

4-H ROBOTICS CLUBS





Utah State University Extension

Description

The Discover 4-H Clubs series guides new 4-H volunteer leaders through the process of starting a 4-H club or provides a guideline for seasoned volunteer leaders to try a new project area. Each guide outlines everything needed to organize a club and hold the first six club meetings related to a specific project area.

Purpose

The purpose is to create an environment for families to come together and participate in learning activities that can engage the whole family, while spending time together as a multi-family club. Members will experiment with new 4-H project areas.

What is 4-H?

4-H is one of the largest youth development organizations in the United States. 4-H is found in almost every county across the nation and enjoys a partnership between the U. S. Department of Agriculture (USDA), the state land-grant universities (e.g., Utah State University), and local county governments.

4-H is about youth and adults working together as partners in designing and implementing club and individual plans for activities and events. Positive youth development is the primary goal of 4-H. The project area serves as the vehicle for members to learn and master project-specific skills while developing basic life skills. All projects support the ultimate goal for the 4-H member to develop positive personal assets needed to live successfully in a diverse and changing world.

Participation in 4-H has shown many positive outcomes for youth. Specifically, 4-H participants have higher participation in civic contribution, higher grades, increased healthy habits, and higher participation in science than other youth (Learner et al., 2005).







Utah 4-H

4-H is the youth development program of Utah State University Extension and has more than 90,000 youth participants and 8,600 adult volunteers. Each county (Daggett is covered by Uintah County) has a Utah State University Extension office that administers the 4-H program.

The 4-H Motto

"To Make the Best Better!"

The 4-H Pledge

I pledge: My HEAD to clearer thinking, My HEART to greater loyalty, My HANDS to larger service and My HEALTH to better living, For my Club, my Community, my Country, and my world.

4-H Clubs

What is a 4-H Club? The club is the basic unit and foundation of 4-H. An organized club meets regularly (once a month, twice a month, weekly, etc.) under the guidance of one or more volunteer leaders, elects its own officers, plans its own program, and participates in a variety of activities. Clubs may choose to meet during the school year, only for the summer, or both.

Club Enrollment

Enroll your club with your local Extension office. Each member will need to complete a Club/member Enrollment form, Medical History form, and a Code of Conduct/Photo Release form (print these from the www.utah4h.org website or get them from the county Extension office).

Elect Club Officers

Elect club officers during one of your first club meetings. Depending on how many youth you have in your club, you can decide how many officers you would like. Typical officers will include a president, vice president, pledge leader, and secretary. Other possible officers or committees are: song leader, activity facilitator, clean-up supervisor, recreation chair, scrapbook coordinator, contact committee (email, phone, etc.), field trip committee, club photographer, etc. Pairing older members with younger members as Sr. and Jr. officers may be an effective strategy to involve a greater number of youth in leadership roles and reinforce the leadership experience for both ages. Your club may decide the duration of officers-six months, one year, etc.





A Typical Club Meeting

Follow this outline for each club meeting:

- □ Call to order–President
- Pledge of Allegiance and 4-H Pledge–Pledge Leader (arranges for club members to give pledges)
- Song-Song Leader (leads or arranges for club member to lead)
- Roll call-Secretary (may use an icebreaker or get acquainted type of roll call to get the meeting started)
- Minutes of the last meeting-Secretary
- Business/Announcements-Vice President
- Club Activity-arranged by Activity Facilitator and includes project, lesson, service, etc. These are outlined by project area in the following pages.
- Refreshments-arranged by Refreshment Coordinator
- Clean Up-led by Clean-up Supervisor



Essential Elements of 4-H Youth Development

The essential elements are about healthy environments. Regardless of the project area, youth need to be in environments where the following elements are present in order to foster youth development.

- 1. Belonging: a positive relationship with a caring adult; an inclusive and safe environment.
- 2. Mastery: engagement in learning; opportunity for mastery.
- 3. Independence: opportunity to see oneself as an active participant in the future; opportunity to make choices.
- 4. Generosity: opportunity to value and practice service to others.

