



** This news release from K-State Research and Extension is available online at <https://ksre-learn.com/family-4-H-holiday-guide-educational-activities>

Released: Nov. 12, 2024

4-H Holiday Guide contains many fun and educational activities for the season

Find great ways to spend quality time with family, says K-State's Hinshaw

K-State Research and Extension news service

MANHATTAN, Kan – Kansas 4-H youth development specialist Beth Hinshaw knows how important meaningful family time is during the holidays, and how it may be a challenge to come up with ideas on how to spend that precious time together.

That's one of the very reasons why the national 4-H program has published a [holiday activity guide](#).

"[The Holiday Activity Guide] has great ways to spend quality time with people, and we can learn so much from our family when we see them at the holidays," Hinshaw said. "And to be able to have these learning experiences with them – that'll make a memory for us as well."

The Holiday Guide, she said, contains an array of fun activities, such as decorating gingerbread houses, making ornaments, family story time, visual art projects, and many food recipes.

"One of the things I think about, in my own experience, is the things I learned in the kitchen, during the holidays from my grandmothers," Hinshaw said.

Within the Holiday Guide is a "cookie book" - listing more than 20 sweet holiday recipes to make together. One of Hinshaw's favorites is the no-bake cookies, a recipe from a Kansas 4-H member. "They just might be a perfect gift for your neighbors," she said.

"In the holiday guide, there are several activities that are STEM and math-focused, but as you read through and think about it, they're fun as well. That's one of the things we pride ourselves on in 4-H – to have those experiential, fun learning activities."

Food and STEM are both project areas 4-Hers may already be involved in, and the activity guide includes an additional area important during the holidays: service.

"It shares how you might put together a winter coat drive for your community," Hinshaw said. "Or how you might make fleece scarves by hand for the homeless."

To begin one of the many fun and educational projects offered by 4-H, [go online to find the complete Holiday Activity Guide](#).

More information about opportunities available through Kansas 4-H is available online, or [visit your local extension office](#).

-30-

FOR PRINT PUBLICATIONS: Links used in this story

K-State Research and Extension local offices, <https://www.ksre.k-state.edu/about/statewide-locations.html>

Kansas 4H Holiday Activity Guide, <https://4-h.org/wp-content/uploads/2022/12/08094637/4H-at-Home-Holiday-Activity-Guide-and-Cookie-Making-Recipes-2020.pdf>

K-State Research and Extension is a short name for the Kansas State University Agricultural Experiment Station and Cooperative Extension Service, a program designed to generate and distribute useful knowledge for the wellbeing of Kansans. Supported by county, state, federal and private funds, the program has county extension offices, experiment fields, area extension offices and regional research centers statewide. Its headquarters is on the K-State campus in Manhattan. For more information, visit www.ksre.ksu.edu. K-State Research and Extension is an equal opportunity provider and employer.

For more information:

Beth Hinshaw
620-669-3888
bhinshaw@ksu.edu