



Rio Arriba 4-H Presents:

Tell Us About it Tuesdays!

LOOK AT ME - I'M GROWING UP!

Cloverbuds enrolled in the Look at Me-I'm Growing Up project will complete activities on feelings, body language, careers, and home safety.



Some of the Project Activities include:

- ✓ **My Feelings**
- ✓ **How might you feel if...**
- ✓ **Hand Talk and Body Talk**
- ✓ **Home Safe Home**
- ✓ **I'd rather...**
- ✓ **Wanted!**

Complete the following activities, share your results, and earn points!

Watch these video about Growing Up!

Small Talk | Growing Up: <https://youtu.be/i3Dk793z7uU>

100 Kids Tell Us What They Want to Be When They Grow Up:

<https://youtu.be/RUup841pZrs>

With the help of an adult, gather information to complete the Emergency Phone Numbers and develop "Home Fire Safety Plan." Then Complete the "I'd rather..." and "Wanted" Activity sheets.

Bonus Activity

Find the North Star (attached)

Send a picture of your projects to: marctala@nmsu.edu or hannah99@nmsu.edu

Earn points for your participation and receive Pizza Gift cards!

Have Questions Contact: 575-588-7423

Marcella, Extension 4-H Agent, at marctala@nmsu.edu

ah, Extension Program Assistant, at hannah99@nmsu.edu



BE BOLD. Shape the Future.
**College of Agricultural, Consumer
and Environmental Sciences**
Cooperative Extension Service
Rio Arriba County Extension Office

Our home address _____
Our phone number _____

Emergency Phone Numbers

Emergency 911

Police Department _____

Fire Department _____

Poison Control Center _____

Hospital _____

Doctor _____

Dentist _____

Dad's Work _____

Mom's Work _____

Family Friend _____



Home Fire Safety Plan

If there is a fire in our home, this is what we do:

Two ways to escape from my bedroom are:

- ① _____
- ② _____

The place to meet outside our home is _____

Fire Safety RULES for everyone:

- Get out of the house as quickly as you can.
- Never go into a closet or under a bed to hide.
- Never go back into the house to get something once you're out.

If your clothes are on fire remember to:

