Relationship Smarts

High School

Relationship Smarts is focused on helping teens develop the knowledge and motivation for making wise relationship choices. It is an activity-based experience focused on self-awareness and understanding the building blocks for healthy relationships. Relationship Smarts is a one-time program lasting 45 minutes. A three-lesson series is also available.

Nora Rhoades  nrhoades@ksu.edu

Take Charge of Your Health!

High School

During this three session series, students will learn how the choices they make as young adults contribute to their future health and will learn how to improve their overall health and quality of life in a number of ways. Students will learn how to plan to eat nutritiously on a budget or in a dining hall and how to incorporate physical activity and exercise into their daily lives. To keep the students on track with their health goals they will learn how to develop and stick to action plans.

Ashley Svaty  asvaty@ksu.edu

What's Your Beverage?

Middle School

During this session, students and teachers will identify functions of water in the body and its health benefits. Participants will understand and identify added sugars and will identify alternative beverages to sugar-sweetened drinks. Students will learn how to identify and measure sugar found in sweetened beverages through a hands-on activity and will create one goal or action related to making smarter beverage choices.

Ashley Svaty  asvaty@ksu.edu

We are focused on engaging youth through experiential learning. Our youth enrichment offerings provide youth with an opportunity to explore, discover and master through hands-on activities and interactive discussions with peers and caring adults.

Don't see the topic that you're interested in? Reach out! This brochure contains only a sampling of what Post Rock Extension District has to offer!

2021-2022 Youth Enrichment Offerings

Supplemental Youth Activities for Educators and Community Leaders

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting Nora Rhoades, 785-378-3174. K-State Research and Extension is an equal opportunity provider and employer.
**The Way I Feel**  
Preschool - Early Elementary

The positive development of social and emotional skills greatly benefits learning, decision-making, creativity, relationships, and health. Through an age appropriate book and interactive activities, students will focus on increasing knowledge and skills related to recognizing emotions in self and others, labeling emotions accurately, expressing emotions safely, regulating emotions effectively, and developing positive friendships. The Way I Feel is a one-time learning experience lasting 45 minutes. A three-lesson series is also available.

Nora Rhoades  nrhoades@ksu.edu

**Good Feeds Program**  
Elementary

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.

Blaire Todd  blairet@ksu.edu

**The Crops of North Central Kansas**  
Preschool - 6th Grade

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 or activity game will also be included with the presentation depending on the age level.

Sandra Wick  swick@ksu.edu

**Gardening in a Glove**  
Kindergarten - 2nd Grade

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.

Cassie Homan  choman@ksu.edu

**Making Healthy Choices**  
Kindergarten - 3rd Grade

Join us as we empower students to be healthy and smart from the inside out! This curriculum not only covers the importance of healthy living but also motivates youth to practice healthy habits daily. Topics include: the importance of fruit and vegetable consumption, benefits of physical activity, food safety & handwashing, limiting screen time, and the importance of breakfast. Making Healthy Choices can be a one-time program or up to a three-session series. Each session is 45-60 minutes.

Ashley Svaty  asvaty@ksu.edu

**Pollinator Power**  
4th - 5th Grade

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. This can be a one-time program or a series with the next lesson focused on bees and how pollination occurs.

Cassie Homan  choman@ksu.edu

**Insect Olympics**  
2nd - 5th Grade

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.

Cassie Homan  choman@ksu.edu

**My Financial Future**  
5th - 8th Grade

During this session, students will learn how the difference between needs and wants is very important in understanding how to manage money. Everyone needs to evaluate their needs and wants in order to prioritize how their money is spent and to stay out of debt. Students will learn different ways they can earn money and how to save to achieve a goal, along with banking and how to calculate interest.

Brenda Langdon  bklangdon@ksu.edu

**Pollinator Power**  
4th - 5th Grade

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. This can be a one-time program or a series with the next lesson focused on bees and how pollination occurs.

Cassie Homan  choman@ksu.edu

**Too Good**  
Upper Elementary - Junior High

Too Good is an interactive learning experience focused on building life skills to support goal-setting, decision-making, emotion management, and effective communication skills in addition to peer pressure refusal, pro-social bonding, and conflict resolution skills. Too Good is a series based program, with each lesson lasting 45 minutes. It is recommended to have a three through six-lesson series, yet the experience can be adapted to meet your needs.

Nora Rhoades  nrhoades@ksu.edu