



**Nebraska Extension**  
Expanded Learning  
Opportunities  
**2024-2025**



Nebraska Extension in Hamilton County  
1111 13th St Ste 6  
Aurora, NE 68818  
402-694-6174

# Meet Our Staff



Emily Soll  
Extension Educator  
4-H Youth Development  
esoll2@unl.edu



Hillary Fuhrman  
4-H Coordinator  
hillary.fuhrman@unl.edu



Barb Bonifas  
4-H Coordinator  
bbonifas4@unl.edu



Mariah Newmyer  
Extension Educator  
Food, Nutrition & Health  
mariah.newmyer@unl.edu

---

## What are Expanded Learning Opportunities?

Expanded Learning Opportunities are learning experiences offered to students during school hours by local Nebraska Extension Staff. These programs are designed to enhance the subject matter being studied in the classroom, provide hands-on education, introduce a new topic to students, or spark a new interest!

The Expanded Learning Opportunities program is a great way to connect and collaborate with your local Extension office and achieve your classroom's educational goals.

---

## Scheduling Expanded Learning Opportunities:

To schedule sessions for your classroom, directly contact the program instructor listed with the program you are interested in.

Please include the following in your email:

- Teacher name, best way to contact, classroom grade, session you are interested in, requested date/time frame for the session.

\*If there is a program that you are interested in, it's never too early to get in touch with us to get it on the calendar!

---

## Cost

In 2024-25, these programs are at no cost to you! Funding has been provided by the Hamilton County Extension Office, the Hamilton County 4-H Council, and various grants.

# EXPANDED LEARNING OPPORTUNITIES

## Gardening in a Glove

*Works well for grades:* K-2nd

*Content area:* Ag & Food Systems

*Teaching time:* 2 sessions, 30 minute sessions



This activity has each group create a small “farm” where they can see different seeds germinate. The “farm” is a clear plastic glove with a cotton ball in each of the fingers. A seed is placed on the moist cotton ball. To conduct the investigation, each group will hang one “farm” in the window and their second glove in a dark room or drawer. The students will monitor the gloves and record observations in a science journal.

Contact Barb Bonifas, 4-H Program Coordinator ([bbonifas4@unl.edu](mailto:bbonifas4@unl.edu))

---

## Emotion Ruler

*Works well for grades:* K-2

*Content area:* Personal Development

*Teaching time:* 1-2 sessions, 45-minute sessions



These sessions will introduce students to emotional intelligence using the Emotional Ruler. It will teach youth to identify their own emotions as well as others around them. Students will understand the value of their own and of others’ feelings and investigate ways to regulate their emotions. These lessons guide youth through the five stages of emotion: recognize, understand, label, express, and regulate.

Contact Hillary Fuhrman, 4-H Program Coordinator ([hillary.fuhrman@unl.edu](mailto:hillary.fuhrman@unl.edu))

---

## Handwashing

*Works well for grades:* K-6th

*Content area:* Healthy Lifestyles

*Teaching time:* 30 minutes



Students will explore how to properly wash hands to prevent spreading unwanted germs to themselves and their classmates (and teachers)!

Contact Mariah Newmyer, Food, Nutrition and Health Educator ([mariah.newmyer@unl.edu](mailto:mariah.newmyer@unl.edu))

---

## Let's Move!

*Works well for grades:* K-6th

*Content area:* Healthy Lifestyles

*Teaching time:* 30 minutes



Students learn about physical activity, heart rate, and why it's important to exercise our hearts.

Contact Mariah Newmyer, Food, Nutrition and Health Educator ([mariah.newmyer@unl.edu](mailto:mariah.newmyer@unl.edu))

---

# EXPANDED LEARNING OPPORTUNITIES

## Madagascar Hissing Cockroach Tractor Pull



*Works well for grades: 2-5th*

*Content area: STEM*

*Teaching time: 1-2 session, 30-45 minute sessions*

Take a step into the field of Entomology through a fun and exciting lesson with Madagascar Hissing Cockroaches. During this lesson youth will engage with live hissing cockroaches while using STEM (Science, Technology, Engineering, and Math) to calculate the pulling power of these insects in addition to being introduced or reviewing the scientific method.

