



Free Time Choices: Choose Your Own Adventure

(as of May 20, 2021)

- No pre-registration required
- Free time offerings are first come, first serve
- Links will be sent out in advance
- Please note repeat offerings, expectations to stay the whole time, space limitations, and unique times when deciding
- Free time offerings might be subject to change
- Ongoing free time opportunities are listed at the end

Which do you choose?

Tuesday, June 22 (Lunch time)

- 4-H Children's Garden Tour (12-12:50pm)**: Join us for virtual tours through the 4-H Children's Garden at Michigan State University. Come experience plants with us as we provide a close up tour of our beautiful gardens! Take a relaxing and peaceful break.

Among Us! (12-12:45pm)

- Beware ... there are impostors AMONG US!! Join us as we keep an eye out for the impostor while you join your crewmates in solving puzzles, completing tasks, and fixing the spaceship. *****Please note: It is important to arrive on time and stay for the full duration of the game. Space is limited. If full and time allows, additional games may be started for those in the waiting room.*** (Repeated Wednesday 12-12:30pm)

Mindfulness (12-12:30pm)

- Curious about how to feel more grounded in your life? Join this free time activity to learn about mindfulness and practice a variety of techniques including self-care, yoga, belly breathing and journaling. **Space is limited so arrive early/on time.** (Repeated on Wednesday from 3:30-4pm)
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Wizards World of 4-H Trivia (12:30-12:50pm)

- Is your favorite sport Quidditch? Do you know which Hogwarts House you belong to? Have you read all 7 Harry Potter books and watched all 8 movies? If you answered yes to any of these questions, then the Wizards World of 4-H trivia is the free time activity for you! Test your witchcraft and wizardry knowledge against others as we use Kahoot for a round of Harry Potter themed trivia! ****Please note: It is important to arrive on time and stay for the full duration of the game. Space is limited.** (Repeated Thursday and Tuesday; **please only join this once.**)
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Tuesday, June 22 (Afternoon)

Fitness Movement (3-4pm)

- Get moving after learning so much in your sessions! You will experience different types of exercises for all fitness levels from beginners to athletes. Wear comfortable clothing so you can move freely and ensure you have space to move safely. (Repeated Wednesday, 3-4pm)
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Virtual Clue (3-5pm)

- Somewhere out in the Zoom-verse, there has been a murder! It is YOUR job to put a team together and interview suspects to uncover the mystery of who did it, where it happened, why they did it, and who, in fact, was killed. Can you put your sleuthing skills to the test in this game of Virtual Clue? ****Please note: This free time offering runs longer than 1 hour. Plan to arrive on time, stay for the full 2 hours. Space is limited.**
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10 Tips for Creating Your Own Podcast (3-3:30pm)

- In this free-time activity, you will receive a demonstration from Abbie Tykocki, MSU Theatre Communications Specialist, on free and simple tools that you can use to create your own podcast.
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4-H League of Clovers (3-4pm)

- Raise your sword and rally to the clover banner! Come join 4-H League of Clovers for a short virtual Dungeons and Dragons quest! Participants will need their own character sheets and dice. Pre-made character sheets can be found at: <https://dnd.wizards.com/charactersheets> (Repeated Wednesday 3-4pm)
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Make a Mask (3-3:30pm)

In your Exploration Days: Expanded kit was a package to sew your own mask. Attend this free time activity to get assistance, chat with others while you make your mask, and

- brainstorm where you will donate your mask to meet a need in your community. Take a break and make a mask! **Please plan to arrive on time to have sufficient time to complete the mask.** (Repeated Wednesday 12-12:30pm)

What is SYLC? (3:30-4:00pm)

Current members and advisors of the Michigan 4-H State Youth Leadership Council will be present to provide an overview of SYLC and its functions and answer any questions

- you may have. Come join us to learn more about how you can get involved in this leadership opportunity. (Repeated on Thursday 12-12:30pm)

What Happens After You Recycle (at MSU) (3:30-4pm)

Are you curious about what happens to your recyclables after you drop them in the bin?

