



Elementary Curriculum Resources from UNH Cooperative Extension

Hands on learning activities to enhance and enrich your school or after school curriculum are presented in these nationally juried resources that may be borrowed for your classroom use. Many include references to national educational standards that the individual activities cover. All are designed to help youth develop critical life skills while also exploring topical knowledge.

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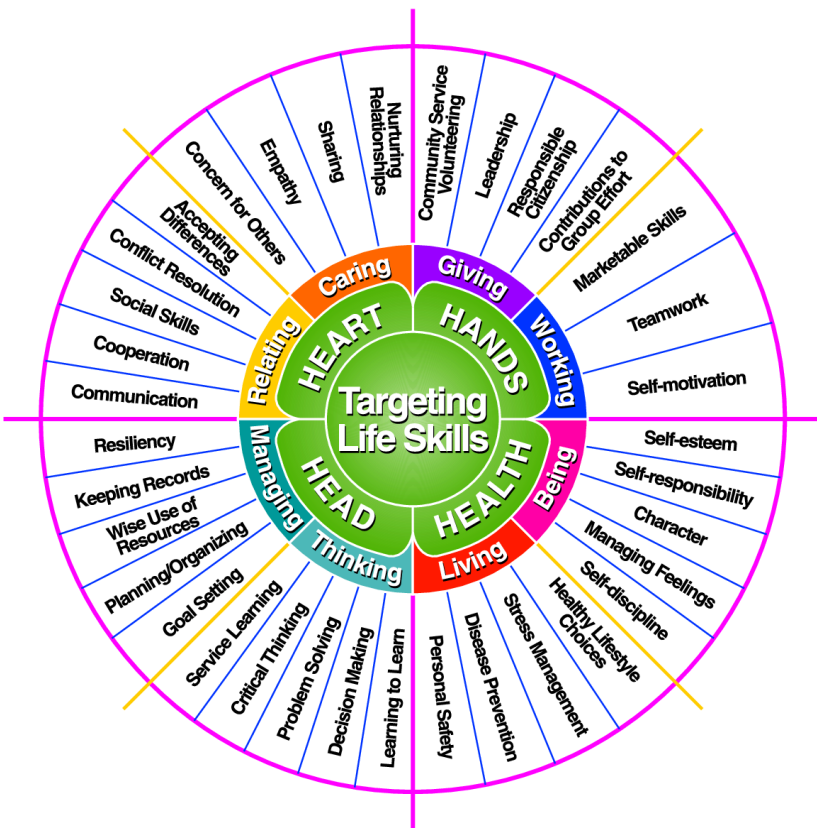
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4-H Life Skills Model

All our curriculums are based upon this model of life skills that the 4-H program considers essential for youth to become capable, contributing adults. For more information on the model, contact us.

Targeting Life Skills Model
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Citizenship & Civic Education

Citizenship Adventure Kit

Grades 4-12

Youth learn to help solve community problems through skills such as decision making, problem solving, needs assessment, identifying resources, planning & teamwork as they carry out community projects. Youth discover the possibilities of citizenship and build a commitment to taking action.

The Kid's Guide to Social Action

Grades 4-12

Teach problem solving by turning creative thinking into positive action through clear instructions for letter writing, interviewing, fundraising, speech making, media coverage, etc. This book is packed with petitions, proclamations, news releases, and inspiring true stories about real kids accomplishing great things.

Service Learning

Grades 6-12

Curriculum engages young people in actively giving back to the community and reflecting on the implications of service while discovering their own abilities to make the world a better place.

Walk in My Shoes: 4-H Aging Awareness Project

Grades 4-12

Curriculum teaches youth about the effects of aging while encouraging youth to communicate with older generations of people. Through experiential learning, people explore their attitudes toward aging and how it feels to grow older.

Communication & Expressive Arts

Focus on Photography

Beg./Int./Adv.

