

Learn from home with Nebraska 4-H

The Buffalo County Fair might be over but that does not mean that 4-H is over for the year! Have you heard about all the virtual opportunities Nebraska 4-H is hosting for youth?

For families across Nebraska and throughout the United States, families are spending much more time at home and in many cases, parents are trying to balance their own work obligations with their children's learning. Nebraska 4-H has a strong history of interacting with youth in ways that build life skills such as communication and leadership, while also educating them in content areas including STEM, healthy living, and entrepreneurship.

Looking for learning opportunities you can do from home? We have got you covered! Nebraska 4-H is now offering a variety of virtual learning experiences, such as Living Room Learning and Boredom Buster Challenges. We have also collected some of our favorite activity guides that are perfect for hands-on learning at home.

These LIVE opportunities include:

Career Chat Live- Grades 6th- 9th: Career Chat Live offers live, online career exploration opportunities. Each session focuses on a new set of careers. During each session, youth will get to meet workforce professionals in that career field. The youth will have the opportunity to ask questions and engage in small group conversations with the guest speakers. Career Chat Live is designed for middle-school aged youth, and youth do not need to be enrolled in 4-H to participate. The Career Chat Live program is a partnership between Nebraska Extension 4-H Youth Development and EducationQuest Foundation.

Living Room Learning- Grades 3rd-5th: Tune in for a hands-on virtually guided activity! Each session will focus on a new activity that can be done with materials found at home. Through these hands-on activities, youth will learn about healthy living, science, technology, engineer, math, and more! Each session will be recorded and made available for on-demand viewing. Youth do not need to be 4-H members to participate.

Family Fun Night- All Ages: Tune in for a hands-on virtually guided family activity! Gather the whole family together for Nebraska 4-H's Family Fun Night! Each session will be recorded and made available for on-demand viewing. Youth do not need to be 4-H members to participate.

Boredom Buster Challenge- Ages 8-18: Tune in for the Boredom Buster Challenge! Each week, youth will be given a problem to solve using materials found in their home. Through these hands-on virtually guided challenges youth will learn about entrepreneurship, healthy living, science, technology, and more! Each session will be recorded and made available for on-demand viewing. Youth do not need to be 4-H members to participate.

Virtual Field Trips- Grades 9th-12th: Join Nebraska 4-H as we go on-site to learn more about science, technology, careers, and more! Virtual field trips offer facility tours, educational experiences, and additional resources for teachers. Each session will be recorded and made available for on-demand viewing. Youth do not need to be 4-H members to participate.

To access more information about these opportunities, check out our Nebraska 4-H website: <https://4h.unl.edu/virtual-home-learning> or scan this QR code below with your smart device! Ask your child if he or she knows how to access a QR code on a smart phone or tablet.

- Line up the camera on your device with the QR code you want to scan
- Hold the device steady until the app can read the code in front of it
- OR lightly press finger on the screen where you see the QR code
- For the best results, aim your device squarely at the code and not at an angle

Through this link, Nebraska 4-H also offers self-paced online opportunities as well as several self-paced activity guides and curriculum books.



As COVID19 continues to impact our lives, Nebraska 4-H will continue to provide opportunities like this for Nebraska youth. New live experiences are being offered across the state for youth of all ages! For a list of upcoming statewide events, please visit the Nebraska 4-H event calendar. Stay tuned as new events are being added daily!

<https://events.unl.edu/4h/upcoming/>

More information and resources about youth social-emotional development in difficult times can be found at <http://disaster.unl.edu/families>. As always, please reach out to your local Nebraska Extension office in Buffalo County with any youth development questions, comments or concerns.



Kameran Ulferts

4-H Extension Asst

[Nebraska Extension in Buffalo County](#)

1400 East 34th St Kearney, NE 68847

[3082361235](tel:3082361235)