

MAY

**Join Chowan County
4-H for a month of
activities!**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Go on a bike ride
or walk around
your
neighborhood.

4

Track your daily
water intake.

5

Create a Vegetable
Planting Guide.

<http://go.ncsu.edu/veggiewheel>

6

Go on a picnic to
a local park (or
your backyard).

7

Make your own
rain gauge.

<https://www.miraclegro.com/en-us/library/make-your-own-rain-gauge>

8

Make homemade
butter.

11

Make a peanut
butter bird feeder.

www.4-H.org/BirdFeeder

12

Plant herbs in a
mason jar.

13

Write and mail a
letter to someone.

14

Try a new fruit or
vegetable.

15

Make a vision
board out of
newspapers and
magazines.

18

Help set the table
for dinner.

19

Go on a walk.
Record how
many birds you
see.

20

Do a random act
of kindness for a
neighbor.

21

Plant a flower.

22

Research a new
fruit.

<http://imgkids.us/wp-content/uploads/2017/07/Dr-Fruit.pdf>

25

Pick up trash
around your
neighborhood for
30 minutes.

26

Help your
parent/guardian
cook dinner.

27

Practice 4-H yoga.

www.4-H.org/yoga

28

Complete a
scavenger hunt.

29

Make a
marshmallow
catapult.

www.4-H.org/Catapult

