



4-H School Enrichment

Nebraska Extension in Seward County •
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What are 4-H School Enrichment Programs?

School enrichment programs are learning experiences offered to students during school hours by local 4-H educators. 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 school enrichment program is a great way to connect and collaborate with your local Extension office and achieve your classroom's educational goals. Our current programs focus on Career Development, STEM, and Agricultural Literacy.

The cost to your classroom is minimal. If interested, please complete the registration form included and return it to Nebraska Extension in Seward County. We would love to meet with you to discuss your classroom's educational goals, and we look forward to working with you and your students!



Meet Our 2019 Fall Educators



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Social Emotional

Emotions & YOU



Emotion RULER: This program investigates feelings, and aims to increase young students' "emotional intelligence" by using interactive activities to teach children how to **Recognize, Understand and Label** when they are experiencing difficult emotions, and then provides an opportunity to practice strategies for **Expressing and Regulating** feelings safely and appropriately.

✓ *Nebraska **English Language Arts** Standards which may be addressed: LA 4.7.7.b, LA 5.7.7.b, LA 6.7.7.b*

Suggested Grade Level: K—2

Time needed: Two 30 minute sessions

Program Cost: \$10 per classroom



Esteemability: Self-esteem is more than confidence. It is how we value ourselves; it is how we perceive our value to the world and how valuable we think we are to others. Self-esteem affects our trust in others, our relationships, our work – nearly every part of our lives. The purpose of this program is to provide students with an interactive activity that teaches how giving and doing for others is a powerful way of increasing one's own *Esteemability*!

✓ *Nebraska **English Language Arts** Standards which may be addressed: LA 4.7.7.e, LA 5.7.7.e, LA 6.7.7.e*

Suggested Grade Level: K—2

Time needed: Two 30 minute sessions

Program Cost: \$10 per classroom

Social Emotional



Feelings are Fine: This two part lesson is intended for a Kindergarten classroom. It is aimed to help youth better understand their own feelings along with their peers. This course will run through different scenarios and students will discuss how they feel. Through the process they will learn, we all have feelings, we have all kinds of different feelings and all feelings are fine!

✓ *Nebraska English Language Arts Standards which may be addressed: LA 4.7.7.b, LA 5.7.7.b, LA 6.7.7.b*

Suggested Grade Level: K—1

Time needed: Two 30 minute sessions

Program Cost: \$10 per classroom



Financial Management



Making Cents of It

Students are never too young to start learning how to spend and save money. This program will help students learn more about money through listening to stories and doing “hands-on” activities. Topics will include: examining money under a magnifying glass, learning what the government’s role is, discussing the difference between needs and wants, and thinking about their savings dream.

Nebraska Math Standard which may be addressed: 2.3.3.a

Nebraska Social Studies Standards which may be addressed: 2.2.6 & 2.2.10

Suggested Grade Level: 2

Time needed: 45—60 minute session

Program Cost: \$10 per classroom



STEM



The Make Tank



The Tank provides opportunities for students to travel through stations experiencing new technology and career options along the way. Customize your students' experience by selecting following list:

- Paper Circuits (Grade 3-5)
- Sphero Bots (Grades 3-5)
- Take apart station (Grades 3-5)
- Makey Makey (Grades 3-5)
- Hammering/ Drilling (Grades 4-5)

Suggested Grade Level: 3-5

Time needed: 1 hour (3 stations), 2 hours (6 stations)

Program Cost: \$50 (3 stations), \$65 (5 stations) per classroom



INCREDIBLE WEARABLES

Youth utilize the engineering design process by working in teams to build and test a wearable fitness tracker. Along the way, young people will learn how circuits, sensors and health data can be blended to create a wearable tech prototype.

Suggested Grade Level: 4

Time needed: Two 35—45 minutes sessions

Program Cost: \$10 per classroom



STEM



WIRED FOR WIND

Classes utilizing the Wired for Wind lessons will better understand the physics of wind energy and how it can be used to conserve energy. Youth will get involved in the engineering design process as they learn about the wind and its uses. Students will team up to design, create, build, and test wind powered devices using PVC pipe and dowels. We will also discuss locations where wind farms could be built.

Nebraska Science Standards: 5.1.1, 5.1.2, 5.1.3, 5.4.3, 8.1.1, 8.1.2, 8.1.3, 8.2.3, 8.4.2

Suggested Grade Level: 5–8

Time needed: Two 35—45 minutes sessions

Program Cost: \$10 per classroom



Inventure Day



Students will grow an entrepreneurial mindset during this day-long event. After given a "widget," students will work in teams to create a new product that will serve the needs of their community by learning about target markets, branding & marketing, and financing. Teams will participate in a Quick Pitch competition at the end of the day to win a trip to UNL's Innovation Campus. This program is best run in a large, grade-wide setting.

