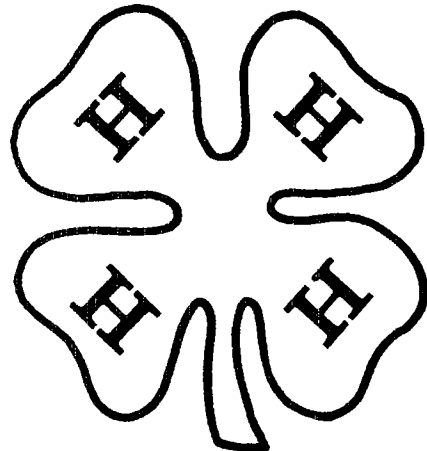


**4-H**

NAME \_\_\_\_\_  
CLUB \_\_\_\_\_  
BIRTHDATE \_\_\_\_\_  
YEARS IN PROJECT \_\_\_\_\_  
YEARS IN 4-H \_\_\_\_\_

**Recreation**

**Unit 1**



# Project Outline

## Unit 1

	page
Introduction . . . . .	3
Area 1—Arts and Crafts . . . . .	4
Area 2—Nature Study . . . . .	7
Area 3—Hobbies . . . . .	10
Area 4—Talent . . . . .	14
Record for 1st Year . . . . .	15
Record for 2nd Year . . . . .	17

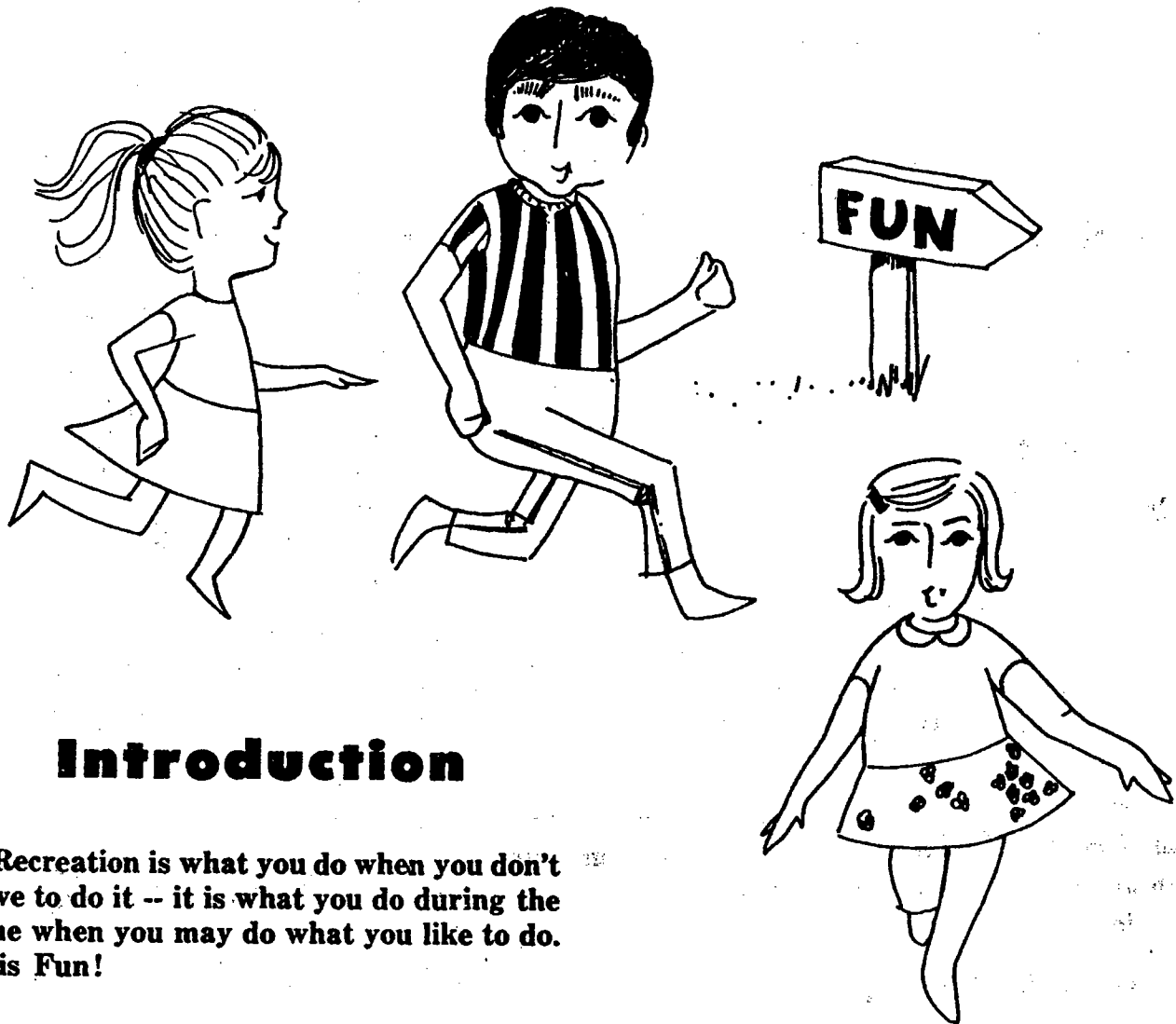
This book belongs to:

Name . . . . .

Address . . . . .

Parent's Name . . . . .

Name of Club . . . . .



## Introduction

Recreation is what you do when you don't have to do it -- it is what you do during the time when you may do what you like to do. It is Fun!

