

Programs and resources offered by:



Providing education you can trust to help people, businesses and communities solve problems, develop skills and build a better future.

Post Rock Extension District has offices located in Beloit, Lincoln, Mankato, Osborne & Smith Center.

www.postrock.k-state.edu

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Aliesa Woods, 785-524-4432. K-State Research and Extension is an equal opportunity provider and employer.

Post Rock Extension District

Youth Enrichment Offerings

Play,
Learn and
Grow...
Together!

2018- 2019

Supplemental Youth Activities
for Educators and
Community Leaders

Dear Educators:

Our supplemental activities will provide hands on learning for your students and help you meet academic standards. All of our classes will be scheduled on a first come, first serve basis. To schedule a program contact the Agent listed. If you have any questions, please contact the Post Rock District, Lincoln Office at 785-524-4432.

The Way I Feel

The positive development of social and emotional skills greatly benefits learning, decision-making, creativity, relationships, and health. Through age appropriate books and interactive activities, students will focus on increasing knowledge and skills related to recognizing emotions in self and others; understanding the causes and consequences of emotions; labeling emotions accurately; expressing emotions appropriately; and regulating emotions effectively. The Way I Feel can be a one-time program or up to a three lesson series. Each lesson is 30 minutes.

Pre-K – 3rd Grade

Nora Rhoades nrhoades@ksu.edu

Gardening in a Glove

Students investigate and observe how a seed sprouts and the conditions necessary for germination by engaging in the planting process. Children will learn about the environment needed for a seed to germinate. The lesson includes a hands on activity where seeds are planted in a cotton ball in each finger of a glove. Once germination has occurred they can plant the seedlings into the garden or indoor container, (based on season.) Students will learn that seeds are vital in our lives, without them the plants that produce our food would not exist. This lesson should take 45-50 minutes.

K - 2nd Grade

Cassie Homan choman@ksu.edu

Basic Job Ready Skills

Participants will be encouraged to learn skills to find and hold jobs that enable them to be self-sufficient. We will look at job interests and skills, searching for a job, developing a resume, writing a cover letter and going to a job interview.

High School Seniors

Aliesa Woods awoods@ksu.edu

POST ROCK EXTENSION DISTRICT #1

Beloit Office

115 S. Hersey

Beloit, KS 67420-3230

(785) 738-3597

Lincoln Office

216 E. Lincoln Ave.

P.O. Box 8

Lincoln, KS 67455-2056

(785) 524-4432

Mankato Office

307 N. Commercial

Mankato, KS 66956-2511

(785) 378-3174

Osborne Office

113 N. 1st Street

Osborne, KS 67473-2001

(785) 346-2521

Smith Center Office

Courthouse, 218 S. Grant

P.O. Box 287

Smith Center, KS 66967-0287

(785) 282-6823



**Post Rock Extension District
Internet Resources**

Website: www.postrock.ksu.edu
Blog: postrockextension.blogspot.com
Twitter: @KSRE_PostRock
Or follow us on Facebook:

- Post Rock Extension
- Post Rock District 4-H

K-STATE
Research and Extension

Knowledge
forLife

The graphic also includes a map of Kansas with Post Rock 1 highlighted in the southeast corner.

Essential Living Skills

In addition to using “MyPlate” to help them learn how to make healthful food choices, students will also have the opportunity to develop their skills in the kitchen: following a recipe, how to properly use measuring cups and spoons, preparing a simple skillet meal, strategies for stretching food dollars, and safe food handling practices. Each lesson should take about 50 - 55 minutes.

9th – 12th Grades (6 lessons)

Joyce McKinney jamckinn@ksu.edu

Relationship Smarts

Relationship Smarts is focused on helping teens develop the knowledge and motivation for making wise relationship choices. It is an activity-based healthy relationship skills program focused on self-awareness; building blocks for healthy relationships; warnings and dangerous relationships; communication and conflict; relationships and social media; and more. Relationship Smarts can be a one-time program or up to a four lesson series. Each lesson is 45 minutes.

