F	0	U	R	H
Wear 4-H gear	Write a thank you note to a club leader	Clean out a closet and start a donation box	Create art out of recycled materials	Share a picture of a past project or ribbons
Have a family member like or share a 4H Week post on the county 4H Facebook page	Teach someone the 4-H Pledge	Plan a meal for your family using MyPlate	Sign up for a new-to-you 4-H project	Explore a new career option
Create a new healthy snack for your family	Play a board or card game with your family	You are a current 4-H member or joining soon	Make q clover craft	Read a book to a friend or pet
Invite a friend to join a virtual Open House activity	Take q walk with your family	Design and test a paper airplane that travels at least 20 feet	Place a clover in your window	Create a video about how 44 has inspired you and share it with your program coordinator
Participate in the Visual Arts/ STEM project exploration Zoom meeting	Share a fun fact about your favorite 4H project	Wear green to celebrate 4-H	Write an encouraging note to a friend	Participate in the Cooking/ Ag project exploration Zoom meeting

Illinois Extension UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

College of Agricultural, Consumer and Environmental Sciences

University of Illinois, U.S. Department of Agriculture, Local Extension Councils Cooperating. University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to participate, please contact the event coordinator.

A