



4-H Outreach & School Enrichment

MIDDLE SCHOOL PROGRAMS || BREMER COUNTY

Financial Literacy Lesson Plans

Grades: K, 1, 2, 3, 4, 5 This curriculum from ISU Extension and Outreach provides four lessons for each grade level, K-5 to address Iowa's financial literacy content standards. Most lessons use storybooks as the main activity, supplemented by activities to extend learning and to initiate discussions at home.

Delivery Modes: After School, Camps, School,

Priority Areas: Healthy Living, Science, Technology, Engineering & Math

Gardening to Give

Grades: K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, All,

Gardening to Give is an interactive, educational program that is open to ALL Iowans and registration will open March 1st online. The program will run for 8 months beginning March 15th and wrap up in October. Monthly themes complete with lessons, activities, garden journaling, chats with experts, and produce features are items you can expect to see. Feed your club, community, country, and the world with hands-on and research-based challenges and learning opportunities focused on gardening and growing, designed for all ages and abilities. By working together across the state to grow gardens, we can not only provide food for our loved ones, but we can donate our harvest to food pantries while engaging in the gardening experience.

Delivery Modes: After School, Camps, Learning Community/Club, Distance Learning,

Priority Areas: Leadership and Civic Engagement, Healthy Living, Science, Technology, Engineering & Math

Growing in the Garden Local Foods Healthy Living

Grades: K, 1, 2, 3, 4, 5, 6, 7, 8,

Format: purchased curriculum

Growing in the Garden: Local Foods and Healthy Living is designed for youth gardening programs, community neighborhood gardens, farm to school programs, Ag in the Classroom and Master Gardening projects. The seven units address topics such as why people garden, how to plan, plant, maintain and harvest a garden, and how to store and prepare garden produce.

Delivery Modes: After School, Camps, Learning Community/Club, School,

Priority Areas: Healthy Living

Storywalk , Iowa 4-H

Grades: K, 1, 2, 3, 4,

The StoryWalk® program is designed for families to engage in literacy activities while also getting exercise, learning about content areas (STEM, art, social studies), and enjoying the outdoors. It is most appropriate for preschool to early elementary-aged children, but older children may enjoy reading to younger children and modeling the activities along the way. Storywalk was created by Anne Ferguson of Montpelier, VT and was developed with the Kellogg-Hubbard Library.

Delivery Modes: After School, Event, School,

Priority Areas: Healthy Living, Science, Technology, Engineering & Math



Mission: Return to Mars Day Camp

Grades: 3, 4, 5,

This day camp is a great way to launch your STEM learning. Join us to learn about Mars, NASA, and STEM concepts by training like an astronaut and going on a mission to Mars! This program will introduce young people to core space concepts, and give them an opportunity to problem solve and think critically. Appropriate for grades 3-5. This day camp is available as a free download from the Extension Store.

Delivery Modes: After School, Camps, Learning Community/Club, School,

Priority Areas: Science, Technology, Engineering & Math

SWITCH Cooking School, Iowa 4-H and Iowa State University

Grades: 4, 5, 6, 7, 8,

SWITCH ("School Wellness Integration Targeting Child Health") is an innovative school wellness initiative designed to support and enhance school wellness programming. Through SWITCH, schools can help students to "Switch what they Do, View, and Chew!" SWITCH Cooking School - Virtual Cooking Classes focus on engaging students and their family members in the Chew component of SWITCH. This program is available to students who attend schools that are enrolled in the SWITCH program and have a 4-H staff member who has been trained to deliver this program. The series includes four monthly sessions that occur during SWITCH implementation (February and April have two menu options) that are approximately 90 minutes in length. Sessions are stand-alone; participants can choose to attend one class or multiple classes. Each session follows a theme designated in the course template and facilitators select the recipe option(s) that correlate with each theme.

Class sessions include:

- Themed Menu
- Food Safety Concept
- Kitchen Tips and/or Cooking Terms
- Nutrition Facts Label Skill
- Physical Activity Component
- Hands-On Food Preparation and Cooking with Step-by-Step Instructions
- Ingredients and Cooking Tool (optional) that may not be available at home

Class schedule:

- January: Roasted Tomato and Spinach Pasta
- February: Zucchini Hummus Wrap OR Make-Ahead Breakfast Burritos
- March: Cheesy Broccoli Soup
- April: Easy Roasted Veggies with Broiled Salmon OR Chicken Fajitas with Guacamole

Sessions are presented virtually and are led by a trained 4-H staff member (county-based staff or YPS).

