



CANADA
4-H British Columbia

4-H @ HOME



2021 Project *Resource Guide*

Project Overview

4-H @ HOME 2021 Project is for everyone who wants to Learn To Do By Doing at home! The project includes 16 activities, for those ages 6 and up, related to the four 4-H Canada Leadership Development Pillars: Community Engagement & Communications, Science & Technology, Sustainable Agriculture & Food Security, and The Environment & Healthy Living. The activities require minimal materials and focus on self directed hands-on learning and fun. Activities will take participants between 1 to 14 days to complete. It is recommended that younger participants, those aged 6 to 11, have a helper assist them in completing the activities.

Registration

Register online between June 15th and Dec 15th, 2021 on [Eventbrite](#).

Participation

Participants do not need to be registered 4-H BC Members to learn with us. We encourage you to join the 4-H @ HOME Facebook group and share your progress as you complete the activities:

<https://www.facebook.com/groups/4hathome/>

If you wish to share about the project on your social media, please make sure to tag 4-H British Columbia and #4hathome.

- Facebook: @4HBritishColumbia
- Instagram: @4hbritishcolumbia
- Twitter: @Official4HBC

Acknowledgement

Thank you to 4-H Saskatchewan for permission to share some of their activities as a part of this project.

Overview of Activities

The following pages outline each activity and what you'll need to complete it. Please refer to the pillar folders in Google Drive for access to the full activity guides.



Community Engagement
& Communications

Make the News		
Objective	Description	What You Need
Be a newscaster; create your own newscast recording.	Create three news stories reporting on current events in your family, school, 4-H club, or community. Access the 'Make the News' activity video after registering for this project.	<ul style="list-style-type: none"> ▪ Access to internet ▪ Video camera (cell phone camera is fine) ▪ Paper and pen ▪ Video editing software (optional)
Recreate a Work of Art		
Objective	Description	What You Need
Recreate a classic painting or personal photo.	Select a painting or personal photo you want to recreate. Use props and your creativity to recreate the work of art.	<ul style="list-style-type: none"> ▪ Painting or photo to recreate ▪ Props of your choice ▪ Camera (cell phone camera is fine)
Learn a Language		
Objective	Description	What You Need
Learn how to say a greeting in five new languages.	Choose five languages you don't already know. Research how to share a common greeting in that language. Practice pronouncing the greeting in those languages until you can say them without help.	<ul style="list-style-type: none"> ▪ Access to internet or language books ▪ Paper and pen
Comic Creations		
Objective	Description	What You Need
Create a comic strip.	Share a story by making a comic strip digitally or by hand. The only criteria is to be creative and have fun!	<ul style="list-style-type: none"> ▪ Access to internet or paper, ruler, and drawing tools



Science &
Technology

Hands-on Science		
Objective	Description	What You Need
Conduct food science experiments at home.	Learn how to use cabbage as a pH indicator and learn the science of candy making by making your own marshmallows! Access the 'Colour Changing Cabbage' and 'Sweet Squishy Science' activity videos after registering for this project.	<ul style="list-style-type: none"> ▪ Access to internet ▪ See the full ingredient and equipment lists in the activity guide
Basic Digital Photo Editing		
Objective	Description	What You Need
Learn digital photo editing basics.	Use free online apps to improve the quality of your photos. Practice at least three basic digital photo editing techniques.	<ul style="list-style-type: none"> ▪ Camera (cell phone camera is fine) ▪ Computer ▪ Access to internet
Chocolate Welding		
Objective	Description	What You Need
Learn how welding can make things stronger.	"Weld" your own structures out of chocolate compare how strong they are.	<ul style="list-style-type: none"> ▪ See the full equipment list in the activity guide
Marble Maze		
Objective	Description	What You Need
Create a Marble Maze using Lego or other building materials.	Make your own maze using Lego or cardboard. Then, try moving the maze to get your marble from the start to finish as quickly as possible!	<ul style="list-style-type: none"> ▪ See the full equipment list in the activity guide



Sustainable Agriculture
& Food Security

Healthy Snacks on the Go		
Objective	Description	What You Need
Prepare quick, portable, healthy snacks.	Practice your food preparation skills by making three recipes! Access the 'Miracle Gluten-Free Muffins', 'Great Granola' and 'Super Simple Smoothies' activity videos after registering for this project.	<ul style="list-style-type: none"> ▪ Access to internet, a grocery store and kitchen ▪ See the full ingredient and equipment list in the activity guide
Bread & Butter		
Objective	Description	What You Need
Learn how grain and dairy are produced, and how to make your own homemade bread and butter.	Access two virtual reality videos and make homemade bread and butter after registering for this project.	<ul style="list-style-type: none"> ▪ Access to internet, a grocery store and kitchen ▪ See the full ingredient and equipment list in the activity guide
Where in the World?		
Objective	Description	What You Need
Make a fruit salad and calculate how far your ingredients travelled to get to your plate.	Pick a minimum of 6 fruits to put into your fruit salad. After getting your ingredients, calculate the distance between your home and their origins on a map. Make the fruit salad and enjoy!	<ul style="list-style-type: none"> ▪ Access to internet, a grocery store and kitchen ▪ 6 different fruits of your choice ▪ A knife and bowl ▪ Pen or pencil
Regrow Your Salad		
Objective	Description	What You Need
Learn how to regrow plants from food scraps.	Regrow at least three salad ingredients from your food scraps (e.g. carrot tops, green onions, avocado pit...etc.). Take pictures as it grows and record your observations.	<ul style="list-style-type: none"> ▪ See the full ingredient and equipment list in the activity guide



The Environment
& Healthy Living

Trash to Treasure		
Objective	Description	What You Need
Upcycle a used t-shirt or book.	Transform an old t-shirt into a functional bag or repurpose an old book by turning it into a book box. Access the 'T-Shirt Bag' and 'Book Box' activity videos after registering for this project.	<ul style="list-style-type: none"> Access to internet See the full lists in the activity guide
Geocaching		
Objective	Description	What You Need
Learn the basics of geocaching.	<p>Option A (beginner): Modified Geocaching Make something to put in your own geocache! Select an area in your community to hide it. Map the area on paper and mark the location. Exchange maps with your friends and go on an adventure to find other geocaches.</p> <p>Option B (advanced): Classic Geocaching Make something to put in a geocache! Then, find geocaches in your community using GPS and exchange your item for another in the cache.</p>	<ul style="list-style-type: none"> Materials to make something to put in the geocache Pencil or pen <p>Option A:</p> <ul style="list-style-type: none"> Container to be the geocache Drawing paper Camera (cell phone camera is fine) <p>Option B:</p> <ul style="list-style-type: none"> GPS-enabled device (e.g. cellphone)
10-Day Fitness Challenge		
Objective	Description	What You Need
Get your body moving at home.	Try a new fitness activity at home every day for ten days.	<ul style="list-style-type: none"> Just yourself
Feed the Birds		
Objective	Description	What You Need
Create some bird treats to get to know your local feathered friends.	Build your own bird seed ornament to hang in your backyard and observe the visiting birds.	<ul style="list-style-type: none"> Rope or string Scissors Camera (cell phone camera is fine) See the bird seed ornament ingredients list in the activity guide