



4-H Grab & Go Holiday Activity Guide

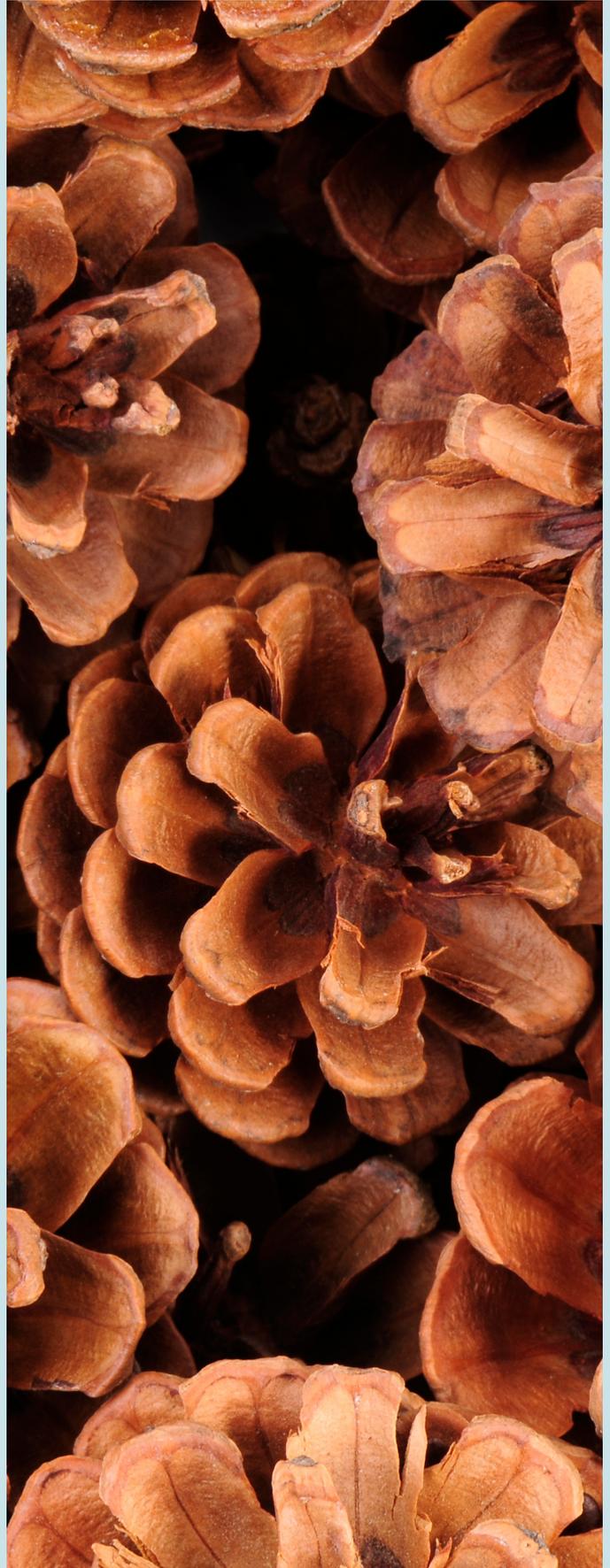


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Brought to you by the WSU Extension 4-H
team in Clark, Skamania, & Klickitat Counties

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About this Guide

4-H is all about helping kids develop into productive, successful adults through fun and meaningful activities. This holiday season, we have compiled six hands-on projects and the necessary supplies for kids of any age to enjoy. Consider sharing them with others, or saving them to enter at the fair!

Essential Elements

4-H is driven by four essential elements- belonging, generosity, independence, and mastery. This winter, we encourage you to think about how you can connect with these elements as you work through these activities. Perhaps you can make a bracelet and share it with a new friend to help them feel like they belong, or send a card to a nursing home to be generous. If one of these projects is difficult for you, how can you challenge yourself to master the skills and become independent? As you work through each one, we hope you'll think about the 4-H Essential Elements!