- Virtually visit the inside of the recycling facility at Michigan State University. We will view a short video clip that shows how MSU prepares recyclables to be shipped out to manufacturers. Get your questions answered! **Space is limited so arrive early.**

The Hate U Give Book/Movie Club Discussion (3-4pm)

Have you watched the movie or read the book, *The Hate U Give*? If so, come join us for a discussion about the movie/book, your favorite parts, and lessons we can use in our daily lives.

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Wednesday, June 23 (Lunch Time)

Wizards World of 4-H Trivia- (12-12:30pm)

Is your favorite sport Quidditch? Do you know which Hogwarts House you belong to? Have you read all 7 Harry Potter books and watched all 8 movies? If you answered yes to any of these questions, then the Wizards World of 4-H trivia is the free time activity for

- you! Test your witchcraft and wizardry knowledge against others as we use Kahoot for a round of Harry Potter themed trivia! ****Please note: It is important to arrive on time and stay for the full duration of the game. Space is limited.** (Repeated Thursday and Tuesday; please note- **only join this once.**)

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Beware ... there are impostors AMONG US!! Join us as we keep an eye out for the impostor while you join your crewmates in solving puzzles, completing tasks, and fixing

- the spaceship. ****Please note: It is important to arrive on time and stay for the full duration of the game. Space is limited. If full and time allows, additional games may be started for those in the waiting room.** (Repeated Tuesday 12-12:30pm)

Make a Mask (12-12:30pm)

- In your Exploration Days: Expanded kit was a mask kit to create yourself. Attend this free time activity to get pointers, chat with others while you make your mask, and brainstorm where you will donate your mask to meet a need in your community. Take a break and make a mask! **Please plan to arrive on time to have sufficient time to complete the mask.** (Repeated Tuesday 3-3:30pm)

Trick Dog (12-12:50pm)

- Old dogs can learn new tricks! In this free-time activity, learn how to teach your dog some basic tricks. **Please arrive on time to learn all the steps to each trick.**

Midday Movement (12:30-12:50)

- Join us for a midday stretch break to combat your Zoom fatigue and prep yourself for the next session. Get ready for some movements that will combat the effects of sitting, focus on posture, and help get your blood flowing! No equipment needed, and open to all ability levels. (Repeated Thursday 12:30-12:50pm.)

Wednesday, June 23 (Afternoon)

Hindsight is 2020 (3-3:30pm)

- This trivia game, using Kahoot!, will feature all things 2020: History, Entertainment, Health and Fitness, Lessons Learned, and Memorable Memes. Education, trivia, and hints of humor!

4-H League of Clovers (3-4pm)

- Raise your sword and rally to the clover banner! Come join 4-H League of Clovers for a short virtual Dungeons and Dragons quest! Participants will need their own character sheets and dice. Pre-made character sheets can be found at: <https://dnd.wizards.com/charactersheets> (Repeated Tuesday 3-4pm)

An Introduction to Contemporary Social Justice Art (3-4pm)

- Spend time learning about new artists, art forms, and your own creativity! During this free-time activity, we will be exploring what it means to be a citizen and how we can advocate for social justice through many facets - including creativity. We will also collaborate to produce a collective artwork at the end of the activity that all participants will take part in!

Fitness Movement (3-4pm)

- Get moving after learning so much in your sessions! You will experience different types of exercises for all fitness levels from beginners to athletes. Wear comfortable clothing so you can move freely and ensure you have space to move safely. (Repeated Tuesday, 3-4pm)

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Karaoke (3-4pm)

- Let's hear your best singing voice! Come join Michigan 4-H professionals and your peers in a fun karaoke room and cheer on the singers!
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Make Healthy Soil from Wasted Food (3:30-4pm)

- See the inside of the worm composting hoop house at Michigan State University. Learn how we use earth worms to decompose wasted food into healthy food for the soil. We will watch a short video clip that shows how the process works, then talk and answer your questions. **Space is limited so arrive early.**
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Move-It Bingo (3-3:30pm)