This project is to help you and your friends have more fun. It can help you make new friends, learn new games, start a new hobby or collection, or add to a collection you have. Have you tried carving, weaving, painting, or making Christmas decorations? Would you like to start or enlarge a collec-

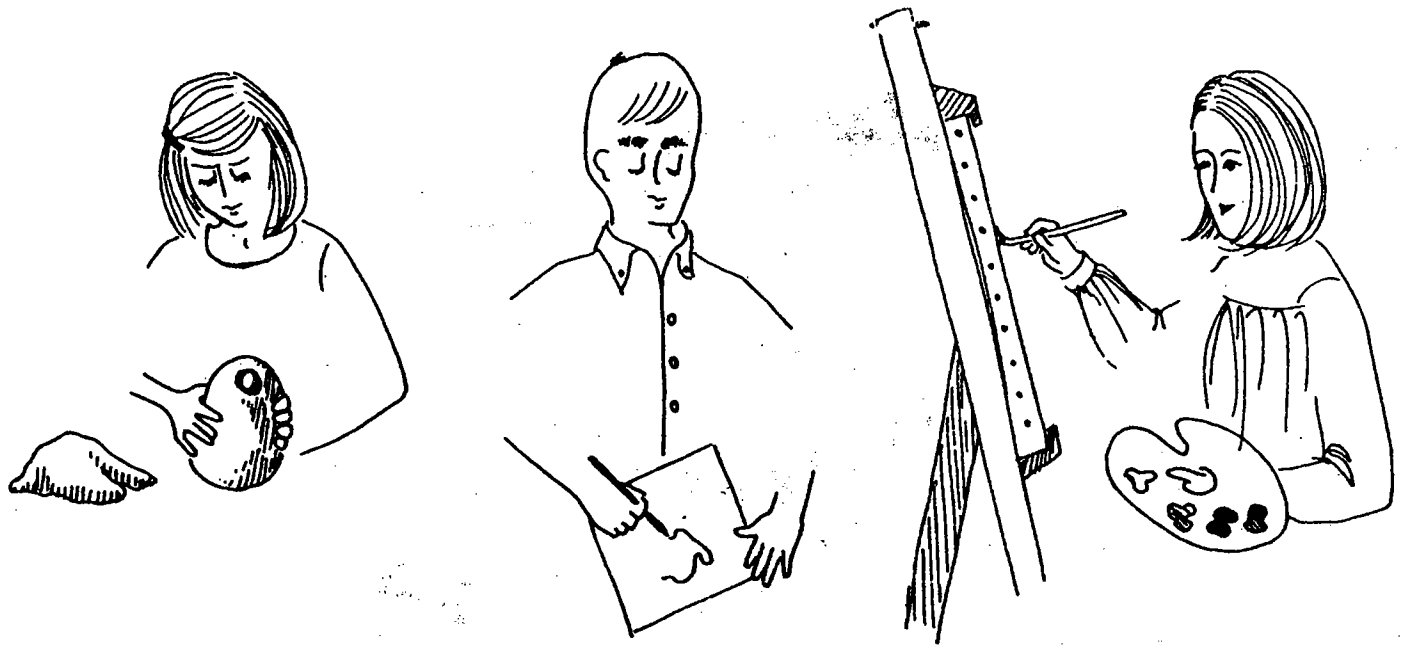
tion of stamps, insects, matchbooks, or rocks? Why not choose an activity you are interested in, or choose a new one? You might become interested in some things that are new to you! Come on! Join the Fun!

## Things You Need To Do To Complete This Project

This project is divided into four different areas: (1) Arts and Crafts, (2) Nature Study, (3) Hobbies, and (4) Talent.

To complete the 4-H recreation project you must do the things suggested in any

ONE of the areas. You may work in more than one area if you wish. Under each area, this book tells you exactly what you must do. Read these directions carefully before you choose the area you will work in.



## Area 1 - Arts and Crafts

Let's have fun with arts and crafts! Everyone enjoys making things. Remember the first time you drew a picture on a steamy window? Or folded a paper to make an airplane? Weren't you proud! You will be proud of the things you make in this project too.

Make at least **TWO** articles in **TWO** of the following fields:

### Your First Year

Weaving  
 Model Building  
 Woodworking  
 Drawing, Sketching and Painting  
 Pipe Cleaner Craft  
 Spatter Painting  
 Soap Carving  
 Other (Name)

.....

.....

### Your Second Year

Weaving  
 Model Building  
 Woodworking  
 Drawing, Sketching, and Painting  
 Decorations Using pipe Cleaners  
 Homemade Christmas Cards  
 Wood Carving  
 Other (Name)

.....

.....

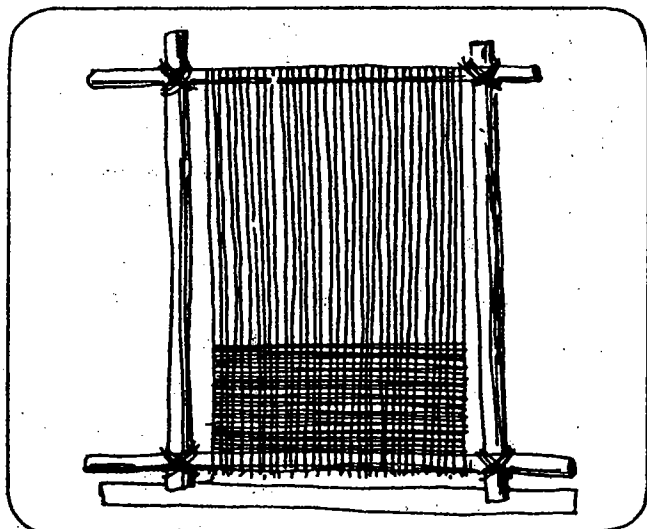
- ★ Exhibit your articles at a club, library, fair or in store windows.
- ★ Show and tell 4-H members and others how to make one of the articles.
- ★ Write a short story telling (1) how you made the article, (2) your experience

in making it, (3) its use, (4) what help you had in making it, (5) by whom, (6) where exhibited, and (7) number of times exhibited. If you have shown anyone how to make anything, tell what and to whom.

- ★ Do your own work; don't copy others.

## Weaving

To weave you will need some kind of loom. You can buy different sizes of looms at ten-cent stores, department stores, craft



and hobby shops. You can work with loopers, wool thread, crochet thread, and different size cords in making hot mats, place mats, scarfs, pillow tops, or small blankets. Directions for making different articles are usually included with the loom.