Experiential Learning

In 4-H, we know that one of the best ways to learn a new skill is through experiential learning. We take a Do-Reflect-Apply approach in everything we do. As you work through this guide, we encourage you to jump right in and do the activities, reflecting as you go on what works well and what is challenging. How can this apply to other areas of your life? Talk about any lessons learned or ideas for next time with your friends and family.

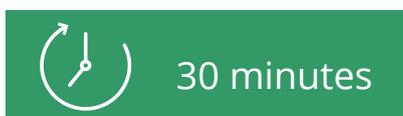
Selected Activities

Every project featured in this guide should be appropriate for children ages 5-18. Younger children may need support with some activities, while older children may enjoy finding creative ways to take their projects to the next level.

Look for these symbols



We have provided most (if not all) of the supplies necessary for each activity, and if additional supplies from around your home are necessary it will be noted with this symbol.



Each activity includes an estimate of the amount of time it should take to complete. Times will vary by age, independence level, and amount of support. Note: The estimate includes hands-on time with the project only.

To learn more about 4-H

Get involved with Washington State 4-H by visiting <https://extension.wsu.edu/4h/> or by contacting your county's extension office.

Pinecone Bird Feeder



Description

Feed some lucky birds with this simple craft!

Supplies

- Pinecone
- Birdseed
- Curling ribbon

From home:

- Peanut butter or an alternative
- Popsicle stick or butter knife
- Plate



Instructions

1. Put your pinecone on a plate *watch out for prickles*.
2. With the help of a grown up, use the popsicle stick/knife to spread peanut butter all over the pinecone.
3. Sprinkle the bird seed all over the pinecone, or pour seeds on the plate and roll the pinecone in the seeds.
4. Tie the ribbon to the top of the pinecone to hang outdoors.



Friendship Bracelets

Description

Create colorful friendship bracelets to share as gifts.

Supplies

- 5-7 different colors of thread
- Scissors
- Binder clip

Instructions

1. Tie all the strands together with a knot about 2 inches from near the top of the strands. Separate the colors so you have one set of colors on the left and one on the right. Make sure the color pattern mirrors itself on both sides.
2. Use the binder clip to secure the strands. Starting on the outside, bring the two outer pieces of thread (should be the same color) to the middle and cross them. Continue doing the crossing until the color you started with is on the outside again. Pull the threads tight so they look like a fishtail braid.
3. Continue braiding pieces to the front until you are near the end of the threads. Tie the two sides together to close the braid. Then tie the two ends together to complete the bracelet.





90 minutes

Paper Snowflakes

Description

Brighten up the day with these coffee filter snowflakes.

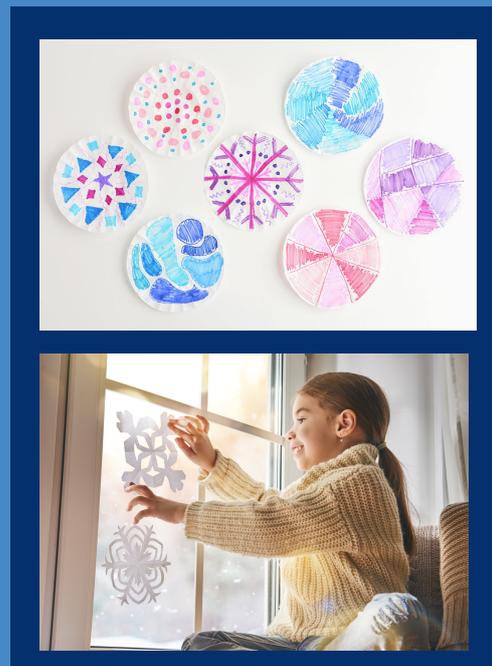
Supplies

- Coffee filters
- Markers
- Dropper
- Scissors

From home:



- Small cup or bowl filled with water
- Tape or string to hang them up
- Paper towel



Instructions

1. Draw fun designs on your filters with markers (the more the better)!
2. Take your dropper, fill it with water, and drip it all over the snowflake.
3. Set your snowflake aside to dry- this could take up to 24 hours.
4. Once dry, take coffee filter and fold it in half. Repeat 3-4 more times.
5. Cut creative shapes into your folded filter, and when you're done unfold and display!