Delivery Modes: Distance Learning,

Priority Areas: Healthy Living



Iowa 4-H Camera Corps , Iowa 4-H

Grades: 3, 4, 5, 6, 7, 8, 9, 10, 11, 12,

Iowa 4-H Camera Corps is a talented group of youth photographers working together to make beautiful, powerful, and creative photographs of communities from across of the state of Iowa. It is a unique opportunity to practice your photography skills and receive public recognition and juror feedback on your work. Each month, a photography theme is provided with a different focus. Professional evaluators will give individual feedback to each photographer after they submit their monthly photograph, and then each photograph will be exhibited digitally on the Iowa 4-H Facebook page where voting will be open to the public. All youth from all counties are welcome to join Iowa 4-H Camera Corps. We want to help you become the best photographers you can be

Delivery Modes: Camps, Event, Distance Learning,

Priority Areas: Communication & The Arts

Agriculture Every Day

Grades: 4, 5, 6, 7, 8, 9, 10, 11, 12,

Agriculture Every Day is aimed at teaching youth in grades 4-12 about the importance of agriculture. Each short (20-30 min) stand-alone lesson is on a different agricultural science topic. These lessons are meant to be a sampling of different agricultural science topics.

Delivery Modes: After School, Learning Community/Club, Event, School,

Priority Areas: Science, Technology, Engineering & Math

Clover Cookie Factory

Grades: 4, 5, 6, 7,

The Clover Cookie Factory workshop provides youth in grades 4-7 fun, hands-on experiments to discover the purpose of the ingredients in a sugar cookie. Youth will solve the real-world problem of what's gone wrong with the cookie(s) presented to them. Provided are outlines for 3, 6, and 9 hours workshops.

Delivery Modes: After School, Learning Community/Club,

Priority Areas: Science, Technology, Engineering & Math

On Their Own and OK

Grades: 4, 5, 6,

Format: Download Printable Curriculum, Leader Guide and Parents Guide

This 4-H youth development guide is designed to strengthen skills in youth who may care for themselves and/or siblings during the afterschool hours. This publication is focused on youth who are home alone for limited time.

Delivery Modes: After School, Learning Community/Club,

Priority Areas: Healthy Living

Animal U

Grades: 4, 5, 6, 7, 8, 9, 10, 11, 12,

ANIMAL U promotes involvement in animal agriculture and allows all youth the opportunity to increase their knowledge. It also enables more young people to become involved through accessible, straight-forward, and research-based information. Program Goals Connect more young people to animal agriculture and promote its application to everyday life. Create an understanding of the relationship between animal agriculture and the science and technology that supports it. Promote the variety of potential careers associated with food production through real-world experiences.

Delivery Modes: School, Distance Learning,

Priority Areas: Science, Technology, Engineering & Math



FLEx Forward Learning Experience , Iowa 4-H

Grades: 4, 5, 6, 7, 8, 9, 10, 11, 12,

FLEx is a mobile learning program for advanced design technology benefiting 3rd through 12th students and beyond in a 21st-century paradigm. Structured around STEM, design thinking, 21st Century skills, and University Constructs (4 C's), this environment extends distant educational offerings by delivering full-scale augmented and virtual visualization, digital to real prototyping, circuit bending, and visual programming. As an Iowa State design outreach program for Iowans, the FLEx can visit classrooms, schools, libraries, science and art centers, educational conferences, and other community events throughout the state. Programs can be offered inside or outside, weather permitting, to best complement the learning environment and event.

Delivery Modes: After School, Camps, Event, School,

Priority Areas: Science, Technology, Engineering & Math

H2OH! , Iowa 4-H

Grades: 4, 5, 6, 7, 8, 9, 10, 11, 12,

This lesson developed in collaboration with the State Hygienic Lab of Iowa teaches youth about the science of ground water and private wells. It discusses health issues with contamination of private wells, in particular arsenic which is a naturally occurring carcinogen. Resources include directions for a hands-on activity called "Edible Aquifer", an interactive quiz, video, and materials for facilitating the activities.

Training is required to deliver this resource. Staff Lead

Delivery Modes: After School, Learning Community/Club, School,

Priority Areas: Healthy Living, Science, Technology, Engineering & Math

STEM Club Activities , Iowa 4-H

Grades: 4, 5, 6, 7, 8, 9, 10, 11, 12,

The Iowa 4-H Robotics program offers youth the opportunity to learn about robotics, coding, and STEM professions through engaging, hands-on experiences. Our monthly challenges inspire youth in grades 4-12 to experiment and grow in their coding, design, and critical thinking skills. All challenges are aligned with the Next Generation Science Standards and Iowa Computer Science Standards. Free PDF downloads are available in the Extension Store.

Delivery Modes: After School, Camps, Learning Community/Club,

Priority Areas: Science, Technology, Engineering & Math

Ricochet is an exciting youth leadership program designed for middle-school aged youth where youth will:

- Have fun with friends and make new friends
- Participate in interactive and educational activities
- Discover and develop their leadership skills in:
 - Leadership Information * Leadership Attitudes *Communication Skills
 - *Decision-making Skills *Stress Management
- Get actively involved in their community
- Grow as LEADERS!



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4-H 
GROWS
HERE

In 4-H, there are endless projects to explore. If you don't find the project area you're looking for, you can create your own! What interests you?

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Step 1: Pick what interests you. Find out details about 4-H projects at www.extension.iastate.edu/4h/projects-list.

Step 2: Choose a club and get involved. Your local Extension office can help you find a club in your area that fits you and your goals.

Step 3: Dream Big! What you achieve in 4-H is up to you, so let your imagination run wild!