## Model Building

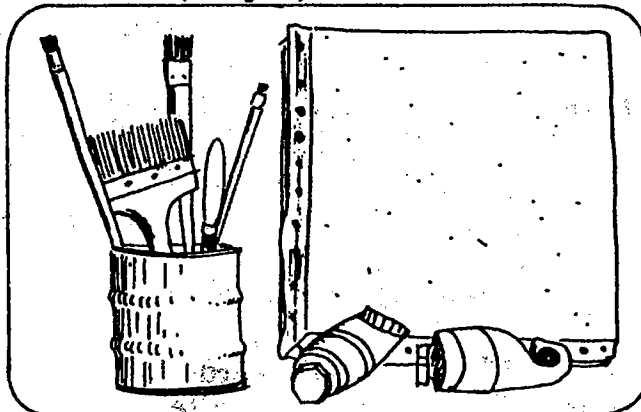
Kits for building airplanes, boats, houses, furniture, and other items can be bought from ten-cent stores, hobby shops, department stores, and craft supply houses. You can make your own models using balsam, white pine, small limbs, small tiles, and toothpicks.

## Woodworking

By using scrap lumber and simple tools such as a hand saw, hammer, square, and coping saw, you can make bird houses, foot stools, shoe shine boxes, puzzles, and games. These can be finished by painting or varnishing.

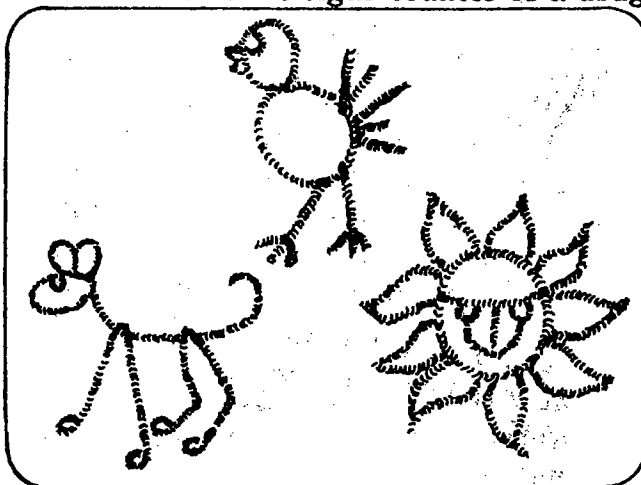
## Drawing, Sketching, Painting

The drawing, sketching, or painting can be a scene or portrait. It can be in water color, charcoal, crayon, or oils.



## Pipe Cleaner Craft

You can have lots of fun creating with pipe cleaners. Flexible pipe cleaners of various colors can be bought cheaply at any ten-cent store or at the cigar counter of a drug



store. They twist and bend easily and can be made into various figures that look like animals, and dolls, such as Santa Claus and his reindeer. Why not create a whole family of dolls, a Christmas scene, or a group of animals? You might want to make something for special occasions in your home.

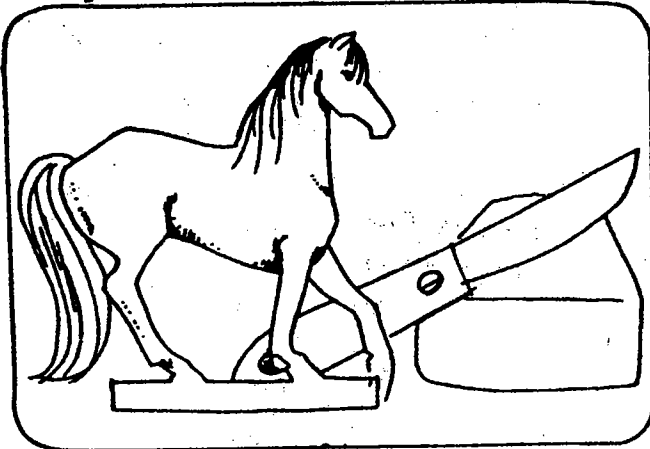
## Spatter Painting

Spatter painting is done with a small piece of window screen and an old tooth-

brush using ink, water color, enamel, or poster paint. It is done on almost any flat surface—paper, cloth, wood, metal, or glass. Christmas cards, note paper, pictures, place mats, and hot pads are a few of the things that can be made by using spatter painting.

## Soap Carving

Soap carving is a good introduction to the art of carving. You use an ordinary pocket knife and a large cake of white soap. You can split the cake for small objects with a

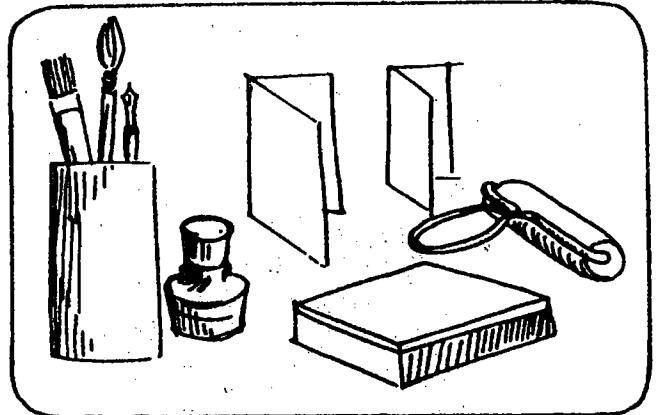


sharp long-blade knife that has been dipped in hot water. Designs can be made on the soap by using a pencil and carbon paper. Work slowly and carefully. Finished carvings can be painted with water colors.

## Wood Carving

Use a good sharp pocket knife and a piece of smooth-grained, soft wood. You could carve a duck, or a rabbit, a bird, letter opener, paper weight, doll, or anything of your choice. Your carving can be finished by sanding and then painting, waxing, or varnishing.

## Homemade Christmas Cards



Cards can be made from heavy, colored paper using colored ink and scraps of materials such as yarn, embroidery silk, bright cloth, and cotton batting. The cards may be hand cut, stenciled, spatter painted, or made by properly mounting a good snapshot or silhouette.

To avoid wasting time and materials, first make or buy envelopes; then cut cards to fit. You might make folders of the cards and seal the sides with Christmas seals. Addresses should then be written on the outside. Be careful with your work, and let it be **YOUR** card, not a copy of another.