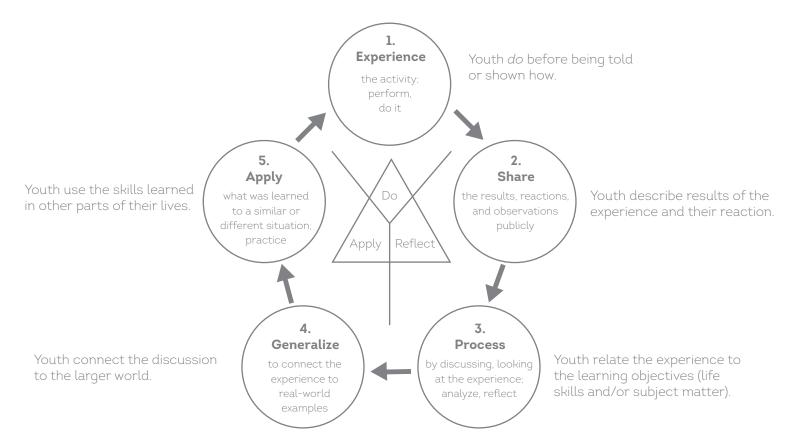
(Information retrieved from: http://www.4-h.org/resource-library/professional-development-learning/4-h-youth-development/youth-development/essential-elements/)





4-H "Learning by Doing" Learning Approach

The Do, Reflect, Apply learning approach allows youth to experience the learning process with minimal guidance from adults. This allows for discovery by youth that may not take place with exact instructions.



4-H Mission Mandates

The mission of 4-H is to provide meaningful opportunities for youth and adults to work together to create sustainable community change. This is accomplished within three primary content areas, or mission mandates, - citizenship, healthy living, and science. These mandates reiterate the founding purposes of Extension (e.g., community leadership, quality of life, and technology transfer) in the context of 21st century challenges and opportunities. (Information retrieved from: http://www.csrees.usda.gov/nea/family/res/pdfs/Mission_Mandates.pdf)

- 1. Citizenship: connecting youth to their community, community leaders, and their role in civic affairs. This may include: civic engagement, service, civic education, and leadership.
- 2. Healthy Living: promoting healthy living to youth and their families. This includes: nutrition, fitness, socialemotional health, injury prevention, and prevention of tobacco, alcohol, and other drug use.
- 3. Science: preparing youth for science, engineering, and technology education. The core areas include: animal science and agriculture, applied mathematics, consumer science, engineering, environmental science and natural resources, life science, and technology.





Getting Started

- 1. Recruit one to three other families to form a club with you.
 - a. Send 4-H registration form and medical/photo release form to each family (available at utah4h.org)
 - b. Distribute the Discover 4-H Clubs curriculum to each family
 - c. Decide on a club name
 - d. Choose how often your club will meet (e.g., monthly, bi-monthly, etc.)
- 2. Enroll as a 4-H volunteer at the local county Extension office (invite other parents to do the same)
- 3. Enroll your club at the local county Extension office
 - a. Sign up to receive the county 4-H newsletter from your county Extension office to stay informed about 4-Hrelated opportunities.
- 4. Identify which family/adult leader will be in charge of the first club meeting.
 - a. Set a date for your first club meeting and invite the other participants.
- 5. Hold the first club meeting (if this is a newly formed club).
 - a. See A Typical Club Meeting section above for a general outline.
 - i. Your activity for this first club meeting will be to elect club officers and to schedule the six project area club meetings outlined in the remainder of this guide. You may also complete a-d under #1 above.
 - b. At the end of the first club meeting, make a calendar outlining the adult leader in charge (in partnership with the club president) of each club meeting along with the dates, locations, and times of the remaining club meetings.
- 6. Hold the six project-specific club meetings outlined in this guide.
- 7. Continue with the same project area with the 4-H curriculum of your choice (can be obtained from the County Extension Office) OR try another Discover 4-H Club project area.



Other Resources

Utah 4-H website: www.Utah4h.org National 4-H website: www.4h.org

4-H volunteer training:

To set up login:

http://utah4h.org/htm/volunteers/get-involved/new-volunteer-training To start modules: http://4h.wsu.edu/volunteertraining/course.html (password = volunteer)

References

Information was taken from the Utah 4-H website (utah4h.org), the National 4-H Website (4h.org), the Utah Volunteer Handbook, or as otherwise noted.

Lerner, R., M. et al., (2005). Positive youth development, participation in community youth development programs, and community contributions of fifth grade adolescents: Findings from the first wave of the 4-H Study of Positive Youth Development. Journal of Early Adolescence, 25(1), 17-71.

