionID=2016>.

Center for Environmental Philosophy. (2001, January 30.) Environmental Citizenship. Retrieved from <http://www.cep.unt.edu/citizen.htm>.



Supplies

- White flour
- Water
- Salt
- Bowls
- Balloons
- String
- Newspaper
- Colored tissue paper
- Pipe cleaners (if desired for decoration)

Paper mache is a very inexpensive way to have fun and be creative! You can make all sorts of things with paper mache and all you really need is flour and water!

Paper Mache



1. GET CREATIVE

- Anything you can imagine you can make out of paper mache. The important thing is to be creative! Some ideas are to make a piñata, a face mask, a lantern, a basket, an animal, or just make a really cool design.

2. MAKING PREPARATIONS AND THE MIXTURE

- Pour one cup of flour into a bowl. Add water and mix until you get the desired consistency. For a thicker mixture, add less water and for a runnier mixture, add more water. Then add 1-2 tablespoons of salt and mix well.
- Letting the youth mix the water and flour together can be a lot of fun!
- Tear newspaper into long strips.
- Blow up a balloon and tie a knot in the end of it. Then tie a string to the bottom of the balloon.

3. PAPER MACHE TIME!

- Lay down some newspaper or a table cloth to help reduce the mess.
- Dip the newspaper strips into the mixture and put them on the balloon. Be careful not to pop the balloon.
- Do this until the balloon is covered with newspaper. Do not use more than four layers of paper mache. Remember the more layers you use, the longer it will take to dry.
- Add tissue paper on top of the newspaper for color. Depending on what you are making, you can cover the whole thing in one color, use multiple colors, or just leave the newspaper if you prefer.
- When you finish, hang by string to dry.





4. BEWARE OF MOLD

- It is very important to let your project dry COMPLETELY.
- You can hang it up to dry, or to decrease drying time, you can use a blow dryer or put it in the oven on a low heat setting.
- When a project does not dry completely, the inside will stay damp and mold will grow where there is moisture.
- The salt that was added to the mixture will help to reduce the moisture because salt helps absorb water. Although it can help to reduce the chance of mold growth, it is still important to make sure your project dries completely.
- Mold will destroy your project and can be unhealthy to breathe.

5. VARIATIONS ON THIS PROJECT

- You can cover any object with paper mache, such as a vase, a box, or anything you can think of.
- You can use different kinds of paper for a different effect. For example, using brown paper bags will create a pottery look.
- There are different recipes for the paper mache mixture. Flour and water are the least expensive, but you can also use water and glue.



Reflect

- Why did we add salt to the paper mache mixture?
- Did you encounter any problems while making this project?
- Why is it important to make sure that your project dries completely?
- What causes mold to grow?
- Would you change anything about your project?
- What else could you make with paper mache?

Apply

- What other DIY projects can you make that could help you save money?
- How could you use paper mache to influence people in your community?
- How can you utilize your paper craft skills to help others?



Citizenship

Make some paper mache globes for Earth day and hang them in your community to raise awareness.

Independence

This is a project that kids can make on their own. Encourage them to be creative and problem solve.

Science

Salt helps to reduce the growth of mold because it will absorb moisture in damp places.

Healthy Living

Crafts are a great stress reducer, especially when you can get your hands dirty! DIY projects are also a great way to save money.

References

Ultimate Paper Mache. Paper Mache Recipes. Retrieved from <http://ultimatepapermache.com/paper-mache-recipes>.

DLTK's Crafts for Kids. How to Paper Mache. Retrieved from http://www.dltk-kids.com/type/how_to_paper_mache.htm.

Center for Disease Control and Prevention (2012, September 18.) Facts About Mold and Dampness. Retrieved from http://www.cdc.gov/mold/dampness_facts.htm.





More to *Discover*

Congratulations on completing your Discover 4-H club meetings! Continue with additional curriculum in your current project area, or discover other 4-H project areas. Check out the following links for additional 4-H curriculum.

1. <http://utah4h.org/htm/discover4hclubs>
2. <http://www.4-h.org/resource-library/curriculum/>
3. <http://utah4h.org/htm/resource-library/view-all-curriculum>

Become a 4-H Member or Volunteer

To **register** your Utah club or individuals in your club visit:

<http://www.utah-4.org/htm/staff-resources/4-h-online-support>

<http://utah4h.org/htm/about-4-h/newto4h/>

Non-Utah residents please contact your local 4-H office:

<http://www.4-h.org/get-involved/find-4-h-clubs-camps-programs/>



Stay *Connected*

Visit Your County Extension Office

Stay connected with 4-H activities and news through your county Extension office. Ask about volunteer opportunities and don't forget to register for your county newsletter. Find contact information for counties in Utah here:

<http://extension.usu.edu/htm/counties>

Enjoy the Fair!

Enter your project or create a new project for the county fair. Learn about your county fair and fair judging here:

<http://utah4h.org/htm/events-registration/county-fairs>



Participate in Local or State 4-H Activities, Programs, Contests or Camps

For Utah state events and programs visit:

<http://utah4h.org/htm/events-registration>

<http://www.utah4h.org/htm/featured-programs>

For local Utah 4-H events and programs, visit your county Extension office.

<http://extension.usu.edu/htm/counties>

Non-Utah residents, please contact your local 4-H office.

<http://www.4-h.org/get-involved/find-4-h-clubs-camps-programs/>



Discover *Service*

Become a 4-H Volunteer!

 <http://www.youtube.com/watch?v=UBemO5VSyK0>

 <http://www.youtube.com/watch?v=U8n4o9gHvAA>

To become a 4-H volunteer in Utah, visit us at:

<http://utah4h.org/htm/about-4-h/newto4h/>

Serve Together as a 4-H Club or as an Individual 4-H Member

Use your skills, passions, and 4-H to better your community and world. You are needed! Look for opportunities to help in your area or participate in service programs that reach places throughout the world (religious groups, Red Cross, etc.).

Hold a Club Service Project

USU Collegiate 4-H Club hosted "The Gift of Giving" as a club activity. Club members assembled Christmas stockings filled with needed items for CAPSA (Community Abuse Prevention Services Agency).

<http://tinyurl.com/lu5n2nc>



Donate 4-H Projects

Look for hospitals, nursing homes, or other nonprofit organizations that will benefit from 4-H projects. Such projects include making quilts for CAPSA or Primary Children's Hospital, or making beanies for newborns. During Utah 4-H State Contests, 40 "smile bags" were sewn and donated to Operation Smile.

Partner with Local Businesses

92,000 pounds of processed lamb, beef, and pork were donated to the Utah Food Bank in 2013 by multiple companies.

<http://tinyurl.com/pu7lxyw>

Donate Money

Clubs or individuals can donate money gained from a 4-H project to a worthy cause. A nine-year-old 4-H member from Davis County donated her project money to help a three-year-old battle cancer.

<http://tinyurl.com/mqtfwxo>



Give Us Your *Feedback*

Help us improve Discover 4-H curriculum. We would love feedback or suggestions on this guide; please go to the following link to take a short survey:

<http://tinyurl.com/lb9tnad>