## Other

You may choose other arts or crafts with the approval of your County Extension Agent. List any you choose on the blank lines on page 4 of this book and on the Record Sheet at the back of this book.

## Where You Can Get Help

- ★ Look in magazines for ideas.
- ★ The School or County Library and Bookmobile.

- ★ People who can give help are your mother and father, local 4-H leader, teacher, county agent, and extension agent.



## Area 2 - Nature Study

We can all see a beautiful sunset or a lovely rose in bloom, and don't we enjoy them? But these things are not with us all the time. There is beauty around us at all times though, if we will only look for it. Nature is full of lovely and mysterious things that can afford us much pleasure.

Let's train our eyes to see and really enjoy nature! Did you see that bird feather in the path as you came to school this morning? Where do you think that Cardinal has traveled that lost that feather from his wing? Did you see that funny looking rock that lay by the side of the road? Who knows, it may be a piece of a fallen star!

Make a collection of **ONE** of the following (specimens must be mounted and identified):

### Your First Year

Insects  
Rocks  
Woods  
Feathers  
Other (Name)

### Your Second Year

Insects  
Rocks  
Modeling in Clay (Leaf Prints)  
Moths and Butterflies  
Other (Name)

\* Exhibit your collection at a club, school, library, or fair.

\* Show and tell 4-H Club members and others about your collection.

\* Write a short story describing your collection. Tell about (1) the number of articles in it, (2) the pleasure it gives you, (3) how you became interested in your collection, (4) the number of times displayed,

(5) where it was exhibited, and (6) where the articles were found.

\* Label each article clearly.

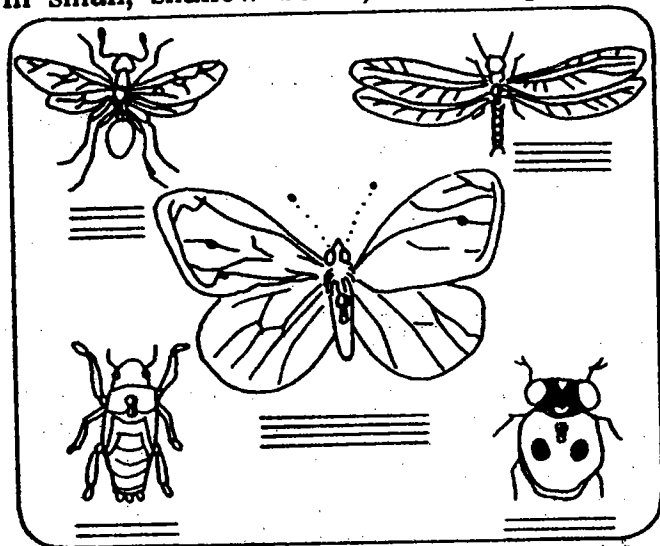
\* Do your own work; don't copy others.

\* Make your work neat and attractive.

\* You can display your collections of insects, rocks, marine life, and moths, in wooden trays or glass cases.

## Insect Collection

Make a collection of the insects you find in your yard and on the farm. Mount them in small, shallow boxes, or on a piece of



heavy cardboard or wall board. Be sure to label each insect. The name can be written on a small piece of paper or masking tape and stuck on the box or board.

## Rock Collection

Most rock collections start as curious stones brought home from a trip or hike, but you must do something definite, not collect just odds and ends. When you find a desirable rock, identify it. You can find books on rocks and minerals at the library. These will help you identify your rocks.

An egg carton is a good way to store the rocks separately. You can write the name on a piece of masking tape and stick it to the rock. Special pieces can be glued to the bottom of a box or a piece of cardboard. The name should be written below each rock.

## Woods

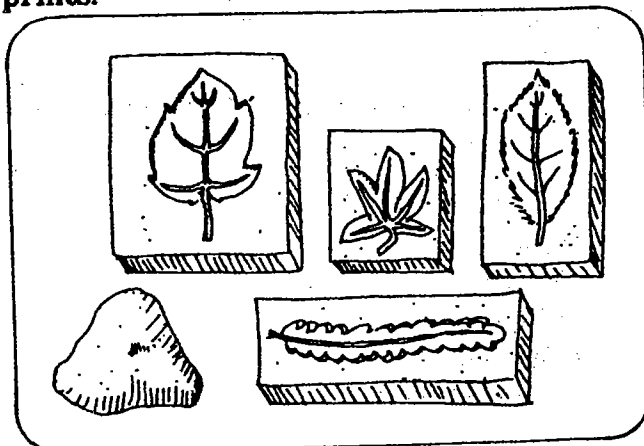
Small pieces of different kinds of wood should all be cut the same size. These can be glued to a large piece of wood or cardboard or kept loose. Each piece should be

labeled. If possible get two pieces of each kind of wood. Sand both pieces until very smooth. Leave one plain and varnish the other one with clear varnish. Mount side by side to show the difference. Use both hard and soft woods. How many different kinds of wood can you get? Be sure you label each one correctly!

## Modeling In Clay

(Leaf Prints)

Modeling in clay can be lots of fun. You can use clay that is found almost anywhere. No special tools are needed. The clay will need to be dried, powdered, and sieved. (Use very small mesh wire for your sieve.) When water is added to the powder, it can be worked into a chunk like the dough your mother uses in making biscuits. It is from this chunk of clay you will make your leaf prints.



Cut off a piece of the dough-like chunk. Place it on a smooth board, and using a soft drink bottle that has smooth sides as a rolling pin, press the mass out so that it is  $\frac{1}{2}$ - to  $\frac{3}{4}$ -inch thick. Now take the leaf that you want to use to make a print and place it on the dough, vein side down and press it out firmly. You can raise one side of the leaf to see if you are getting a good imprint.

After you have made leaf imprints on all of this piece of dough, take a good knife and cut each imprint into a separate block. These can be cut to any shape or size you desire.



Now slide the pieces on a board and put away for drying. Place them where they will get plenty of air, but not in the direct sunlight. If placed in the direct sun, they are more apt to crack.

## Feathers

Feathers might be mounted in a notebook or glass case or glued in the bottom of flat boxes. Be sure to tell what kind of bird each feather came from and the kind of feather.



