



**4-H Mission:** Empower youth to reach their full potential through youth-adult partnerships and research-based experiences. **4-H Priorities:** Healthy Living, STEM, Civic Engagement/Leadership, Communication & the Arts

To learn about availability for a program or to check-out materials, contact Youth Outreach Coordinator Mary Wilkins at 515-382-6551 or [mwilkins@iastate.edu](mailto:mwilkins@iastate.edu)

Iowa 4-H Curriculum <https://www.extension.iastate.edu/4h/product> Curriculum has been reviewed and vetted to be research based, supportive of the Iowa 4-H mission, aligns with Iowa Core, etc.

4-H Project Topics <https://www.extension.iastate.edu/4h/projects-list> Related 4-H project guides with lessons available from the Extension office for purchase and/or check-out.

### **K-12 titles for curriculum, kits, and programs:**

Acres of Adventures – fun lessons to learn about science in agriculture. Grades 3-5

Babysitting Basics – a six hour program teaching safe babysitting practices. Grades 5-6

Bee bots – introduction to programming with Bee Bot Robots. Program buttons located directly on bee bots. Grades K-3

Bridge Kit – learn to build a bridge, the engineering process, etc. Grade 3-5

Camp in a Can: Winging It Kit – Lessons & supplies to learn about birds. Lessons can build on each other. Grades 1-3

A Crime, A Clue, and Biotechnology – curriculum lessons exploring DNA. Grades 7-12

Dash & Dot Robots – program Dash Robot with a tablet and a blockly program. Grades 3-8

Engineering is Elementary Kits and/or Curriculum (design, engineer, improve) - lessons build on each other for a longer program. Grades 1-5

- Playdough
- Oil Spill
- Alarm Circuits - Kit
- Bridges
- Hand Pollinators - Kit
- Lighting Systems - Curriculum
- Model Membrane - Curriculum
- Parachutes
- Submersibles
- Water Filters - Kit
- Bubbles
- Earthquake Buildings - Curriculum
- Recycled Racers - Curriculum

Fish Iowa Kit – everything fishing! Fishing supplies and related activity/lesson resources. Grades K-12

FLEX (Forward Learning Experience) – Explore circuit bending with littleBits, view 3D printing, and tour ISU through virtual reality roller coaster. Grades 4-12

Food, Culture & Reading – National 4-H Curriculum Guide. Grades 4-6

Food, Land, People – food, community, etc. Has individual lessons plans that connect youth to people, the land, and people. Grades K-12

Food & Fitness Craze Kits with Lessons Grades K-6

- Vegetable & Fruit Jeopardy
- Super Size
- How much sugar
- Highest, Lowest
- Serving Sizes

Funtivities 1 & 2 Kit – Interactive STEM lessons with supplies. Grades 4-8

GPS kit – 2 kits with 10 units (can set way points, etc.) Grades 4-12

Growing in the Garden – horticulture based. Has individual lessons plans for indoor. Also has outdoor garden option. Grades K-3

Hand Washing Kit – stay healthy by washing hands (written lesson, black light, lotion). Grades K-12

High School Financial Planning Program – Financial planning lessons. Grades 9-12

<https://www.extension.iastate.edu/humansciences/high-school-financial-planning>

STEM Lit Go Kits – contains lesson, story book(s), and most supplies. Grades K-3

- Roller Coaster – investigate force and motion using model roller coasters.
- Heart – investigate how the heart works and ways to keep it healthy.
- Wonderful Wind – investigate the power of the wind.
- Terrific Tress – investigate trees and discuss their importance in our lives.
- Jumping Beans – investigate Mexican Jumping Beans and what causes them to jump.
- Bubbles – investigate bubbles and their shape using the inquiry process.
- Lots of Light – investigate the properties of light and the role of cause and effect.
- Sunny Sunshine – investigate UV rays and ways to be safe in the sun.
- Inventor’s Hat – investigate the invention process by designing or creating a new or improved invention.
- Curious Candy – investigate the engineering process with Curious George as they design a candy machine to deliver chocolate
- Popping popcorn – plan and conduct popcorn investigations.
- Snow – investigate friction and design a super sled.

Money Craze – Activity/Lessons topics follow. Grades 4-12

- Blind Taste Test
- It All Adds Up
- Making Change
- Menu Math
- Money Match
- Pet Pals
- Shoplifting Costs
- Sticky Situations
- Visit a Vault
- Want or Need Collage
- What’s in an Ad?

Mud, Muck, & Other Wonderful Things – Environmental curriculum. Grades K-3

National 4-H Science Day Experiments. Grades 4-12

- Maps & Aps with Guide
- Water Guide

NXT Robots (2 available). Grades 4-12

Ohio Cloverbud Book of Activities. Lessons in the following topic areas listed. Grades K-3.

- Science & technology
- Personal Development
- Community & Expressive Arts
- Citizenship
- Healthy Lifestyles
- Consumerism and Family Science
- Environmental and Earth Science
- Plants and Animals

On Their Own & Okay – six hour program supporting conversation of being home safely for a short time. Grades 4-6

Palette of Fun- Arts & craft lessons. Grades K-6

Pick a Better Snack – Lessons to try new foods. <http://idph.iowa.gov/inn/pick-a-better-snack>  
Grades K-3

Rockets Away Kit – 4-H curriculum of activities (rocket launch supplies included) Grades 4-12

Toys in Space Kit – lessons of science, aerospace, and physics using toys. Grades 2-12

Water Rocks! Supplies for many lessons. <http://www.waterrocks.org/> Grades K-12

Water – National 4-H Science Day Guide 4-H20. Grades 4-12

Where We Live – learn about land, natural resources, food, and more. Has individual lessons plans. Grades 4-8

Wild Over Work (WOW) – Career exploration activities. Grades K-6

Wind Curriculums/Kits Grades 4-12

- Kid Wind Kit – 3 larger turbines and 15 smaller turbines <https://www.kidwind.org/about>
- Power of Wind – National 4-H Curriculum Guide
- Wired for Wind – 2011 National 4-H Science Experiment

Wonderwise – Women, Science & Technology Grades 4-6

<http://wonderwise.unl.edu/index.htm>

- African Plant Explorer
- Sea Otter Biologist
- Genetics Counselor
- Space Geologist
- Parasite Sleuth
- Urban Ecologist
- Pollen Detective
- Vet Detective
- Rainforest Ecologist

