

4-H Grab & Go Project Kit



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Youth and Animals Together

At-home Animal Activities for youth ages 7+

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Special thanks to 4-H member Kaylee Smith for demonstrating
the activities!



4-H 

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Introduction: Youth and Animals Together

Spending time with our animals is healthy for us! A lot like friends at school, pets and animals can help us feel better, be fun to hang out with, or even to talk to. In a recent survey done with Youth in Washington State, we found that spending time with animals is an important source of social support, especially during times we might not get to see friends very often. For youth who completed the survey, the more time spent with animals, the more they felt connected and supported by the presence of animals when they were struggling with tough emotions.

These activities provide some fun things to do with your pets to build your relationship with them.

In this kit you'll find a few different ideas on ways to build your relationship with animals and/or pets. On a day-to-day basis, youth in WA reported that each of the following were especially helpful:

1. Petting and hugging animals.
2. Talking to animals.
3. Walking or exercising animals.
4. Spending time training animals.
5. Playing games with animals.
6. Taking pictures with or of their animals.

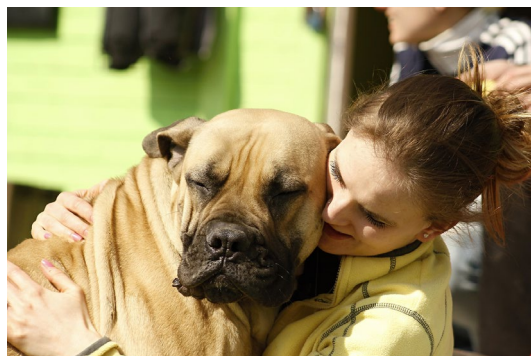


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For questions or help if you need it, please contact your local WSU Extension 4-H Office, or email stephanie.roeter@wsu.edu

What You Will Need

1. A pair of scissors.
2. Any friendly pet or animal you might spend time with on a regular basis. This might be a pet in your home, at a grandparent's house, or maybe a neighbor's animal/pet (with permission from the neighbor and your parents).
3. Brushes or other grooming tools. If you don't have any just your hands will work!
4. Camera or phone with a camera, OR paper and something to draw and color with like crayons, pencils, or pens.
5. Safe treats for your pet, and 6 – 8 cups, bowls, or other small containers.
6. A good book.

Youth and Animals Survey

Fill out the survey below before continuing to the rest of the activities. At the end of this booklet, there is a similar post-test survey for you to complete after you have completed the activities.

If you feel comfortable, and with parent permission, take a picture of this survey and the one at the end and email it to stephanie.roeter@wsu.edu. This will help us know if and how these activities are helpful for kids like you!

Your responses will remain confidential.

1. Today's date _____
2. Your age _____
3. Are you in 4-H, FFA, or pony club? __yes __no

For each questions below, check the box to the right that best describes your experience.	Definitely True	Probably True	Probably False	Definitely False
I will do one or more of these activities again.				
I learned something about my animal from one or more of these activities.				
My animal comforts me.				
My animal knows when I am happy or sad.				
My animal cheers me up.				
My animal keeps me from feeling lonely.				
My animal helps me relax when I feel worried or stressed out.				
My animal understands me.				
My animal makes it easier to deal with staying home more since COVID-19 started.				
My parents encourage me to spend time with my animal.				

Dear youth and project helpers,

Welcome to 4-H! Maybe you've been involved in 4-H activities and clubs for a while, or perhaps you are brand new! Either way, we are excited you are here and taking part in this at-home activity along with hundreds of other youth!

The 4 H's are head, heart, hands, and health! Let's use them to explain the purpose of this kit. Within the following activities you will...

