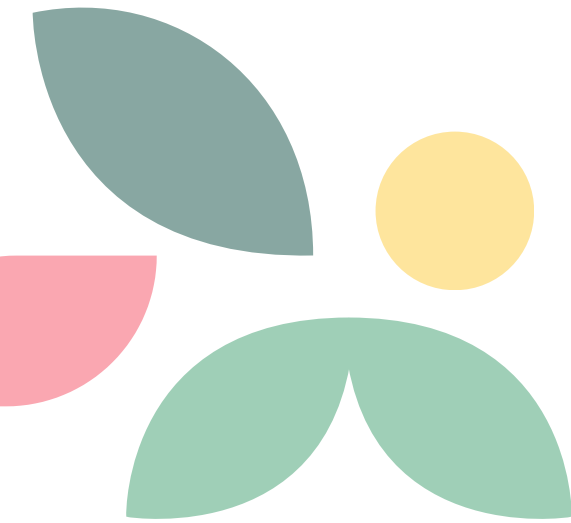


# 4-H YOUTH DEVELOPMENT SIGNATURE PROGRAMS



GROW  
GROW  
GROW  
GROW



GROW  
MAKE  
SERVE  
THRIVE



# College & Career Readiness

**EMPLOYERS SAY EMPLOYEES LACK BASIC SKILLS TO BE PRODUCTIVE IN THE WORKFORCE. THESE PROGRAMS HELP PROVIDE YOUTH WITH THE SKILLS TO SUCCEED IN SCHOOL AND EXCEL IN THEIR FUTURE CAREERS.**

## **WE CONNECT**

Help young people build skills to participate in global society and thrive in culturally diverse settings. Youth learn to communicate effectively in an intercultural context and challenge their assumptions.

*Target grades 6-9 | Suggested minimum duration: 4 sessions/hours*

## **S.L.A.A.Y.**

SLAAY (Success for Latino and African American Youth) is a program designed to specifically address the concerns and interests of Black and Latino students as they prepare to navigate educational institutions and career fields where they are underserved and underrepresented. This program serves as a resource for underrepresented youth to explore and experience professional, educational, and skill-building activities.

*Target grades 9-12 | Suggested minimum duration: 8-10, one hour sessions*

## **WELCOME TO THE REAL WORLD**

WTTRW is designed as a series of learning activities that culminate in a simulation experience in which youth choose a post-graduation path and make a series of related “real world” decisions.

*Target grades 6- 12 | Suggested minimum duration: customizable*

## **READY4WORK**

Ready 4 Work is a workforce readiness program that teaches life skills necessary to increase the number of qualified applicants for the workforce in the United States. This curriculum will focus on how youth can build their resumes and cover letters, dressing for success, interviewing skills, career planning, social media etiquette, time management and more.

*Target grades 7-12 | Suggested minimum duration: 6 -8 sessions of 10 or more youth*

# Science, Technology, Engineering & Math (STEM)

A VITAL STEM WORKFORCE IS NEEDED TO DRIVE INNOVATION IN TODAY'S GLOBAL WORLD. THESE PROGRAMS EMPOWER YOUTH TO BE THE SCIENTISTS, ENGINEERS, INVENTORS, AND MAKERS NEEDED FOR AN EVER-GROWING STEM WORLD.

## DIY MAKE & BUILD

Teach kids maker skills such as designing, modeling, rapid prototyping and building. Engage kids with projects where they create and build, while also increasing life and STEM skills.