90 minutes

Fabric Card

Description

Create a decorative card with fabric scraps and festive paper to give to someone special!

Supplies

- Card & envelope
- Decorative paper
- Fabric scraps
- Scissors
- Markers
- Glue stick



Instructions

1. Look at all of your materials and decide on a design.
2. Use scraps of fabric and decorative paper to cut shapes for your card. Use your glue stick to secure them to the card. Try layering the different materials to create a unique look!
3. Let the glue dry, and then write a nice message inside for your someone special.

Tea Light Snowmen



Description

Light up a friend or neighbor's yard with these fun and decorative snowman tea lights!

Supplies

- Battery operated tea-lights
- Black permanent marker
- Fun ribbon (for hat and scarf)
- Black felt
- Glue dots, glue stick
- Ribbon (for hanging)

Instructions

1. Using your black marker, draw coal eyes and mouth on your tea-light.
2. Cut your snowman's top hat out of the black felt. Glue decorative ribbon on hat for the band. Use a glue dot to secure the hat on to your snowman's head.
3. Use the longer ribbon for the scarf. Make a loop with the ribbon and use a glue stick or the glue dots to connect the pieces. Attach to your snowman.
4. Take your ribbon and tie a knot to make a circle from which the tealight can hang. Attach to your snowman and hang up for all to see!

Decorate a Mug

Description

Use a paint pen to make your own designs on a ceramic mug

Supplies

- Ceramic mug
- Paint pen



From home:

- Paper
- Pencil



Instructions

1. Clean your mug in soapy water, dry completely.
2. On your piece of paper, practice drawing the design for your mug until you've got it down.
3. Shake your paint pen, and then use it to draw your design on the ceramic mug (it may take tapping the pen and a few practice runs to bring the ink down).
4. Let the paint dry to set and voila (no heat needed)! You have a custom mug!

**The mug is dishwasher and microwave safe, but once you've added your design it should only be hand-washed. Avoid high temperatures to maintain your artwork!*

Hot Cocoa Balls



Ingredients

- 1 cup chocolate chips
- 4 Tbsp hot cocoa mix
- 4 Tbsp mini marshmallows

Special Equipment

Half circle silicone mold



Instructions

1. Melt the chocolate in a glass bowl in the microwave. Use 15 second bursts, stirring in between until everything is smooth and pourable. It will take about 1-2 minutes.
2. Scoop some chocolate into the mold and use the back of a spoon or pastry brush to push the melted chocolate around the molds, making it thick enough along the sides and edges.
3. Place the molds into the freezer for 5-10 minutes or in the fridge for 30 minutes to set. A couple of minutes into them setting, take them out and brush/spoon extra chocolate on the top edges to make it thicker. Let set completely, then carefully pop the chocolate dome out of the mold and set aside on a cold plate.
4. Place the molds into the freezer for 5-10 minutes or in the fridge for 30 minutes to set. A couple of minutes into them setting, take them out and brush/spoon extra chocolate on the top edges to make it thicker. Let set completely, then carefully pop the chocolate dome out of the mold and set aside on a cold plate.
5. Take another dome and melt its edge on the warm plate. Join the two domes together into a sphere and hold until sealed. Let set in the fridge or freezer while you make the rest of your spheres.
6. To serve: Put into a mug, pour on warm milk (or hot chocolate!) and watch the magic! Stir everything up and enjoy.

