



# Arapahoe County 4-H School and Community Programs

## What do we do?

4-H is youth organization that focuses on hands-on learning and education. 4-H provides programming for youth to build skills like responsibility, resiliency, and hard work, which help them succeed in life.

The 4-H Youth Development School and Community Program is a collaborative effort between Colorado State University Extension, local schools, and community centers. The focus of the program is to provide in-school and after-school programs with experiential-based curriculum. We offer a variety of programs meeting state and national standards designed to give students hands-on learning experiences. They will develop valuable skills with lifelong benefits while participating in fun, exciting programs.

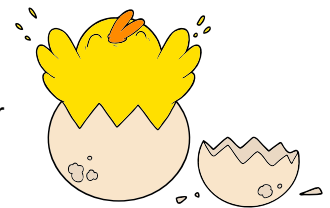
### Mad Science

This program engages participants through fun hands-on science experiments and observations. The beauty of our experiments are that most are composed of household items, making it easy for youth to recreate the experiment at home to share with friends and family. Building their own lava lamps, robots, slime, rockets, roller coasters, and volcanoes are just a few of the fun things that our young scientists will be doing!



### Embryology

Science comes alive with the 4-H Embryology program. For 21 days youth will watch and wait for the chicks to develop and hatch. Through this program they will learn the parts and functions of the egg, observation skill, and about the chicken life cycle. 4-H staff will teach youth how the chicks develop, candle the eggs so they can view the embryos' progress, and lead "EGGciting" experiments. Egg incubation supplies, hatching equipment, and extra curriculum resources will be provided. Bring the miracle of life to your school or program today!



### Entomology

Discover the differences between insects, arachnids, and other arthropods through this hands-on program. This program exposes students to a variety of insects with options for students to witness metamorphosis, learn about insect life cycles, watch ants working together, understand insects' role in our ecosystem, and meet some of our friendly bug zoo members.



### Pollinators

We all know that pollinators are a critical part of the ecosystem. This program, available in the spring, will help children grades P-5 identify the most common pollinators, understand their importance and identify some of the plants that nurture pollinators in our area. Each program has both an instructional element and an activity to help children remember the information presented.



## Gardening

Does your school have a garden? This program provides hands-on educational opportunities that helps students discover the wonders of plants. What do plants need to grow? What are the life cycles of plants? What are the parts of a plant? What do different fruits and vegetables taste like? These are some of the questions that we will explore with this program that makes the garden come alive! This program is offered through a partnership with Colorado Master Gardeners.



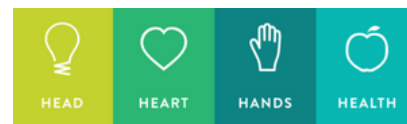
## Ag in the Classroom

Where does your food come from? Youth will answer this question as they learn where and how meat animals are raised and handled, their life cycles, and what kind of foods and products they provide. This program also includes a short history of agriculture in Colorado, and what the industry looks like today.



## 4-H Sampler

This program provides students with a chance to experience a taste of what 4-H has to offer. Activities range from cooking to robotics in short term sessions or workshops. Participants will be able to explore several different 4-H project areas. This program is wide ranging can be tailored to meet the needs of the group. Learn more about the various projects 4-H has to offer at <https://co4h.colostate.edu/program-areas/colorado-4-h-project-information/>



## 4-H Health Rocks

Colorado 4-H is proud to announce the new Health Rocks program. Health Rocks is a national 4-H curriculum for youth ages 8-14 years old, and aims to build life skills that lead to healthy lifestyle choices. Health Rocks! applies 4-H's successful Positive Youth Development model with life skill development and decision-making philosophy to the challenge of reducing tobacco, alcohol, e-cigarette/vaping and drug use.



# Customize Your Program

We have a variety of options to choose from to help customize a program that best fits your needs. Below is a list of just some of the possibilities:

- Ag in the Classroom
- Animal Science
- Arts & Crafts
- Career Fairs
- Career Readiness
- Chemistry
- Composting
- Cooking
- Day Camps
- Energy
- Embryology
- Entomology/Pollinators
- Finances
- Foods
- 4-H Health Rocks
- Gardening
- Health & Nutrition
- Leadership
- Life Skills
- Livestock Education
- Math Mania
- Nature
- Outdoor Education
- Project Learning Tree
- Public Speaking
- Robotics
- Rocketry
- Soil Science
- STEM
- Weather
- Wildlife
- Youth Entrepreneurship

## Schedule your program today!

Visit the Arapahoe County Extension website at:  
<https://arapahoe.extension.colostate.edu/>

Select the 4-H tab, then click on 4-H School & Community Programs.

### Staff Contact

Jean Walton  
[jwalton@arapahoe.gov](mailto:jwalton@arapahoe.gov)  
303-730-1920

Arapahoe County Extension Office  
6934 S Lima St, Suite B  
Centennial, CO 80112

<https://arapahoe.extension.colostate.edu/>



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EXTENSION

Extension Programs are available to all without discrimination. If you need special accommodation(s) to participate in the event listed, please contact our office at 303-730-1920. Your request must be submitted at least 10 days in advance of the event.