Set of 3 4-H Photography Curriculum books: Focus on Photography, Controlling the Image and Mastering Photography. Learn how to evaluate your photos both before and after to get the best pictures. Learn about different camera settings, lighting techniques and composition skills. Practice your new skills with photography assignments that require the life skills of creativity, problem-solving, patience, and practice.

Arts & Crafts—A Palette of Fun

Grades K-6

Activities focus on teaching the elements and principles of art. Children learn art through cutting and pasting, painting, sculpting, drawing, printing, construction with fibers and other materials. Connect the arts to careers, culture, science, technology and more. (134 pages)

Advanced Visual Arts - Portfolio Pathways

Grades 7-12

Youth practice their drawing, painting, printing, graphic design, fiber arts and sculpting skills to develop their artistic talents.

Que Rico!

Grades K-8

Discover the Latino culture and its people while exploring traditional Latino crafts such as weaving, jewelry, murling, mask making and much more.

Communications Toolkit Grades 4-12
Fun, skill building activities to help strengthen communications skills. The book includes skill sheets, icebreakers, activities, projects, and other resources to use in the areas of written and vocal expression, visual communication and graphic design, video, media, and technology.

Communications- Express Yourself Grades 3-12
Through this dynamic interactive curriculum youth interpret verbal and nonverbal information, develop effective public speaking skills, enhance written and spoken communication, defend a point, and design presentations.

Sewing Expressions Grades 4-12
Learn how to be smart clothing consumers and create garments and unique costumes. Buying strategies, accessorizing, apparel design, recycling, starting a business, and the social and psychological influences of clothing are featured.

Theatre Arts Adventures Grades K-12
The Theatre Arts Adventures series invites youth to imagine, refine and present creative ideas in a number of settings, including mime, acting, movement, puppetry and technical theatre.

Visual Arts—Sketchbook Crossroads Grades 6-12
Youth develop their artistic skills and talents while learning the elements of design, explore art techniques, art history and culture, and the science behind the art including drawing, painting, sculpting, fiber arts, printing and graphics.

Healthy Lifestyle Education

Consumer Savvy Grades 3-12
Help youth become informed and responsible consumers in today's marketplace by learning about saving, spending and sharing, the influence of peer pressure and advertising as they learn to make independent decisions when shopping.

Health and Nutrition from the Garden Grade 3-5
Children are motivated to eat the fruits of their labor in their study of Health and Nutrition from the Garden. This imaginative curriculum teaches children that growing and eating nutritious fruits and vegetables reaps its own rewards.

Fantastic Foods Grades 3-12
Youth explore food, fun and flavor as they prepare different foods, do fun experiments and go on fact-finding missions. The activity guides are designed around six major categories: healthy food selection, food safety, smart food purchasing, food preservation, food preparation and careers. The web site offers recipes from around the world and additional resources.

Food, Fun, and Reading Grades Pre-K-2
Teach food and nutrition by reading children's storybooks with food-related themes and then participating in hands-on nutrition activities. Eating becomes less the center of attention than social, language and cognitive growth. (5 lessons)

Gifts of Gold Grades K-3
This series sows the seeds of history, science, culture, crafts and nutrition through the truly a-maize-ing plant – corn. Each of the five lessons offers enjoyable activities, songs and stories.

Health - It's Your Choice Grades K-12
Youth have fun learning about the six factors that join together to make a healthy person: Body Motion (physical), Circle of Friends (social), Brain Power (intellectual), Express Yourself (emotional), Dream On (spiritual) and Who Am I (occupational). This is a great supplement to your existing health curriculum or an aid in setting a positive classroom climate.

Kitchen Science for Kids Grades K-6
Science experiments that support selected food and nutrition concepts, make science accessible and fun and encourage discovery- based learning. (39 pages)

Keeping Fit & Healthy Grades 3-12
This curriculum explores three major health areas: First Aid, personal health assessment and staying healthy, and keeping fit by developing and tracking their own fitness plan.

