



4-H “Inspire to Do” List

30 fun and simple skills-building activities to do with your kid! 4-H.org/InspireKidstoDo

- 1 Build a [bird feeder](#) - monitor it for a week and log the types of birds.
- 2 [Grow vegetables](#) in an egg carton. Learn how to cook and preserve them.
- 3 Take a tour of a farm or nursery in your area. Ask three questions about the plants and animals.
- 4 Do research on your favorite [wild animal](#), then visit the zoo to see them up close.
- 5 Start a neighborhood [nature club](#) - teach kids about nature in their backyard.
- 6 Raise [butterflies](#) and track their stages of life.
- 7 Plant your favorite herbs in a mason jar - look for recipes to use them as they grow.
- 8 Pick wildflowers and press them in a book to log and preserve them.
- 9 Make and deliver cheerful cards for local senior citizen homes.
- 10 Make [Fizzy Foam](#) to learn about chemical reactions.
- 11 Hold an [egg drop challenge](#) - build containers to keep the egg from cracking.
- 12 Make a paper boat and host a boat race.
- 13 Hold a neighborhood car wash in support of a local shelter.
- 14 Learn how to generate electricity by making a [lemon battery](#).
- 15 Volunteer as a dog walker once a week at a local shelter.
- 16 Write a thank you letter to someone who has impacted your community.
- 17 Create care packages for those who are homeless in your community.
- 18 Volunteer to help senior citizens with technology and household chores.
- 19 As a family, learn about and eat a new vegetable in a meal each week.
- 20 Set a time for a family yoga session to release stress and introduce the concept of mindfulness.
- 21 Create a gratitude journal - help your kid learn to notice and appreciate the little things.
- 22 Plan, shop for, and prepare healthy meals on a budget once a week.
- 23 Organize a neighborhood food drive for a local shelter or food pantry.
- 24 Pick up trash in a local park.
- 25 Go on a [hike](#) or go to the neighborhood park and draw the view.
- 26 [Learn how to build a camp fire](#) and make a tinfoil dinner.
- 27 Dip your own crayon candle - watch solid wax evaporate into gas.
- 28 Make homemade [bath bombs](#) and gift them to a friend.
- 29 Build a [robot that draws on paper](#).
- 30 Learn to [code your names](#) and see who has the best design.



Enter the [30 Days of Doing photo contest](#) on September 1 – 30 and you could win a \$10K scholarship for your kid!

NO PURCHASE NECESSARY. Starts 9/1/18; ends 9/30/18. Rules available 9/1/18 at 4-H.org/InspireKidstoDo.



Check out [National Youth Science Day](#)