Since all Campbell County children are home from school, we at the 4-H office want to provide some fun activities for them to enjoy. This issue of the 4-H Newsletter is dedicated to doing just that!

In addition to this newsletter, be sure to follow the Campbell County 4-H Facebook page for more tips and links for at-home entertainment. We would also appreciate your help in sharing our Facebook page with others. We hope our 4-H families are staying safe and healthy.
Scrubs’ Secret Symbols

Scrubs says, “Scrubbing Counts!”

Use his secret symbol code to show the hidden words in his hand washing steps.

1. Wet your ✭✭✭✭✭ with warm water.
2. Add □ □ □ .
3. Rub your hands together to make lots of ● ● ● ● ● ● ● .
4. Scrub between ♦ ♦ ♦ ♦ ♦ ♦ ♦ and under fingernails.
5. As you ✭✭✭✭✭, count to 20 slowly. (or sing Happy Birthday twice)
6. Make your hands with a clean towel.
7. ✭✭✭✭✭

Answers on page 7

CODE

| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z |
| ● | □ | ♥ | ✶ | ✶ | ✶ | ✶ | ✶ | ✶ | ✶ | ✶ | ✶ | ✶ | ✶ | ✶ | ✶ | ✶ | ✶ | ✶ | ✶ | ✶ | ✶ | ✶ | ✶ | ✶ |

Parent Tip

Model proper hand washing for your child! It’s a great way to stress the life-long importance of clean hands.

For more information on CDC’s Clean Hands Coalition, visit www.cdc.gov/ncidod/op/handwashing.htm
Sung to the tune of a favorite camp song – Grey Squirrel

WET HANDS, GET SOAP
DON’T FORGET YOUR NAILS.
WET HANDS, GET SOAP
DON’T FORGET YOUR NAILS.
SCRUB EM BOTH, WE THINK YOU KNOW
AND RINSE EM OFF, BEFORE YOU GO.
WET HANDS, GET SOAP
DON’T FORGET YOUR NAILS.
(REPEAT 2X)
Easter Time

Basket  Flowers  Bunny  Eggs  Hunt  Spring  Chicks  Dye  Easter  Treats  Bonnet  Dinner
Decorate  Family  Tulips  Games  Parade  Traditions  Sunday  Jelly Beans  Carrot  Gumdrops  Grass  Marshmallow
SIMON SAYS

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say “Simon Says”!

Shake your whole body.
Jump up and down.
Spin around in circles.
Do a cartwheel.
Do a somersault.
Wave your arms above your head.
Walk like a bear on all 4s.
Walk like a crab.
Hop like a frog.
Walk on your knees.
Lay on your back & pedal your legs in the air like you are on a bike.
Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.

Hold your arms out at your side and make circles with them in the air.
Hop on your left foot 10 times.
Hop on your right foot 10 times.
Hop around like a bunny.
Balance on your left foot for a count of 10.
Balance on your right foot for a count of 10.
Bend down and touch your toes 10 times.
Reach behind you and try and hold your right foot with your left hand without falling over.

Reach behind you and try and hold your left foot with your right hand without falling over.
Lay on the floor and stretch out as far you can for 10 a count of 10.
Pretend to shoot a basketball 10 times.
Pretend to jump rope for a count of 10.
Pretend to ride a horse.
Pretend to milk a cow.
Take 5 of the biggest steps forward that you can.
Pretend to lift a car.
Do the strangest dance you can think of.

Show off the muscles in your arms.
Scream.

WWW.THEYSMELL.COM
HOW TO FOLD PAPER STARS

Supplies:
- scrapbook paper, cut into 4”x4” squares
- scissors
- double-stick tape
- hot glue
- ribbon or string

Directions:
Fold paper in half diagonally (wrong sides together).

Rotate 90 degrees and fold in half along opposite diagonal.

Fold in half (right sides together).

Rotate 90 degrees and fold in half again.

Cut slits along each of the straight folds, a little less than halfway to the center.

Fold the corners in, lining them up carefully with the diagonal fold.

Overlap the flaps, using glue or double-sided tape to secure the points.

