

# 4-H Service-Learning: Things Youth Can Do at Home/Online!

## Arts and communications

- Make cards or decorations for residents in nursing homes and hospitals.
- Create windshield signs with messages of hope and encouragement and do drive-by tours for medical staff and patients
- Deliver singing telegrams or greetings outside the homes of elderly and shut-in residents (within social distancing guidelines).
- Video and compile a 4-H homemade talent show and share on social media.
- Interview grandparents or elders by phone or online, capturing stories of their lives, family and community.
- Tutor younger kids online in learning a new skill or improving reading, writing, or math skills.
- Share stories with people sheltering in place by reading over the phone or electronic recording.
- Teach a performing arts lesson in dance, drama, or music to others online.

## Civics and service

- Start a social media challenge among friends to volunteer online or from home.
- Hold an in-home festival by making decorations and cooking a meal to celebrate ethnic diversity.
- Write letters to military personnel serving their country overseas.
- Maintain landscaping at a veteran's or nursing home (within social distancing guidelines).
- Help an elderly neighbor by mowing the lawn, pulling weeds, or planting a garden.
- Challenge online friends to make a cash donation to food pantry or regional food bank
- Write personal thank you notes to local government officials and/or state officials, thanking them for their leadership in keeping your community healthy and safe.
- Host an online forum, inviting your 4-H club to bring and share ideas on how to help your community online and at home.

## Growth and leadership

- Organize an online group for kids to share their favorite hobby or activity.
- Start a buddy system to stay in contact with youth with special needs.
- Plan a spring workday or cleanup with your family at the County Fairgrounds, MU Extension office, neighborhood, or school, etc. (within social distancing guidelines)
- Create a guide of needs and volunteer opportunities for youth in your community, and share online with 4-H club, friends, and classmates.
- Organize a motivational moment or series of inspiring leadership quotes/videos to distribute on social media.
- Make cards and mail to hospital for medical staff and patients (children, veterans, families).



## Home and consumer life

- Make medical masks and gowns and donate to local hospitals and clinics.
- Offer to provide child care or handle chores for single-parent households (within social distancing guidelines).
- Set up online story time reading your favorite books to Clover Kids from your club.
- Act as a big buddy to a child with special needs, through phone calls and sending mail.
- Prepare an online demonstration on what goes into a family disaster kit.
- Sort through and donate gently used items (games, toys, clothing, shoes) to a local nonprofit.
- Lead your 4-H club in weekly online health challenges in physical activity and outdoor time.
- Send out awareness info on supporting local farmers and buying local food.

## Nutrition and health

- Help cook and freeze ready-made meals to donate to a homeless center or shelter.
- Create a fitness course in your backyard for your family and pets.
- Demonstrate food preparation or preservation tricks in an online format.
- Advocate or raise funds for mental and emotional health services in your community.
- Organize a solo 5K race or fun run 4-Hers can do on their own and log their race results (following social distancing guidelines).
- Share healthy, nutritious easy-to-make recipes online for households on a limited budget or with limited cooking skills
- Organize a day of play indoors inviting 4-H friends to post their creative activities online.

## Outdoors and nature

- Host an online biodiversity hunt for 4-Hers to search and share their results
- Deliver hand-made birdhouses and seed to people sheltering in place (within social distancing guidelines)
- Establish a plot of native plants or flowers to attract pollinators.
- Clean up a stream bed and plant vegetation along its banks.
- Give a demonstration teaching children how to conserve water through everyday actions.
- Teach 4-Hers online about basic equipment for camping in Missouri.
- Create a brochure or online map of local nature areas and places of interest.
- Clean up and maintain a neglected historical site with permission.



## Plants and animals

- Video and share “a day in the life” of your 4-H project to teach others about agriculture
- Apply pet therapy online by involving your pets/animals in video greetings and messages
- Donate extra garden produce to the food pantry or soup kitchen.
- Create or improve habitat for native plants and animals.
- Offer to care for a neighbor’s animals while they are away or unable.
- Give an online demonstration for pet owners to learn about animal care and nutrition.
- Teach younger 4-Hers online about tips and tricks for animal showmanship.
- Host an online “from the farm to you” program to show others where food comes from.
- Plant flowers, shrubs, or tree at park, courthouse, memorial, or cemetery with permission.

## Science and technology

- Give an online demonstration of how to build a junk drawer robot.
- Offer your own social media tips for older adults who want to learn.
- Create a treasure hunt 4-H families can do while driving to learn local geography.
- Reclaim broken bicycles and fix them up for donation in your garage or basement.
- Mentor a younger 4-Her on learning coding and show how it relates to games kids play.
- Coordinate a GPS project to map sources of local food and produce.
- Design a website for a local business or non-profit organization.
- Show simple steps 4-Hers can take to make their homes more energy efficient.

For more information on 4-H Service-Learning, please visit

<https://extension2.missouri.edu/programs/missouri-4-h/4-h-projects/4-h-civics-and-service/service-learning-projects>

