



# April Help Tips for Leaders ...

## **Health Report:** (from the 4-H Health Book – other activities available, too)

Sometimes we use food to improve our mood. Instead, try going for a walk, watching a movie, or talking to a friend. When a person often eats as a way to deal with stress, it can be a health problem. If a person eats large amounts of food or does not eat at all, it can be a problem, too.

## **Safety Report:**

**It's time to start riding your bike ... let's do it safely**

**Bicycling can be a fun way to get around. Review these safety points before you ride.**

Before riding your bike

- Talk with your parents. Are you allowed to ride by yourself or with friends? What route are you allowed to ride?
- Dress to be seen. Wear brightly colored clothes and reflective gear. Remember, just because you can see a driver doesn't mean the driver can see you.
- Tie and tuck. Loose laces and pant legs can get caught up in your bike and cause you to crash. Tie shoelaces and tuck the hanging ends into your shoe, and tie wide pant legs with a reflective strap or tuck them into socks.
- Check your bike for safety. Make sure the tires have enough air, the brakes and gears work, the chain isn't loose, and the wheels and bolts are tight. Have your parents help you fix anything that's not right.
- Put on your helmet. Make sure it's properly adjusted, fitted, and buckled.

## **Conservation Report:**

**Check out these water conservation tips and gardening tips to see how easy it is to save water and then make sure to share these tips with your family and friends.**

Wash your pet outside on an area of land that needs watering.

Keep a container of drinking water in the refrigerator.  
Running faucets waste three to seven gallons of water per minute.

# Fun Snack Ideas for Spring ...



# Recreation ...

***Easy card and dice games – great for game nights ...***

## **Doubles**

**Supplies Needed:** 1 pen or pencil / 1 pair of dice / everyone has a piece of paper / or you can use just 1 piece of paper and line off or fold areas for each person to use as their space to write.

**Instructions:** Take turns rolling the dice, once someone gets doubles, they take the pen and write numbers 1-100 or until the next person rolls doubles. When the next person rolls doubles they get to grab the pen and begin to write. Don't start over numbering, start where you left off. First person to 100 wins!

## **Shut the Box**

**Supplies Needed:** 2 sets of cards 1-9 / 1 pair of dice

**Objective:** Each player tries to turn over as many cards as possible. The player that turns over all of their boxes first wins (or the player with the lowest score).

### **Instructions:**

To play the game, start with all the numbers showing on all the cards.  
The first player rolls the pair of dice.

They can turn over the cards which are the same as the numbers rolled or add them together. For example, if a 4 and a 5 is rolled, they would turn over the 4 and 5 cards. Or, they can choose to turn over the "9", the "8" and "1", the "7" and "2", or the "6" and "3" – any combination that adds up to the total of the dice rolled.

Play then goes to the next person, they roll the dice and do the same with their set of cards – turn over the cards of their choice depending on their roll.

Play continues alternating – once a person has flipped over their 7, 8, and 9 – they can just roll 1 die.

If you roll and can't flip any cards over, you're still in the game unless your opponent can't play either. Then the game ends and those cards that are left are added together at face value and that is the player's score. (If you have a 3 and 6 still face up, your score is 9) The winner is the person with the lower score.

Players can declare winners per game, or you can set a target of 50 and ...  
the first player to 50 is NOT THE WINNER!

1

2

3

4

5

6

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