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

The Remarkable Ruminant
5th - 8th grade

Cattle are truly remarkable! They play a role in maintaining our ecosystem, utilize land that would be otherwise unproductive for humans, provide us with many byproducts that can help our daily lives, and give humans a great source of protein and nutrients. In this session, students will learn about raising cattle, understand the role cattle contribute to the health of our land, and hear about the products we get from cattle.

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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, yet the experience can be adapted to meet your needs.

Nora Rhoades nrhoades@ksu.edu

Gray for a Day
6th - 12th Grade

Gray for a Day aims to educate youth on the sensory challenges and functional changes that come with age. This simulation experience uses all five senses to help participants develop empathy for how daily routines, simple tasks, and leisure and social activities are affected by age-related sensory decline. Develop skills necessary to interact with someone who may be experiencing such challenges.

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Level Up!
Junior High/High School

This experience is filled with fun and critical thinking activities to boost your confidence as a leader. The objectives of each program will be adapted to meet your needs and personal development goals.

Nora Rhoades nrhoades@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.

Junior High/High School

This experience is filled with fun and critical thinking activities to boost your confidence as a leader. The objectives of each program will be adapted to meet your needs and personal development goals.

Nora Rhoades nrhoades@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 how grains are used. An art project or activity game will also be included with the presentation depending on the age level.

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.

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.

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.

Bread in a Bowl
4th - 6th Grade

Bread in a Bowl offers students the opportunity to experience hands-on science and math in a fun learning lab. During this time, students become bakers that learn about where bread ingredients come from and how they interact during cooking to become bread, and then get to bring home a fresh-baked loaf of bread to share with loved ones. 90-120 minutes of instruction time in the morning. Will also need cooperation from school food service personnel for the use of the kitchen to bake bread following the completion of serving lunch.

Adventure Lab
Elementary

Hands-on Adventure Lab makes science and engineering engaging and meaningful in the lives of young people. These engaging experiences are adapted to meet your needs and topic interests.

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