

COLFAX COUNTY 4-H

2025 School Enrichment

Welcome Back To School!

Nebraska 4-H school enrichment programs are learning experiences delivered to youth in cooperation with public or private school during school hours in support of school curriculum. These programs, delivered by 4-H staff, trained volunteers, or teachers, are built to enhance the subject matter being studied in the classroom and provide non-formal, hands-on education to complement formal education.

4-H School Enrichment resources include teacher guides, student manuals, multi-media tools, teaching kits, and staff presentations. The Nebraska Extension in Colfax County staff can teach the project to the students in the classroom or provide the materials to the teacher to use. We are excited to be offering some new programs this year with some of the traditional programs you have seen in the past! Please note, this brochure is for fall and winter programs. A spring programming brochure will be coming prior to the holiday break.

The cost to participate in the Colfax County 4-H school enrichment programming is minimal to no cost. If you are interested, please fill out the link below. Please email Erin or KateLynn with any questions. Programs are scheduled on a first come, first serve basis.



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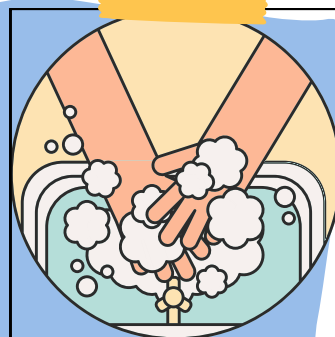
How to Sign Up

Use the QR code or follow the link to fill out the Google form, or visit our website at colfax.unl.edu and select "Colfax County 4-H School Enrichment". Teachers may register for up to two programs per class each semester. KateLynn or Erin will contact you to schedule your program visits. Please feel free to reach out if you have any additional questions!
<https://forms.gle/WAsM9RvVK2XNm8xT6>

Health & Wellness

Hand Washing - Suggested Grade Level: Kindergarten - 2nd Grade **One 30-45 minute session**

Think those hands are clean? It's what you can't see that can spread infection. Students will learn the benefits of proper hand washing, when hands should be washed, and the best way to get hands clean. During this visit youth will have an opportunity to actually see how well they have washed their hands using Glo-germ which fluoresces brightly under UV light.



Health Rocks! - Suggested Grade Level: 3rd Grade **Three sessions**

This program focuses on building strong life skills, encouraging positive decision-making, and strengthening family and community connections. By developing communication skills, decision-making strategies, and internal strengths, youth are better equipped to resist risky behaviors and make responsible lifestyle choices.



STEM

Pollinators - Suggested Grade Levels: 1st - 2nd Grade **Three sessions.**

What are pollinators and why are they so important to our daily lives? Students will perform hands-on learning activities to demonstrate the science of the pollination process and how it is beneficial to both pollinators and humans.

Ozobots - Suggested Grade Levels: 2nd - 3rd Grade **Three sessions.**

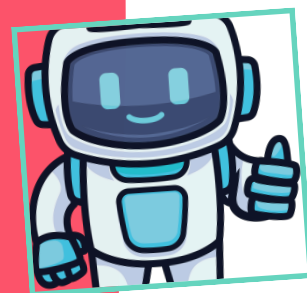
The pocket sized Ozobot Robot can follow a line and be programmed with just markers and paper! Students will work in small groups to explore the engineering design model by creating a unique obstacle course, building their program, testing their obstacle course, and sharing their successes and failures.

Junk Drawer Robotics - Suggested Grade Levels: 4th - 8th Grade **Two sessions.**

Students will utilize the engineering design process to test force, distance, balance, and understand the function of robotic movement. Youth will be given everyday materials such as: rubber bands, paper clips, tongue depressors, pennies, and more to put these concepts to the test!

DNA Detectives - Suggested Grade Levels: 5th - 8th Grade **Four sessions.**

Youth will get to be detectives as we learn about the DNA that makes each of us who we are! As we learn about DNA molecules, youth will get to build an edible model of their own DNA! Visits will also include extracting DNA from a strawberry and analyzing each student's own fingerprints.



Ag & Food Systems

Pumpkin Party - Suggested Grade Level: Kindergarten - 1st Grade **Three sessions in October**

It's a pumpkin party! In this fall-themed program, students will learn the concept of a life cycle and an understanding its importance to agriculture by recreating the various stages of growth and development of a pumpkin through hands on activities.



Where Does My Food Come From - Suggested Grade Level: Kindergarten - 2nd Grade **Two Sessions**

As our society continues to be generations removed from the farm, it is becoming increasingly important for students to make the connections between how agricultural commodities are produced and end up on our plate or in our lunch box every day. As a result of this program, youth will gain an understanding of where their food comes from!

AgCiting Science! - Suggested Grade Level: 2nd Grade **Three Sessions**

Agriculture is everywhere - not only the food we eat, but also our clothes, shelter, and other necessities of life we use each day. These necessities also provide jobs and careers for many people in our state and nation. Through these engaging, hands-on lessons, youth will know where their food comes from and utilize scientific principles as they apply to agriculture.