We would love feedback or suggestions on this guide; please go to the following link to take a short survey: http://tinyurl.com/lb9tnad







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Club Meeting 6	

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- LEGO NXT robot kit
- Computer
- NXT Mindstorm software installed
- Internet connection
- Pencil or pen
 - Folder with paper (club journal)

Get ready to embark on an adventure in LEGO® robotics! In this activity you will get right to work building your very first robot called "Simplebot." Robots are machines that can perform tasks on command, or by wiring programs on your computer. The process of building and operating your robot is called robotics. The robot you will build is autonomous. This means it can sense, plan, and act without human intervention.

-Building the *Simplebot*

TO GET STARTED, FOLLOW THESE SIMPLE DIRECTIONS

- 1. Go to <u>4hset.unl.edu</u>
- 2. Username: GT21_Trainee
- 3. Passcode: TeachMe
- 4. Click on "Camps" above
- 5. Click on "Camp Activities Year 1" on right-hand margin under "Current Camps"
- 6. Click on "Simplebot" under "Camp Activities Year 1"
- 7. Follow module through all 38 slides of tasks and activities to build the Simplebot.

MAKE IT OFFICIAL

- Team name -
- · Robot name -
- Team colors -
- Mascot -



DEFINE THE FOLLOWING TERMS

- · Autonomous -
- Robotics -

DEBRIEFING

Explain that being a part of a robot club requires a great deal of responsibility. Not only is the LEGO NXT kit very expensive, but there are more than 1,000 pieces that team members must keep track of. Allow time for questions and answers. Mention that records are necessary for the club to function properly and to help members remember programs from previous club meetings. Instruct the youth to become familiar with the 4-H portfolio by going to www.utah4h.org.





Reflect

- What did you learn?
- What role did each team member play in the building process?
- Why is it important to record where the ports are plugged in?
- Why is it important to know the names of all the parts?
- What are the names of the seven LEGO® parts you used today?

Apply

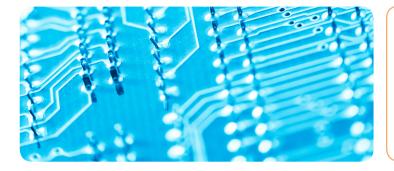
- How does building robots as a team apply in other situations?
- What is a career area that relies on teamwork?
- When do you work as a team at home? At school?
- Why is teamwork so important?



References







- LEGO NXT robot kit
- Computer
- NXT Mindstorm software installed
- Internet connection
- Pencil or pen
- Folder with paper (club journal)

Now that your robot is built, it's time to start programming it. Robots must be programmed in order to move. Robots use sensors to collect information and interact with their surroundings. This is a great opportunity to get oriented with the LEGO® Mindstorm NXT® software. In this activity you will write your first program, test it, and troubleshoot any unpredicted results. You'll also program your robot to play a simple tune.

Programming the *simplebot*

TO GET STARTED, FOLLOW THESE SIMPLE DIRECTIONS

- 1. Go to <u>4hset.unl.edu</u>
- 2. Username: GT21 Trainee
- 3. Passcode: TeachMe
- 4. Click on "Camps" above
- 5. Click on "Camp Activities Year 1" on right-hand margin under "Current Camps"
- 6. Click on "Hello World" under "Camp Activities Year 1"
- 7. Follow module through all 40 slides of tasks and activities to program the Simplebot.

MAKE A PLAN

In the space below, plan your first program before you start programming. Measure the distance the robot must travel. Measure how far the robot moves on one rotation. Find out how many rotations it takes for the robot to make a 90 degree turn.



DEFINE THE FOLLOWING TERMS (Not sure? Google ["NXT" and "insert term here"] search by "Images"

- Block -
- Code -
- · Sequence Beam -
- Configuration Panel -
- Controller -



DEBRIEFING

Troubleshooting is defined as: solving a problem by tracing back, identifying, and correcting faults within a mechanical or electronic system. Let club members know that this is part of being an engineer. Not everything works perfectly the first time. In fact, with robotics it can often take several attempts by trial and error to make the robot complete a task. Robots are only as good as their engineers and programmers. Trial and error are part of the process. Instruct the youth to keep a journal of what they learn so they can reference it in future programs. Make sure the club's programs are saved on the computer and/or a flash drive. Allow time for review and questions.





Reflect

- What were the problems that you encountered when programming your robot?
- How did you fix these problems?
- Did your program work perfectly the first time? If not, what did you do to make it work?
- How many rotations does it take to make a 90 degree turn?

Apply

- When have you used instructions at home to complete a task?
- When have you had to troubleshoot a problem at home? At School?
- When will following instructions be useful to you in the future?
- Why is it important to be able to follow instructions?
- What if a pilot didn't have pre-flight instructions?