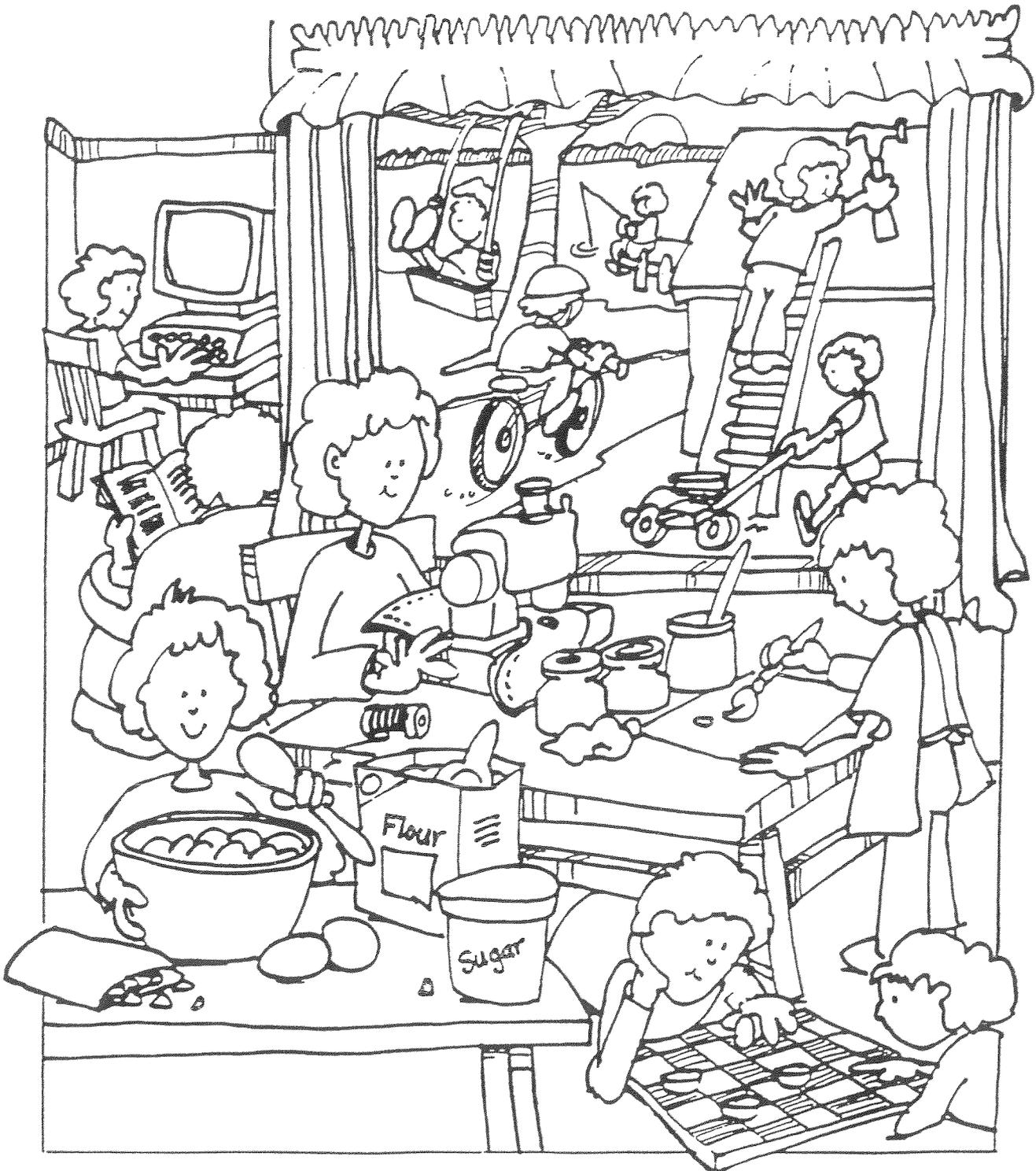
**STOP,
DROP,
and ROLL!**

Some of our safety rules are:

Sign here: (Parents and kids)

I'd rather...

Circle the two things you like to do best. Tell your group why.



Wanted!

People work everywhere in our world. Draw a job to fit each box, then tell other members what would be interesting about doing each job.

Wanted!

A job that's high up

Wanted!

A job that's outdoors

Wanted!

A job that's funny

Wanted!

A job that's helping people

Wanted!

A job that's fixing things

Wanted!

A job that's underwater



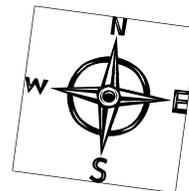
Which of these jobs would you like to do?
Why?

Find the North Star!



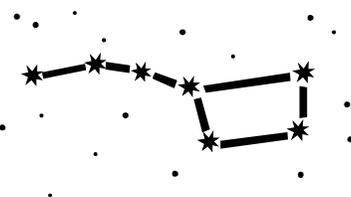
The nighttime sky is one of the most beautiful things when camping. It is difficult to appreciate when living in the city, but once you are away from the city lights, it can be stunning. The stars are not only pretty, but they have also been very important for explorers and travelers for thousands of years. Christopher Columbus and the Pilgrims used the nighttime stars to help guide them across the Atlantic Ocean to the New World. Even today with modern gadgets, like global positioning systems (GPS), stars still play a central role in navigation. The National Aeronautics and Space Administration (NASA) even uses them to guide unmanned space explorers to far away planets like Jupiter and Saturn and the former planet Pluto!

Being able to locate the North Star (also called Polaris by astronomers) is quite useful when trying to find your way. It can help guide those who are lost in the woods to safety. The North Star is cleverly named that because it is always due North. Once campers find it, it is easy to determine the other directions. West is to their left, east to their right, and south is behind them.



Look at the night sky. You'll notice the stars make some patterns and shapes - called constellations. Can you find any? Do you see a group of seven stars that look like a long ladle or a pan with a curved handle? Look carefully, it may be upside down! Three stars form the handle and four stars form the pan. That group of stars is called the Big Dipper. If you draw a line between the two stars that form the pan on the opposite side of the handle, the line would point to the North Star.

The North Star is located in another smaller ladle. Since this constellation is smaller than the Big Dipper, it is called the Little Dipper. The North Star is the brightest star in the Little Dipper, so the rest of the stars may be more difficult to see than those in the Big Dipper. Like the Big Dipper, the Little Dipper is made of seven stars – three form the handle and four form the pan. The North Star is the last star in the handle of the Little Dipper.



Written by: Joyce Shriner, Extension Educator, FCS/Hocking County Director.