Mini Blueberry Pies

 30 minutes

Ingredients

- 1/4 cup of sugar
- 3 tsp cornstarch
- 1/8 tsp salt
- 1/4 cup cold water
- 5 cups fresh blueberries
- 1 Tbsp butter
- 1 Tbsp lemon juice
- 1 package refrigerated pie crust



Instructions

1. Preheat oven to 425°F.
2. Combine sugar, cornstarch, salt and water in a saucepan over medium heat.
3. Stir until smooth.
4. Add 3 cups of blueberries and bring to a boil. Stir until thick and bubbly. Remove from heat.
5. Add butter, lemon juice and the remaining two cups of blueberries. Stir until butter is melted.
6. Place pieces of pie shell into cupcake pan.
7. Put 1/3 cup of filling into each pie shell.
8. Place in oven for 25-30 minutes

Recipe from: 4-H Fresh Chefs Cookbook

Gingerbread Donuts

 30 minutes

Ingredients

- 2 cups all-purpose flour
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp cinnamon
- 1 tsp ground ginger
- 1/4 tsp ground nutmeg
- 1/4 tsp ground cloves
- 1/4 tsp kosher salt
- 1/4 cup unsalted butter, softened
- 1/2 cup brown sugar
- 1 large egg
- 2 tbsp molasses
- 1/3 cup milk



Instructions

1. Preheat the oven to 375°F.
2. Combine the first 8 ingredients in a bowl and set aside.
3. In a standing mixer or bowl, using a hand mixer, cream the butter and brown sugar.
4. Add the egg, molasses and milk.
5. Add the flour mixture and mix until just combined.
6. Place the dough in a large zipper bag, seal the bag airtight and then cut off a 1/2 inch of one corner.
7. Pipe the dough into doughnuts on a Silpat or parchment-lined baking sheet. Bake for 15 minutes.

Recipe from: 4-H Fresh Chefs Cookbook

Pizza in a Mug

 5 minutes

Ingredients

- 4 Tbsp all purpose flour
- 1/8 tsp baking powder
- 1/16 tsp baking soda
- 1/8 tsp salt
- 1/2 tsp Italian seasoning
- 3 Tbsp fat free milk
- 1 Tbsp vegetable oil
- 2 Tbsps shredded mozzarella cheese
- 14 mini pepperoni
- 1 Tbsp marinara sauce



Instructions

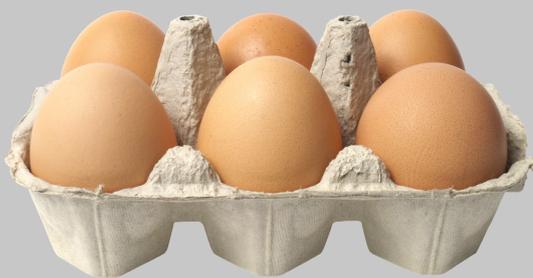
1. Mix flour, baking powder, baking soda, salt, seasoning, milk, and oil with a small whisk. Put ingredients in mug and mix until batter is smooth.
2. Add in 1 Tbsp of shredded cheese and 7 mini pepperoni and mix into batter. Sprinkle 1 tbsp of cheese evenly across surface of batter. Add the remaining mini pepperoni on top. Cook for approximately 1 minute in microwave. Eat with marinara sauce (either drizzle on top, or dip in spoonfuls).



Recipe from: kirbiecravings.com

Scrambled Egg

 2 minutes



Ingredients

- 1 egg
- 1/2 Tbsp butter
- 1 Tbsp milk
- 1 Tbsp of spinach, broccoli, mushrooms, cheese and tomatoes for added flavor.



Instructions

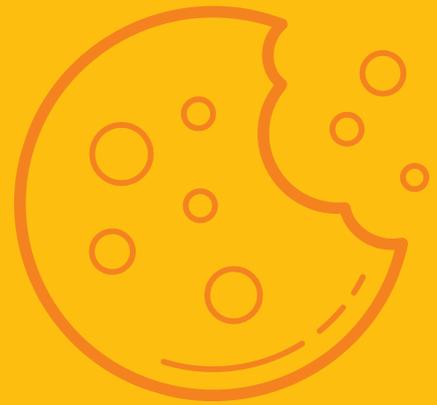
1. Place butter in a mug.
2. Microwave on High for 15 seconds or until butter melts.
3. Add all other ingredients.
4. Use a fork to scramble the eggs.
5. Microwave on High for 20 seconds.
6. Remove from microwave and break up the cooked parts around the edge and move them to the center of the dish.
7. Continue microwaving for 25 seconds. Stop one more time to break up the cooked parts and move them to the center.
8. When the egg is fully cooked, remove from microwave, stir, and enjoy!

