



## MSU Extension Wexford & Missaukee County 4-H: Connecting In-School Learning with Real-World Experiences School Enrichment 2020-2021

*Preparing Michigan's children and youth for the future is one of four key priority areas of Michigan State University (MSU) Extension. Through a multitude of research-based, hands-on trainings and workshops, MSU Extension connects in-school learning with real-world experiences. Offered during and after school, programs enhance classroom subject matter, provide hands-on education, and spark new interests and skills.*

*Focused on areas that position youth to be successful throughout life, our programs include STEM, health and nutrition, life skill development, leadership, and global & social awareness.*



### Meet Your MSU Extension 4-H Program Coordinators

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### SCIENCE, TECHNOLOGY, ENGINEERING, ART & MATHEMATICS

#### **Junior Master Gardener** • 1-4 sessions • K-6

Engage children in novel, hands-on group and individual learning experiences that promote a love of gardening, develop an appreciation for the environment and cultivate the mind. Choose from lessons in the "Wildlife Gardener" or "Learn, Grow, Eat & Go!" curriculums.



#### **Science Blast in the Class**

1-6 sessions • Grades 1-12

The "Science Blast in the Class" curriculum connects in-class science literacy outside the classroom. Topics include animal science, environmental science, or plant science activities. Support materials enrich the science learning process; nominal materials fee for activities such as owl pellet dissections.

#### **Embryology: Life Development through Incubating Chicken Eggs**

2-6 sessions • Grades K-12

4-H embryology programs teach youth about the life cycle. Over the course of 21 days, youth observe egg development through hatch day. In the process, youth learn the responsibility of caring for living things, along with developmental and scientific processes.

#### **Junk Drawer Robotics** • 1-6 sessions • Grades 3-8

Junk Drawer Robotics hands-on activities encourage youth to approach science through applying the conceptual design of engineering and technology.

#### **National Youth Science Day: Game Changers** • 1-4 sessions • Grades 3-8

This program, developed in part by Google, teaches kids how to use computer science to create games, solve problems, and engage in topics they are passionate about.

#### **Pollinator Power and Monarch Magic** • 1-6 sessions • Grades K-12

Honeybees, native bees, and flagship species like monarchs play key agricultural and economic roles. Hands-on activities illustrate pollination, insect biology & ecology, and monarch migration. Seasonal extensions include habitat plantings or tagging of migratory monarchs.

#### **Water Quality Monitoring** • 1-4 hours • Grades 2-8

Discover the health of lakes and streams in your area. Session covers basics of water testing, insect collection and identification, and assessment of samples – all of which may indicate environmental health. Use this knowledge to conduct one-time events or a long-term project to track water quality.



## LEADERSHIP DEVELOPMENT &amp; CULTURAL AWARENESS

**Real Colors®**

1-2 sessions • Grades 6-12; Staff professional development

This workshop uses the Real Colors® Personality Type Test, a user-friendly tool that identifies four personality types. Youth learn skills to understand human behavior and improve communication with others. There is a small fee for books associated with this program.

**Michigan 4-H Children's China Art Project**

1-4 sessions • Grades K-5

Conducted in cooperation with the People's Republic of China, the Michigan 4-H China Project is a global education program that allows youth to explore another culture while communicating with their peers across the globe through visual letters.

**Backpack to Adventure: Youth Leaders in a Global World**

2 – 4 sessions • Grades 3-8

This program is designed to help develop the knowledge and skills needed to become leaders in a global environment. The curriculum focuses on developing five competencies considered important in an interconnected world and include character, citizenship, communication, creativity and culture.

## LIFE SKILLS DEVELOPMENT, HEALTH, &amp; NUTRITION

**Babysitting SPIN Club**

6-8 sessions • Grades 5-9

Learn about caring for children and being a great babysitter! Through activities and games, youth will learn about child development, safety and skills you need to be a great babysitter. Typically meets after school for 1.5-2 hours once a week for six-eight weeks. Fee-based program; scholarships available.

**Financial Literacy**

1-6 sessions • Grades 9-12

Youth learn money management skills -- including budgeting, saving, investing, learning about credit and debt, selecting financial institutions, writing checks and working with checking accounts, setting goals, identifying needs versus wants, and exploring earning potential.

**Home Alone**

1 session • Grades 3-6

Youth learn basic skills to stay home by themselves after school and at other times. Presented in partnership with local police and fire departments.

**Show Me Nutrition**

6 sessions • Grades PreK-8

Discover healthy eating, positive body image, physical activity and food safety. Participants engage in age-appropriate, interactive activities. Through each interesting and fun nutrition class, students gain the skills necessary to make healthy lifestyle choices.

**Peak Performance**

1-6 sessions • Grades 7 -12th

Athletes need to eat properly to be at peak performance. These nutrition lessons help athletes learn what and when to fuel their body to perform the best. Lessons are 15 to 20 minutes.



## MENTAL HEALTH AWARENESS

**Your Thoughts Matter**

6-8 sessions • Grades 6-8

Your Thoughts Matter is for youth interested in learning more about mental health, why it is important to well-being, and steps to promote positive understanding and action. There is small fee for books associated with this program.

**Stress Less with Mindfulness**

1-6 sessions • Grades 9-12

Stress Less with Mindfulness is a multi-part series for teens and adults that introduces mindfulness concepts and practices to reduce stress and related symptoms. The program teaches and encourages the use of mindfulness and self-care skills in order to feel better and enjoy life more.

**RELAX: Alternatives to Anger**

1-6 sessions • Grades 9-12

In the RELAX program, participants learn what anger is, what triggers anger, methods for calming down and de-stressing, principles of problem solving, effective communication and forgiveness.