It would be interesting to write about each feather telling where you found it or how you got it. When you write the story about your collection, tell something about how feathers grow, the different kinds of feathers and their uses by the birds.

## Where You Can Get Help

- ★ Look in magazines for ideas.
- ★ The School or County Library and Bookmobile.

## Moths And Butterflies

You will need an insect net for catching the butterflies and moths, a killing jar, a board for drying, and a case or box for mounting. You can make your own killing jar and spreading board. Ask your county and extension agents for directions.

Identify each butterfly or moth. You can find books in the library that will help you. Label each insect and give the measurement of its wing span. Whenever possible, get two insects of the same kind, mount one right side up and the other bottom side up. You may be able to find male and female specimens.

## Other

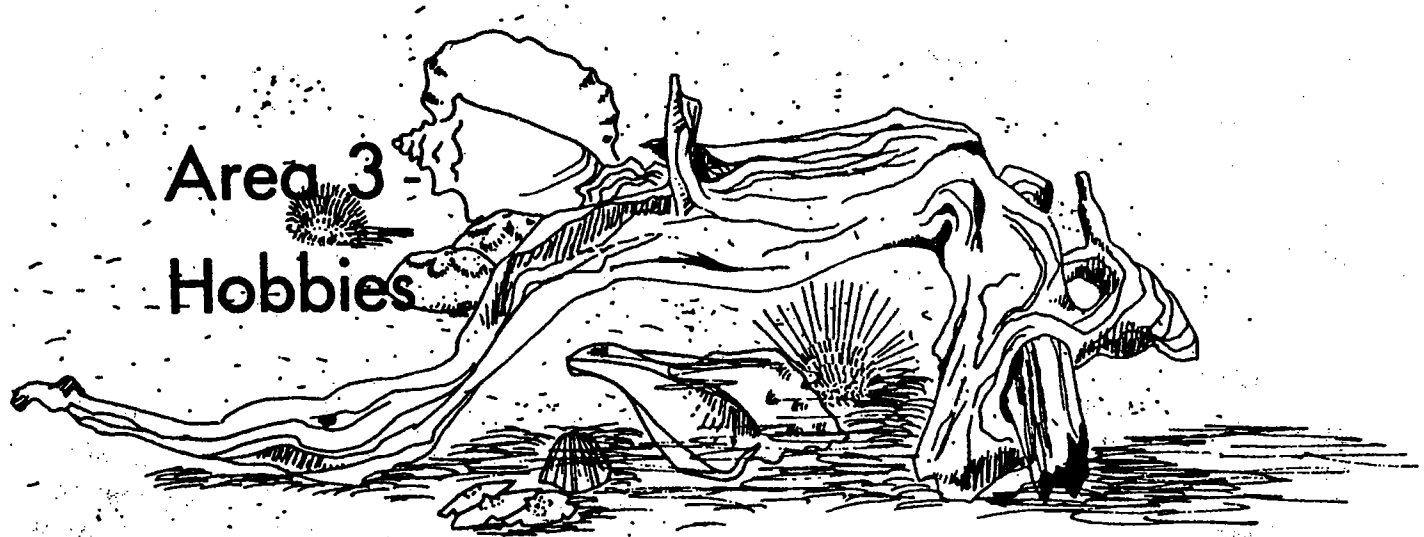
You may choose some other nature study with the approval of your county or home demonstration agent. List any you choose on the blank lines on page 7 of this book and on the Record Sheet at the back of this book.

## Where You Can Buy Books

The books listed below, should you care to buy them to help in your project, can be ordered from the National Recreation Association, 8 West Eighth Street, New York 11, N. Y., or they can be bought in any good

local book store. "Rocks and Minerals" by Zim and Shaffer. "Insects" by H. S. Zim.

These books are the "Golden Nature Guide" series of books and sell for \$1.00 each.



## Area 3 - Hobbies

**Start a hobby! The hobby you start now may be fun for the rest of your life. Well chosen and used hobbies can help make many interesting and worthwhile things happen to you. A well chosen hobby keeps**

**you from being bored with yourself, and it makes you more interesting to your friends. If you make a collection, don't collect junk! Be sure they are things you will enjoy and will want to keep.**

**Develop ONE of the following hobbies; select one you will get much pleasure from doing.**

### **Your First Year**

**Stamp Collection  
Matchbook Collection  
Insect Collection  
Rock Collection  
Cartoon Collection  
Model Building  
Reading  
Other (Name)**

### **Your Second Year**

**Stamp Collection  
Money Collection  
Insect Collection  
Butterfly Collection  
Riddle Collection  
Model Building  
Reading  
Other (Name)**

★ **Exhibit your collection at a club, school, fair, library, or store window.**

★ **Show and tell 4-H members and others about your hobby.**

★ **Write a story about your hobby telling why you like to do it, size of collections, and other interesting things. All insects, butterflies, rocks, and other items must be identified and mounted.**

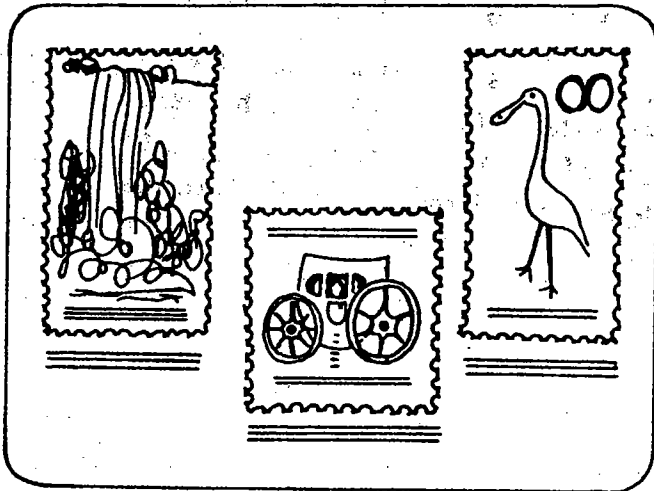
★ **Make your collection display neat and attractive.**

★ **Do your own work as far as possible.**

★ **If your hobby requires a notebook or scrapbook, be neat with your work, and be sure to follow all instructions for the particular hobby that you choose.**

## Stamp Collection

It is easy to start a stamp collection. It does not have to be large or expensive. Save stamps from everyday mail. Letters and packages will have a lot of interesting types of U. S. stamps, not only the regular issues but also air mail, special delivery, and postage due stamps. Go searching for stamps on old letters or papers. Have friends save stamps for you. Trade duplicates with other collectors. Collect stamps that are in good condition.

