

[illegible]

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



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

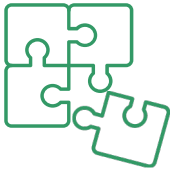


Understand what mental health means and its impact on those around us. Learn about different mental health disorders and identify strategies for self-help and helping others.

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

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



Illinois Extension

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