Microwave Magic Grades 3-12
Youth learn how the microwave works, explore watts, and learn techniques such as shielding, defrosting, browning, and adapting recipes as they safely prepare snacks and meals in the microwave. Lesson plans and equipment for lesson plans are available in a supplemental kit.

Snackin Healthy Grades K-3
Youth explore different foods and nutrients and the role they play in a healthy lifestyle as they learn to safely prepare fun and healthy snacks.

Sports Nutrition-Ready, Set, Go Grades 6-8
Eating well and exercising daily are two keys to a healthy life. This project shows why these habits are worth forming. Learn how to balance the calories you eat with the calories you burn, why to hydrate, and how carbs, protein, and fats work to support your body and mind.

Up for the Challenge: Lifetime Fitness, Healthy Decisions Grades K-12
This is a fitness, nutrition and health curriculum for school-aged, middle school and teen youth. It was written for military afterschool programs but is easily adaptable to any afterschool or 4-H club setting. The curriculum is divided into five chapters with each chapter containing multiple lessons in physical activity, nutrition and healthy decision making. Lessons range in scope and length from 30-60 minute nutrition and/or physical activities to a multi-week wellness event. Each lesson provides expected youth outcomes, instructor essential information, preparation instructions, supplies, lesson time, handouts and opportunities for reflection.

Health Rocks Grades 3-9
Youth learn about substance use and impacts, personal decision making and communication skills.

GEM Get Experience in Mindfulness Grades 5-12

This program places an emphasis on stress management taught through practical and interactive mindfulness-based activities to facilitate experiential learning.

What's on Your Plate Grades 5-12

Exploring food science through hands-on activities. You discover the science behind food preparation.

Personal Development & Leadership

Building Leadership Grades 5-12

Experiential activities to develop and enhance leadership life skills and SCANS skills. The curriculum can be done as a whole or specific skills activities can be used on their own as part of larger group activities.



Building Self-Esteem Through the Museum of J

Grades 4-8

Gives young people the opportunity to explore, reveal and celebrate themselves. Twenty-five original projects invite original thinking and creative expression in varied forms. Some of the activities include the creation of: a personal slide show, a cartoon journal, a theme park, a self-quilt, a commemorative stamp and even a “Meopoly” game!

It's My Home Grades 3-12

This project covers basic design elements, organization, upcycling, and service learning.

Child Development – Kids on the Grow! Grades K-12

Addresses the issue of how to help youth handle emergencies, develop home-alone skills, stay healthy and relate appropriately to others. Wrapped around the American Red Cross Baby-sitting curriculum, this provides dozens of fun, interesting and challenging activities to care for themselves and others

Focus on Character Grades 3-8

A collaborative effort of the Josephson Institute of Ethics and 4-H, this series includes lessons on the six pillars of character and how to connect them to youth group meetings and activities.

Entrepreneurship Grades 7-12

The curriculum is designed to empower youth with the knowledge, skills and mindsets to meet the challenges of work and community in the 21st century. Youth learn what it takes to be an Entrepreneur and whether they have “The Right Stuff” to meet the challenges. They practice the skills needed to function successfully as an entrepreneur, learning about types of business, products and pricing, marketing, partnerships, agreements and contracts, creating a business plan, and starting a business of their own.

Financial Champions Grades 6-9

Personal money management is often not emphasized in school curriculum. This series teaches youth to be good caretakers of their money covering areas such as needs and wants, values and goal setting, saving money, wise use of credit, and advertising and consumer decision making.

Kids in Control or Safe At Home Grades 2-6

Youth develop responsibility by exploring how to safely care for themselves, make good decisions, handle problems & emergencies, time management, visitors, entertaining themselves and helping around the house. Includes parent newsletters for each topic area.

Legal Education to Arrest Delinquency Grades 6-9

Citizenship education is combined with research based prevention practices to help prevent antisocial and high-risk behaviors. Youth learn about laws, government and living in a lawful society, clarify roles as citizens, and explore feelings on common issues relevant to their lives.

