



Yell County Cooperative Extension Service School Enrichment Programs



These programs are brought to you by the University of Arkansas Cooperative Extension Service, Yell County Offices.

Health and Nutrition Programs



CATCH My Breath is a youth E-cigarette prevention program. The goal of this program is to prevent the use of E-cigarettes by students. We also offer a program targeted to adults. The goal of the adult program is to increase adult's knowledge of vaping. **Target Audience: 7th - 8th and Adults.**

Yoga for Kids is a noncompetitive and individually focused program that can help students incorporate more physical activity into each day. This program combines breathing, controlled postures, and mental focus to improve fitness and decrease stress. **Target Audience: All grades and Adults**



Fight BAC teaches about food safety and proper handwashing. Students will learn how to properly wash their hands, and then a black light will show them how well they have done. **Target Audience: All Grades**

Arkansas Farm to You is a traveling interactive exhibit that follows food from the farm to the market and through the body. It explores the relationship between Arkansas agriculture, the food we eat, and how that food keeps our body healthy. Large space needed for set up.

Target Audience: K- 6th



Serving Up MyPlate is a collection of classroom materials that helps integrate nutrition education into Math, Science, English, Language Arts, and Health. This curriculum introduces the importance of eating from all five food groups using the MyPlate icon and a variety of hands-on activities. **Target Audience: K- 6th**

Arkansas Foods is a series of posters (mini & full size), parent newsletters, and tasting activities/suggestions, and currently covers 20 food features (10 for fall and 10 for spring). This program can be adjusted to fit the needs of the school setting and time frame available. **Target Audience: All Ages**



Rethink Your Drink educates about healthy drinks, helps people recognize the amount of added sugar and calories in sugary drinks, and communicates the link to health risks. **Target Audience: All Grades**

Color Me Healthy is a curriculum developed to reach children with fun, interactive learning opportunities on physical activity and healthy eating. This program has songs, games, and activities that teachers can use over time to teach nutrition and colors. **Target Audience: Pre-K– 2nd**



Food, Fun & Reading teaches children about food and nutrition through children's storybooks with food-related themes. Children participate in hands-on nutrition activities that tie in with the story that was read.

Target Audience: Pre-K- 2nd



Pick a better snack



Pick a better snack is a nutrition curriculum that encourages fruit and vegetable choices for snacks. Lessons, activities and handouts are used. Fruit and veggie tasting are included. **Target Audience: K -5th**

Organ Wise Guys is a comprehensive curriculum built around a group of engaging characters that personify the major organs of the body to teach about the importance of eating well and being physically active.

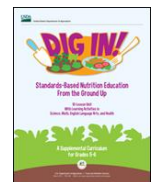
Target Audience: Pre-K- 5th



Great Garden Detective Adventure and Dig In:

Discover what fruits and vegetables are sweetest, crunchiest, and juiciest through a series of investigations and fun experiences connecting the school garden to the classroom, school cafeteria, and home.

Target Audience: 3rd – 6th



Eating from the Garden hopes to increase consumption of fruits and vegetables through nutrition and gardening activities. **Target Audience: 4th - 5th**

Nutrition Voyage: The Quest to Be Our Best takes classes on an exploratory journey into school wellness. Students learn what foods to eat and how we are influenced by others and our environment. **Target Audience: 7th – 8th**



Kids in the Kitchen encourages young people to eat healthier meals and snacks as a result of hands-on cooking experiences. Youth participants learn to prepare simple, healthy foods that they can make for themselves and their families.

Target Audience: 7th - 9th

Cook Smart, Eat Smart teaches healthy cooking techniques and focuses on using simple ingredients. Each session contains several basic cooking techniques in addition to topics related to eating and preparing meals at home. **Target Audience: 9th -Adults**



Cook Smart | Eat Smart



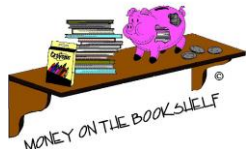
4-H Choose Health: Food, Fun and Fitness is an award-winning, comprehensive nutrition and fitness curriculum composed of six hands-on lessons. Each lesson includes interactive nutrition activities, food preparation, active games, a goal setting challenge, and a family newsletter. **Target Audience: 3rd - 6th**

Healthy Lifestyle Choices is a comprehensive and hands-on curriculum that empowers youth with the knowledge and skills to make healthier choices and lead more productive lives. HLC topics include: **Life Skills, Nutrition, Fitness, Safety, and Conflict Resolution.**

Target Audience: 5th- 8th



Financial Management and Family Life Programs



Money on the Bookshelf is a young student financial literacy program. Basic money concepts, in easy to understand forms, are introduced through books. These concepts are reinforced through activities at school and suggested home activities. Each lesson is introduced with an age appropriate book.