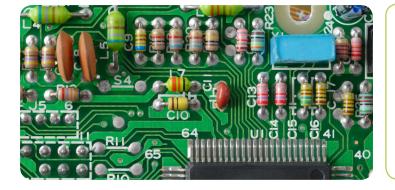




References







- LEGO NXT robot kit
- Computer
- NXT Mindstorm software installed
- Unit converter app (Google it)
- Internet connection
- Pencil or pen
- Folder with paper (club journal)

You've already used the Move block in the "Hello World" activity. In the Move block's Control Panel, you have the options for setting or configuring how the block tells the robot to move. There are several methods available: Seconds, Rotations, Degrees, and Unlimited. In this activity you'll have a chance to use each method and determine which works the best for different tasks.

Moving the *Simplebot*

TO GET STARTED, FOLLOW THESE SIMPLE DIRECTIONS

- 1. Go to <u>4hset.unl.edu</u>
- 2. Username: GT21_Trainee
- 3. Passcode: TeachMe
- 4. Click on "Camps" above
- 5. Click on "Camp Activities Year 1" on right-hand margin under "Current Camps"
- 6. Click on "Get Moving" under "Camp Activities Year 1"
- 7. Follow module through all 57 slides of tasks and activities to get the Simplebot moving.

CALIBRATION (Use the chart below to calibrate your robot for travel by time)

	Predicted Distance	Actual Distance
1 second		
5 seconds		
10 seconds		
25 seconds		

What is calibration? When you calibrate your robot, you are gathering information about the robot's performance to plan or estimate for future performance. Programming that relies on a signal to get the robot to perform a task requires calibration.





DISTANCE TRAVELED FORMULA

- · Diameter: a straight line passing through the center of a circle or sphere and meeting the circumference or surface at each end.
- · Circumference: the length of outer boundary of a circular area, perimeter.
- Pi (π): 3.142. A mathematical constant that is the ratio of a circle's circumference to its diameter.
- Your wheel has a diameter of 5.5cm. The diameter multiplied by Pi (π) equals circumference, or the distance your robot will travel in one rotation of the wheel.
- Diameter x Pi = Circumference = Distance Traveled

5.5cm x 3.142 = ____cm

- If you know how far your robot needs to travel...just divide that distance by the circumference of the wheel to find the number of rotations.
- (Distance Needed)/(Distance Traveled Per Rotation) = Number of Rotations
- How many rotations would it take for your robot to travel 6 feet? Hint: you'll need a unit converter.

ENGINEERING PROCESS

This is the moment you've been waiting for. It is the process engineers follow to make everything.

- 1. Identify problem
- 2. Research problem
- 3. Develop solutions
- 4. Select solution
- 5. Construct prototype
- 6. Evaluate solution
- 7. Share solution
- 8. Redesign

Follow these steps on your next robot mission and rebuild.





DEBRIEFING

Troubleshooting is defined as: solving a problem by tracing back, identifying, and correcting faults within a mechanical or electronic system. Let club members know that this is part of being an engineer. Not everything works perfectly the first time. In fact, with robotics it often take several attempts by trial and error to make the robot complete a task. Robots are only as good as their engineers and programmers. Trial and error are part of the process. Instruct the youth to keep a journal of what they learn so they can reference it in future programs. Make sure the club's programs are saved on the computer and/or a flash drive. Allow time for review and questions.





Reflect

- What happened when your robot ran for the first time?
- Did your robot coast to a stop?
- Why is it important to know more than one way to program your robot?

Apply

- How do you solve problems in everyday life?
- What is an example of something you have to calibrate at home? At school?
- Will computer programming help you in the future? Why or why not?

References







- LEGO NXT robot kit
- Computer
- NXT Mindstorm software installed
- Unit converter app (Google it)
- Internet connection
- Pencil or pen
- Folder with paper (club journal)
- Calculator
- Ruler

Now that you've tried several different methods to move your robot, it's time to start turning. For your robot to be useful, it needs to turn left and right. If you haven't noticed by now, your robot is not very smart, it only does exactly what you tell it. In this activity you will distinguish between basic, simple, and complex behaviors of your robot, program it to turn on a right angle, and make detailed calculations and plans.

Turning the *Simplebot*

TO GET STARTED, FOLLOW THESE SIMPLE DIRECTIONS

- 1. Go to 4hset.unl.edu
- 2. Username: GT21_Trainee
- 3. Passcode: TeachMe
- 4. Click on "Camps" above
- 5. Click on "Camp Activities Year 1" on right-hand margin under "Current Camps"
- 6. Click on "Turns" under "Camp Activities Year 1"
- 7. Follow module through all 38 slides of tasks and activities to get the Simplebot turning.

