THE 4-H INSPIRED SUMMER BUCKET LIST

Simple adventures to help you learn, explore, and grow this summer. At 4-H, young people learn by doing. Try a few of these hands-on activities and see what you discover!

GROW SOMETHING!

- ❑ Plant sunflower seeds and measure how tall they grow
- ❑ Start a small herb pot (basil, mint, or parsley) and use it in a recipe
- ❑ Visit a farmers market and try a fruit or vegetable you've never tasted

MAKE SOMETHING!

- ❑ Make homemade popsicles or lemonade together
- ❑ Cook a simple summer recipe as a family
- ❑ Build a bird feeder using items you already have at home

EXPLORE THE OUTDOORS!

- ❑ Go on a nature walk and spot 5 different insects or birds
- ❑ Watch a sunset and count how many colors you can see in the sky
- ❑ Visit a county or state fair and learn about one 4-H project

DISCOVER SOMETHING NEW!

- ❑ Try a simple science experiment (like a baking-soda volcano!
- ❑ Learn the name of 3 plants or trees in your neighborhood
- ❑ Build something with recycled materials

GIVE BACK!

- ❑ Help a neighbor with a small chore
- ❑ Write a thank you note to a teacher, mentor, or volunteer
- ❑ Do one unexpected act of kindness

TRY SOMETHING NEW!

BONUS CHALLENGE

- ❑ Try one thing you've never done before this summer.
  That's how confidence grows!

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