Southwind Extension District

YOUTH ENRICHMENT

PROGRAMS

K-STATE Research and Extension | Southwind District

Dear Educators,

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. Our programs for the classrooms are offered at no cost to your school. Let us work with you to bring fun and educational activities to your students. We offer programs for all ages of students Pre-K through 12th.

Listed on the following pages 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 reach out to see if other programs are available. If you see something within a different age group that you feel will go along with a lesson you are providing, most programs can be adjusted.

If you have any questions please contact one of our Southwind Extension District offices. We look forward to working with you!

Sincerely,

Southwind Extension District

BUTTERFLIES

GRADES: PRE-K-1ST

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

WELLNESS IN ONE

GRADES: PRE-K-5TH

It takes the whole body to stay healthy! This program provides fun, skill building activities to help youth live a healthy life. Topics range from water intake, implementing a "don't worry" journal, fruit and vegetable experiments, movement dice, and cultivating resiliency; there's something for everyone.

Tara Solomon-Smith, tsolomon@ksu.edu

WASH AWAY GERMS

GRADES: PRE-K-6TH

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.

Tara Solomon-Smith, tsolomon@ksu.edu

BLENDER BIKE

GRADES: PRE-K-12TH

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

MINDFUL ME

GRADES: K-3RD

Mindful Me: A Primary Mindfulness Curriculum, introduces youth members to basic concepts in mindfulness practices. The program promotes mindful practices that lead to improvements in managing one's own goals, developing a sense of self, time management, stress management, emotional regulation, and mindful eating practices. Specific outcomes from youth participation in the curriculum include short-term (skill development and knowledge gain), mid-term (increased stress management, mindful eating, etc.), and long-term (improved physical, emotional, and social health) benefits.

Jennifer Terrell, jkterrell@ksu.edu

CHICK EMBRYOLOGY

GRADES: 3RD-4TH

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

Casey Diver, caseydiver@ksu.edu

CHFFF CHOOSING HEALTH: FOOD, FUN, FITNESS

GRADES: 3RD-8TH

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

GRADE: 4TH

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

GRADE: 4TH

This is a great 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

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

GRADES: 5TH-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

GRADES: 6TH-12TH

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.

Tara Solomon-Smith, tsolomon@ksu.edu

PERSONAL FINANCE

GRADES: 6TH-11TH

The program is a saving and budgeting breakout box activity. Merkley and Marlea Martian need your help! They are stranded on Earth and want to go HOME! However, to do so, they must save enough money to fix their spaceship. They need to quickly learn to budget, enjoy Earth, and save money. If they are successful, they will get inside the box to find the last missing piece that will send them home. Can you break through all 5 locks before it is too late and they are stuck here forever??? In this activity, students explore a variety of topics and practice numerous skills related to personal finance:

1) Budgeting monthly income and expenses
2) Identifying pieces of a budget pie chart
3) Determining length of time needed to save enough money to cover a specific expense
4) Evaluating the effects of specific actions on personal credit scores
5) Matching significant vocabulary terms and definitions

Amanda Clasen, amclasen@ksu.edu

KANSAS CORN BREAKOUT BOXES

GRADES: 6TH-12TH

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. Kansas Corn has different scenarios that line up with curriculums and different age groups. They usually take 45 minutes to 1 hour to complete but can be adjusted for a shorter time frame if needed. This workshop teaches kids information provided by Kansas Corn and is a hands on activity where they are given initial information and then have to discover the answer through clues on their own. The program provides all necessary materials and can be held at anytime.

Hollie Yoho, hpyoho@ksu.edu
Hunter Nickell, nickell99@ksu.edu

SEE YOURSELF IN THE FUTURE

GRADE: 8TH-12TH

Seeing Yourself in the Future is an engaging career readiness curriculum for middle and high school students that encourages them to imagine their future through career exploration, soft skill development, and hands-on practice and application. This 9 session program equips teens with skills employers want and empowers them to make informed decisions about their future - allowing long-term individual and community prosperity.

- Seeing Yourself in the Future (Two Sessions): Explore values, interests, personality, and skills and how those relate to post-secondary training and success.
- En-"Vision"-ing the Future: Learn a process to develop goals (personal, professional, family, community, etc.), and develop a personal vision board.
- Unlocking Job Opportunities - Soft Skills are Key: Identify qualities employers seek in their prospective employees, discover personal strengths and weaknesses in soft skills, and discuss the importance of professionalism.
- Watch Your Step on Social Media Platforms: Identify how social media can impact your professional life.
- Make Your Job Application Stand Out: Learn how to successfully complete a job application.
- Create a Winning Resume: Learn to prepare a resume to successfully utilize in the future.
- Dress for Success: Identify appropriate attire to wear to an interview.
- Nail the Job Interview: Prepare for an interview to successfully secure employment.

Amanda Clasen, amclasen@ksu.edu
Jennifer Terrell, jkterrell@ksu.edu

LIVING ON YOUR OWN

GRADES: 9TH-12TH

Students solve the 5 puzzles for the Living on Your Own First Time Escape Room with their classmates as they work to...

- Determine a monthly budget based on salary and tips
- Decide which apartment is best based on price and amenities
- Calculate how much you went overbudget
- Answer questions about credit score and credit knowledge
- Decide which car is best based on multiple factors

Amanda Clasen, amclasen@ksu.edu

MEET THE PRESENTORS

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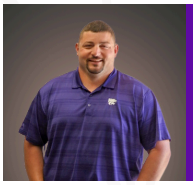

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