

SOUTHWIND EXTENSION DISTRICT



Iola Office
1006 N. State St.
Iola, KS 66749
620-365-2242

Fort Scott Office
210 S. National St.
Fort Scott, KS 66701
620-223-4730

Erie Office
111 South Butler
Erie, KS 66733
620-244-3826

Yates Center Office
211 W. Butler
Yates Center, KS 66783
620-625-8620

<https://www.southwind.k-state.edu/>

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting Casey Diver two weeks prior to the start of the event at 620-625-8620 or hpyoho@ksu.edu. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request. Kansas State University Agricultural Experiment Station and Cooperative Extension Service K-State Research and Extension is an equal opportunity provider and employer.

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



Plant People

Audience: Grades K-3

Learn what a plant needs to grow and that a plant can grow anywhere. This is a fun and interactive program that allows students to combine their artistic side with the science of growing grass seed. Students will decorate either panty hose or small cups and make faces while learning about soil, seeds and what is needed for it to grow. The program provides the soil, seeds and art supplies. The teacher provides water and sunlight for growing. This program is best offered in Spring & Summer.



Hollie Yoho hpyoho@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 but is on a limited basis.



Jennifer Terrell jkterrell@ksu.edu

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

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

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

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