High School

Nora Rhoades nrhoades@ksu.edu

Alternative Careers in AG

Livestock Agent Barrett Simon will lead a group discussion on exploring personal and professional goals within the agriculture industry. Discussion will be loosely formed around identifying careers in agriculture as well as generating ideas for younger family members to help grow the family farm or ranch in an effort to return home after college.

High School

Barrett Simon barrett8@ksu.edu

Can You Name the Crops in North-Central Kansas

Students are introduced to the crops grown in north central Kansas and how they are used. The program will also provide visual demonstrations of the actual grain and plants (if in season) so the students can easily identify the different crops. In addition, the program will show different food products along with what grains are used. An art project, with the grain, will also be included with the presentation. The program can be adapted to ALL age levels.

Pre-K - 6th Grade

Sandra Wick swick@ksu.edu

Making Healthy Choices

Join us as we empower students to be healthy and smart from the inside out with the OrganWise Guys! This curriculum teaches children how to make healthy choices via interactive organ characters. Topics covered include: the importance of fruit and vegetable consumption, benefits of physical activity, food safety & handwashing, limiting screen time, eating and growing local foods, and the importance of breakfast. Making Healthy Choices can be a one-time program or up to a five session series. Each session is 45-60 minutes. Program funding provided by Solomon Valley Community Foundation.

K - 3rd Grade

Ashley Svaty asvaty@ksu.edu

Good Feeds Program

Both wild and domestic animals have nutrition requirements for their growth and development. Students will learn about the six essential nutrients and what a typical farm animal eats. The class will prepare a trail mix that simulates a balanced cattle ration. In doing so, students determine the similarities and differences between cattle rations and human diets.

1st - 2nd Grade

Barrett Simon barrett8@ksu.edu

Insect Olympics

In this lesson we will all become entomologists for a day while learning about the life of insects! Insects are the most successful group of animals in the world. This is because different species are adapted to many different habitats. In this activity students will learn the basic parts of a bug's body. They will also use common household objects to learn the mouth type and feeding habits of insects. The students will be able to interact with real insects to study their wide diversity and characteristics.

2nd - 5th Grade

Cassie Homan choman@ksu.edu

Pollinator Power

Pollinators like bees, butterflies, and birds are needed to ensure that many plants can produce fruits and seeds to survive. Students will learn about the different parts of a flower, and the interactions and importance of pollinators. Once students have a basic concept of the parts of a flower, they will take part in a hands on activity working with flowers. Each student will dissect a flower and identify each specific part then describe how it relates to pollination.

4th & 5th Grade

Cassie Homan choman@ksu.edu

Power of Teamwork

Problems are created when we work with other people, because each person lives by a different set of values and has different ideas on how to solve problems. Students will extend and enhance their learning with fun, hands-on activities. Activities will provide youth with valuable skills such as leadership, teamwork, decision-making, and critical thinking. Students will walk away from this session with a better understanding of themselves and others.

5th Grade - Jr. High

Aliesa Woods awoods@ksu.edu

Show Me Nutrition

3rd - 5th Grade (4 lessons), the focus of the lessons is to help them make healthier choices: choosing more vitamin, mineral and fiber-rich fruits, vegetables, and whole grains; the importance of washing their hands; and to be more physically active.

6th Grade (4 lessons) start "Digging Deeper": learning HOW MUCH of those healthier foods to eat to fuel their daily activities; how to handle food safely; the importance of eating breakfast; and choosing fewer sugary drinks.

7th & 8th Grade (7 lessons) are faced with some "Choices and Challenges": how to use the Dietary Guidelines to help them make healthy food choices that fit their busy lifestyles; why they need to avoid foodborne illness; and saying no to supersized food portions.

Each lesson should take about 50 - 55 minutes.

Joyce McKinney jamckinn@ksu.edu

Mind Matters

Mind Matters is an interactive learning experience focused on the goals: utilize self-soothing skills, develop an observing self, strengthen relationships, practice self-care, build bridges through positive communication, and live intentionally. The lessons teach youth to respond to challenging experiences with innovative methods and skills that give individuals a way to address their physical, relational, and mental health needs. Mind Matters can be a one-time program or up to a four lesson series. Each lesson is 45 minutes.

Middle School/Junior High

Nora Rhoades nrhoades@ksu.edu