Recipe adapted from: *4-H Microwave Magic Curriculum*

No Bake Breakfast Cookies

Ingredients

- 1/2 cup honey
- 1/2 cup non-fat dry milk (instant)
- 1/2 cup raisins (or chopped dates)
- 1/2 cup creamy peanut butter or alternative
- 2 1/2 cups crushed flaked cereal



Instructions

1. Heat honey and peanut butter in a medium saucepan over low heat. Stir until blended.
2. Remove from heat. Stir in dry milk.
3. Fold in cereal and raisins. Drop by heaping Tablespoons onto waxed paper to form mounds.
4. Cool to room temperature. Store in refrigerator.

Snickerdoodle Mug Cake

Ingredients

- 1/4 cup + 2 tablespoons all-purpose flour
- 2 tablespoons sugar
- 1/4 teaspoon baking powder
- 1/4 teaspoon cinnamon
- 1/4 cup milk at room temperature
- 2 tablespoons salted butter melted and cooled
- 1/2 teaspoon pure vanilla extract



Instructions

For layering/topping:

- 1 Tbsp sugar
- 1/4 tsp cinnamon

1. In a small bowl, whisk together flour, sugar, baking powder, and cinnamon until thoroughly, completely combined, with no streaks of any ingredients remaining. Blend in milk, butter, and vanilla until batter is smooth. Into a 14-ounce (or larger) microwave-safe mug with straight sides, scoop a big spoonful of batter, then sprinkle with a spoonful of cinnamon sugar. Alternate layers, ending with cinnamon sugar.
2. Microwave on high for 1 to 1 1/2 minutes, or until cake is done to your liking. Allow to cool for a couple of minutes before serving.

Holiday Calendar

Holidays are celebrated in many ways for many reasons around the world. Here are just a few!
We encourage you to learn more about each one and the culture they come from!

November

- 11 Veteran's Day (United States)
- 14 Diwali (Hindu, Jain, Sikh)
- 25 Day of the Covenant (Baha'i)
- 26 Thanksgiving (United States)
- 27 Native American Heritage Day (American)
- 27 Ascension of 'Abdu'l-Baha (Baha'i)
- 30 Birthday of Guru Nanak Dev Sahib (Sikh)



December

- 8 Bodhi Day (Buddhism)
- 8 Immaculate Conception of Mary (Catholic Christian)
- 11 - 18 Hanukkah (Judaism)
- 24 Christmas Eve (Christian)
- 25 Christmas (Christian)



January

- 1 New Year's Day
- 7 Christmas (Eastern Orthodox)
- 18 Martin Luther King Jr. Day (United States)

Happy New Year!

*Bonne année! Feliz Año Nuevo!
C'Hooban Zoodan! Buon anno!
Glückliches Neues Jahr!*



Resources

All activities provided in this guide were adapted or copied from one of the following resources:

4-H Holiday Activity Guide

<https://4-h.org/about/archive-4-h-at-home/holiday-activity-guide/>

JoAnn's

<https://www.joann.com/fabric-scrap-holiday-cards/392014864P12.html>

4-H Fresh Chefs Healthy Living Cook Book

<https://4-h.org/parents/healthy-living/cookbook/>

4-H Microwave Magic

<https://4-h.org/parents/curriculum/microwave/>

And the Following websites:

Snowflakes: <https://onelittleproject.com/coffee-filter-snowflakes/>

Pizza in a mug: <https://kirbiecravings.com/pizza-mug-cake/>

Hot cocoa balls: <https://iamafoodblog.com/hot-chocolate-bombs/>

No bake breakfast cookies: <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/no-bake-breakfast-cookies>

Snickerdoodle Mug Cake: https://www.fivehearhome.com/wprm_print/27382



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