Repeat. Use hot glue to attach the two halves. Add a ribbon for hanging.
Growth Mindset Characteristics

- Embraces challenges
- Desire to learn new things
- Works to improve
- Doesn't blame others
- Trains their brain
- Keeps on trying
- Inspired by others' successes
- Not afraid to fail
- Overcomes obstacles
- Takes time
- Effort is everything
- Sees feedback as positive
- Learns from mistakes
- Positive attitude
- Uses strategies
Social distancing: The practice of avoiding large crowds or, if you must be around people, keeping 6 feet between you and the next person. Social distancing slows the spread of an outbreak, and is currently recommended for everyone.

Self-quarantine: Keeps someone who doesn’t have symptoms but was exposed to the virus away from others so they don’t unknowingly infect anyone. Health experts recommend that self-quarantine last 14 days. Two weeks provides enough time for them to know whether or not they will become ill and be contagious to other people.

Self-isolation: Keeps people who are confirmed to have COVID-19 away from those who are not infected. Self-isolation takes place at a person’s home, but isolation can take place at a hospital or care facility.
How to Make

- Put half a tea spoon of water beads into a bowl, then fill the bowl with water.
- Drain any excess water out of the bowl, then use a funnel to pour the water beads into an empty bottle.
- Blow up a balloon, then hold the neck tightly while pulling it over the top of the bottle.
- Tip the bottle to pour the water beads into the balloon.
- Carefully deflate the balloon by holding the neck and slowly letting the air out.
- Tie the neck of the balloon in a tight knot.

What You Need

- Balloons
- Water
- Water beads
- Bottle
- Funnel
- Bowl
Camping

- Camping
- Tent
- Backpack
- Lantern
- Cooler
- Fire
- Fishing
- Hiking
- Adventure
- Binoculars
- Trails
- Woods
- Nature

- Bug Spray
- Swimsuit
- Cook Out
- First Aid
- Forest
- Mosquitos
- Cabin
- Marshmallows
- Sleeping Bag
- Hotdogs
- Supplies
- Stars
- Sunscreen
- River
THIS MONTH’S TOPIC:
WHAT IS STRESS?

Do you ever feel worried about a test or something going on with your family? It could be stress. Stress is the feeling you get when you are worried about something. You may even feel frustrated or afraid.

There are many reasons you could feel stressed. Sometimes a stressful situation just lasts a moment. Like speaking in front of your class for a presentation or taking the foul shot that could win the game. This is good stress. However, sometimes we can have stress that lasts a few days, weeks, or months. This is unhealthy.

**Continued on the back**
Try to eat nutritious foods and limit junk food, move your body, and focus on sleeping 8 to 10 hours every night.

Continued from page 1

Everybody feels stress from time to time. But how we deal with stressful situations makes all the difference. People feel and express stress differently, but try taking these steps next time you feel stress:

Talk to someone
When you start feeling stress, talk about it! Find someone to talk to like a parent, coach, or friend.

Decide what you can do
Think of actions you can take to improve any part of your stressful situation.

Try to relax
Find a way to calm down or express your feelings. Do breathing exercises, listen to music, write in a journal, play with a pet, go for a walk or a bike ride, or do something you love that can put you in a better mood.

Take care of yourself
When you are feeling stressed, it is important to take care of you! Try to eat nutritious foods and limit junk food, move your body, and focus on sleeping 8 to 10 hours every night.

Having stress is normal! However, certain stressful situations can wear us down over time. Just remember to ask for help and take care of yourself. All of these things will help you cope and lessen your amount of stress.

