

## Chicken Embryology

(3) 30-45 minute lessons

Available in Fall and spring

**Program includes:** 1 dozen fertilized eggs, incubator, detailed instructions, educational information, Count Down to Hatch eggs, brooder and brooder supplies and chick feed. Extension Staff will provide education on Day 1, detailing what to expect, the basics of chicken embryology, and general expectations of the students for the entire process. Day 9 or 10, Extension Staff will return and help candle eggs to determine with the students which eggs are still viable. Day 20-21 Extension Staff will return to help set up brooder if needed and discuss with students their observations over the entire experience. Students will learn about chicken growth and development, record keeping of daily observations, and responsibility for caring for the chicks.

## Dairy Cow

(1) 45 minute lesson

Available all year

**Program includes:** Pudding in a cup supplies

Extension Staff will provide education on dairy, why its nutrients are important to building strong and healthy bones, different ways we get calcium, and how the dairy cow is built for producing milk. The lesson will end with students making pudding in a cup.

**\*\*All Programs are subject to availability.**

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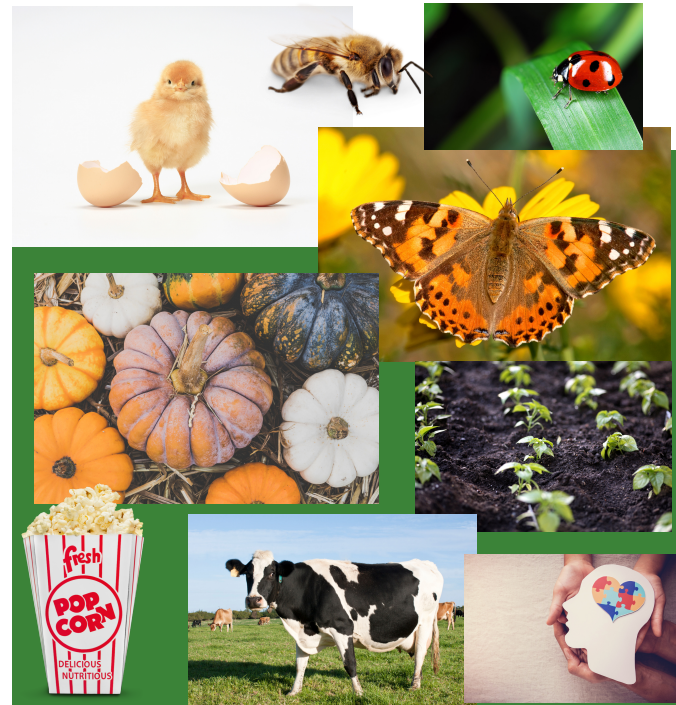
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**K-STATE**  
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## FRONTIER DISTRICT SCHOOL ENRICHMENT PROGRAM

*What we provide:*

**Free and Educational  
Hands-on Programs**

[frontierdistrict.k-state.edu](http://frontierdistrict.k-state.edu)

## Pollinators/Garden Protectors

### 3 options available

#### Option 1: Painted Lady Butterflies

(2) 30 minute lessons

Available Spring only

**Program includes:** Butterfly habitat, 5 live caterpillars, daily journal

Extension Staff will provide education on Day 1 about the life cycle of a caterpillar into a butterfly, and the importance butterflies play in pollination. Approximately 3 weeks later, your butterflies will emerge and extension Staff will return to discuss butterfly migration and have a release party for the butterflies.

#### Option 2: Bees

(1) 45 minute lesson

Available all year

**Program includes:** Bee waterer supplies, pollination activity supplies

Extension staff will provide education on the importance of bees in relation to the food we grow. Students will also learn about the bee life cycle, bee behaviors and what everyone can do to help save the bees! Students will end the lesson by making a bee waterer to take home.

#### Option 3: Ladybugs

(2) 30 minute lessons

Available in Spring only

**Program includes:** Ladybug habitat, ladybug larvae, daily journal

Extension Staff will provide education on Day 1 about the life cycle of a ladybug and why they are important for our gardens.

Approximately 3 weeks later, Extension Staff will return to discuss student observations and have a release party for the ladybugs.

**\*\*All Programs are subject to availability.**

## Mental Health Awareness

### 2 options available

#### Option 1: Mindful Me

**Pre-K-2nd grade**

(10) 45 minute lessons (Do not have to do all)

Available all year

**Program includes:** Extension Staff led program. 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.

#### Option 2: GEM-Get Experience in Mindfulness

**3rd-8th grade**

(5) 45 minute lessons (Do not have to do all)

Available all year

**Program includes:** Extension Staff led program. This program places an emphasis on stress management taught through practical and interactive mindfulness-based activities to facilitate experiential learning. There are five lesson topics: Intentions and Goal Setting, Awareness and Attention, Self-care: Stress Reduction and Relaxation, Communication and Relationships, and Gratitude and Acceptance. Among other things, participants will learn what mindfulness is and how to integrate it into daily life, alignment and form for over 25 strength and flexibility poses adapted from yoga poses, and relaxation techniques.

## Popcorn and Portion Sizes

((1) 45 minute lesson

Available all year

**Program includes:** popcorn, popcorn popper, seasoning mixes

Extension Staff will introduce the idea that the size of our dishes sometimes determines the amount we eat. Students will learn about optical illusions related to this, steps to take to be mindful of the amount they are eating and learn how to make seasoning mixes to put on a healthy popcorn snack.

## We Grow Corn!

**K-8th grade**

(3) 45 minute lessons

Available all year

**Program includes:** Extension Staff led program. Your scientists will test their ideas about what plants need to grow and live by using corn plants as model organisms. Although many conditions such as amount of water, soil and temperature impact corn growth, this lab will focus on the impact light can have on the growth of a plant. At the end of the lab, the scientists will know how to conduct an investigation and how light impacts plant growth.

