



## 4-H Learning Kits

Looking for **EXCITING ACTIVITIES** for an active group of school-age youth?

### 4-H Learning Kits...

- work well in 4-H clubs, afterschool programs, camps, and youth programs.
- have pre-planned lessons, and even include some basic supplies.
- are designed for 3<sup>rd</sup> to 6<sup>th</sup> graders.
- can be adapted for other ages.

### Two 4-H Learning Kits are currently available...

#### • 4-H Flight Command Central

The mission...if you choose to accept it...is to discover aerospace through exciting, fun and hands-on activities. The journey begins with imagination. The group setting is transformed into 4-H Flight Command Central, where the images, sounds and language of space flight become real. Six lessons cover model rocket building exercises, rocket flight safety, and understanding the principles of flight. Youth earn *4-H Flight Wings* and advance to future aerospace adventures.



#### • 4-H Microwave Magic

The *magic*...comes as youth discover their culinary gifts while learning to safely use a microwave oven. They prepare their own nutritious, delicious and fun breakfasts, snacks, and main dishes. *MyPyramid for Kids* takes center stage to help youth make fast, healthy and fun-to-prepare food choices. Eight lessons encourage confidence, teamwork, culinary skills, and healthy food choices Youth earn their *4-H License to Microwave Cook*.



### To borrow a 4-H Learning Kit –

1. Contact the UNH Cooperative Extension's 4-H Youth Development Educator in your county office:

Belknap County	603- 527-5475	Hillsborough County	603- 641-6060
Carroll County	603- 447-3834	Merrimack County	603- 796-2151
Cheshire County	603- 352-4550	Rockingham County	603- 679-5616
Coös County	603-788-4961	Strafford County	603- 749-4445
Grafton County	603-787-6944	Sullivan County	603- 863-9200

2. Reserve a kit and schedule a two-hour orientation /training to prepare you for successful use of materials and delivery of an exciting program.

3. A \$25 deposit is required. \$20 is refundable upon full and timely return of the kit. The balance is used to replenish supplies for the next borrower.