DEFINE THE FOLLOWING TERMS

As you review the slides, look for and record the definitions of these two terms:

- Behavior -
- Pseudocode -

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Compare and contrast the three robotic behaviors. What are some examples of these behaviors you noticed in the activity?

Calculate the number of degrees you need to program your robot to turn 90 degrees.



DEBRIEFING

Make sure the youth read each slide carefully. It's not a race, so don't rush. It is critical to make a plan before programming a robot to move - this saves time and patience. Instruct the youth to keep a journal of what they learn so they can reference it in future programs. Once they learn what it takes to make a perfect left or right turn, they'll need to apply that code again down the road. Make sure the club's programs are saved on the computer and/or a flash drive. Allow time for review and questions.





Reflect

- What is the difference between curve turns and point turns?
- When would you use a curve turn instead of a point turn? And vice-versa?
- What happened when you programmed Motor C to move forward and Motor B to stop?
- How would you program your robot to perform a 90 degree swing turn? Write the pseudocode.



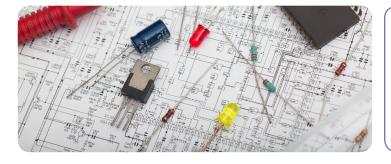
Apply

- What did you learn about planning? Would you make a plan before starting to program?
- What do you plan in your everyday life? Is it smart to plan ahead?
- What if the robot had four wheels? How would you program it to turn?
- What if the robot had treads? How would you program it to turn?

References







- LEGO NXT robot kit
- Computer
- NXT Mindstorm software installed
- Internet connection
- Pencil or pen
 - Folder with paper (club journal)

Looping makes repetitive tasks easy! Robots are great for performing these repetitive tasks because they don't get bored. In this activity you will learn to utilize the loop block in the flow menu. By using loop blocks, you are repeating a section of code for a set number of times, indefinitely, or until a sensor responds or another action occurs.



TO GET STARTED, FOLLOW THESE SIMPLE DIRECTIONS

- 1. Go to 4hset.unl.edu
- 2. Username: GT21 Trainee
- 3. Passcode: TeachMe
- 4. Click on "Camps" above
- 5. Click on "Camp Activities Year 1" on right-hand margin under "Current Camps"
- 6. Click on "Loops" under "Camp Activities Year 1"
- 7. Follow module through all 23 slides of tasks and activities to get the Simplebot looping.

What are some reasons for using a loop block?

What is the pseudocode for driving a square, using the loop block?

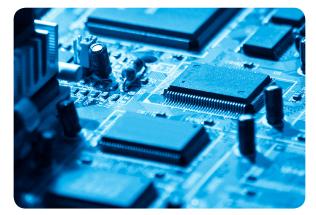




DEBRIEFING

Make sure the youth view read each slide carefully. Make sure that each youth has a chance to program using the loop block. They all need to understand all of its capabilities. Make sure the club's programs are saved on the computer and/or a flash drive. Allow time for review and questions.





Reflect

- What does the loop block do?
- When performing the square program, did it work the first time?

Apply

- What are five tasks you wish a robot could do for you?
- Choose one of the five tasks. Design a robot specifically for that task. Write the pseudocode to complete the task.
- What other things helps us perform tasks?
- Do any of these things have similar characteristics to robots?



References







- Internet connection
- NXT Mindstorm software
- Folder with paper (club journal)

• Pencil or pen

In this activity you will use all the knowledge you have gained from previous activities. You'll be calibrating the light sensor so the robot can use it to follow a line and complete a maze course. The light sensor allows the robot to know where it's going. In addition, you'll learn how to program using a switch block, this allows the robot to choose between two sequences of code.

Calibrating the *Simplebot*

TO GET STARTED, FOLLOW THESE SIMPLE DIRECTIONS

- 1. Go to 4hset.unl.edu
- 2. Username: GT21_Trainee
- 3. Passcode: TeachMe
- 4. Click on "Camps" above
- 5. Click on "Camp Activities Year 1" on right-hand margin under "Current Camps"
- 6. Click on "On Cue" under "Camp Activities Year 1"
- 7. Follow module through all 56 slides of tasks and activities to calibrate the Simplebot to use its light sensor.

What is the light level detected by the robot on the ground?

What is the light level of the black electric tape the robot will follow?

