



18 families in Crete attended the CHIME+ Families mindfulness-based program in Spanish during a course of 6 weeks. The program helps support parents and caregivers, health and well-being.

Practices learned in CHIME+Families include mindfulness of breath and body, thoughts and emotions, as well as practices related to compassion and kindness towards others. The sessions are designed to help caregivers support their child's social-emotional learning competencies including self-awareness, social awareness, responsible decision making, self-management, and relationship skills. "The Chime program let me see that each parent has their own struggles and we each try our best to be mindful of our parenting skills," said Yecenia, one of the parents who participated in the program.

### Programs At-A-Glance

- Crete Intermediate afterschool youth tracked over 6800 miles of heart-healthy physical activity through an Extension Marathon Kids partnership.
- Southeast Nebraska Alfalfa & Wheat Expo reached 55 attendees from 19 counties with a potential impact on more than 8,000 acres of alfalfa and 8,200 acres of wheat.

## \$2,655

Public value equivalent from 165 volunteer hours completed by Extension Master Gardener Volunteers.

**STRENGTHEN NEBRASKA  
AGRICULTURE & FOOD SYSTEMS**

## 206

3rd graders in Saline County participated in the Embryology program during spring 2023.

**INSPIRE NEBRASKANS &  
THEIR COMMUNITIES**

## 214

5-7-year-olds participated in hands-on activities in the Afterschool Clover Kids program.

**ENHANCE THE HEALTH  
& WELLBEING OF ALL  
NEBRASKANS**

