



**LINCOLN, LOGAN  
& MCPHERSON COUNTY**

**4-H SCHOOL ENRICHMENT  
OPPORTUNITIES**



**HEAD, HEART, HANDS & HEALTH**  
**NEBRASKA EXTENSION - NORTH PLATTE**  
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Cooperation between schools and Nebraska Extension has existed for many years in Lincoln, Logan & McPherson Counties, complementing the educational goals of both organizations.

The 4-H School Enrichment Program uses materials that are research-based and produced by specialists from the University of Nebraska—Lincoln, the National 4-H Council and other land grant universities throughout the United States.

4-H School Enrichment resources include teacher guides, student manuals, multi-media tools, teaching kits, and staff presentations. Nebraska Extension staff can teach the project to the students in the classroom or provide the materials to the teacher to use. **We are also exploring virtual presentation options for the 2020-2021 school year.**

As 4-H participants, your students will also have the opportunity to take part in 4-H activities outside the classroom. Camps, workshops & special events are a few additional activities they may participate in.

The cost to participate in 4-H school enrichment is minimal to no cost. If you are interested, please contact us as soon as possible. Programs are scheduled on a first come first serve basis.

## **CONTACT US TO SIGN UP!**

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North Platte, NE 69101  
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# GERM BUSTERS

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**AGES: K-6TH GRADE**

**COST: SMALL FEE FOR SUPPLIES**

Our bodies are pretty amazing. Day after day, they work hard – However, there is a group of tiny invaders that can make our bodies sick – they're called germs.

Washing your hands well and often is the most important thing your family can do to prevent germs from leading to infections and sickness.

*(\*One 45 minute session)*



# EMBRYOLOGY

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**AGES: K-5TH GRADE**

**COST: SMALL FEE FOR SUPPLIES**

This project gives youth a chance to witness the miracle of life in the classroom. It involves the actual hatching of eggs and requires 21-28 days to complete.

Extension staff will get you set up, then classrooms must tend to the eggs on a daily basis and monitor the incubators. Candling the eggs is an exciting part of this project done by Extension Staff.

*(\*Two 45 minute sessions, available during spring months)*



# WORLD OF WORMS

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**AGES: 2ND-3RD GRADE**

**COST: SMALL FEE FOR SUPPLIES**

*Available in March, April & May*

Youth will increase their awareness of the natural environment & learn the role earthworms play in plant and soil health.

Experiments will be conducted with live worms!

*(\*One 45 minute session)*



# MARS BASE CAMP

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**AGES: 3RD-5TH GRADES**

**COST: SMALL FEE, VARIES BY CLASS SIZE**

The race to land humans on Mars is on! In Mars Base Camp, youth will explore sending a mission to Mars and what it takes to sustain human life in space. *(This is a 4-part series. Session 1, 2 & 3 can be stand alone. Session 4 requires completion of sessions 1 & 2.)*

## LANDING ZONE SURVEYOR (#1)

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**AGES: 3RD-5TH GRADES**

**COST: SMALL FEE, VARIES BY CLASS SIZE**

This is an unplugged activity where youth will attempt to land on Mars and discover features that are important for setting up a base camp.

By the end of this lesson, youth will discover features of the surface of Mars that are important for a safe landing, traveling around the landscape and setting up a base camp.

*(35 minutes, or 60 minutes with add-on "Mars Virtual Reality".\*Computer with internet required for add-on).*



## RED PLANET ODYSSEY (#2)

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**AGES: 3RD-5TH GRADES**

**COST: SMALL FEE, VARIES BY CLASS SIZE**

This is an unplugged activity where youth will use engineering skills to build a vehicle that can explore the surface of Mars.

By the end of this activity, youth will learn how to navigate by writing directions, build a rover and navigate the red planet by moving their rover from the landing site to another site on the planet.

*(45 minute session)*





## CROP CURIOSITY(#3)

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**AGES: 3RD-5TH GRADES**

**COST: FREE**

Unplugged activity where youth will learn about biology, environmental science, and agriculture to grow nutritionally efficient food on Mars.

\*Youth will play a card game to learn about the items needed to grow food plants on Mars in an artificial growing environment. *(45-60 minute session)*



## INSIGHT FROM MARS(#4)

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**AGES: 3RD-5TH GRADES**

**COST: FREE**

This activity that can be done online or unplugged (with a device that supports a USB plug-in). It teaches youth to code and share a discovery they made on Mars using CS First and Scratch.

Youth will use code to present an interesting fact they have discovered about Mars. *(One 60 minute session. Sessions 1 & 2 required to complete this experience).*



## LEADERSHIP ACADEMY

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**AGES: 7TH-12TH GRADES**

**COST: \$15.00 PER CLASS (FOR ALL SESSIONS)**

Sessions include:

- “What kind of shoe are you” – Defining leadership
- Setting Goals & Accepting Self
- Learning to Learn/Decision Making
- Resiliency

*(\*Four 45-60 minute sessions. Lessons can be done sequentially or stand alone.)*



# NUTRITION & PHYSICAL FITNESS

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**AGES: 5TH GRADE**

**COST: SMALL FEE/FREE**

Lessons include: Nutrients & Your Health, Food Groups, Making Food Choices, Food Labels, Food Safety. Topics are sequential, but can be delivered stand-alone.

*(\*Five 45-60 minute sessions)*

# POSITIVELY POPCORN

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**AGES: 3RD-4TH GRADES**

**COST: SMALL FEE FOR SUPPLIES**

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 a seed to a snack!

*(\*One 45-60 minute session)*



# VIRTUAL FIELD TRIPS

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**AGES: 9TH-12TH GRADES**

**COST: FREE**

Join Nebraska 4-H as we go on-site to learn more about science, agriculture, technology and more! Virtual Field Trips offer facility tours, educational experiences, and additional resources for teachers.

Recorded and "live" virtual trips are available. Contact our office for a list of topics/recordings and upcoming live opportunities.

*(\*Trips are approximately 60 minutes each).*



*4-H...Making the Best, Better!*

