

Be Somebody



This strategy-based program is built around Ten Principles and Eight Values (which have been adapted to fit youth learning needs). In an experiential

learning setting, through games, activities, writing, and discussion group members explore four key traits—Attitude, Integrity, Grit, and Purpose.

Energy in the Classroom

We are never too young to learn about energy. CSU Extension and 4-H have formulated a Clean Energy Curriculum specifically for elementary school children in grades 3-5.



Youth learn the definition of energy, the importance of energy, and the various uses of energy, and environmental impacts of energy. The curriculum is fun, inquiry-based, hands-on, specific to Colorado, and aligned to state standards in science and math.

4-H Youth Development Programs



- * In School Programming
- * After School Programming
- * Summer Programming
- * 4-H Club Programming
- * Community Center Programming

Schedule your program today!

Visit the Arapahoe County Extension website at:

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

Go to the 4-H School and Community Programs page to request a program.

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:

- ◆ Art shows
- ◆ Baby Sitting Training
- ◆ Bullying Prevention
- ◆ Candle-Making
- ◆ Career Readiness 101
- ◆ Chemistry
- ◆ Child Development
- ◆ Citizenship Education
- ◆ College Readiness
- ◆ Composting
- ◆ Cooking
- ◆ Finances
- ◆ Food Fun
- ◆ Geology
- ◆ Health and Nutrition
- ◆ High School Career Fairs
- ◆ Leadership Training
- ◆ Leathercrafting
- ◆ Life Science
- ◆ Livestock Education
- ◆ Nature Programming
- ◆ Parenting Skills
- ◆ Public Speaking
- ◆ Robotics
- ◆ Sewing
- ◆ Soil
- ◆ Tutoring
- ◆ Weather
- ◆ Youth Entrepreneurship

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4-H
Youth
Development



To Make the Best BETTER

4-H and You!

Bring 4-H to your school or community center. 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. Contact us today to find out more!

Mad Science

This program engages participants in several 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 and volcanoes -these are just a few of the fun things that our scientists will be doing!



Embryology

Science comes alive with the 4-H Embryology program. For 21 days kids will watch and wait for the chicks to develop and hatch. Through this program they will learn the parts of the egg, observation skills, measurement techniques, and life cycles. 4-H staff will teach them how the chicks develop, candle the eggs so the students can view the embryos' progress, and lead egg science experiments. Egg incubation supplies, hatching equipment, and extra curriculum resources will be provided. Bring the miracle of life to your school 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 4H project areas. This unit is wide ranging can be tailored to meet the needs of the group. Learn more about the various projects 4H has to offer at http://colorado4h.org/project_resources/

4-H Projects



Math Mania



Math Mania is a fun skills building hour of activities that build and reinforce math concepts such as measuring, counting, and practical everyday uses for math. Students participate in hands-on activities which increase their excitement and engagement in math. Math mania also includes information about careers that utilize math. This program is great for getting your students pumped up about math!



4-H Gardening

Does your school have a garden? This program provides hands-on educational opportunities that help students discover the wonders of plants. What do plants need to grow? 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!

Ag in the Classroom

Where does your food come from? Children 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.

