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.

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

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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