

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 & Finances



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.

Suggestion minimum duration: customizable

Food & Health



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: 6 sessions



Health Rocks

Target grades: 3-12

Build skills to make healthy choices and understand the influences and health consequences of tobacco, drug, and alcohol use. Develop community strategies to address risky youth behaviors and build positive relationships.

Suggested minimum duration: 10 hours



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 hours

Social/Emotional Learning

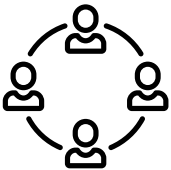


Mindful Me

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: 10 sessions



Be SAFE: Safe, Affirming, & Fair Environments

Target grades: 6-9

Create safe, affirming, and fair environments where youth can improve their social and emotional learning, build positive relationships, and prevent negative and harmful behaviors such as bullying.

Suggested minimum duration: 8 sessions/hours

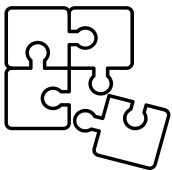


Your Thoughts Matter

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/hours

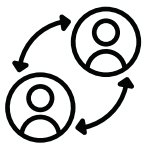


Real Colors

Target grades: 5-12 & 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