4-H Facts — Information to Help You

As a new 4-H member, there is lots to do and learn! Here are a few fun facts that will help you be successful throughout your 4-H journey.

What is 4-H?

4-H is a **community of young people** across America who are learning **leadership, citizenship and life skills.**



4-H Pledge

I pledge my **HEAD** to **CLEARER THINKING**,
my **HEART** to **GREATER LOYALTY**,
my **HANDS** to **LARGER SERVICE**,
and my **HEALTH** to **BETTER LIVING**,
for my club, my community,
my country, and my world.

What are the 4-H Colors?

GREEN — symbolizes life, springtime and youth.

WHITE — symbolizes purity.

DID YOU KNOW? THERE ARE 4 LEVELS IN 4-H!

- **Grades K through 3** are considered **Clover Kids** 4-H Members
- **Grades 4 through 6** are considered **Junior** Level 4-H Members
- **Grades 7 through 8** are considered **Intermediate** Level 4-H Members
- **Grades 9 through 12** are considered **Senior** Level 4-H Members

A Little Iowa 4-H History:

Early school teachers O.H. Benson in Wright County, and Jesse Field Shambaugh in Page County, taught farm topics in schools. Both became superintendents in their counties in 1906 and vigorously promoted “club” work.

County superintendent Cap E. Miller in Keokuk County also pioneered, and in 1904 he urged his teachers to promote clubs and teach farm subjects. He sponsored a county organization of boys and girls with officers and educational programs. Miller’s plans fostered many of the teaching tools in today’s 4-H program, including life skills and learning-by-doing through projects, group meetings and exhibits.

The programs for boys were called ‘Boys Agricultural Clubs’. They had exhibits of corn and garden products, and held livestock judging contests.

The programs for girls were called ‘Girls Home Culture Clubs’. The girls had exhibits of sewing and cooking, and held contests in which they judged articles of sewing, handwork and cooking.

The emblem of the four-leaf clover started in 1906 at a one-room country school near Clarion. O.H. Benson observed 11 pupils looking for four-leaf clovers. He used the four leaves to stand for the schools four-square development of: Education, Physical, Moral, Fellowship. The three-leaf clover was used in 1906-1911 to stand for head, heart and hand. The fourth ‘H’ for health was added in 1981.

4-H Motto
**To make
the BEST
BETTER!**



Get to know our Staff



Nicole Reynolds-Thimmesch

County Youth Coordinator

About Nicole, You will see her or hear her speak at different 4-H events. Her responsibilities are to lead the Bremer County 4-H program through shared leadership and teamwork. She is responsible for bringing all 4-H leaders, volunteers, and members in Bremer County together to deliver a strong program that is welcoming and inviting to all youth in our county and state. Nicole has served as a County Youth Coordinator for one year in Bremer. She is a lifelong 4- Her and an alum of Bremer County.

Favorite Delivery Modes: After School, Camps, Learning Community/Club, Event, School,

Favorite Priority Areas: Communication & The Arts, Animals & Natural Resources, Leadership & Civic Engagement

Favorite Program to deliver: Iowa 4-H Camera Corps, On Their Own and OK



Cody Emery

Youth Outreach Educator

About Cody, life-long 4-Her himself in Southeast, Iowa. As a Youth Outreach Educator, his responsibilities, are to lead youth through shared leadership and teamwork skills, building up their future adventures. Also, deliver a strong program that is welcoming and inviting to all in Iowa!

Favorite Delivery Modes: After School, Camps, Learning Community/Club, Event, School

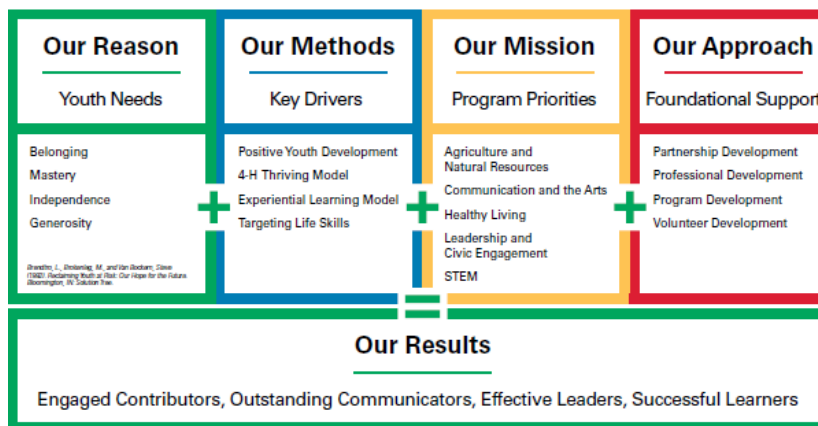
Favorite Priority Areas: Communication & The Arts, Leadership & Civic Engagement, Healthy Living

Favorite Program to deliver: Growing to Give, Agriculture Every Day, Iowa 4-H Camera Corps, Ricochet

IOWA 4-H

EQUATION

Empowering youth to reach their full potential through youth-adult partnerships and research-based experiences.



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For more information contact us!

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These will provide you with upcoming opportunities and deadlines, as well as let you know of any new changes.

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