Contact Barb Bonifas, 4-H Program Coordinator ([bbonifas4@unl.edu](mailto:bbonifas4@unl.edu))

---

## Ozobots



*Works well for grades: 3rd-4th*

*Content area: STEM*

*Teaching time: 1 session, 30-45 minutes long*

Students will learn about computer science by exploring codes and programs using the Ozobot! Ozobots are miniature robots with color sensors that allow it to follow lines and read color codes to complete commands. Students will learn and draw basic color codes and integrate color codes into storytelling.

Contact Emily Soll, 4-H Educator ([esoll2@unl.edu](mailto:esoll2@unl.edu))

---

## Animals Inside Out



*Works well for grades: 3rd - 5th*

*Content area: Ag & Food Systems*

*Teaching time: 1-10 sessions, 30 minutes each session*

Choose from 1-10 lessons where youth will gain knowledge and understanding of the livestock industry, develop science skills along with SET abilities to help solve everyday situations and become aware of careers related to animal science.

Animal Management

By-Products

Digestive System

Feeds & Nutrition

Animal Science Careers

Muscular System

Skeletal System

Respiratory & Circulatory Systems

Reproductive System

Contact Hillary Fuhrman, 4-H Program Coordinator ([hillary.fuhrman@unl.edu](mailto:hillary.fuhrman@unl.edu))

---

## Fueling Your Body



*Works well for grades: 4th-6th*

*Content area: Nutrition/Cooking*

*Teaching time: 3 sessions, 45 minutes each session*

Students will learn about whole grains, how to build balanced meals, and healthy snacks and beverages. They will also experience making and taste-testing healthy recipes!

Contact Mariah Newmyer, Food, Nutrition and Health Educator  
([mariah.newmyer@unl.edu](mailto:mariah.newmyer@unl.edu))

---

# EXPANDED LEARNING OPPORTUNITIES

## Leadership Summit



*Works well for grades:* 5-7th grade

*Content area:* Leadership Development

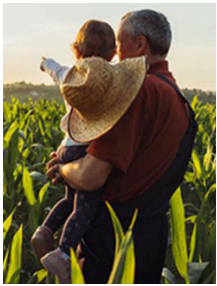
*Teaching time:* 5 sessions, 50 minutes each session (sessions are customizable based on desired outcome)

At a critical time when early middle school students may choose to take the wrong "trail" in life, help prepare them to be tomorrow's leaders and role models through Leadership Summit! Middle school youth will see the world from a new perspective and learn to be more effective leaders as well as team members after participating in this program.

Contact Barb Bonifas, 4-H Program Coordinator ([bbonifas4@unl.edu](mailto:bbonifas4@unl.edu))

---

## Nebraska Ag in the Classroom



*Works well for grades:* 5-8 grades

*Content area:* Ag & Food Systems

*Teaching time:* 3 sessions, 30-minutes each session

Students will learn and understand the basic parts of the food chain along with the concept of selling commodities on the futures market, then research their past to create a family tree and identify careers in agriculture.

Contact Hillary Fuhrman, 4-H Program Coordinator ([hillary.fuhrman@unl.edu](mailto:hillary.fuhrman@unl.edu))

---

## Smart Cents



*Works well for grades:* 6th-8th

*Content area:* Financial Literacy/Healthy Living

*Teaching time:* 1-4 sessions, 45 minutes each session (sessions are customizable based on desired content)

Students will learn about financial education through hands-on application and practice everyday economic activities. Students will be able to identify the steps needed to track expenses and create a budget, and identify what motivates their decisions for spending, saving and managing money.