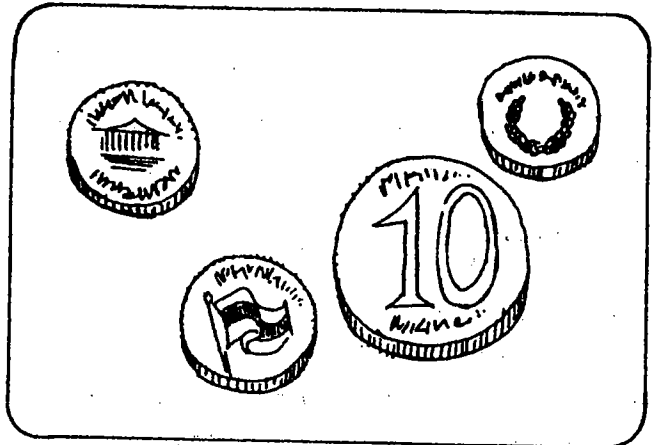


An album to put your stamps in can be bought from a hobby shop, or you can make one from a notebook or scrapbook. A postage stamp catalogue can be found in most public libraries that gives pictures and prices of every known postage stamp. The catalogue will help you to identify your stamps and will tell you whether or not you have any stamps of unusual value.

## Money Collection

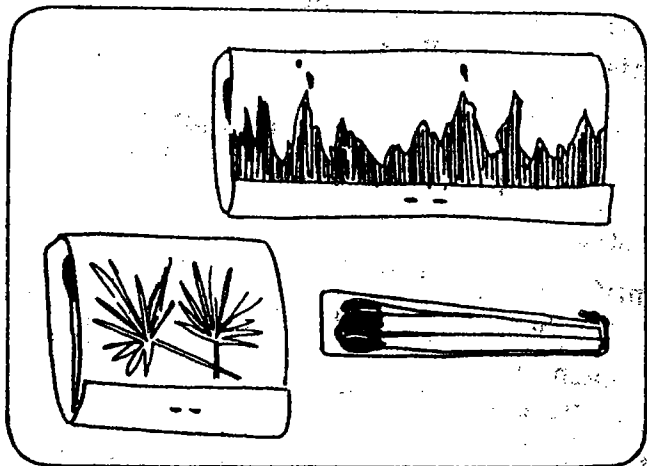
Coins from ancient times and foreign countries are valuable, but so are many U. S. coins. Coins made in the U. S. have a special mint mark on them which tells the plant where they were minted. A small "D" means it was made at the Denver mint, and

a small "S" at the San Francisco mint. There is no mark for coins made at the Philadelphia mint. Coins made in some



years and with special mint marks are very scarce and valuable. Special coin cards, coin albums, and coin trays can be bought at hobby shops, department stores, stationery shops, and many school and office supply shops. You could make small envelopes, one for each coin, and keep them in an index card box. However, some form of display is much better.

## Match Book Collection



Collect as many different kinds of match books as you can. Never finish your collection; add to it. Trade duplicates with your friends. Glue match books into a scrap book. Mount them geographically, that is, put all books from one state together. Use only matchbooks that are in good condition. Make your collection neat and attractive.

## Insect Collection

Make a collection of the insects you find in the yard and on the farm. Mount them in small, shallow boxes, or on a piece of heavy cardboard or wall board. Be sure to label each insect. The name can be written on a small piece of paper or masking tape and stuck on the box or board.

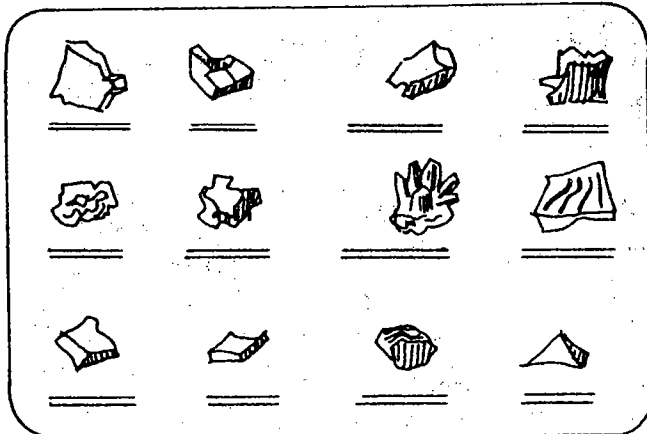
## Butterfly Collection

You will need an insect net for catching the butterflies, a killing jar, a board for drying, and a case or box for mounting. You can make your own killing jar and spreading board. Ask your county and home demonstration agents for directions.

Identify each butterfly. You can find books in the library that will help you. Label each insect and give the measurement of its wing span. Whenever possible, get two of the same kind, mount one right side up and the other bottom side up. You may be able to find male and female specimens.

## Rock Collection

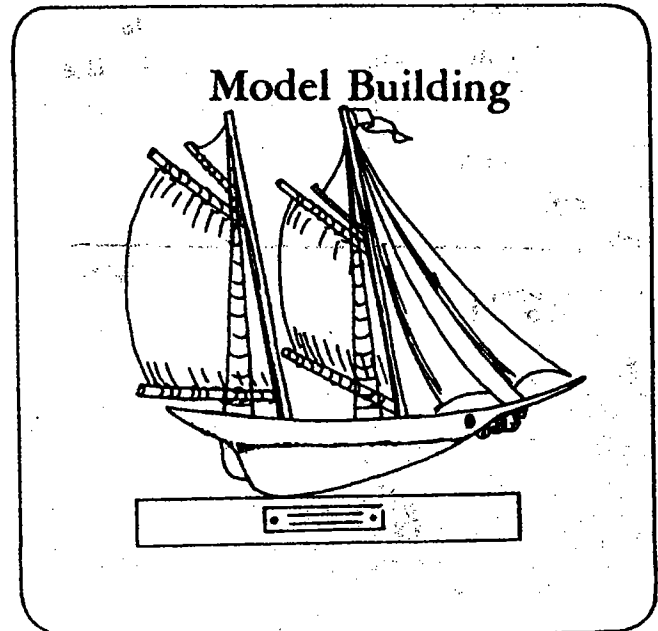
Most rock collections start as curious stones brought home from a trip or hike, but you must do something definite, not



collect just odds and ends. When you find a desirable rock, identify it. You can find

books on rocks and minerals at the library. These will help you identify your rocks.

