

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](#)