Preparation:

Hands Workshop (Lindsey and Jessica): In preparation for the hands workshop we began by identifying a service that the children could perform in their community. We decided to focus on making thank you cards and cupcakes for veterans or other important people in their lives. After identifying the project, we found a cupcake design that would be fun for both male and female children (campfire) and were then able to shop for all of the necessary ingredients, and card supplies. The day before the camp we prepared the cupcakes that were to be decorated and separated supplies into individual baggies. We also prepared the base of the Thank You Cards for the children to decorate.

Head Workshop (Alex & Kimberly): To prepare for the head workshop we wanted to do a project where the campers would be able to think of variations when doing an experiment. Our final project was Bottle Rockets, we went with this due to the fact that variations could be used to determine the takeoff of the rocket, and we could also tie in aircrafts from the military efforts. We got all necessary supplies before hand. And the day of the camp we set up the table for the Bottle Rocket experiment.

Heart Workshop (Dara and Elizabeth):  When preparing for the workshop, we came up with the idea of doing Hero books.  These books were bound by the children in the workshop, but it took a lot of preparation to be ready for the activity.  We had to wrap cardstock in decorative paper to make the covers.  We also cut regular copy paper in half.  Holes were then punched in the covers and paper so that it is easy for the children to bind.  We then put the books together with the proper amount of paper, covers, and cord for binding.

Health Workshop (Katrina and Matasia): To prepare for the project, we researched the health benefits of using whole grains in cooking. We researched the different types of wheat, parts of the wheat kernel, and different types of whole grains. To prepare for the workshop, we made whole wheat muffins so that the participants could have a sample of the recipe we wanted them to make at home. We filled bags with whole wheat flour so the children could have some to use in the recipe at home.We prepared posters showing the different parts of the kernel. The whole wheat pancake mix was prepared so that all that had to be added was the liquids and the whole wheat the students ground in the grinder.

Games (Emily and Abby): In order to prepare for the 4H Day camp we needed to write get to know you questions on a beach ball for the beach ball get to know you game. We also had to spread out all little soldiers, gum, and spinwheels throughout the room for children to go and find during the musical chairs scavenger hunt that was played in the beginning.