An egg carton is a good way to store the rocks separately. You can write the name on a piece of masking tape and stick it to the rock. Special pieces can be glued to the bottom of a box or a piece of cardboard. The names should be written below them.



There are many kinds of model kits that can be bought at hobby shops and ten-cent stores such as ships, planes, automobiles, buildings, and people. The fun is to put the models together and then display them. Adding new ones to the collection is important. You could make your own models using balsam, white pine, small limbs, small tiles, and toothpicks.

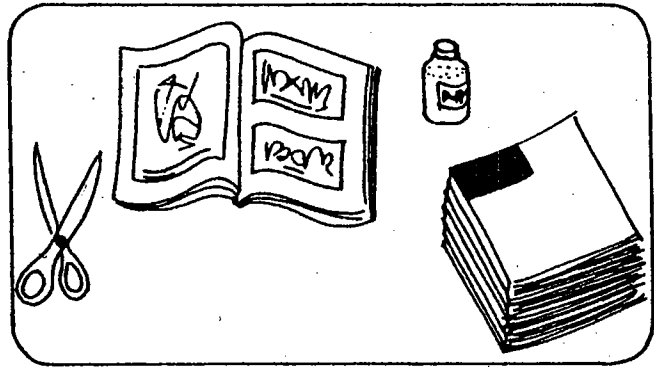
## Reading

Reading can be fun and educational at the same time. Set yourself a goal of so many books to read, at least two each month. Read different types of books, some fiction and some non-fiction. In a notebook, keep a list of the books you read, the authors, what the books were about, when

you read them, and whether or not you liked them. Your librarian will be glad to help you select different types of books.

### Riddle Collection

Make a notebook of riddles. Write neatly. Select different types, such as riddles about time, money, age, and places.



could make a book of cartoons for children or for adults.

### Cartoon Collection

Make a scrapbook of cartoons clipped from newspapers and magazines. Space your cartoons on the pages so they will be attractive. Be neat with the pasting. You

### Other

You may choose some other hobby with the approval of your county or extension agent. List any you choose on the blank lines on page 10 of this book and on the Record Sheet at the back of this book.

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## Where You Can Get Help

- ★ Consult your library for information on hobbies.
- ★ Ask your county and extension agents for help.
- ★ Talk to other people who have the same hobby in which you are interested and get ideas from them.

- ★ There are special coin albums or coin cards available at hobby shops, stationery shops, school and office supply shops.

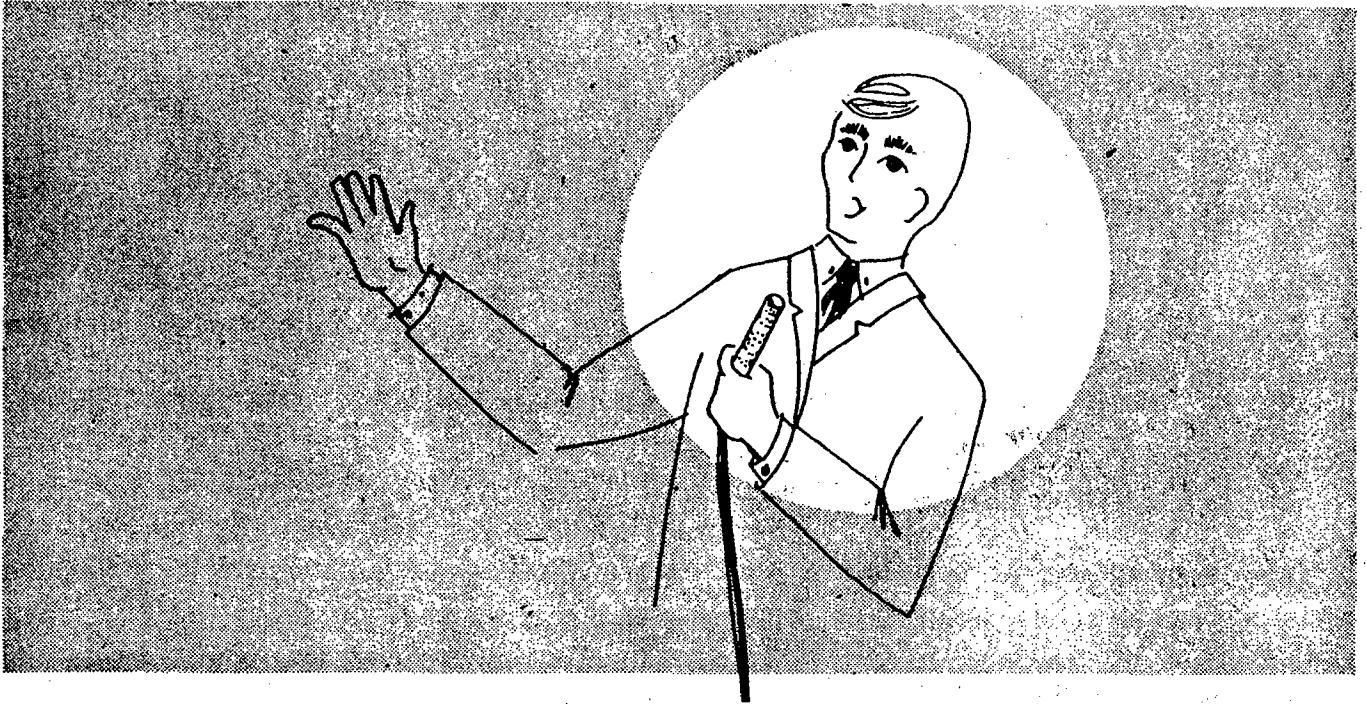
- ★ Talk with your mother and father about selecting a hobby.