*Target grades 5-12 | Suggested minimum duration: 6 sessions*

## ROBOTICS

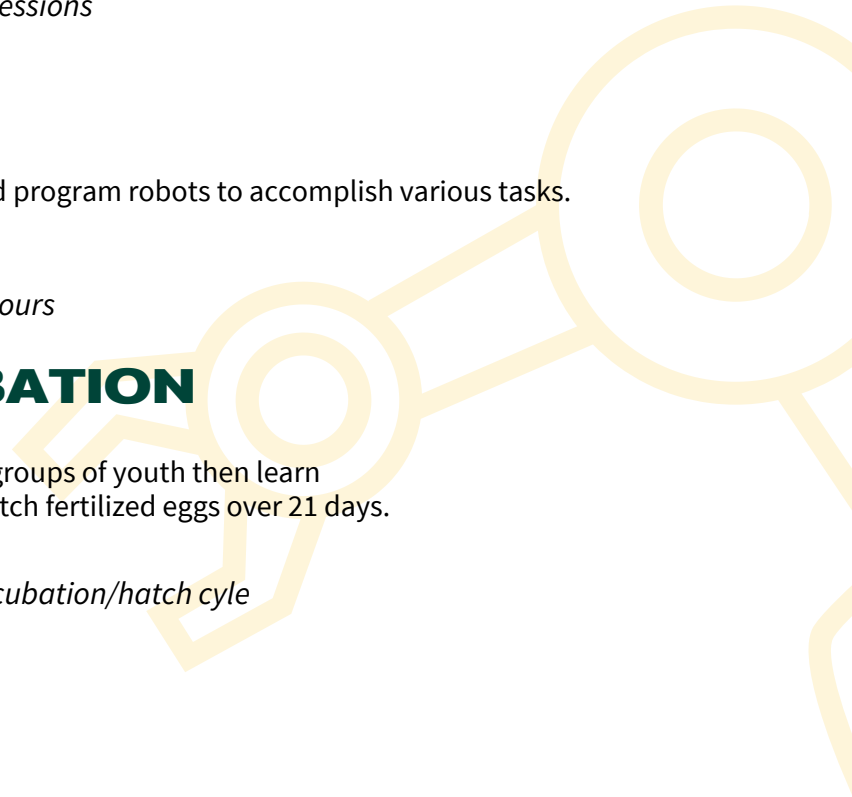
Discover the world of robotics as youth learn to build and program robots to accomplish various tasks. Participate in optional competition opportunities.

*Target grades 5-12 | Suggested minimum duration: 6 hours*

## EMBRYOLOGY & INCUBATION

Through teacher training that builds educator capacity, groups of youth then learn about the incubation and embryology process as they hatch fertilized eggs over 21 days.

*Target grades K-8 | Suggested minimum duration: 1 incubation/hatch cycle*



# ENVIRONMENT

THROUGH THE STUDY OF OUR ENVIRONMENT, YOUTH LEARN HOW HUMANS AND NATURE ARE CONNECTED AND DEVELOP A RESPECT AND APPRECIATION FOR NATURE.

## JUNIOR MASTER NATURALIST

Existing Master Naturalist adults choose their special topics to lead with your club; then the club finds their own natural resource interest to explore further with this mentor! Simply use existing 4-H curriculum as your starting point. Win-win!

*Target grades 6-8 | Suggested minimum duration: 6 sessions*

## ADVANCED 4-H SPORTFISHING

A healthy aquatic ecosystem means good fishing! See how the environment is all connected by studying how watersheds affect lakes and aquatic systems work. Then grab a bass fishing kit, make your lures, and catch a bass sitting at the top of that food chain!

*Target grades 5-10 | Suggested minimum duration: 6 one-hour sessions*

## ILLINOIS OAK TREE SAVANNAS

Youth will study the environment benefits of trees on a local and global scale. Be directly involved in a tree planting program and understand how this relates to a larger effort to improve the direction of our planet's long term health.

*Target grades 5-10 | Suggested minimum duration: 6 sessions*

## RENEWABLE ENERGY

Engineer your own fun with blending the science and art of sustainable power sources.

Wind tract: The Power-of-Wind curriculum beginning with designing and building your own kite!

Solar tract: Choose from engineering solar powered cars, boats, or model houses.

*Target grades 6-8 | Suggested minimum duration: 6 sessions*



# HEALTH & WELLNESS

THESE PROGRAMS EMPOWER YOUTH TO LEARN ABOUT THE IMPORTANCE OF GOOD NUTRITION AND PHYSICAL ACTIVITY, GAIN SKILLS IN DEALING WITH PEER PRESSURE AND STRESS, IMPROVE THEIR DECISION-MAKING SKILLS, AND LEARN TO CREATE SAFE AND AFFIRMING ENVIRONMENTS FOR OTHERS.

## HEALTH ROCKS

Health Rocks! focuses on life skills and decision-making development to reduce tobacco, alcohol, and e-cigarette/vaping use. The interactive lessons and the power of youth/adult partnerships help instill in participants the confidence and communication skills necessary to develop internal strength to resist risky behaviors. Additionally, lessons are included to equip youth with healthy ways to manage stress and maintain overall physical and mental health.

*Target grades 3-10 | Suggested minimum duration: 10 hours*

## 4-H COOKING 101

Learn about nutrition and healthy eating while developing basic food preparation skills through preparation of healthy snacks and simple meals.