## The Mystery of Corn

**2nd-8th grade**

(4) 45-minute sessions

Available all year

**Program includes:** Extension Staff led program. Students will investigate 4 mysteries related to corn. The mysteries include: Could It Be Corn?, The History of Corn?, The Secret of Soil, and The Miracle of Water. They will learn how corn is used, corn's origins and the different types of corn, what soil is and the types of soil, and learn about the water cycle, how the Earth's water is used, and how to conserve water.

# LEARNING BY DOING

## Little Red Hen

### K-2nd grade

(4) 45 minute-1 hour lessons

Available all year

**Program includes:** Extension Staff led program. Students will use the story *The Little Red Hen* to investigate wheat production and bread making. Students will thresh their own wheat and grind it into flour which can be made into bread or tortillas during an additional session.

## Who Grew My Soup?

### K-5th Grade

(3) 45 minute-1 hour lessons

Available all year

**Program includes:** Extension Staff led program. Students identify the source of the food they eat and investigate the processes and people involved in getting food from the farm to their spoon.

## How Does Your Garden Grow?

### K-5th grade

(3) 45 minute-1 hour lessons

Available Spring only

**Program includes:** Extension Staff led. Students discover the needs of a seed to germinate and the needs of a plant to grow while exploring the life stages of a flowering plant.

## Pumpkins...Not Just for Halloween

### K-5th grade

(2-3) 45 minute-1 hour lessons

Available Fall only

**Program includes:** Extension Staff led program. Students estimate the size and weight of pumpkins, sprout pumpkin seeds, and make pumpkin pie in a bag. All supplies needed will be supplied by Extension Staff.

## The Great Pumpkin

### K-2nd grade

(1) 45 minute-1 hour lesson

Available Fall only

**Program includes:** Extension Staff led program. In this fun and simple activity, students will make a paper-plate model of the life cycle of a pumpkin. All supplies needed will be supplied by Extension Staff.

**\*\*All Programs are subject to availability.**

## Simple & Powered Machines using LEGO kits

### 2nd-8th grade

((3) 90 minute lessons (each can be broken into (2) 45 minute lessons if needed)

Available all year

**Program includes:** Extension Staff led program. Students will explore design engineering through 3 stand alone lessons. The lessons are Make a Digital Accessory, Wearables, and Make a Repeated Pattern. You can choose 1, 2 or all 3 lessons to promote your students' fundamental STEM understanding of simple and powered machines, structures, and mechanisms.

## Mars Base Camp: 4-H STEM Challenge

### 2nd-8th grade

(4) 35 minute-1 hour lessons (can choose to do individual lessons or all of them)

Available all year

**Program includes:** Extension Staff led program. The race to land humans on Mars is on! This challenge will explore sending a mission to Mars with the activity, *Mars Base Camp*. Developed by Google and Virginia Cooperative Extension, *Mars Base Camp* is a collection of activities that teaches kids STEM skills like mechanical engineering, physics, computer science, and agriculture.



## Reading Makes Cents

### 3rd-5th Grade

Up to 7 sessions available

#### Available all year

**Program includes:** This book includes 53 experiential activities developed around money including seven major themes with hands-on activities which are: 1) the History of Money, 2) Managing Money, 3) Earning Money, 4) Spending Money, 5) Saving Money, 6) Sharing Money as well as 7) Borrowing & Lending Money.

## Smart Cents

### 4-6th grade

(6) 1 hour lessons

Available Spring only

**Program includes:** Smart Cents helps young people develop financial skills and healthy habits that have been shown to have a positive long term effect on financial health, including: **Learning how to make personal financial plans. and learning goal-setting, impulse control and mindfulness when it come to financial decisions.**

## My Financial Future

### 6th-12th Grade

(5) 45 minute-1 hour lessons

Available all year

**Program includes:** From organizing finances to learning about savings, risk management, and consumer breadcrumbs, the My Financial Future curriculum helps middle and high school youth develop critical skills and knowledge in money management.

## Essential Living Skills

### 9th-12th grade

(5) 45 minute-1 hour lessons

Available all year

**Program includes:** K-State Research and Extension Family and Consumer Sciences programs transform lives through linking research and evidence-based education with life experiences to help people improve their lives, their families, and their communities. Personal, family and community well-being is dependent upon many kinds of knowledge and skills which are intertwined and inseparable. The five topics this program covers are:

- Healthy Relationships
- Living Choices
- Financial Well Being
- Strong Leaders
- Strong Communities

## Gray for a Day

### All Ages

(1) 45 minute-1 hour session

Available all year

**Program includes:** Gray for a Day aims to educate participants on age-related sensory and functional challenges some adults might face through various hands-on simulations that reflect daily routines, simple tasks, and leisure or social activities.

## Junk Drawer Robotics

### 2nd-12th grade

1 hour lessons (can choose to do 1,2, or multiple lessons)

Available all year

**Program includes:** Extension Staff led program. Students can use items found around the house, even in our “junk drawers,” to begin exploring how robots work. Participants will learn about the everyday uses of robots in our lives, observe the different functions of a robotic grabber, study the ways robots move, identify the different parts of a robot and how they work, create a simple electrical circuit, and build a basic “junk drawer” robot.

If you are interested in any of these programs, please feel free to contact one of the staff members listed on the back and we will be glad to set you up.

**Looking for more?** We have many other programs. If you are wanting something you don't see here, just contact us and see if we have something else to help you out.

4-H is delivered by Cooperative Extension's 4-H program -- a network of more than 100 public universities. Six million young people nationwide are learning skills to lead for a lifetime.

**\*\*All Programs are subject to availability.**