- Come "move it" after your sessions are over with Move-It Bingo! We will try and complete across, down, or diagonal, while getting in a physical activity break. No equipment necessary- just bring yourself!
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Family Feud (3-4pm)

- The survey says...it's time to play Family Feud! The game is simple: Our host will ask a series of questions and each team will have a chance to come up with their best answers. Highest score wins! Now will you pass...or play? **Space is limited so arrive early and plan to stay for the full time.**
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Thursday, June 24 (Lunch Time)

10 Tips for Travel (12-12:30pm)

- Do you want to study abroad or travel, but do not know what to do? Then this free time activity is perfect for you! Learn 10 tips for what to do when traveling or studying abroad. Tips will include what clothing you should bring, what documentation you need, how to budget your finances, what to research about the location before you go and many other common questions when traveling.
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What is SYLC? (12-12:30pm)

- Current members and advisors of the Michigan 4-H State Youth Leadership Council will be present to provide an overview of SYLC and its functions and answer any questions you may have. Come join us to learn more about how you can get involved in this leadership opportunity. (Repeated on Tuesday 3-3:30pm)
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Ukrainian Easter Eggs (12-12:30pm)

In this free time activity, you will learn a little about Ukraine and one of its most famous crafts, beautifully decorated Ukrainian Easter eggs. Then you will see how the eggs are made live, using what's called a "wax resist" method. You will also be provided with information about how to make them yourself.



Community Science is for the Birds! (12-12:50pm)

Learn how to contribute to community science by recording your bird sightings in Merlin Bird ID, iNaturalist or the eBird App. We will learn how to use the app and then take a self-guided nature walk to observe the species around you. **(Please download the iNaturalist or Merlin Bird ID app prior to joining.** These apps are free but will require a login. If apps available, arrive at the free time activity with a notebook and pen or pencil to take field notes. The first half of the activity will involve the app tutorial followed by a self-guided nature walk.)



Wizards World of 4-H Trivia (12:30-12:50pm)

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Michigan 4-H State Awards: Questions and Answers (12-12:30pm)

Earn recognition, gain life skills, and boost your resume by applying for a Michigan 4-H State Award. This free time session will provide a brief overview of the Michigan 4-H State Awards Program and give participants a chance to get answers to their questions.



How to Do a Waste Audit to Make Earth-Friendly Choices (12-12:30pm)

Do you want to make more Earth-friendly choices? Attend this free time activity and learn how to do a waste audit. A waste audit is when you collect everything you would throw away, then sort it into categories such as reuse, recycle, compost, or landfill. Once you learn more about the items you use or waste regularly, you are empowered to make Earth-friendly choices. View the Guide to a Home Waste Audit at <https://msurecycling.com/home-waste-audit/> and use it in your life. **Space is limited so arrive early.**



Midday Movement (12:30-12:50pm)

Join us for a midday stretch break to combat your Zoom fatigue and prep for the capstone event. Get ready for some movements that will combat the effects of sitting, focus on posture, and help get your blood flowing! No equipment needed, and open to all ability levels. (Repeated Wednesday 12:30-12:50pm)



Ongoing Activities

Exploring New Adventures through GooseChase

(Game starts 11am Mon., June 21 and closes 11am Thurs., June 24)

- During this digital scavenger hunt, participants will explore Michigan State University's campus, learn the history of the University and 4-H, and unplug from the virtual world through outdoor adventures. More details to come via e-mail.

Passport Incentive Challenge: Accept the challenge! Plug in the codes! Charge up your clover passport! All you need to do is collect the codes by engaging in fun sessions,

- activities, and more! Each day will take you one step closer to lighting up your clover passport to be entered into the drawing for cool 4-H swag! Ignite your interests and plug into 4-H! More details to come via e-mail and first day of event.
- Decorate Contest:** Details TBD

Challenge yourself to try something new, meet someone new, and have fun!