



*May 2024*  
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**Extension 4-H Assistant, Fillmore County**

The theme for May was transition. I transitioned from School Enrichment programming towards summer 4-H programming, from spring classes to summer classes, and from dreaming about fair to making it happen.

**School Enrichment**

**1st FC Mammals-** I was asked to supplement a mammal lesson within Mrs. Rohr and Mrs. Becker's classrooms. For this lesson, I taught about how blubber works to keep mammals warm in the antarctic waters. Students were able to stick their hand in a blubber glove and put their hand in cold ice water to feel the difference between the glove and no glove.

**Youth Leadership**

A new program this year has met monthly to learn about leadership and take leadership on a project within the Fillmore County 4-H program. This year the group has decided to recognize the seniors who just graduated by creating t-shirt pillowcases and featuring them on banners throughout the fair. Youth have enjoyed learning about the different traits of a strong leader and taking action on a project within the program.

**Professional Development**

I took some time to review the 7 Habits training materials from the training I attended last year. This training was impactful towards becoming highly effective within my professional life. Throughout May I intentionally completed the small daily tasks to maximize efficiency during the busy season of summer. I finished my last full semester of classes. This semester allowed me to learn more about the impacts families have on youth participation in structured outside of school time activities, how to design and evaluate programming, and real applications of leadership within non-profit youth serving organizations.

**Babysitting Clinic- Exeter**

The need of a babysitting clinic in Exeter was brought to my attention by Exeter Librarians. This workshop was held on May 30th for 8 participants. All participants are now Building Better Babysitter certified. Through this program they learn about ages and stages of growth, basic first aid procedures, nutrition, safety, and the business of babysitting. It was a fun day!  
 "Brooklyn had a great time! Thank you for doing this activity for our youth!"  
 "This was such a good clinic to bring to town!! Thanks for putting this on!!"



Working on the babysitting flyers



Alexa taught the session on Ages and Stages



Thinking through different safety scenarios

## Ag Safety Day

I taught hearing safety for the 2024 Ag Safety Day. Through this lesson participants learned about decibels, how hearing damage is permanent, and how to prevent hearing loss.

## Individual 4-H Projects

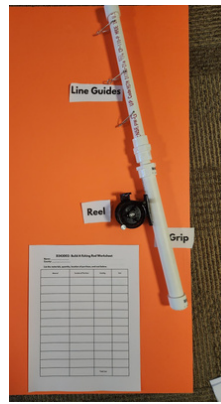
Throughout May I have been helping 3 youth and the robotics team with sewing projects. Youth are learning the basic skills of sewing, how to construct, and the patience it takes to complete a project. Right now the projects include an apron, shirt, jumpsuit, and finishing edges of a blanket.

## Take Home Kits

New this year I experimented with take home kits. Based on parent feedback of workshops not working in schedules, wanting to do project but no time to get supplies, or not knowing where to start I decided to take action. 6 4-H kits and 1 Clover Kid bag with 5 projects were created with all supplies, instructions, and labels needed to be entered at the county fair. For the 4-H Kits the projects included- Recipe File, Solar Oven, Building a Fishing Rod, Photography, Babysitting Kit Activity, and Floral Sign. The projects in the Clover Kid bag included Fire Safety, Plants, Decorated Picture Frame, making a Piggy Bank, and Marshmallow Rockets. Project inspirations came from Nebraska Extension resources with adaptations made to best fit the needs of the kits. 123 projects were distributed the week of May 20th to 28 different youth!



Ever wondered what supplies look like for 123 projects? This!



Build a Fishing Rod Kit- The kit included simple materials to create a fishing rod.



Photography Kit- Based on the questions of needing what labels, how to properly prepare a photo, and confusion behind photography I created this kit to hopefully walk families step by step how to properly prepare photos for fair.



Solar Oven Experiment- Kits included supplies to build a solar oven and a notebook to document their experiment of cooking a s'more in a homemade solar oven.



Babysitting Kit Activity- Language literacy. Youth have to choose what age they want to complete this activity then write age appropriate words on the sticks for the children they are watching to spell out with magnetic letters.



Floral Sign- A fun kit for youth to put their creativity to the test. This pizza circle with smoothie straws is perfect to slide fake flowers into to create a sign. Kits included a random selection of flowers to challenge youth to find a combination that worked for their sign.