Was the robot able to follow a line?

Did the robot turn corners as it followed the line?

Why do you think the robot wiggles so much when it follows the line?

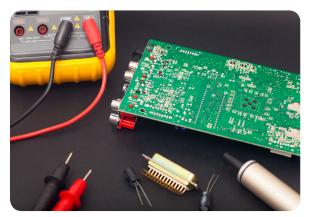




DEBRIEFING

Make sure the youth read each slide carefully. Make sure that each youth has a chance to program using the loop and switch blocks so they understand how they are used together. Help the youth recognize why the robot appears to wiggle as it follows the line. It wiggles as it follows the black tape because it is making decision after decision to turn as it detects a change in surface color. Programming the switch block inside of the loop block allows the robot to go on indefinitely as it stays on course and follows the black surface. Make sure the club's programs are saved on the computer and/or a flash drive. Allow time for review and questions.





Reflect

- Why is it important for you to understand how different blocks (like loops and switches) work together?
- How does your robot make decisions as it follows a line?

Apply

- When do you have to make difficult decisions at school? At home?
- What did you learn today? How will it help you in different situations?



References







More to **Discover**

Congratulations on completing your Discover 4-H club meetings! Continue with additional curriculum in your current project area, or discover other 4-H project areas. Check out the following links for additional 4-H curriculum.

- 1. http://utah4h.org/htm/discover4hclubs
- 2. http://www.4-h.org/resource-library/curriculum/
- 3. http://utah4h.org/htm/resource-library/view-all-curriculum

Become a 4-H Member or Volunteer

To **register** your Utah club or individuals in your club visit:

http://www.utah-4.org/htm/staff-resources/4-h-online-support

http://utah4h.org/htm/about-4-h/newto4h/

Non-Utah residents please contact your local 4-H office: http://www.4-h.org/get-involved/find-4-h-clubs-camps-programs/





Stay **Connected**

Visit Your County Extension Office

Stay connected with 4-H activities and news through your county Extension office. Ask about volunteer opportunities and don't forget to register for your county newsletter. Find contact information for counties in Utah here:

http://extension.usu.edu/htm/counties

Enjoy the Fair!

Enter your project or create a new project for the county fair. Learn about your county fair and fair judging here: http://utah4h.org/htm/events-registration/county-fairs



Participate in Local or State 4-H Activities, Programs, Contests or Camps

For Utah state events and programs visit:

http://utah4h.org/htm/events-registration

http://www.utah4h.org/htm/featured-programs

For local Utah 4-H events and programs, visit your county Extension office.

http://extension.usu.edu/htm/counties

Non-Utah residents, please contact your local 4-H office.

http://www.4-h.org/get-involved/find-4-h-clubs-camps-programs/



Discover *Service*

Become a 4-H Volunteer!

http://www.youtube.com/watch?v=UBemO5VSyK0

ttp://www.youtube.com/watch?v=U8n4o9qHvAA

To become a 4-H volunteer in Utah, visit us at:

http://utah4h.org/htm/about-4-h/newto4h/

Serve Together as a 4-H Club or as an Individual **4-H Member**

Use your skills, passions, and 4-H to better your community and world. You are needed! Look for opportunities to help in your area or participate in service programs that reach places throughout the world (religious groups, Red Cross, etc.).

Hold a Club Service Project

USU Collegiate 4-H Club hosted "The Gift of Giving" as a club activity. Club members assembled Christmas stockings filled with needed items for CAPSA (Community Abuse Prevention Services Agency).

http://tinyurl.com/lu5n2nc







Donate 4-H Projects

Look for hospitals, nursing homes, or other nonprofit organizations that will benefit from 4-H projects. Such projects include making quilts for CAPSA or Primary Children's Hospital, or making beanies for newborns. During Utah 4-H State Contests, 40 "smile bags" were sewn and donated to Operation Smile.

Partner with Local Businesses

92,000 pounds of processed lamb, beef, and pork were donated to the Utah Food Bank in 2013 by multiple companies. http://tinyurl.com/pu7lxyw

Donate Money

Clubs or individuals can donate money gained from a 4-H project to a worthy cause. A nine-year-old 4-H member from Davis County donated her project money to help a three-year-old battle cancer.

http://tinyurl.com/mqtfwxo

Give Us Your *Jeedback*

Help us improve Discover 4-H curriculum. We would love feedback or suggestions on this guide; please go to the following link to take a short survey:

http://tinyurl.com/lb9tnad