Contact Emily Soll, 4-H Educator ([esoll2@unl.edu](mailto:esoll2@unl.edu))

---

## Adulting 101

*Works well for grades:* 11th-12th

*Content area:* College and Career Readiness

*Teaching time:* 1-7 sessions, 30-45 minutes each session (sessions are customizable based on desired content)



Students have the opportunity to learn about automotive maintenance, cooking from their pantry, emergency preparedness, how to manage finances in college, healthy relationships, and regulating emotions and stress!

Contact Emily Soll, 4-H Educator ([esoll2@unl.edu](mailto:esoll2@unl.edu))

---

# COUNTY WIDE AND OTHER EXPANDED LEARNING OPPORTUNITIES



## **INVENTURE Day**

*Works well for grades:* 6th

*Content area:* Entrepreneurship

*Teaching time:* 1 session, all day

INVENTURE Day is a single-day entrepreneurial adventure for middle school youth developed by Nebraska Extension. Using innovation and creative problem-solving, teams of youth develop unique business concepts around a given widget which is used as inspiration for a product or service. After learning what it takes to start a business, teams present their business ideas to local business mentors in a product pitch competition.

**\*Scheduled  
for Spring  
of 2025**

Contact Barb Bonifas, 4-H Coordinator ([bbonifas4@unl.edu](mailto:bbonifas4@unl.edu)) or Emily Soll, 4-H Educator ([esoll2@unl.edu](mailto:esoll2@unl.edu))



## **4th Grade Ag Day**

*Works well for grades:* 4th

*Content area:* Agriculture

*Teaching time:* 1 session, all day

Hamilton County 4th Grade Ag Day provides an opportunity for students to learn about a wide range of agricultural concepts, from production to products, through hands-on learning experiences from area agricultural producers and educators. With our six sessions, youth also get a Nebraska agriculturally based lunch of mini Runza sandwiches, Fritos-corn chips, applesauce, and a bottle of water.

**\*Scheduled  
for Fall of  
2024**

Contact Hillary Fuhrman, 4-H Coordinator ([hillary.fuhrman@unl.edu](mailto:hillary.fuhrman@unl.edu))



## **STEM Field Day**

*Works well for grades:* K-2nd

*Content area:* STEM

*Teaching time:* 1 session, 3-4 hours

STEM Field Day is a program designed for K-2nd grade students hosted by Nebraska Extension. It is built to ignite enthusiasm around various STEM-related activities. Students will not only have the opportunity to see the importance of STEM, but also see how it can be applied to their Nebraska Community by engaging in hands-on learning experiences.

**\*New  
opportunity!**

Emily Soll, 4-H Educator ([esoll2@unl.edu](mailto:esoll2@unl.edu))



## **Embryology**

*Works well for grades:* 2nd - 6th (school specific)

*Content area:* Agriculture

*Teaching time:* 4 sessions, 30-45 minutes each session

Embryology is the study of embryos and their development. Students learn about embryonic development and the life cycle during the 21-day incubation process of chicken eggs. They care for the eggs, witness the hatching process and then care for the baby chicks for 2-3 days.

**\*Will be  
scheduled in  
Spring of 2025**

Contact Hillary Fuhrman, 4-H Coordinator ([hillary.fuhrman@unl.edu](mailto:hillary.fuhrman@unl.edu))



# For more information about programming opportunities, please contact any of following the Hamilton County Extension Staff:

Emily Soll, 4-H Educator (esoll2@unl.edu)

Hillary Fuhrman, 4-H Coordinator  
(hillary.fuhrman@unl.edu)

Barb Bonifas, 4-H Coordinator  
(bbonifas4@unl.edu)

Mariah Newmyer, Food, Nutrition &  
Health Educator  
(mariah.newmyer@unl.edu)



**Nebraska Extension in Hamilton County**

**111 13th St Ste 6  
Aurora, NE 68818**

**402-694-6174**