Use your **HEAD** to think critically and creatively

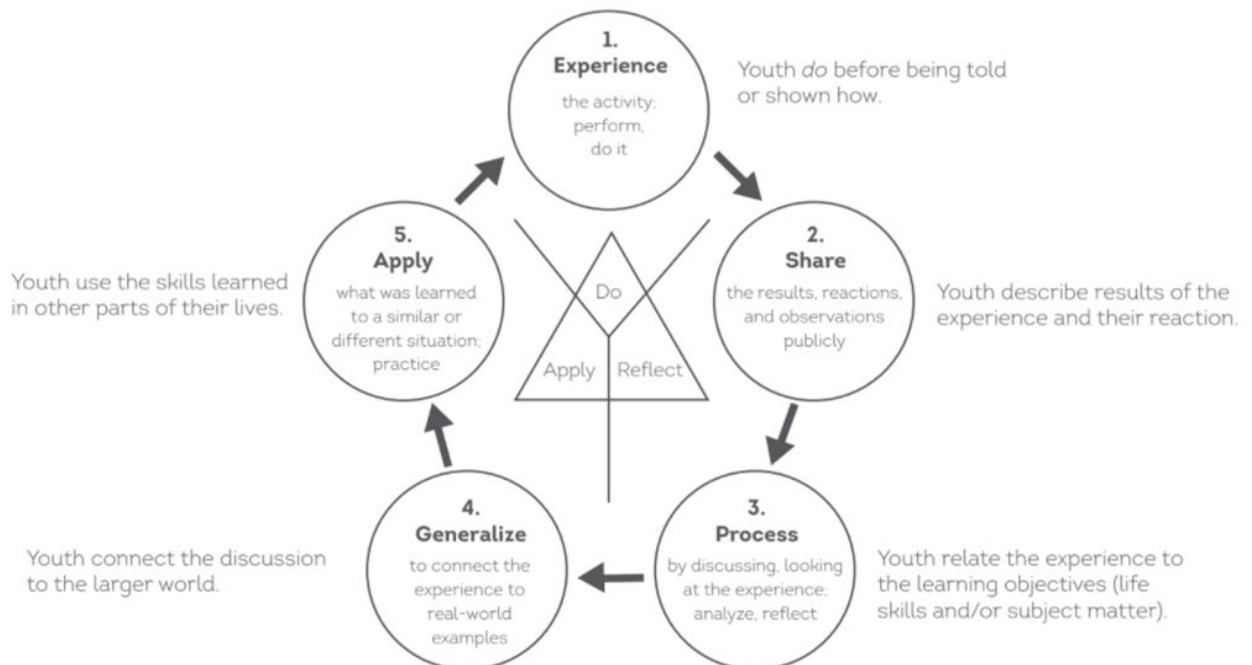
Use your **HEART** to make connections to yourself and others

Use your **HANDS** to Learn-by-Doing (*4-H's favorite slogan!*)

Support your **HEALTH** by taking moments to focus on
physical and mental wellness

The Learn-by-Doing Model

The Do, Reflect, Apply learning approach allows youth to experience the learning process with minimal guidance from adults. This allows for discovery by youth that may not take place with exact instructions.





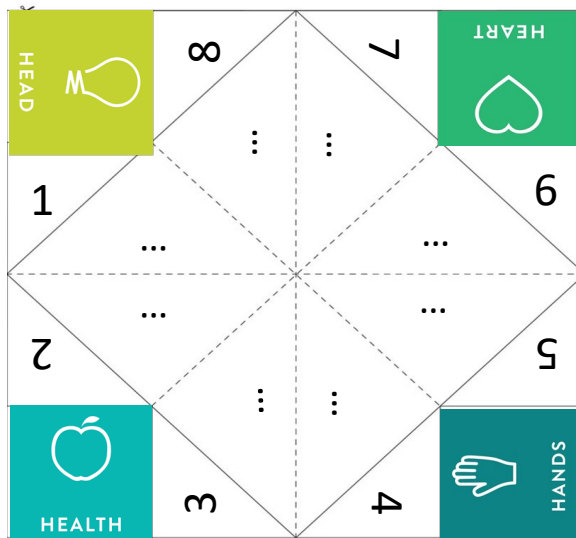
4-H Chatterbox Intro Activity

You will need:

Cut-out page (next page)

Scissors

Markers or colored pencils
(optional)



Introduction

The 4-H Chatterbox allows you to reflect on each activity that you engage in throughout this kit.