REFERENCES:

Can you unscramble these words?
TYR OT AERLX: _________________
TAKL OT MSEOOEN: _______________
ETA UNITTISRRO ODSFO: ____________
EGT ENUGHO ELEPS: _____________
KTAE ACRE FO YSUOELRF: ___________
Name ___________________________ Date ___________________________

DOUGHNUTS

☐ Doughnut
☐ Donut
☐ Icing
☐ Powdered
☐ Jelly Filled
☐ Circular
☐ Glazed
☐ Sprinkles
☐ Cake
☐ Sweet
☐ Dozen
☐ Fried
☐ Holes
☐ Frosting
☐ Sugar
☐ Breakfast

☐ Chocolate ☐ Milk
☐ Yummy  ☐ Coffee
☐ Popular  ☐ Cream
☐ Dessert  ☐ Cinnamon
☐ Snack  ☐ Fruit
☐ Maple  ☐ Dunkin
☐ Custard  ☐ Strawberry
Social Distancing
What It Is, Why It Matters

What is Social Distancing?
Social distancing is the practice of avoiding large crowds or, if you must be around people, keeping 6 feet between you and the next person. Social distancing slows the spread of an outbreak and is currently recommended for everyone.

How Does It Slow the Spread?
The best way to prevent infection is to avoid being exposed to this virus. The new coronavirus is not airborne and does not travel through walls: it is spread through person-to-person contact and the respiratory droplets produced when a person coughs or sneezes.

If you put space between yourself and others, you are less likely to become infected and spread it yourself.

Join the Club

What Exactly Should I Be Doing?
Guidance concerning social distancing is changing daily, so make sure you are getting up-to-date information. Federal, state and local governments are taking action to enforce social distancing.

The CDC is consistently recommending that citizens avoid large gatherings – though the specifics are shifting daily. The CDC's official website is an extremely valuable resource.

Kentucky state officials are also making social distancing recommendations, such as ceasing in-person learning at schools and closing restaurants and bars for in-person service. To stay up-to-date with state guidance on social distancing, visit KYCOVID19.KY.GOV.
COVID-19 has caused most of us to make dramatic changes to our everyday lives. Most young Kentuckians are out of school and nearly all extracurricular activities and events, like 4-H, have been canceled, postponed, rescheduled or delivered online, as we work together try to minimize the severity of this new disease.

As young people adjust to this extended break from their daily routines, chances are parents and caregivers will hear a lot of “I’m bored” in the coming weeks. Here are some ideas to get young people active and engaged during this time of much uncertainty.

Take a break from electronics and get outdoors. Here are some outdoor activities to break up the monotony:

- Go on a nature scavenger hunt. Numerous outdoor scavenger hunts are available online for free or create your own.
- Plan a backyard picnic lunch.
- Build a fairy house using only natural items, such as leaves, sticks, flowers, seeds, grasses and rocks. Have a contest amongst siblings to see who can build the most creative house.
- Listen and look for wildlife and signs of wildlife, such as feathers, nests and tracks, in your backyard.
- Go stargazing. Grab a blanket and observe the night sky.
- Take part in the Kentucky Adopt-a-Tree Program. All you need is a tape measure, camera (a smartphone will work perfectly), internet access and a tree. Learn more at https://ufi.ca.uky.edu/adopt-a-tree.
- Search for rocks and fossils. Create a 4-H Geology Collection to enter in the county fair. Learn more at https://www.uky.edu/KGS/education/4H.php.

If the weather is not cooperating, here are some indoor ideas to help you pass the days.

Plan your garden together as a family. What vegetables do you want to grow this year? Draw your garden and map out what you plan to plant and where.

Upcycle. Gather items that you would typically toss in the garbage or recycle bin and get creative repurposing them.

Take a virtual tour of the Kentucky Horse Park. Kentucky Farm Bureau’s Kentucky Farms Feed Me has a new virtual field trip that explores the Kentucky Horse Park and how to care for horses. Check out this video in addition to the numerous other virtual field trips available at https://www.youtube.com/watch?v=vF0zo0PjW94.

Play Bird Song Hero, a fun, free online game from The Cornell Lab Bird Academy Play Lab. Several free interactive games are available to explore bird flight, song, dance, feathers and more. Learn more at https://academy.allaboutbirds.org/learning-games/.


Kentucky Agriculture and Environment in the Classroom has 32 Pinterest boards with fun activities related to agriculture, life sciences, environmental and earth sciences, and more. Visit https://www.pinterest.com/teachkyag/. For more information, contact the Campbell County Extension office of the University of Kentucky Cooperative Extension Service.