



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. Feel free to send in pictures of your 4-H Friday creations by emailing: Tracy Keifenheim at tracy.keifenheim@wisc.edu



Chips in Muffins

Ingredients/Supplies:

- 1 stick of margarine or butter
- 2 eggs
- 1 cup milk
- 2 cups all-purpose flour
- $\frac{3}{4}$ cup packed brown sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- $\frac{1}{2}$ cup semisweet chocolate chips

Instructions:

1. Heat oven to 400 degrees. Grease the bottoms of muffin cups in a 12-cup pan.
2. In a small bowl, cover butter or margarine with waxed paper and microwave on high for 30 to 45 seconds (or until melted). Let the margarine cool 5 minutes.
3. Crack the eggs into a medium bowl, and then add the butter and milk. Beat mixture with a fork until mixed well.
4. In a separate medium bowl, mix together all the "dry" ingredients: the flour, brown sugar, baking powder, and salt. Stir until mixed.
5. Add the "wet" ingredients to the "dry" ingredients. Stir just until the flour is wet. The batter will be lumpy.
6. Stir in the chocolate chips.
7. Spoon the batter into each muffin cup until it is about $\frac{2}{3}$ full.
8. Bake for 18 to 20 minutes or until golden brown. Carefully remove muffins from the pan as soon as you take them out of the oven, so they won't get soggy. Cool muffins on a wire rack.

Reflect on your experience: How did your muffins turn out? What was most challenging? Is there anything you would do different next time?

Source: 4-H Foods Literature, Level A; Six Easy Bites, page 36



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Unique or Trick/Optical Illusion Photo

All it takes is a little imagination to take some photos that have “special effects.” One of the best ways to do this is to play tricks with distance. As you know, when a subject is closer, it looks larger than when it is far away – even though they are actually the same size. Use this to your advantage and experiment with distance.

Another trick depends on things that the person viewing the photo cannot see. For example, if someone is standing directly in front of a flower pot, the pot might not be visible, making it look as if the flowers are growing out of the subject’s head!

Skills: Composing creative, unusual photos; practice creativity

Materials: Camera/cell phone camera

To do: Try a few of the following and come up with your own ideas.

- Ask two family members to stand so that it looks like one person is balanced on the other’s hand.
- Set up a photo so that it looks like somebody is standing on top of a bottle of water.
- Make it look like somebody is under water.
- Position a family member so that it looks like a plant is growing out of their head, mouth or ear.



Reflect: Was it fun setting up trick/optical illusion photos? What might you try next time? Which photo did your family like best? Why?

Source: National 4-H, Photography Basics Book 1 4-H Literature, Activity 11

Card Making

Materials: cardstock paper, scrapbook paper, scratch paper, ruler, scissors, tape or glue stick, pens, markers, embellishments: (stickers, stamps, ribbons, stencils, etc.)

BRAINSTORMING IDEAS FOR YOUR CARD

1. 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.
2. Look at example cards to get different thoughts and ideas.
3. 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!

MAKING A CARD USING A TEMPLATE

1. Use the template labeled #1 found on the example template sheet (page 9).
2. 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 ¾ x 5 ¾ inches
 - C- 3 ½ x 5 ½ inches
 - D- 3 x 3 inches with optional mat measuring 3 ¼ x 3 ¼ inches
 - E- ½ x 5 ½ inches
3. Start by folding “A” in half to make the base of your card. Then continue by gluing on “B” and “C” consecutively.
4. Decide whether you are going to make a landscape card or a portrait card.
5. Glue “E” on next followed by “D” if desired.
6. 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.

Reflect: Would you prefer to have a template to follow or do you like coming up with your own designs?

Apply: How can you use your card making skills to help others? How can you connect card making to other activities in your life?

Adapted from: Discover 4-H Paper Crafts Club Utah State University Extension | Utah4-H.org

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