Do

Grab one piece of paper and cut into a square. Then fold, from the bottom left side to the top right side. Unfold it, then repeat with the bottom right side. Once you have folded the sides, fold all the 4 corners. Then, turn it over and fold your paper over. See page 5 for more in-depth instructions.

Reflect

Was this an easy project to make?

If you needed help, who could you ask?





Do the questions make sense, and if not, is there an older sibling, friend, or adult who can help you understand the questions when you use the chatterbox?

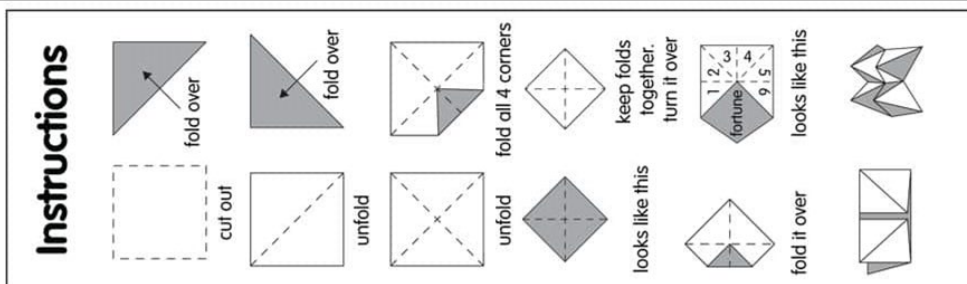
Apply

Once you are done, use your 4-H Chatterbox and answer the question you came upon that ties into this activity.

4-H Chatterbox Intro

Activity Cont.

 <p>HEAD</p>	<p>8</p> <p>What did you notice about your pet during this activity?</p>	<p>HEART</p> 
<p>Before this activity, I never...</p>	<p>7</p> <p>Could you tell if your animal enjoyed the activity? How so?</p>	<p>6</p> <p>During this activity I noticed that I felt...</p>
<p>One thing that was challenging during this activity was...</p>	<p>5</p> <p>During this activity I learned...</p>	<p>4</p> <p>What other activities can I do with my pet?</p>
<p>HEALTH</p> 	<p>3</p> <p>This activity might help me feel....</p>	<p>HANDS</p> 
<p>2</p>	<p>1</p>	



Activity 2: Pet Day at the Spa!



You will need:

Your animal

A quiet, relaxing place to be with your animal.

Optional: grooming brushes

Introduction

Relaxation is good for our bodies and mind, and the same is true for all animals! They learn better, are less stressed, and will feel more connected to you with regular grooming, and massages! This is an especially a good activity at the end of a training session or after accomplishing a difficult task.

Do

1. Research about your animal to find out where they prefer to be petted. For example, dogs usually like their belly scratched, but not most cats.
2. Spend *5 minutes* brushing them. Notice what brushes your pet likes, and where they prefer to be brushed.
3. Set aside your grooming tools and take a few slow, deep breaths and then begin petting your animal in long, gentle strokes down their sides or back. As you do this, notice the feeling of their skin, hair, or fur. Watch to see if their breathing slows and if they relax. Do this for at least *5 minutes* so your pet can really relax and maybe even fall asleep!

Reflect

Use your chatterbox from activity 1 to reflect on this activity.

Apply

Have a friend, family member, or other trusted adult take photos for you and your pet on your spa day to turn into an educational poster to enter in the fair! Include information you learned about the best way to pet, groom, or give your pet a massage that you research, and things you noticed your own pet especially liked.

Activity 3: Animal Scientist



You will need:

Camera, or drawing materials.

Any animal or pet you can observe for at least 5 minutes. A wild bird outside will work!

Paper and pen/pencil to take notes.

