

4-H SCHOOL PROGRAMS

Please contact Hamilton County Youth Coordinator, Brynna Baumhover, with inquiries and requests, brynnab@iastate.edu



IOWA STATE
UNIVERSITY™
Extension and Outreach

STEM – Lit To Go!

Stand alone one hour lessons based on various STEM topics and themes. Each lesson includes reading a related children's book with a hands-on activity.

[K-3] 1 hr/ monthly or by Topic

Ag in the Classroom

Hundreds of lessons are based on different aspects of agriculture. Some lessons are specific to Iowa agriculture. Ask for a full list of topics! Lessons range from 1-2 hours.

[K-12] Schedule by topic

Hydroponics

Learn how to grow food with Hydroponics in your classroom! Lessons discuss growing techniques, water quality, plant anatomy, and sustainability.

[4-12] 1 hr/week for 7-12 weeks

Chicken Hatching

Youth learn about chick development by incubating eggs in the classroom. Lessons and activities also teach about eggs, chickens, nutrition, and more.

[K-12] 1 hr/week for 4 weeks

Ricochet 1, 2, & 3

Ricochet is a multi-year middle school leadership program that uses hands-on experiences to help kids build leadership skills. Youth will learn how their voices and choices can impact their lives and communities.

[4-8] 1 hr/session for 6 weeks per level

Mindful Teen

Youth learn how to engage in mindfulness practices to develop skills that help them focus, manage stress and emotions, create positive relationships and be their best self!

[6-12] 1 hr/week for 6 weeks

Real Money. Real World.

Real Money. Real World. Is an interactive, hands-on experience providing young people the opportunity to make simulated lifestyle and budget choices similar to those adults face on a daily basis.

[9-12] 6 hours, flexible arrangements

SWITCH [School Wellness]

Schools can choose to be part of the 12 - week school program or request stand-alone school wellness programming following the mantra "SWITCH what you do, view, and chew."

[4-8] Flexible arrangements, Register for SWITCH by Sept. 30th Implementation January - April

TOPICS

Ricochet

- Leadership Information
- Leadership Attitude
- Communication
- Decision Making
- Stress Management

STEM – Lit To Go!

- Bubbles
- Curious Candy
- Healthy Hearts
- Inventor’s Hat
- Jumping Beans
- Lots of Light
- Popping Popcorn
- Roller Coasters
- Sunny Sunshine
- Super Sled
- Terrific Trees
- Wonderful Wind
- Apple'licious
- Pumpkin Exploration
- Scurrying Squirrels
- Gingerbread Time
- Snow Spectacular
- Gifts from the Heart
- TrapTastic
- Color Creation
- Stunning Sculptures
- Touch-and-Feel Texture
- Bitty Bunnies
- Sensational Seeds
- Dirt-N-Worms
- Summer Celebrations
- Make a Splash
- A Chair for Bear
- Blast Off
- Code Across Iowa
- Hour at the Fair
- Marvelous Marshmallows
- Munching Mystries
- Scream of Ice Cream
- Sound All Around
- Super Shapes
- Take a Chance
- Tricky Towers
- Wonders of Nature
- Mistake to Masterpiece
- Lines on Signs
- Shape-o-Saurus
- Lots of Layers

Ag in the Classroom

- Corn
- Soybeans
- Pork
- Beef
- Cows
- Pigs
- Ag Careers
- Meat Science
- A Day without Ag
- Genetics
- Apples
- Biofuels
- Chickens
- Eggs
- Milk
- Ag Economics
- Dairy
- Plants
- Food Chain
- Clothesmaking
- Cotton
- High - Tech Farming
- Land/Soils
- Fruits/Vegetables
- GPS
- Bees
- Monarchs
- Turkey
- Chocolate
- Seeds
- Wool
- Iowa Agriculture

SWITCH [School Wellness]

- Cheese
- Eggs
- Energy
- Fats and Oils
- Fruits
- Vegetables
- Grains
- Milk
- Protein
- Weights Measures
- Yogurt
- Nutrition Facts
- Meat
- Grocery Stores
- Physical Activity
- Decrease Screen Time
- Exercise