



4-H Cabin Fever Friday!

April 17 2020

4-H is an opportunity to try new activities and learn new skills. If you're looking for an idea to pass the time and want to try something new, check out the projects below. 4-H Cabin Fever Friday will be created weekly with a

variety of projects and skill levels highlighted each week. Please remember the social distancing and Safer at Home guidelines while doing these projects. If you would like to take a picture of you or your family doing one of these 4-H projects, feel free to email it to me at holly.luerssen@wisc.edu, with the subject line: 4-H Cabin Fever Friday Photo and each family will be entered into a drawing at a later date for some special gifts! I may even ask for your permission to post a few on Facebook or our website/newsletter.

Make A Pillow

Did You Know?

While pillows are synonymous with comfort and relaxation, 7000 years ago pillows were made of stone. In ancient Mesopotamia, modern day Iraq, pillows of stone were not designed for comfort. The function of a stone pillow was to prevent insects from crawling into mouths, nose, and ears. Only wealthy citizens were able to afford the stone pillows.

(Adapted from Walls With Stories)—May 25, 2017

Procedure:

Adult assistance may be required for younger members related to sewing.

1. Cut out 2 rectangles of colorful fabrics.
2. Pin matching sides together.
3. Sew three sides together.
4. Turn fabric right side out.
5. Fill pillows with stuffing. Less stuffing makes soft pillows, more stuffing makes firmer pillows.
6. Threading needle and stitching the opening closed.

Discussion:

1. Why did you choose the fabric you used?
2. Is the pillow for you or someone else?
3. How firm do you like your pillow and why?
4. Next time you make a pillow what would you do different?
5. Do you know someone who could use a gift of a pillow?

Adapted from: WI 4-H Cloverbuds Activity Packet—CF06



UW-MADISON EXTENSION

Langlade & Lincoln Counties

4-H Project Area: Clothing & Fabric

Life skill: Learning to Learn

Time: 30 minutes

Materials:

- 12"x18" rectangles of colorful fabric
- Polyester stuffing or pillow form
- Large darning needle or sewing machine
- Thread
- Scissors



Strawberry Smoothies

FROM: Aggie Adventures—Utah State University
Cooperative Extension

TIME: 30 Minutes

Supplies:

- 10 oz. bag frozen strawberries
- 1 banana
- 1 cup orange juice
- 4 – 8 tablespoons honey
- Extra fruit as needed
- Drinking cups for class
- *Optional:* 8-12 oz ice cream, Yogurt or tofu

PRIOR TO ACTIVITY:

Make predictions on what might happen when items are blended together.

What to Do:

1. Add 1 banana, 1 cup orange juice, 4 - 8 Tablespoons honey (to taste), and 5 - 10 oz. frozen strawberries to the blender.
2. You may optionally add tofu or yogurt to your smoothie mixture.
3. Blend until desired consistency. Pour into small cups.
4. Enjoy your smoothie.

Reflect:

- What did you like best about this Activity?
- Was the recipe enough for everyone that wanted to enjoy some?

Apply:

- How would you change flavors of the smoothie?



Balloon Inflation Experiment

A chemical change is when two substances are mixed together to form something new.

Prior Knowledge:

There are four main clues to know that a chemical change has occurred.

- Look for a formation of gas which can be seen by a fizzing or bubbling.
- The reaction will cause heat, light or odor to be emitted.
- A color change is produced.
- A solid is formed during the change.

INFLATION EXPERIMENT: 30 Minutes

Supplies: Vinegar, Baking soda, Balloon, Funnel, 16 ounce water or soda bottle (empty)

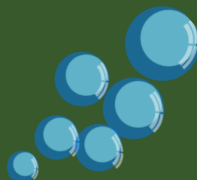
DO:

1. Place a small amount (a couple of tablespoons) baking soda in a balloon, using a funnel.
2. Pour vinegar into a bottle until it is about half full.
3. Very carefully stretch the balloon around the top of the bottle, making sure you keep the balloon down so that the baking soda doesn't fall into the bottle just yet.
5. Make a few guesses about what will happen.
6. Tip the balloon up to allow the baking soda to drop into the bottle. Make sure they hold the top of the balloon around the top of the bottle, so that it doesn't come off.

REFLECT:

Once reactions have been observed:

1. What type of reaction occurred?
1. How do you know?
2. What is inside the balloon?



Source: *Fizz, Bubble and Goo*
Iowa State University
Extension & Outreach

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