Positively Popcorn - Suggested Grade Level: 3rd - 4th Grade **Three sessions**

Did you know that Nebraska is the number one producer of popcorn? In this lesson students will use science to learn the importance of agriculture in Nebraska and how popcorn goes from seed to snack.

Embryology - Suggested Grade Level: 2nd - 3rd Grade **Three sessions (spring semester)**

This spring project gives youth a chance to witness the miracle of life in the classroom! It involves the actual hatching of approximately 1-2 dozen eggs and requires 21-28 days to complete. Extension staff will get you set up and ready to go, then classrooms must tend to the eggs and monitor the incubators to ensure a successful hatch. Candling the eggs to check on the chicks' development is another exciting part of this project. Sign up early to reserve an incubator for this popular program!

College & Career Success

Purple Ribbon Kids - Suggested Grade Level: 2nd - 4th Grade Four Sessions

These lessons will provide hands-on personal development opportunities while students connect to each lesson topic through storytelling. These lessons include topics on mastery, generosity, inclusion, and belonging. Youth will be able to demonstrate what it means to belong to a team, test principles of equity and abundance through experiential simulation, identify similarities and differences between themselves and others, and understand how repetition and practice creates mastery of a skill.



Leadership Summit - Suggested Grade Level: 5th - 6th Grade Five Sessions

At a critical time when early middle school students choose to take the wrong "trail" in life, help prepare them to be tomorrow's leaders and role models through Leadership Summit! 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. Leadership discovery and personality trait assessment sessions followed by engaging leadership development activities will build knowledge of interpersonal teamwork skills.

Nebraska History

Escape Through Nebraska - Suggested Grade Level: 4th Grade One Session (Spring Semester)

Challenge your 4th grade students to show off their Nebraska knowledge as they work their way through 4 challenges to escape. Boxes include Nebraska State Symbols, a Nebraska history timeline, Famous Nebraskans, and Maps of Nebraska (both current and historical). Extension staff will visit to facilitate one session to get started, however teachers may check out the boxes for up to 3 more days in order for the classes to complete the remaining boxes during classroom time. After students solve the challenges and receive their prize, we will return to pick up the kits.

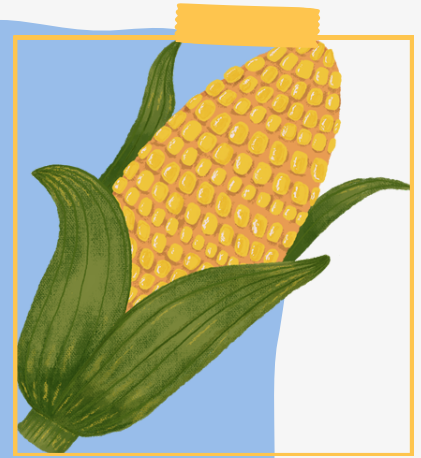


Additional Events

Ag Literacy Festival - Available for 3rd Grade
April 28th, 2026 at Colfax County Fairgrounds in Leigh

Save the Date! This spring, we are hosting an Ag Literacy Festival for all 3rd grade students in Colfax County. Students will have the opportunity to attend sessions and perform hands-on activities with agricultural professionals from Nebraska's biggest industry. More details and sign up information will be sent to teachers and administrators in the coming months.

RSVP form here: <https://forms.gle/5F4rh1W8FaKcXVA78>



Red Ribbon Week

October 23rd - 31st Suggested Grade Level: 3rd - 8th Grade
Multiple sessions available.

Red Ribbon Week, celebrated from October 23-31st, serves as a powerful reminder of the importance of making positive life choices and standing up against substance abuse. This year's theme, "Life is a Puzzle, Solve it Drug Free" encourages our students to think critically about their decisions and the impact they can have on their futures.

Lesson 1: Think of Life as a Giant Puzzle

-Discover why healthy minds and bodies are necessary for future success.

Lesson 2: Each Healthy Choice You Make is like a Puzzle Piece

-Discovering qualities of a good friend and evaluating the health of current friendships.

Lesson 3: Every Piece of the Puzzle is Unique, So Are You!

-Identify how emotions affect decision making.

Lesson 4: By Making Healthy Choices and Staying Drug-Free, You Are Creating a Brighter, More Complete Puzzle for Your Future!

-Learn decision making steps & identify options when a decision needs to be made.

Lesson 5: Every Choice We Make is a Piece of the Puzzle

-Better understand self-efficacy and how it affects choices regarding behaviors & Understand the effect that self-efficacy has on attitudes & motivation.

Lesson 6: Family Time in the Kitchen Helps Solve Life's Puzzle - Drug Free

-Send home a recipe for youth do make together as a family & have them share what they have learned this past week.



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