



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!

### COLOSSAL CHOCOLATE COOKIE RECIPE FROM: 4-H FOODS AND NUTRITION RECIPE BOOK A, SIX EASY BITES.

#### Ingredients:

- 2 cups of flour
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup (2 sticks) butter or margarine, softened
- 1 cup sugar
- 1/2 cup brown sugar, packed
- 1 teaspoon vanilla
- 5 tablespoons unsweetened cocoa powder
- 1/4 cup milk
- 1 1/2 cups semi-sweet chocolate chips
- 1 cup coarsely chopped nuts, if desired

1. Preheat oven to 325F. Line a baking sheet with foil. Use the same foil for the three batches you bake.
2. In a medium bowl, mix flour, baking soda, and salt together with a spoon.
3. In a large bowl, cream the butter, sugars, and vanilla using an electric mixer.
4. Blend the cocoa and milk, beating at low speed into the butter mixture.
5. Add flour mixture slowly. Beat at low speed.
6. Fold in chocolate chips and chopped nuts (if desired).
7. Drop 1/4-cup portions of batter onto the foil-lined baking sheet.
8. Bake for 12-14 minutes, or until the tops look dry.
9. Cool cookies on sheet for 5 minutes.
10. Remove cookies from the foil to cool.



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## Paper Bag Pet Parade

**4-H Project Area:** Pets

**Time:** 25 minutes

**Life Skills:** Social Skills

**Materials:**

- Yarn
- Googly eyes
- Glue stick
- Scissors
- Brown paper lunch bags
- Scraps of colorful paper
- Crayons, markers, or colored pencils



Did You Know? Having a pet can be very rewarding! In the United States, pet lovers take care of nearly 100 million dogs and cats. However, there are other animals that can be pets, too. Guinea pigs, hamsters, lizards, rabbits, birds, and fish also make good pets. Youth can be involved in deciding what kind of pet is best for their family and can help research possibilities. People like different kinds of pets depending on where they live and what they like to do. Even if youth don't have a pet at home, this activity will get them thinking about the qualities they would want in an animal companion.

- How do you take care of a pet?
- What do you need to feed a pet?
- What kind of home does a pet need?
- What are some differences between pets?

Youth can use their imagination to design their own pet with a paper bag. Make a paper bag pet and teach it some tricks, then share your tricks with your family during a special paper bag pet parade.

- What is the name of your pet?
- What qualities do you like best about your pet?

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

## HERE IS A SIMPLE SEWING PROJECT: MAKE A SCRUNCHIE!

**Materials:**

- 1/8-inch elastic
- Strip of fabric 26" x 3 1/2"

**Directions:**

1. Cut piece of fabric 26 inches long and 3 1/2 inches wide.
2. Select one of the 3 1/2 inch edges. Press under 1/4 inch to the wrong side.
3. Fold the strip along the length with right sides together. Stitch using a 1/4-inch seam allowance.
4. Press.
5. Turn to right side, press.
6. Cut an 8-inch piece of 1/8 inch wide elastic.
7. Thread the elastic through the tube of fabric. (Tie elastic to a safety pin and pin to one end of the tube. Tie the other end of the elastic to another safety pin and pull the elastic through the tube. The first safety pin will hold the elastic so that the end doesn't slip into the tube.)
8. Overlap the ends of the elastic by about one inch and tie in a square knot (left over right, right over left).
9. Place the raw edge of the tube into the turned-under edge.
10. To close, stitch close to the folded edge of the tube starting at the seam edge and stitching toward the edge with the elastic. Backstitch at the beginning and end of the stitching.
11. Adjust the ruffle evenly on the elastic which will hide the stitched seam.

Source: 4-H Sewing Literature, page 22

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