

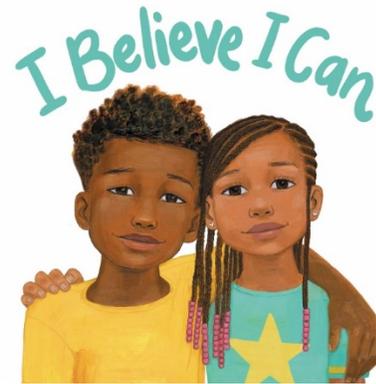
CLOVERBUD READING ADVENTURES

I Believe I Can

By Grace Byers

This is a beautiful book to remind youth, both girls and boys of every background, that all they need to do is to believe in themselves. Children can accomplish anything they put their mind to.

NEW YORK TIMES BESTSELLING CREATORS OF I AM ENOUGH
 GRACE BYERS
 PICTURES BY KETURAH A. BOBO



ACTIVITIES AND CRAFTS



Rainbow Positive Affirmations

Materials: white paper, rainbow colored construction paper cut into strips (red, orange, yellow, green, blue purple), glue, markers

What to do: Explain that they are going to make rainbow showing skills/traits that they like and admire in themselves. Ask youth to describe a rainbow. Explain that it is from the sky and each color brings light and happiness to earth. Each strip of construction paper will be a different skill/trail. The white paper will make a cloud for their name. Encourage the children to think about what makes them different and why that is special. Have them answer “I am unique because...” on the colored paper and then glue it on the cloud in the shape of a rainbow.

Self-esteem Pizza

Materials: Dinner size paper plates, construction paper, glue, sissors, markers

What to do: Have children paint their paper plate (pizza) first and allow time time to dry. While drying, youth should cut the “toppings” of their pizza out of the construction paper. Have them write a strength, talent, a time they were proud of themselves, or skill they have on each topping. Stick the toppings on the pizza. If the paint is still wet, the topping will stick without glue.





GAME

Beach Ball

Supplies: Inflated beach ball, questions written on ball (use the following sample examples, or create your own, to write on the ball):

HEAD	HEART	HANDS	HEALTH
What makes you unique?	Three wishes.	Something you can draw.	Name something nice you did for someone else.
What is the best trait about you?	What do you LOVE about yourself?	What special talent do you have?	Close your eyes and say "I am amazing" 5 times.
	Who is your role model?		

How to play: Prior to beginning the activity, write your statements or questions on the beach ball. Have youth stand in a circle. Have each child throw ball to another person. Whatever question/statement that their right thumb lands on, they answer and then throw the ball to the next child. Continue until all have had a chance.

Painted Rocks

Supplies: Rocks, paint, markers

How to play: Wash and dry rocks. Explain to the children you will be painting rocks and then writing positive affirmations and words that could increase self-esteem to a reader. They might need help spelling and writing the words. Some words that they can use include: beautiful, worthy, strong, intelligent, confident, happy, brave, friend, courage, hope, be you, thankful, joy, dream, etc. Then, work with the youth to find a place outside to put their painted rock. Encourage them to put it somewhere where someone will be able to find it.

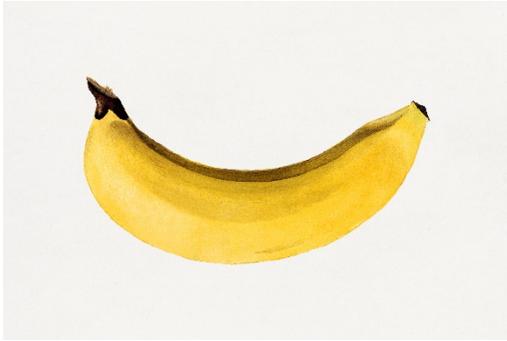
SNACKS

Create Your Own Trail Mix

Ingredients: Any combination of the following: Chex mix, pretzels, cheerios, raisins, marshmallows, small chocolate pieces, goldfish, teddy grahams, sunflower seeds, granola, popcorn, apple chips, etc. baggies, bowls

What to do: Set items in bowls. Provide baggies for each child and have them pick and choose their own items to put in trail mix. This will help build confidence and independence.





Fruit Affirmations

Ingredients: Bananas, oranges or clementine, marker

What to do: Prior to meeting, take fruit and write positive affirmations on the banana peel and peel of the oranges/clementine. Each fruit needs to have one positive affirmation written on it. Then, allow the youth to pick their fruit for snack.

OTHER BOOKS TO READ ALOUD

I'm Gonna Like Me, Jamie Lee Curtis

I Like Myself, Karen Beaumont

I Am Enough, Grace Byers

Dear Girl: A Celebration of Wonderful, Smart, Beautiful You!, Paris Rosenthal

4-H CLOVERBUD READING ADVENTURES

Reading Adventures are part of the Ohio 4-H Cloverbud Program. This adventure was developed by Rebecca Supinger, 4-H Extension Educator, 4-H Youth Development, Ohio State University Extension. It contains well-known activities, games, and snacks. Sources are indicated where appropriate. Find more reading adventures online at ohio4h.org/cloverbudresources.

TIP:

This 4-H Cloverbud Reading Adventure works well with Chapter 27 'I Am Special' in *The Big Book of 4-H Cloverbud Activities* available through OSU Extension offices or online at extensionpubs.osu.edu. Ohio residents get the best price when they order and pick up their purchases through local Extension offices.

Pictures:

Raw Pixels

Rainbow Craft- <https://www.teacherspayteachers.com/Product/St-Patricks-Day-Rainbow-Craftivity-594122>

