



HEAD



HEART



HANDS



HEALTH



4-H Fridays

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 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.

Be sure to check out our April 4-H Challenge!

This is not a contest, but simply a personal challenge youth can complete on their own to hone their skills. Yet, everyone who participates will be put in a drawing for some super sweet 4-H swag (once we can get back in the office). Take a picture of your work and submit it through this link: <https://forms.gle/QCZWRvCwsD1TfweT9>

Look for details about the challenge on the Fond du Lac County Facebook page!

Mama Mia Pizza Pockets From Six Easy Bites

- Roll of refrigerated flaky biscuits
 - Filling of your choice
 - Prepared pizza sauce
 - Sample Fillings:
 - Chopped pepperoni
 - Shredded mozzarella cheese
 - Chopped hard-cooked egg & diced ham
 - Chopped veggies (green pepper, mushroom, broccoli)
 - Shredded cooked chicken
1. Heat oven to 400°F. Divide the refrigerated biscuits into 10 pieces.
 2. Press each piece to form a 5 inch circle.
 3. Spread 1-2 Tb. of sauce on only half of the circle, because you have to fold the dough in half later. Don't put sauce too close to the edge.
 4. Add a filling(s). (not too much, so you can't fold it over.)
 5. Fold the pizza circle in half. Press the edges with a fork to seal.
 6. Place Pizza pockets on an ungreased cookie sheet. Bake at 400°F for 12 to 15 minutes or until a deep golden brown.
 7. Cool on a wire rack. Wrap in foil and refrigerate.

To reheat: in the oven preheat to 350°F and warm pockets for 10-15 minutes.

In the Microwave: Remove pockets from foil and wrap in a paper towel. Microwave on Medium power for 1.5 minutes or until heated through.

Dig Deeper Invent some other ingredient fillings. Try leftovers, Taco seasoned meat, etc.

Design a breakfast entrée that you could eat on the run with 3 food groups in it.



Extension
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FOND DU LAC COUNTY

See the Wind

4-H Project Area: STEM, Arts & Crafts

Time: 30 minutes

Life Skills: Learning to Learn, Creativity

Materials:
(for the windsock)

- 8½ x 11-inch sturdy paper or cardstock
- Different colors of crepe paper streamer (other options: tissue paper, strips of colorful plastic bags, fabric or ribbon)
- Kite string or other craft twine
- Paperclips (1 per windsock)
- Tape, tacky glue or hot glue (low setting with adult supervision, allow time for drying)

• Single hole punch

(for demonstration)

- Fan or access to outdoors



1. Have children decorate their cardstock. Staple or tape the cardstock to make a ring.
2. Tape or glue streamers along the bottom edge of the ring
3. Punch three holes equal distance around the paper ring at the top edge of the ring.
4. Cut 3 pieces of string about 12" long. Tie one end of each string to the wind sock at each of the 3 holes.
5. Tie the 3 loose ends of the string to a single paper clip. Tie an additional 12" string to the paperclip.

Ask-How does weather affect your life?

What do you need to think about before going outside?

Investigate-Place a fan on a table and hold up the demonstration windsock as you turn on the fan.

How can you tell which direction the wind is coming from?

Reflect-Where might you hang your wind sock?

What are some things you might consider before hanging a windsock outside?

Adapted from: WI 4-H Cloverbuds Activity Plans Part1
<https://fyi.extension.wisc.edu/wi4hcloverbuds/activity-plans/>

Healthy Living Flexibility and Balance

Materials: Yoga Mat or Beach Towel



Downward Dog-How to do it:

Come onto your hands and knees with hands directly below your shoulders and knees directly below hips. Spread your fingers wide and tuck your toes under. Inhale and lift your knees off the floor, pressing your hips up toward the ceiling. Draw your heels down to the floor or keep a

slight bend in your knees. Press your hands firmly into the mat and draw your shoulder blades down. Keep the head between the arms (don't let it hang). Take five deep breaths.



Cat Cow Pose- How to do it:

Come onto your hands and knees with hands directly below your shoulders and knees directly below your hips. Inhale to lengthen your spine. Without bending elbows or moving hips, roll your spine forward to arch your back. Lift your chin, chest, and hips to the ceiling, allowing your

stomach to sink toward the floor. Once you've reached the fullest expression of your arch, round your spine toward the ceiling and release your head toward the floor. Repeat 10 times, taking deep breaths during the movement.



Chair Pose-How to do it: Stand with your feet shoulder-width apart. Inhale and raise your arms straight out from your shoulders, keeping your shoulders down and back. Exhale and lower into the pose by pushing your hips back and bending your knees as though you are sitting in a chair.

Keep your abs drawn in tight. Hold this position for five deep breaths.

Reflect

- Did you enjoy doing the yoga poses?
- Which was your favorite yoga pose?
- Which pose was the most difficult for you to hold?

Apply

- How can you incorporate balance and stretching into all your daily activities?
- How can physical balance help to create emotional and mental balance?

Adapted from: Discover 4-H Fitness Clubs-
Utah State University Extension | Utah4-H.org

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