



SCHOOL ENRICHMENT

On Your Own and Okay

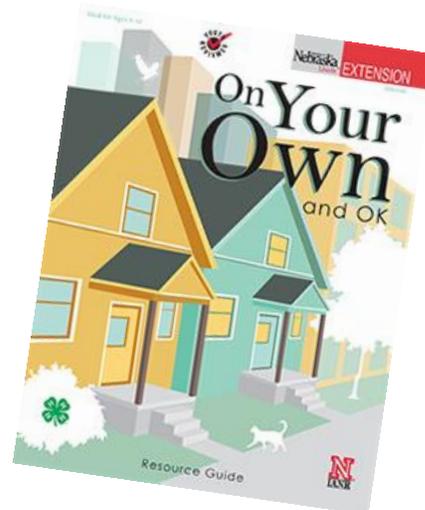
Increasingly, younger children are at home without adult supervision. Through simple activities and take-home projects highlighting topics such as family rules, safety and first aid, communication, and easy healthy snacks, youth learn self-care and skills related to well-being.

This program is brought to you by the Nebraska Extension Office serving Dodge County.

Amber Maassen
4-H Assistant
1206 W 23rd St
Fremont, NE 68025
402.727.2775
Amaassen2@unl.edu

Topics include:

- Are You Ready?
- Who's There?
- Where To?
- Be Prepared
- Snack Attack



To reserve your spot on the 4-H On Your Own and Okay sessions return completed form to the Nebraska Extension – Dodge County.

Suggested Grad Level: 3rd grade

On Your Own & Okay

School Name _____

Teacher's Name _____

Grade _____ Number of students _____

Email _____

Phone Number _____

Make checks payable to: University of Nebraska-Lincoln
Send to: Nebraska Extension – Dodge County, 1206 W 23rd St, Fremont, NE 68025