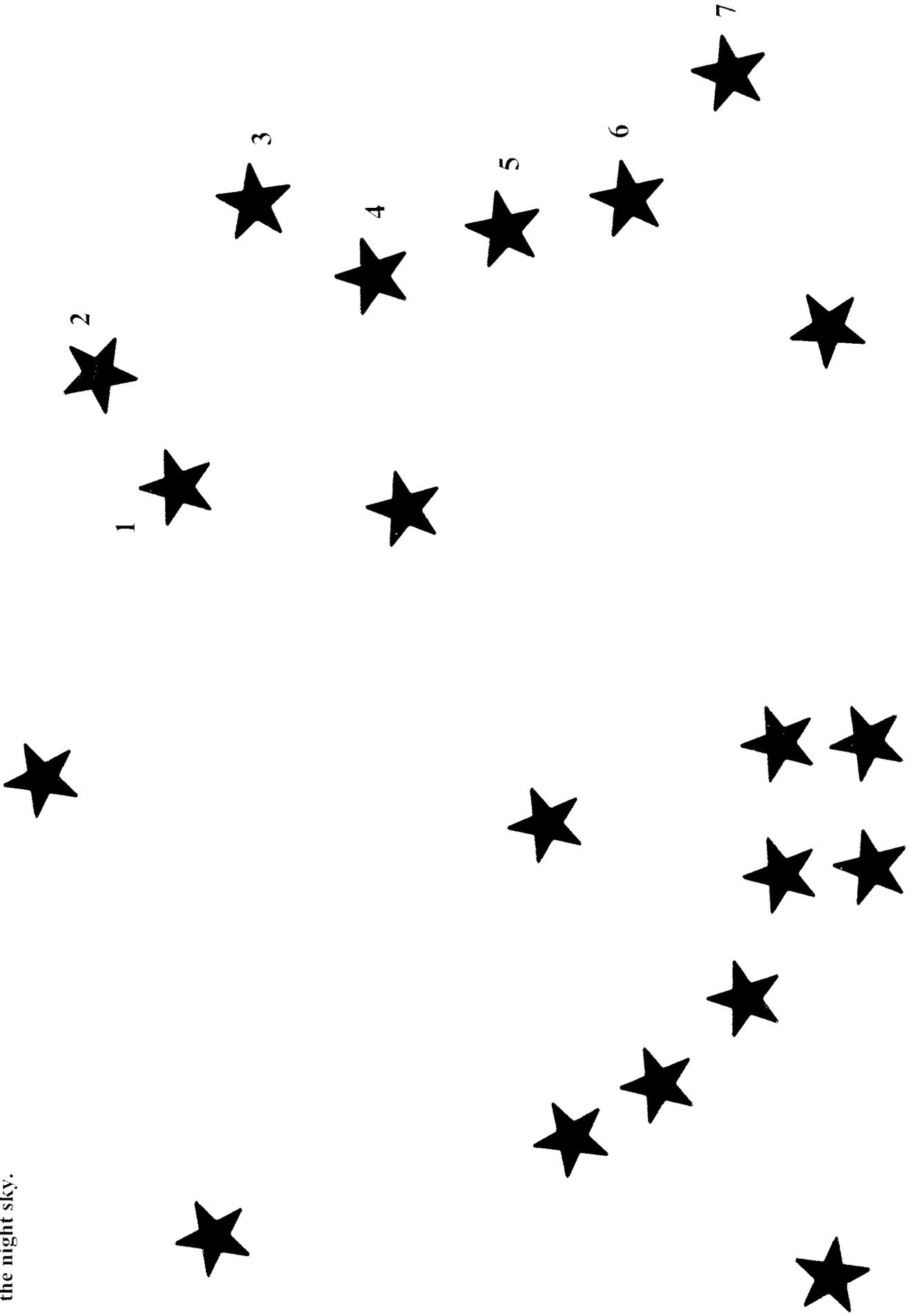
Reviewed by: Ali Snedden, Graduate Student in Astrophysics, University of Notre Dame.



4-H Cloverbuds
OHIO STATE UNIVERSITY EXTENSION

Find the North Star

Connect the numbered stars to find the Big Dipper. Then, use stars 1 and 2 to find the North Star. Hint: The line between stars 1 and 2 points to the North Star. Circle the North Star. The North Star is the last star in the Little Dipper's handle. Challenges: Connect the stars that form the Little Dipper. Go outside. Locate the Big Dipper, North Star and Little Dipper in the night sky.



Find the North Star - Answer Sheet

Connect the numbered stars to find the Big Dipper. Then, use stars 1 and 2 to find the North Star. Hint: The line between stars 1 and 2 points to the North Star. Circle the North Star. The North Star is the last star in the Little Dipper's handle. Challenges: Connect the stars that form the Little Dipper. Go outside. Locate the Big Dipper, North Star and Little Dipper in the night sky.

