National Youth Science Day

Kits on sale now through Shop 4-H!!!

This October, 4-H will launch the 2019 National Youth Science Day (NYSD) challenge, Game Changers. Designed by Google and West Virginia Extension service, Game Changers teaches kids ages 8-14 how to use computer science (CS) to create games, solve problems and engage with topics they’re passionate about. Game Changers uses physical activity and puzzles to teach kids important CS concepts and problem-solving skills, creating real-world connections between computer science and civic engagement, healthy living and agriculture. Although the challenge includes one computer-based and two unplugged activities to help kids learn CS, all can be completed without internet access. New to NYSD! Teachers and facilitators don’t need any prior experience with computer science or coding to bring Game Changers to their students. Get your GAME CHANGERS KIT today!

Buy your Kit!

Upcoming Statewide Programs:

- **Junior Beef Round-Up**
  - August 2-4, 2019
  - Youth beef cattle contest open to the southeast region (for all age divisions)
  - Registration closed

- **Volunteer Leaders Symposium**
  - Saturday, August 10, 2019
  - Training for all volunteers across the state to network and learn (for adults)
  - Register by July 31st

- **Ambassador Training**
  - Saturday, August 10, 2019
  - Hands-on leadership training for youth (for ages 14-18). Registration TBA
  - Register by July 31st

- **4-H Day at the SC State Fair**
  - Saturday, October 12, 2019
  - All youth and volunteers with active membership cards get in FREE
  - No pre-registration required

“4-H has a huge impact on my life. I have learned so much about agriculture, community service, public service, and being a leader in my 4-H community...I am thankful I’m a part of this wonderful organization.” 4-H’er

The South Carolina State Fair is celebrating its 150 anniversary this year! The South Carolina State Fair is a local, self-sustaining, non-profit organization. Since 1997, did you know the Fair has donated over $3 million in scholarships for SC students?! Mark your calendars and make plans to join us at the Fair on Saturday, October 12, 2019 to enjoy “prize-winning memories”. Wear your South Carolina 4-H T-shirt to show your 4-H pride and get into the Fair free with membership/volunteer card.
Exploring Sun Protection

Objective: To understand basic concepts of sun protection.

Age Range: All ages.

Hands-on Activity: To create, experiment with, and demonstrate a sun protection.

Life Skills: HEAD – learning to learn, problem solving, decision making;
HEART – communication, sharing;
HANDS – self-motivation;
HEALTH – healthy lifestyles choices.

Introduction

We all love spending time outside and time outdoors is a valuable experience for youth. We want to inspire kids and families to adopt healthy, sun-safe behaviors – rain or shine – for a lifetime of healthy fun in the sun. Depending on the age of the youth, you can explore various aspects of sun protection from brainstorming ways to protect yourself from the sun (hats, clothing, sunglasses, sunscreen, time of day, etc.) to researching various types of sunscreen (SPF levels, chemical formations, etc.). Use the activity below to explore efficacy of sunscreen.

Materials

Sun-sensitive paper*
Plastic sandwich bags
3 or more sunscreens
Scissors
Coins

Activity Instructions

1. If feasible, provide a wide variety of different sunscreens and allow the youth to decide as a group what they want to test (or work in small groups to design their own variables to investigate). They can choose to compare SPF levels of the same brand/type, the same SPF levels of different types (lotion, stick, spray, brand, etc.), or protective clothing.
2. Youth will label 3 to 5 plastic bags with the appropriate sunscreen and coat the outside of the bag with the sunscreen. Leave one bag as your “control” with no sunscreen applied.
3. Cut the sun-sensitive paper into squares, place them inside the bags with a coin on top of the paper.
4. Set the bags in the sun for 2 to 4 minutes*. Continued on page 6
5. Pull the paper out and visually assess differences in the color. The “control” should show the maximum difference indicating sun exposure.
6. Discuss the differences or similarities youth see.

Reflective questions

- What did you like about this activity?
- What happened during this activity? Did you encounter any differences?
- How would you teach someone about this concept?

Conclusion

This activity is a quick way to teach a basic sun protection. Youth get to see sunscreens in action to reinforce learning. Manipulation of parameters in this activity can allow for additional expansion/learning.

*You can use black construction in lieu of sun-sensitive paper, but the timing of sun exposure should be lengthened to 6-8 hours.

Resources:

Sun Smarts for Kids. National 4-H Council. [https://4-h.org/get-involved/supporters/coppertone-sun-smarts/#!resources](https://4-h.org/get-involved/supporters/coppertone-sun-smarts/#!resources)


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