

4-H @ Home
Hosted by South Carolina 4-H



Wednesday, March 18

Welcome to 4-H @ Home! 4-H is a community of young people across America who are learning leadership, civic engagement, and life skills.

[South Carolina 4-H](#) is the youth development program of the Clemson University Cooperative Extension Service. As a non-formal, experiential educational program for youth, 4-H is where there's fun in learning and learning in fun!

Until schools re-open, you'll receive a daily e-mail each weekday with a hands-on 4-H activity to complete at home. The activity topics will be pulled from the five South Carolina 4-H Program Areas:

- Agriculture and Animals
- Civic Engagement and Leadership
- Healthy Lifestyles
- Natural Resources
- STEM (Science, Technology, Engineering, Math)

[Click Here for Today's Activity!](#)

Don't forget!



- Use the hashtag #SC4HatHome to share photos of your work for a chance to win a free SC 4-H Membership and Prize Pack!
- Not on social media? You can enter photos by sending them to Lauren Black-Venegas at LBlack4@clermson.edu.
- Make sure your post is "public" so we can see it!
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About South Carolina 4-H

Clemson University Cooperative Extension 4-H Youth Development uses a learn-by-doing approach to help youth gain the knowledge and skills to be responsible, productive and contributing members of society. This mission is

accomplished by creating safe and inclusive learning environments, the involvement of caring adults, and utilizing the expertise and resources of Clemson University and the nationwide land-grant university system.

4-H @ Home was created to meet the needs of South Carolina families during the COVID-19 related school closures. We will be providing daily, weekday e-mails until South Carolina schools re-open. South Carolina 4-H provides programming year-round, with opportunities for all South Carolina youth in a wide variety of program areas.

[Click Here to Connect with your Local 4-H Program!](#)



Clemson University Cooperative Extension Service offers its programs to people of all ages, regardless of race, color, gender, religion, national origin, disability, political beliefs, sexual orientation, gender identity, marital or family status and is an equal opportunity employer.

Our mailing address is:

2054 Barre Hall

Clemson, South Carolina

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

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Thursday, March 19

Welcome to 4-H @ Home, Day 2! Over 1,100 people from across the country are participating in 4-H @ Home! If you know someone who may be interested in participating, share the link below:

<https://4hathome.eventbrite.com>

Today's lesson is brought to you by Alana West from Newberry County 4-

H. You will learn about something that we use almost every day. The riddle below will give you a hint about the topic.

I have writing on me but I'm not a piece of paper

I have a head but I'm not lettuce

I'm made of metal but I'm not a robot

I have a tail but I'm not an animal

I can be tossed but I'm not a salad

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Each day, we're also going to share a little information about 4-H.



What is 4-H?

4-H is America's largest youth development organization! 4-H is a youth development program where Cooperative Extension employees and adult volunteers across the country provide positive, hands-on, fun and educational opportunities with youth age 5 to 19. This can take place in many different settings such as project clubs, community clubs, after school programs, camps, workshops or events. 4-H provides youth the opportunities to succeed and learn new experiences to help them become productive, successful adults.

SOUTH CAROLINA 4-H

4-H @ HOME WAS CREATED TO MEET THE NEEDS OF SOUTH CAROLINA FAMILIES DURING THE COVID-19 RELATED SCHOOL CLOSURES. UNTIL SCHOOLS RE-OPEN, YOU'LL RECEIVE A DAILY E-MAIL EACH WEEKDAY WITH A HANDS-ON 4-H ACTIVITY TO COMPLETE AT HOME.

SOUTH CAROLINA 4-H PROVIDES PROGRAMMING YEAR-ROUND, WITH OPPORTUNITIES FOR ALL SOUTH CAROLINA YOUTH IN A WIDE VARIETY OF PROGRAM AREAS. CONNECT WITH YOUR COUNTY PROGRAM BELOW!



[Click Here to Connect with your Local 4-H Program!](#)



Questions? Please contact Abigail Phillips at Atimmon@clemson.edu

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Friday, March 20

4-H @ Home, Day 3!

Did you know that yesterday, March 19 was the first official day of spring in the Northern Hemisphere? It was the earliest Vernal Equinox in 124 years! The weather is starting to warm up and animals are more active. It's a great time to be outdoors.

Today's lesson is brought to you by Lauren Hood from York County 4-H. Youth will learn how to identify birds using tips from the Cornell Lab of Ornithology.

Don't forget to post photos online using #SC4HatHome or you can [submit them by e-mail](#). The first prize will be announced on Monday!

Have a great weekend!

[Click Here for Today's Activity!](#)

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What do the four Hs stand for?

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.



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South Carolina 4-H provides programming year-round, with opportunities for all South Carolina youth in a wide variety of program areas. Connect with your county program below!

[Click Here to Connect with your Local 4-H Program!](#)



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Monday, March 23

Welcome to 4-H @ Home, Week 2!

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.

Today's activity focuses on the fourth H of the 4-H pledge, *health*. During times of uncertainty it is very important for youth (and adults) to take care of their physical and mental health. [Research shows](#) that practicing gratitude has many positive impacts on our health and well-being.

Let's begin this week by pausing to reflect on the things we have to be thankful for in our lives.

Lesson provided by Lauren Venegas of Saluda County.

[Click Here for Today's Activity!](#)

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If you have just joined the 4-H @ Home fun, you can access last week's activities here:

Penny Boats - <https://mailchi.mp/089003124a23/4-h-home-day-1>

Coin Rubbings - <https://mailchi.mp/462eef1841b3/4-h-home-day-2>

Bird Watching - <https://mailchi.mp/0deb10457d63/4-h-home-day-3>



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Tuesday, March 24

Did you enjoy birding last week? Attract birds to your yard this spring by making a bird feeder with materials you have at home. Don't forget to identify your new friends using the tips from [Day 3 of 4-H @ Home.](#)

This lesson is provided by Julia Cox of Aiken/Edgefield County 4-H.

[Click Here for Today's Activity!](#)

4-H @ Home

Week 1 - Winner!

Congratulations to the Crompton family! A free 4-H membership and prize pack will be headed your way soon!



Share your photos with #SC4HatHome for a chance to win!

4-H @ Home is a daily, weekday activity sent via e-mail and available to families of youth ages 5-18. Brought to you by South Carolina 4-H, but available to all. Keep learning with 4-H!

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"To Make the Best Better"

4-H Motto

4-H is meant to inspire young people to continue to learn and grow and to make their best efforts better through participating in educational experiences.



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Wednesday, March 25

How much did that meal cost?!? The cost of eating out can sometimes surprise customers. In today's activity, youth will take an imaginary trip to a local restaurant. They will learn to calculate the actual cost of dining out and how to use their resources wisely.

This lesson is provided by Alana West of Newberry County 4-H.

[Click Here for Today's Activity!](#)

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Why is green the color of 4-H?

The color green represents nature's most common color and is emblematic of youth, life and growth.



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Thursday, March 26

Engineers are people who design and build things to solve problems in our world. In today's activity, youth will learn the steps of the Engineering Design Process. [Watch this video](#) for a quick overview of the process. Then, put it into action by creating a straw tower.

This lesson is provided by Jennifer Stevens of Fairfield County 4-H. Don't forget to post on social media using #SC4HatHome! We love seeing your photos each day, and will be drawing another winner soon.

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