*Target grades: K-5 | Suggested minimum duration: 6 sessions*

## ILLINOIS FOOD CHALLENGE

Learn food safety, food preparation, nutrition, and kitchen safety. Then participate in a culminating team food challenge event where youth plan, prepare, and present a dish.

*Target grades 8-12 | Suggested minimum duration: 6 hours*



# HEALTH & WELLNESS (CONT'D)

## YOUR THOUGHTS MATTER

Understand what mental health means and its impact on those around us. Learn about different mental health disorders and identify strategies for self-help and helping others.

*Target grades 8-12 | Suggested minimum duration: 6 sessions/hours*

## YOUR FEELINGS MATTER

Feelings can be confusing! Your Feelings Matter allows youth to explore what emotions are, how to express them, and how to react to them in a positive way.

*Target grades 3-6 | Suggested minimum duration: 7 sessions/hours*

## GET EXPERIENCE IN MINDFULNESS (GEM)

The Get Experience in Mindfulness (GEM) Program is an awareness and acceptance mindfulness-based stress management program. The GEM program lessons follow an interactive model that involves direct participation, reflection, and application of mindfulness-based stress management skills. The activities within each lesson follow a specific theme to emphasize the various concepts involved in mindfulness.

*Target grades 5-12 | Suggested minimum duration: 5 sessions*

## MINDFUL ME

Mindful Me introduces younger youth to basic concepts of mindfulness practices. The lessons include ten experiential learning activities and can be delivered utilizing trained teen teachers, 4-H staff, or volunteers.

*Target grades K-2 | Suggested minimum duration: 10 sessions*

# GARDENING, AGRICULTURE, AND FOOD ACCESS

**THESE SIGNATURE PROGRAMS WILL CHALLENGE YOUTH TO THINK CRITICALLY AND ACT INNOVATIVELY TO SOLVE THE AGRICULTURE AND FOOD ACCESS CHALLENGES THEIR GENERATION FACES.**

## **JUNIOR MASTER GARDENER**

A 10-week unit of study that is hands-on and academically rich developed by the 4-H program at Texas A & M; Learn, Grow, Eat & GO! The curriculum marks the culmination of 5 years of research into the impact of the JMG program on children, schools, and families. It incorporates the best practices identified by the research and combines the interdisciplinary elements of nutrition, garden science, physical activity, food preparation, and fresh vegetable tastings to improve the health and wellness of children, families, and the school/learning community.

*Target grades: Pre-K to 5 | Suggested minimum duration: 10 sessions*

## **AGRICULTURE CLASSROOM EXPERIENCES**

A collaboration with the Illinois Farm Bureau, Illinois Ag in the Classroom is a collection of a wide variety of activities for in-school and after-school programs focused on promoting ag literacy and a strong understanding of where our food comes from and the people and systems that are essential for agricultural systems to function. This kit will include a set of recommended standards-aligned activities that have been utilized by 4-H staff in Illinois.

*Target grades: 3-8 | Suggested minimum duration: 6 sessions*

## **LET'S GET GROWING**

The perfect beginning for, or update to, any gardening education program. Engaging youth in planning, designing, and implementing their own garden while fostering a love for plant science and an appreciation for their local environment. The Purdue Gardening Curriculum is designed with a wide range of audiences in mind and comes with a student workbook and teacher's guide aligned to Next Generation Science Standards. A selection of gardening tools is available upon request to support garden education programs upon request.

*Target grades: 3-12 | Suggested minimum duration: 6 sessions*

## **HYDROPONICS**

An introduction to the process of growing plants without the use of soil developed by the 4-H program at the University of Tennessee. This signature program comes with a teacher's guide, student activity handbook, and a collection of slide decks to accompany each of the 8 activities designed to be a primer into the science and basic processes behind the management of a functional soilless growing system. A hydroponics system is not required to conduct these activities.

*Target grades: 9-12 | Suggested minimum duration: 8 sessions*

## **4-H FOOD ACTION ACADEMY**

A comprehensive 8-part curriculum to strengthen youth leadership skills through the design and implementation of service learning projects to create greater food access in their neighborhoods and communities. A collaborative project between Illinois 4-H, SNAP-Ed, and the Farm to School Network, this curriculum assists youth in evaluating the connection between food access and community health while providing them the resources they need to take effective action to create change.

*Target grades: 8-12 | Suggested minimum duration: 6 sessions*