Target Audience: K- 3rd

Basic Financial Education Program available on Financial Decisions, including The Bean Game, Money Math: Lessons for Life, Practical Money Skills, and Financial Jump Start: Financial Smarts for Students. These short lessons can supplement any class discussing financial decision making & life skills. **Target Audience: 7th - 12th**

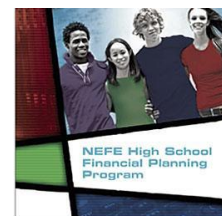
Get Real, Here's the Deal is a hands-on experiential simulation that gives young people the opportunity to experience their future in a financial decision-making mode. As youth move from station to station, they make financial decisions based on their family size and affordability.

Target Audience: 7th -12th



Ready, Set, Graduate is a financial management workshop for high school seniors. This program provides educational session on budgeting, money management, and using credit wisely. The students also go through a hands-on simulation where they make financial decision based on a month's salary for a career of their choosing. **This program is most effective when most of the day is devoted to this program. Volunteers and teachers from the school will be needed.** **Target Audience: Seniors**

NEFE High School Financial Planning Program: This is a financial literacy program specifically focused on teens and young adults to help youth build a solid foundation for financial independence. This program has been recently updated; it is divided into 6 modules with student booklets for each module. All materials are free of charge. **Target Audience: 8th – 12th**



Personal Well Being and Family life programs. Extension offers a variety of programs designed to increase personal well-being, strengthen couple relationships, and empower effective parenting. **Target Audience: 7th-12th plus Adults**

Some of the programs that we offer include:

- Managing Stress
- Blueprint to Happiness
- Getting Our Heart Right
- Babysitting Basics
- Ages and Stages
- Licensed Child Care Trainings
- Parenting programs

4-H/ Youth Development and Agriculture Programs

4-H STEM Activities are available for school programs: Stomp Rockets, Junk Drawer mechanics & robotics, Plant science, Simple & Complex machines, Crystallization, Land erosion and run off, Building windmills, Circuitry, Motion Commotion, Drone Discovery, Electric Energy, Pneumatics, Coding, & Hydraulics and so much more.

Target Audience: All Grades



Project Learning Tree and Project Wild: These environmental and wildlife education curriculums engage students with hands-on activities that bring the world around them into the classroom. These three curriculums offer lessons in all subject areas. **Target Audience: All grades**



4-H L.I.F.E: Leadership Initiatives for Everyone is an activity-based program to promote Teamwork and Leadership. These activities can be done with individual classroom, clubs, organizations, teams, or on a wider scale.

Target Audience: 7th to 12th and Adults

4-H Citizenship: Government is US! is a program designed to help youth develop the attitudes, knowledge and skills necessary to be active citizens and practice what they learn in their communities. **Target Audience: 7th-12th**



Wagon Master's Program: is an activity designed to teach youth about money, markets, and prices. Students trade and buy parts to build wagons. Economic principles such as supply and demand; inflation; deflation; value; and more are made very real to students in this hands-on activity. Students also learn to appreciate the value of planning and teamwork. **Target Audience: 4th-6th**

4-H Embryology teaches students about science and respect for life. Students hatch chicks in the classroom and witness the exciting miracle of life. Students take the responsibilities of caring for the fertilized eggs and then the chicks after they have hatched. Incubators, eggs and literature are available for use in classrooms. **Target Audience: K – 4th**



4-H Embryology



Ag in the Classroom: Every part of our lives is touched by agriculture. Ag in the classroom seeks to show students the importance of agriculture and everyday science. Lessons include: **General Agriculture, Arkansas Agriculture, Plant and Soil Science, Farm Life, Hydroponics, Specific Crops and Animal Science.**

Target Audience: All grades



For more information, please contact the Yell County Extension office at (479) 495-2216 or email rlchaney@uaex.edu.

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