Suggested Grade Level: 6th-8th

Standards: SC.6.4.1.B; SC.7.7.3.C; SC.8.1.1.B

Fee: As a field day experience, Inventure Day is \$15 per student, minimum of 50 students. The INVENTURE program is also available as an in-classroom program. Four program sessions will be provided, utilizing 45 minutes per session.

Program cost: \$20 per classroom

Health Education



Nutrition Kits

School Enrichment Nutrition Kits provide hands-on lessons focused on the importance of healthy eating and physical activity. The kits are for grades K-5 and contain grade appropriate lessons. These lessons are a grab-and-go format and approximately 30 minutes in length. These kits are available to all K-5 teachers in Seward County and can be checked out for 2-3 weeks at a time.

- Kindergarten – Food Fun
- 1st Grade – Healthy Me
- 2nd Grade – MyPlate Party
- 3rd Grade – Let’s Eat Smart
- 4th Grade – Rate That Plate
- 5th Grade – FSI: Food Science Investigator



Clean Hands Campaign



According to the Centers for Disease Control (CDC), the most important thing we can do to keep from getting sick and spreading illness is to wash our hands. Nebraska Extension in Seward County is offering schools or classrooms in Seward County to have the Clean Hands - Healthy Schools Campaign come to your classroom to make good hand washing a top priority for your students in 2019.

Suggested Grade level: K-8

Time needed: One 30-45 minute session

Program cost: \$5 per classroom

Agriculture



Where Does My Food Come From?

Everyone has their favorite foods, right? Youth will explore the impact of agriculture and find out how some of their favorite foods end up on their plate.

Suggested Grade Level: K-2

Standards: *SS 0.3.2, SS 1.3.5, SS 2.2.2*

Time Needed: 1-2 sessions

30 minutes each

Program cost: FREE



Customized STEM Programs

Please contact Nebraska Extension in Seward County if you would like a hands-on Science, Technology, Engineering or Math activity to go along with classroom lessons in agriculture, wildlife, water, food, plant science, engineering, math, or other STEM areas. We can develop programs for ages K-12th grade. The cost and time requirement depends on the program.



Available This Spring



Embryology



This program teaches students how life develops through the process of hatching baby chicks over a **four-week** period. Eggs are set on Tuesday or Wednesday (30 min.) and are candled 2 weeks later on Monday or Tuesday (45 min). The chicks hatch the next week and incubators are collected the following week. Students will take responsibility for caring for the fertilized eggs during the 21-day incubation and the baby chicks after they hatch (for a few days). The program is offered March - May.

Suggested Grade Level: 3rd Grade

Standards: SC.K.7.2, SC.1.6.2, SC.3.9.3, SC.4.6.3, SC.5.8.2, SC.6.6.2, SC.6.9.3

Time needed: Two 25-30 minute presentations, about 10 days apart.

Program Cost: \$15 per classroom.

“Do chickens have tongues?”

“Can they lick you?”



Expanded Learning Opportunities

The following are full-day programs provide students with an in-depth learning experience.



Ag Literacy Festival



The Ag Literacy Festival strives to educate youth about Nebraska's greatest resource in agriculture. The purpose of this event is to educate third grade students about the various aspects of agriculture and how it affects their daily lives. The festival sessions include beef, pigs/pork, dairy, corn and soybean products and agriculture technology.

Grade Level: 3

Cost: FREE, bring a sack lunch

Location: Seward County Fairgrounds

Date: May 5, 2020

A separate reservation form is available for the Ag Literacy Festival this Spring.





Registration for School Enrichment may also be completed online at: <https://go.unl.edu/g5dv>



School Enrichment Registration Form

Teacher Name: _____

Email _____

School _____ Grade _____

Phone number _____ Best time to call: _____

List School Enrichment programs you are requesting and the month you prefer: (only 3 per teacher)

1. _____ Month _____

2. _____ Month _____

3. _____ Month _____

Program Cost

Statistics (needed for state reports)

List # of students in each category:

Total # of students _____ # of Hispanic students _____

Male _____ Female _____

Ethnicity:

White _____ Black _____ American Indian/
Alaska Native _____
Hawaiian/
Asian _____ Pacific Islander _____

Residence:

Farm _____ Town/
Rural _____ City _____

In a 4-H Club:

Yes _____ No _____



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