Introduction

Animal behavior scientists (like Dr. Jane Goodall or Dr. Temple Grandin) often spend a lot of time in the field observing animals. By doing so, they can learn about that animal's habitat, social life, and how they raise their babies!

Do

1. Choose an animal to observe. This can be a pet, livestock, or wild bird or other animal.
2. Let them roam where they have lots of room to safely explore, play, or nap.
3. Photograph the animal doing at least 8 different things all on its own. Taking your pictures over a longer period of time will give you a better opportunity to observe a wide range of behaviors.
4. Next, write down what the animal was doing in each photo. Try not to interpret what they were feeling or why, just document the action. For example: sniffing the ground back and forth and walking slowly.
5. Now write a summary of what you think those behaviors mean. For example, "sniffing the ground and walking made me think he was feeling curious and smelled that another animal was there earlier today."

Reflect

Use your chatterbox from activity 1 to reflect on this activity.

Apply

Turn your photos, notes, and summary into an educational poster for the fair, or to share with friends and family! Explain what you did, what you saw, and what you think those behaviors mean about that animal.



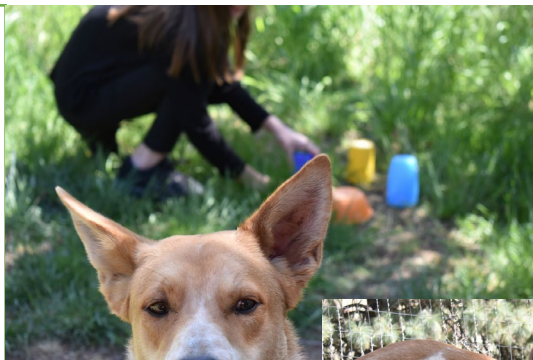
Activity 4: Pet Detective

What you will need:

4 + bowls, cups, or other container with opaque sides so that you can't see through them.

Safe treats for your pet/animal.

A pet/animal you can give treats to and interact safely with.



Introduction

Playing games with our pets can help to build your relationship, build problem-solving skills, and keep them interested in learning new things! In this game, you will be setting up a puzzle for your animal, and letting them sniff and sort it out!

Do

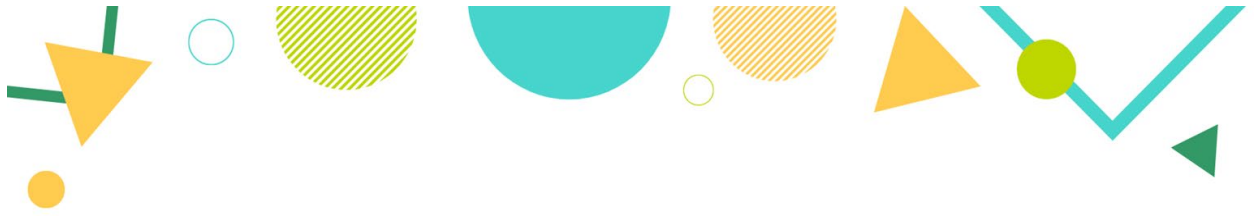
1. While your pet is in another room or looking away, set up at least 4 bowls, cups or other container upside down and spaced at least 2 feet apart.
2. Hide one treat under one of the containers.
3. Bring your pet over to where the containers are and see how long it takes them to find the treat!
4. Challenge them by hiding the containers around the room or yard and spaced further apart! You can use more containers and put treats in more than just one container.

Reflect

Use your chatterbox from activity 1 to reflect on this activity.

Apply

Go back to activity 3 and put on your animal scientist hat. Make observations and take pictures of your animal doing this activity, then write a summary of things you observed and noticed! Share with friends, family, or 4-H club members in a presentation or poster.



Activity 5: Read to your Pet

What you will need:

- A good book
- A pet you can read to
- A cozy, quiet spot to read



Introduction

Pets and animals love spending time with us, and reading to them is an excellent opportunity for bonding, including them in your day, and will also strengthen your reading skills!