## Where You Can Buy Books

The books listed below, should you care to purchase them to help in your project, can be ordered from the National Recreation Association, 8 West Eighth Street, New York 11, N. Y., or can be found in any

good local book store. "Rocks and Minerals" by Zim and Shaffer. "Insects" by H. S. Zim.

These are the "Golden Nature Guide" series of books and sell for \$1.00 each.



## Area 4 - Talent

Many of you have special abilities in the field of entertainment. Your ability is not worth much to you unless you share it with others. Working in this area will help you develop your talent and will give you a chance to present your number in public. Wouldn't you like to have more fun with your talent by sharing it with others?

---

**Prepare a talent number**—Your number may be an instrumental, vocal, dance, or miscellaneous act such as a reading or a pantomime. You should try to present your number several times before groups of people, such as your local 4-H Club, home class room, P. T. A., civic clubs, Farm Bureau, Community Development Club, and others.

Write a story telling about the type of entertainment you are presenting. Tell (1) how much time you have spent in practicing, (2) groups you have presented your number before, (3) size of group, and (4) where and when presented.

Check your talent act by the following:

- ... Does your act show good taste in entertainment?
- ... Does your act have audience appeal?
- ... Is your costume appropriate and does it help your act?
- ... Is your act original?
- ... Have you practiced so that your act will run smoothly without slip-ups?
- ... Do you speak clearly so you can be heard by everyone?
- ... Do you use good techniques in making gestures, sitting, standing, moving, and keeping the stage balanced?

# 4-H Recreation Record

For Year \_\_\_\_\_

## unit I REPORT FOR FIRST YEAR

County \_\_\_\_\_

Name \_\_\_\_\_ Boy \_\_\_\_\_ Girl \_\_\_\_\_

Address \_\_\_\_\_

Age \_\_\_\_\_ Date of Birth: Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_

Parents' Name \_\_\_\_\_

Number of years in 4-H work \_\_\_\_\_ Grade in school \_\_\_\_\_

Check the area or areas that you did work in this year:

Arts and Crafts \_\_\_\_\_ Nature Study \_\_\_\_\_ Hobbies \_\_\_\_\_ Talent \_\_\_\_\_

### ARTS AND CRAFTS

Name the articles you made in the following fields:

Weaving \_\_\_\_\_ Model Building \_\_\_\_\_ Woodworking \_\_\_\_\_ Drawing, Sketching, and Painting \_\_\_\_\_

Pipe Cleaner Craft \_\_\_\_\_ Spatter Painting \_\_\_\_\_ Soap Carving \_\_\_\_\_ Other (Name) \_\_\_\_\_

Check where your articles were exhibited:

4-H Club Meeting \_\_\_\_\_ Class Room \_\_\_\_\_ School \_\_\_\_\_ Library \_\_\_\_\_ Other (Where) \_\_\_\_\_

Write a short story, on a separate sheet of paper, telling how you made the articles, how they were used, what help you had in making them, by whom, where exhibited, number of times exhibited, etc.

### NATURE STUDY

Check if you made a collection of:

Insects \_\_\_\_\_ Rocks \_\_\_\_\_ Woods \_\_\_\_\_ Feathers \_\_\_\_\_ Other (Name) \_\_\_\_\_

Check where your collection was exhibited:

4-H Club meeting \_\_\_\_\_ Classroom \_\_\_\_\_ School \_\_\_\_\_ Library \_\_\_\_\_ Other (Where) \_\_\_\_\_

Write a short story on a separate sheet of paper, telling how you became interested in your collection, the number of articles in it, the number of times exhibited, where the articles were found, and where you got your help.

### HOBBIES

Check the hobby or hobbies that you had this year:

Stamp Collection ..... Matchbook Collection ..... Insect Collection ..... Rock Collection .....

Cartoon Collection ..... Model Building ..... Reading ..... Other (Name) .....

Check where your collection was exhibited:

4-H Club meeting ..... Classroom ..... School ..... Library ..... Other (Name) .....

Write a short story on a separate sheet of paper telling about your hobby - why you like to do it, size of collection, where you got help, etc.

### TALENT

Fill out the following form about where you gave your talent number, what you did, and how many people saw it.

Where You Gave Talent	What You Did	How Many People
Example: 4-H Club meeting	Song - Solo - "Dreaming"	31

Write a short story on a separate page about your talent number, telling what kind of entertainment, what pleasure you got out of it, who helped you develop your number, etc.



# 4-H Recreation Record

For Year

## unit I REPORT FOR SECOND YEAR

County .....

Name ..... Boy ..... Girl .....

Address .....

Age ..... Date of Birth: Month ..... Day ..... Year .....

Parents' Name .....

Number of years in 4-H work ..... Grade in school .....

Check the area or areas that you did work in this year:

Arts and Crafts ..... Nature Study ..... Hobbies ..... Talent .....

### ARTS AND CRAFTS

Name the articles you made in the following fields:

Weaving ..... Model Building ..... Woodworking ..... Drawing, Sketching, and Painting .....

.....  
.....

Decorations for Special Occasions Using Pipe Cleaners .....  
Homemade Christmas Cards .....  
Wood Carving ..... Other (Name) .....

.....  
.....

Check where your articles were exhibited:

4-H Club Meeting ..... Class Room .....  
School ..... Library ..... Other (Where) .....

Did you "show and tell" others how to make articles in your project? Yes ..... No .....

Where? ..... What did you "show and tell"?

Write a short story, on a separate sheet of paper, telling how you made the articles, how they were used, what help you had in making them, by whom, where exhibited, number of times exhibited, etc.

### NATURE STUDY

Check if you made a collection of:

Insects ..... Rocks ..... Modeling in Clay (Leaf Prints) ..... Moths and Butterflies .....

Other (Name) .....

