



Cass County 4-H

4-H Expanded Learning Opportunities **2023-2024**



**Nebraska Extension in Cass
County
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Meet Our Educators



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4-H Overview

The Nebraska 4-H mission is “to empower youth to reach their full potential, working and learning in partnership with caring adults.”

4-H is delivered by Cooperative Extension – an organization of more than 100 public universities across the U.S. that provides experiences for youth to ‘learn by doing’. Nebraska 4-H strives to equip youth with the skills and knowledge they need to lead them through their lives.

What are 4-H Expanded Learning Opportunities?

Expanded Learning Opportunities are learning experiences offered to students during school and after school hours, by local 4-H educators. 4-H clubs are also welcome to participate in these programs. 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 4-H Expanded Learning Opportunities program is a great way to connect and collaborate with your local Extension office and achieve your classroom’s educational goals. Feel free to ask us which Nebraska State Standards these programs fulfill!

Scheduling Expanded Learning Opportunities:

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

AGRICULTURE & NATURAL RESOURCES

Source Search



Grade level: 3rd-5th

Cost: FREE

Teaching time: 30-45 minutes

Students will participate in an activity to learn where their food, fuel, and fiber comes from.

Contact Lauren Neels, Extension Educator
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Wheat DNA



Grade level: 6th-8th

Cost: FREE

Teaching time: 30-45 minutes

Using wheat as an example, students explore how DNA determines the genetic traits of a plant and how plant breeders change the DNA of a plant to produce desired characteristics.

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Farm in a Glove



Grade level: K-3rd

Cost: \$15 per classroom

Teaching time: 30-45 minutes

Students will grow their own Nebraska farm in a glove! In this activity, students learn about Nebraska's top grain commodities, the parts of a plant, and the value that crop has in our everyday lives. From the clothes we wear to the food we eat to the fuel in our cars - these all come from plants that farmers grow for us.

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Pizza Farm



Grade level: 3rd-5th

Cost: FREE

Teaching time: 30-45 minutes

Students will understand the importance of farmers and the products they produce to make the ever popular food...pizza! This lesson includes a variety of activities including a hands-on project and bingo!

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Butterflies

Grade Level: K-8th

Cost: \$30 per classroom

Teaching time: 45 minutes



Students will receive a live butterfly classroom experience! This program teaches life cycles, metamorphosis, and insect parts. Students can observe the live specimens transform from caterpillars to chrysalides to butterflies with their own butterfly observation box. Available only in the spring. Limited availability so please order early.

**Temperatures must be above 40 degrees Fahrenheit to order.

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Pumpkin Life Cycle

Grade Level: K-2nd

Cost: FREE

Teaching time: 45 minutes



Students will learn about the life cycle of a pumpkin and make a creative and educational visual aid.

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LEADERSHIP & COMMUNICATION

Emotional Ruler

Grade Level: K-2nd

Cost: \$10 per classroom

Teaching time: one or two 45 minute sessions



This session 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. This lesson guides youth through the five stages of emotion: recognize, understand, label, express, and regulate.

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Leadership Summit

Grade level: 5th-6th

Cost: FREE

Teaching time: available as a full day or five 50 minute sessions

Students will see the world from a new perspective and learn to be more effective leaders, as well as team members. Leadership Discovery and Personality Assessment sessions followed by engaging leadership development activities will help students learn interpersonal skills.



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STEM

Rockets

Grade Level: 3rd-7th

Cost: \$20 per classroom

Teaching time: 90 minutes

Aerospace engineering is an awesome science career! Aerospace engineers frequently encounter design challenges when developing, manufacturing and testing aircraft and aerospace products. Students will take into account the forces that act upon an aircraft such as gravity, drag, and aerodynamics when developing their aircraft design.

Contact Mirissa Scholting, Extension Assistant
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Robotics

Grade level: K-5th

Cost: \$30 per classroom

Teaching time: 90 minutes

LEGO WeDo Robots help youth learn how to assemble and code robots through a step by step process.

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Free Program Fridays

Grade level: K-8th

Cost: FREE

Teaching time: 60 minutes

Classrooms can participate in various STEM activities of their choice. Activities include: coding, space science, etc.

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SPECIAL PROGRAMS

Ag Literacy Festival: 3rd Grade

Agricultural literacy festivals provide an interactive, hands-on agricultural education experience for 3rd grade students. The festivals cover topics including beef, pork, dairy, corn and soybean production, and agricultural technology. Nebraska Extension strives to expose youth to opportunities to better understand the agricultural industry and the impact it has in our lives including our local, state, and global economy.

Extension will host an agricultural literacy festival in spring 2024. For more information and to register for this event please contact:

Contact Lauren Neels, Extension Educator
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Connecting the Dots: 9th and 10th Grade



This interactive career exploration simulation program is designed to help ninth grade students learn more about careers of interest as well as how to “connect the dots” from ninth grade through postsecondary study to the workplace. This day-long program teaches students how their decisions made now may impact the next steps of their education and/or career experiences.

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Embryology

Suggested Grade level: K-5th

Cost: \$30 per incubator kit

Teaching time: 2 sessions of 20-30 minutes



Students learn how chicks develop and hatch through observation and participation. The science of growth and development as well as agricultural implications will also be discussed. The project includes:

1. Incubator and one dozen fertilized eggs
2. Resource materials
3. Two visits from 4-H Staff for initial instruction and candling are required
4. Offered in the spring or summer

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STEM Days: K-5th Grade



STEM Days are a 3-day program (2 grades per day) for Elementary youth where they participate in activities and learn about the various areas of Science, Technology, Engineering, and Math.

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