We are very excited to share our youth enrichment programs in your classroom. Our supplemental activities will provide hands on learning for your students and help you meet state academic standards and wellness policy requirements. All of our classes will be scheduled on a first come, first serve basis. Limited dates may be available for some programs, so please make sure to make your selections early. Listed below is just a sample of what we can bring to your students. It is not all of our programming that we have available. If you don’t see a program that interests you or aligns with your lessons, please don’t hesitate to reach out. If you have any questions please contact one of our Southwind Extension District offices.

Butterflies

**Audience: Grades K-1**

Watch painted lady caterpillars grow, form chrysalides and hatch into butterflies. Learn about the anatomy, life cycle and the role of a butterfly in our environment. The lesson will be presented in the classroom with a story, life cycle models and live caterpillars. The program will provide a butterfly habitat and the caterpillars. The teacher will provide a safe environment and careful daily observation. The habitat will be returned to Extension. This program is only offered in the Spring.

*Hollie Yoho*  *hpyoho@ksu.edu*

**Bucket Filler**

**Audience: Grades K-3**

Learn what a Bucket Filler is. It is when a student shows acts of kindness, helpfulness, positive behavior, sharing, and mindfulness of others and their feelings. These actions make them a Bucket Filler! The lesson will be presented in the classroom with a story and a bucket filling activity. The program provides the story and the activity supplies. The teacher provides a safe environment. This program can be offered at any time.

*Cassidy Lutz*  *celutz@ksu.edu*

**Wash Away Germs**

**Audience: Grades K-6**

This is an interactive lesson on the importance of handwashing. As part of this activity, youth complete a handwashing activity and see the spots that they missed while washing their hands. Afterwards, youth learn and practice the proper handwashing steps. This lesson will require a sink that is accessible to all students along with hand soap, paper towels, and a trash can. This lesson should take 30 minutes and can be offered at any time.

*Clara Misenhelter*  *clarawicoff@ksu.edu*

**Blender Bike**

**Audience: Grades K-12**

The Blender Bike is a fun and interactive teaching tool used to communicate healthy living messages such as the importance of incorporating physical activity and a healthy diet full of fruits and vegetables into daily life. It is just what it is called, a bike with a blender attached that is powered by pedaling. The program provides the bike and ingredients needed. The teacher provides the pedal power by students. This lesson can be offered at any time.

*Tara Solomon-Smith*  *tsolomon@ksu.edu*
Chick Embryology

**Audience: Grades 3-4**

Chick embryology helps youth better understand the process of embryo development. This program will give a better understanding of the life cycle of poultry. The program will provide fertilized eggs and an incubator for the class to borrow. The teacher is asked to provide a safe environment, careful daily observation and feed when the chicks start to hatch. This lesson is offered in the Fall & Spring.

**Casey Diver  caseydiver@ksu.edu**

Choosing Health: Food, Fun, Fitness

**Audience: Grades 3-8**

Choose Health: Food, Fun, and Fitness (CHFFF) is a 6-lesson, hands-on, evidence-based curriculum for 8-15-year-olds (3rd-8th graders) that targets behaviors shown to reduced unhealthy weight gain and chronic disease. CHFFF uses experiential learning to teach healthy eating and active play. Topics include replacing sweetened drinks with low-fat milk and water, eating more vegetables, fruits, and whole grains, eating fewer high-fat and high-sugar foods, and playing actively 60 minutes a day. The program provides everything needed. This lesson can be offered anytime.

**Jennifer Terrell  jkterrell@ksu.edu**

Earthworms

**Audience: Grade 4**

Earthworms are the ultimate recycler. This hands-on activity brings live earthworms to the classroom for students to explore. Students will learn how earthworms are beneficial to our planet and humans. The body structure of the earthworm will be studied as well as their life cycle. This lesson takes 30 minutes and can be offered at any time.

**Krista Harding  kharding@ksu.edu**

Flower Structure

**Audience: Grade 4**

This is a great science hands-on science lesson using a live flower (Lily). Students learn that plants have parts (structure) that must function together as a system for survival. Lilies are a large specimen flower, so it is a very visual activity for the students. This lesson takes 30 minutes and can be offered at any time.

**Krista Harding  kharding@ksu.edu**
Let’s Play In The Classroom

**Audience: Grade 5th**

Let’s Play in the Classroom is a monthly school visit to 5th grade classrooms. Students work together with a variety of hands-on activities to build their team-building and leadership skills in the classroom setting. Each monthly visit provides students a new topic and activity for students to explore. Visits can be customized to fit school schedules and vary from thirty minutes to one hour. The program provides everything needed. The lesson can be offered anytime.

Jennifer Terrell jkterrell@ksu.edu

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Youth Community Perceptions

**Audience: Grades 5-12th**

This program can help youth learn how to identify needs and opportunities that exist for their community’s future, and work with community leaders to make a difference! Schools and communities across Kansas have recognized the need to civically engage youth. When youth are involved in their community, they can see themselves staying in, or returning to, their hometown. They are good stewards to the projects they are involved with, reducing incidences of vandalism. They feel a sense of belonging in the community. The program provides everything. The lesson can be offered anytime.

Amanda Clasen amclasen@ksu.edu

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Gray For A Day

**Audience: Grades 6-12**

Gray for a Day is a simulation experience that utilizes an empathic approach to educate individuals on the age-related sensory and functional challenges that some older adults might face. This program can be adapted and made fun for people of all ages (including youth and older adults), skill levels, and professions. The program will provide all the necessary supplies for the program. The teacher is asked to provide a safe learning environment.

Cassidy Lutz celutz@ksu.edu

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Youth Entrepreneurs

**Audience: Grades 6-12**

This program encourages youth to find their $100 idea. They will learn to write a simple business plan to know how to price their product, learn how to promote their business and how to pitch an idea to an investor. These are all important aspects for someone looking to start a small business. This program will help students learn the important aspects of a growing business and help possibly find a hidden passion! The program provides the materials. The program can be held at any time.

Amanda Clasen amclasen@ksu.edu

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Kansas Corn Breakout Boxes

**Audience: Grades 9-12**

The Breakout Box is similar to an escape room and brings that same engagement and excitement to the classroom. The Breakout Box makes players/students use critical thinking, collaboration, creativity and communication skills. This free workshop teaches kids information provided by Kansas Corn. The program provides all necessary materials and can be held at anytime.

Chad Guthrie cguthrie@ksu.edu   Hunter Nickell nickell99@ksu.edu   Hollie Yoho hpyoho@ksu.edu