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 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 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; and regulating emotions effectively. The Way I Feel is a one-time learning experience lasting 45 minutes.

Elementary
Nora Rhoades nrhoades@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.

Contact your local Extension Office for availability.

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

Pre-K - 6th Grade
Sandra Wick swick@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

Making Healthy Choices

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. Program funding provided by Solomon Valley Community Foundation.

K - 3rd Grade
Ashley Svaty asvaty@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. This can be a one-time program or a series with the next lesson focused on bees and how pollination occurs.

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
Mind Matters
Mind Matters is an interactive learning experience focused on intentional living through building self-soothing skills, exploring self-care, and expanding positive communication skills. The experience teaches 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 is a one-time program lasting 45 minutes.

Jr High/High School
Nora Rhoades nrhoades@ksu.edu

Take Charge of Your Health!
During this three session series, students will learn how the choices they make as young adults contribute to their future health. Students will also 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.

High School
Ashley Svaty asvaty@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 experience focused on self-awareness and understanding the building blocks for healthy relationships. Relationship Smarts is a one-time program lasting 45 minutes.

High School
Nora Rhoades nrhoades@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

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