4-H in Your Classroom

FREE programs available to schools in Logan, Menard, and Sangamon counties

For more information or to schedule a program, contact Carissa Davis at akpore@illinois.edu



Careers and Finances

EMPLOYERS SAY EMPLOYEES LACK BASIC SKILLS TO BE PRODUCTIVE IN THE WORKFORCE. THIS PROGRAM HELPS PROVIDE YOUTH WITH THE SKILLS TO SUCCEED IN SCHOOL AND EXCEL IN THEIR FUTURE CAREERS.



Welcome to the Real World

Target grades: 6-12

After exploring careers and learning about managing finances, students participate in a simulation experience in which they choose a post-graduation path and see the consequences of "real world" decisions.

Suggested minimum duration: customizable



Ready 4 Work

Target grades: 7-12

Teaches life skills necessary to increase the number of qualified applicants for the workforce in the United States. Youth learn how to build their resumes and cover letters, dress for success, interview skills, career planning, social media etiquette, time management and more.

Suggested minimum duration: 6 -8 sessions of 10 or more youth

Health and Wellness

EMPOWER YOUTH TO LEARN ABOUT THE IMPORTANCE OF GOOD NUTRITION AND PHYSICAL ACTIVITY, GAIN SKILLS IN DEALING WITH PEER PRESSURE AND STRESS, IMPROVE THEIR DECISION-MAKING SKILLS, AND LEARN TO CREATE SAFE AND AFFIRMING ENVIRONMENTS FOR OTHERS.



Health Rocks!

Target grades: 3-12

Students will build life skills, confidence, and healthy coping strategies through interactive lessons and youth/adult partnerships, helping them resist risky behaviors such as tobacco, alcohol, and vaping use while supporting overall physical and mental health.

Suggested minimum duration: 10 sessions lasting 30-45 minutes each

Health and Wellness (cont'd)



4-H Cooking 101

Target grades: K-5

Learn about nutrition and healthy eating while developing basic food preparation skills by making healthy snacks and simple meals.

Suggested minimum duration: sessions lasting 30 to 45 minutes each



Science Fun with Kitchen Chemistry

Target grades: 3-12

Your students can explore the fascinating science behind their favorite foods and embark on a journey of discovery where they'll unlock the secrets of food science through engaging experiments and hands-on activities.

Suggested minimum duration: 6 sessions lasting 30-45 minutes each



Illinois Food Challenge

Target grades: 8-12

Learn food safety, food preparation, nutrition, and kitchen safety. Then participate in a culminating team food challenge event where youth plan, prepare, and present a dish.

Suggested minimum duration: 6 sessions lasting 30-45 minutes each



Mindful Me

Target grades: K-2

Learn 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.

Suggested minimum duration: 6 sessions lasting 30-45 minutes each

Your Feelings Matter



Target grades: 3-6

Feelings can be confusing! Your Feelings Matter allows youth to explore what emotions are, how to express them, and how to react to them in a positive way.

Suggested minimum duration: 7 sessions lasting 30-45 minutes each



Your Thoughts Matter

Target grades: 8-12

Understand what mental health means and its impact on those around us. Learn about different mental health disorders and identify strategies for self-help and helping others.

Suggested minimum duration: 6 sessions lasting 30-45 minutes each

Health and Wellness (cont'd)



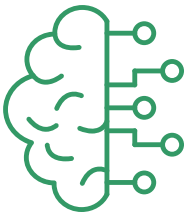
Kindness 101 Character Counts

Target grades: K-5

Explore kindness, character, and positive relationships through engaging videos, activities, and guided discussions. Students will learn about character skills such as respect, responsibility, fairness, caring, and good citizenship while developing social-emotional skills such as self-awareness, relationship skills, and responsible decision-making.

Kindness 101 lessons can be adapted to meet classroom learning goals and may include a short video, hands-on activity, discussion questions, and reflection or journal prompts.

Suggested minimum duration: 6 sessions lasting 30 to 45 minutes each



Brain Waves Discovery

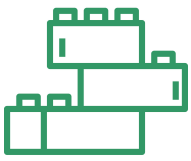
Target grades: 6-8

Explore the science of the brain through hands-on activities, simulations, and real-life scenarios. Youth investigate how the brain works and develops, connect behaviors and emotions to brain function, and explore healthy brain development and wellness. Topics may include neurons, learning, stress, risk-taking, and other factors that influence brain health.

Suggested minimum duration: 6 sessions lasting 30-45 minutes each

Science, Technology, Engineering & Math (STEM)

A VITAL STEM WORKFORCE IS NEEDED TO DRIVE INNOVATION IN TODAY'S GLOBAL WORLD. THESE PROGRAMS EMPOWER YOUTH TO BE THE SCIENTISTS, ENGINEERS, AND MAKERS NEEDED FOR AN EVER GROWING STEM WORLD.



Building Blocks: Click, Build, Discover!

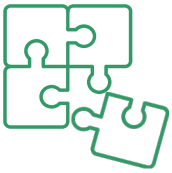
Target grades: K-8

Explore hands-on LEGO Education challenges that encourage youth to build, test, problem-solve, and work as a team. Youth will also explore coding, circuits, robotics, and other STEAM activities through interactive challenges.

Suggested minimum duration: 6 sessions lasting 30-45 minutes each

Positive Youth Development

HELP YOUNG PEOPLE FEEL EMPOWERED AND DEVELOP CRITICAL LIFE SKILLS THAT ALLOW THEM TO REACH THEIR FULLEST POTENTIAL.



Real Colors

Target grades: 5-12 and adults

The Real Colors Personality Instrument is a simple and intuitive system for identifying where you fall within four temperaments (Blue, Gold, Green, or Orange). It is an effective tool for uncovering motivators specific to each temperament, managing conflict, and improving communication skills.

Suggested minimum duration: customizable



Trauma Informed Care Approaches

Target audience: adults

Becoming "trauma-informed" means recognizing that people often have many types of trauma in their lives, and they can unintentionally be re-traumatized by well-meaning caregivers and service providers. By developing shared understanding and language, becoming aware of the prevalence of trauma, and understanding the impact of trauma, you can take an important first step in becoming a more compassionate and supportive community.

Suggested minimum duration: 4 hours for in-person or 2.5 hours for virtual



Youth Development Academy

Target audience: adults

Participants will learn the critical elements of youth development, understand the ages and stages of child development, learn how to manage groups and communicate with young people, and practice experiential learning through interactive hands-on activities.

Suggested minimum duration: customizable

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If you need a reasonable accommodation to participate in this program, please contact the Extension Office at 217-732-8289 (Logan), 217-632-7491 (Menard), or 217-782-4617 (Sangamon).