Do

1. Find a good book to read.
2. Settle into a cozy spot with your pet and start reading!
3. Read out loud to your pet for at least 15 minutes.

Reflect

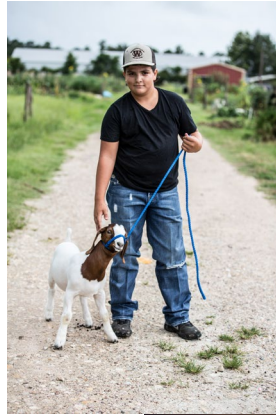
Use your chatterbox from activity 1 to reflect on this activity.

Apply

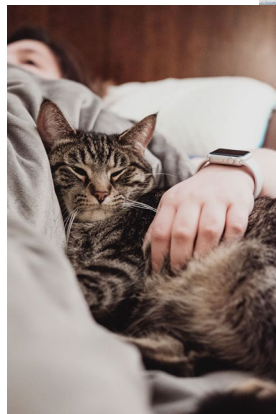
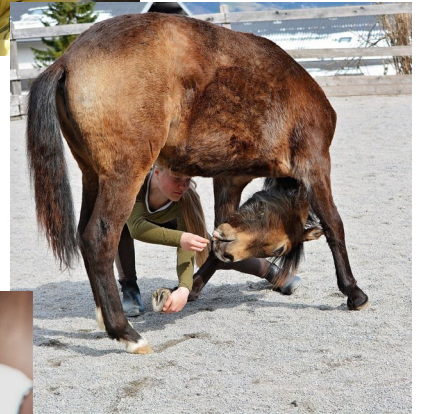
After reflecting on how reading out loud was for both you and your animal, consider when might be another good time to read out loud to them. If you felt relaxed and calm when reading, maybe you read again to them before bedtime. Also notice how your reading for schoolwork or other activities might improve over time if you read to you pet every day!

More things to try

- ❖ Exercise your pet 3 times per week! All animals need exercise, but it will look different depending on their species. For example, you would take a dog on a walk, but you probably would not do that the same way that you would if your pet is an iguana!
- ❖ Take a couple minutes to cuddle with your pet and whether out loud or just in your head, tell them at least 1 thing that you are grateful for. If you have had a tough day, tell them about it! Animals have a wonderful way of listening.
- ❖ Talk to your 4-H leader about what new skills you can train your animal to do.
- ❖ Take a video of a trick or fun thing your pet can do and share it with friends!



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- ❖ Every morning when you wake up, take a moment to tell your pet good morning and pet them!

How did it go?

Post test

Complete the survey below and then scan or take a picture of your responses of the pre-test (page 2) and post-test (this page). With parent permission, send your responses to the authors by emailing them to: stephanie.roeter@wsu.edu . All responses will remain confidential.

1. **Today's Date** _____
2. **What type of animal did you use for most of the activities (for example, dog, cat, rabbit, goat, pig, etc.)?**
3. **Check the box for each activities that you completed (select all that apply).**
 - ☐ Activity 1: Chatterbox
 - ☐ Activity 2: Pet Day at the Spa!
 - ☐ Activity 3: Animal Scientist
 - ☐ Activity 4: Pet Detective
 - ☐ Activity 5: Read to your pet
 - ☐ One or more of the activities from "More things to Try"

For each questions below, check the box to the right that best describes your experience.	Definitely True	Probably True	Probably False	Definitely False
I spent more time with my animal because I did these activities.				
I will do one or more of these activities again.				
I learned something about my animal from one or more of these activities.				
My animal comforts me.				
My animal knows when I am happy or sad.				
My animal cheers me up.				
My animal keeps me from feeling lonely.				
My animal helps me relax when I feel worried or stressed out.				
My animal understands me.				
My animal makes it easier to deal with staying home more since COVID-19 started.				
My parents encourage me to spend time with my animal.				



Keep Exploring & Learning

4-H at Home Activity Guide:

<https://4-h.org/.../4-h-at-home/4-h-at-home-activity-guide/>. #4H

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Research and Resources

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