



4-H “Inspire Kids to Do” List

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

Please refer to the Center for Disease Control [guidelines](#) for staying safe during the COVID-19 crisis.

- 1 Build a [bird feeder](#) - monitor it for a week and log the types of birds you see.
- 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 3 questions about the plants.
- 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 backyards.
- 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 wild flowers 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 Have your kid 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 Have your kid 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 Teach your kid how to plan, shop for and [prepare healthy meals](#) on a budget once a week.
- 23 Help your kid 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.



New! Introducing the 2019 revision of 4-H's best-selling Photography curriculum! Kids will learn about equipment, lighting, composition and skill building. Check out 4-H's photography curriculum at [SHOP 4-H!](#)