



# 4-H Cabin Fever Friday!

June 4, 2020

4-H is an opportunity to try new activities and learn new skills. If you're looking for an idea to pass the time and want to try something new, check out the projects below. 4-H Cabin Fever Friday will be created weekly with a variety of projects and skill levels highlighted each week. Please remember the social distancing and Safer at Home guidelines while doing these projects. If you would like to take a picture of you or your family doing one of these 4-H projects, feel free to email it to me at [holly.luerssen@wisc.edu](mailto:holly.luerssen@wisc.edu), with the subject line: 4-H Cabin Fever Friday Photo and each family will be entered into a drawing at a later date for some special gifts!

## CALM JARS

### Did You Know?

- Calm jars are a tool used to lead kids through developing positive “self-talk” practices which can help boost confidence, optimism and motivation while decreasing negative thoughts and emotions.

### What to do...

1. Set out your supplies.
  2. Have each youth decorate a glass jar in any way they wish.
  3. Fold the calm cards and put them inside of the jar.
  4. Talk kids through how to use the tool and ask them about the situations and emotions they're feeling when they think this exercise could be useful.
- Sit in a calm safe space (like your bedroom or outside).
  - Begin by taking several deep breathes.
  - Take each slip out, one at a time, and read aloud while taking a deep breath.
  - Use the cards to calm your stress, nerves or anger.
  - Cards can also be used daily by selecting a new one each day.



UW-MADISON EXTENSION

Langlade & Lincoln Counties

**Life Skill:** Mindfulness

**Time:** 20 minutes

### Supplies:

- Jars with lid
- Decorations for the jar: glitter, stickers, markers, etc
- Print the “calm cards” on colorful paper.



Source: [4-H.org/calmcards](http://4-H.org/calmcards)



# Hawaiian Musical Towels

## Supplies:

- 10 towels (one per guest)
- Hawaiian Music

## Objective: Encourages Movement through Dancing

## Instructions:

1. Arrange X towels in a circle on the grass (X=1 less than number of players).
2. Have guests stand in a circle outside of the towels.
3. Begin music.
4. Stop music after at least seven seconds (vary the time elapsed each round).
5. The person not sitting on a towel is out!
6. Repeat until one player is left.



Source: 4-H Inspire Kids to Do Activity Guide

# Kebab Relay

**Time:** 10-15

Minutes

## Supplies:

- 6 skewers (3 per team)
- 60 pieces of chopped fruit (30 in each bowl)
- 2 tables



## What to "Do":

- Place two bowls of fruit on one side of the yard on a table.
- Place second table 20 feet away and set skewers on the table.
- Split guests into two teams.
- Have guests line up behind the fruit table.
- On "go" guests will grab one piece of fruit, run to the next table and carefully place on skewer (10 pieces of fruit per skewer).
- First team to assemble all three fruit kebabs wins!



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Sample of the Calm Jar Cards. Print and cut apart. Then place in the jar.  
For more cards visit: [4-H.org/CalmCards](http://4-H.org/CalmCards)

I accept myself as a  
unique and  
worthwhile person

I am learning what I  
need to do to take  
care of my body

I am calm and  
confident

I am loved

I am Confident

I am relaxed

I am control of my  
choices

I am Strong

I am determined and  
successful

I can achieve  
anything I want to  
achieve