Polite is Right Grades K-6

Teaches children social skills and encourages the use of considerate behavior in social settings. Topics include mealtime manners, electronic manners, sportsmanship, putting your best foot forward, and respecting others.

Step Up To Leadership Grades K-12

Youth learn the dynamic process of leadership. Mentor guides include background information, interactive activities and real life experiences in relationship building, communication, group process, and planning and organizing. All activities offer a cross-cultural perspective. Youth can lead in many ways—at home, in clubs, youth groups, school and the community. The fun continues with an interactive web site to enhance and support learning.

Unlock Your Leadership Potential Grades 6-12

Help youth understand themselves, their learning and communication styles, and learn to get along with others, make decisions, and manage and work with groups.

WOW! Wild Over Work Grades K-6

Focusing on work and its relationship to the participants, their communities, their world and their future, this curriculum helps volunteers and teachers introduce youth to skills and behaviors that will be needed in the workforce.

Get in the Act Grades 6 - 8

Middle school workforce readiness.

Environmental Education & Earth Science

Forestry

Grades 3-12

This curriculum opens the world of forests to youth. Youth explore different types of trees and tree parts, characteristics of different forests, what forests need to grow and thrive and the different products people get from trees and forests. Youth take a close look at the inner-workings of trees, look at forests on a global scale, learn and explore how to conserve forests.

Astronomy It's Out of This World

Grades 4-9

Provides youth the opportunity to explore and learn about the basics of astronomy. Written at an introductory level, ample information is provided so the leader does not need to be an expert in the field of astronomy. This encourages the leaders and members to learn about astronomy together.

Entomology Insectaganza of Excitement

Grades 3-8

Three entomology activity guides invite youth to explore the fascinating world of insects and learn valuable life skills through hands on activities.

Teaming with Insects

Grades 3-12

This series introduces entomology including identification, collecting, impacts on people and the environment, and related science.

Exploring Your Environment

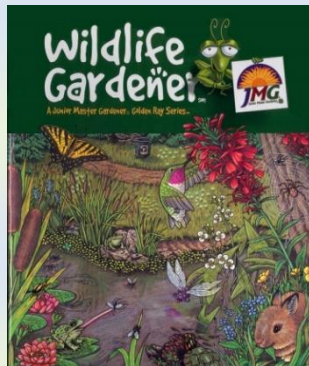
Grades 4-12

Youth explore the ecology, science and technology of the environment. Basic ecological concepts are presented to help develop scientific thinking and processing skills. Concepts include the four elements of life, connections among living things, and how all plants and animals are affected.

Wildlife Gardener

Grades 3-5

This curriculum engages children in outdoor activities and exploration. It increases environmental awareness and allows children to learn responsibility in caring for living things. Hands-on activities with opportunities to explore the natural world and that encourage leadership development, personal pride, responsibility, and community involvement. (230 pages)



Fishing for Adventure

Grades 3-12

The 4-H Sports fishing material includes angling skills and creating fishing tackle, aquatic education and fisheries management. This curriculum develops life skills while teaching about sport fishing and aquatic resource stewardship.

Outdoor Adventures

Grades 3-12

Plan a hiking adventure by determining what to take, how to pack, reading maps and practicing trail etiquette. Discover the challenges of outdoor living such as pitching a tent, planning menus, cooking outdoors and practicing Leave No Trace camping. Trip skills include leadership, managing risks in the outdoors, planning and preparing to lead group trips.

Pond and Stream Safari

Grades 4-12

Will take audience on an exploration to learn about freshwater aquatic invertebrate ecology. This curriculum consists of a quick reference guide and activity sheets which are designed to support experiential learning. The Leader's Guide includes an extensive list of resources and reference materials. (57 pages)

A Study Guide to NE's Freshwater Wetlands

Grades 6-12

A resource to involve students in the active exploration of a local freshwater wetland.

Water Resources

We have a number of resources around water including a stream study kit, water flow model and books such as "Mud, Muck & Other Things."

Weather

Grades 3-9

Youth conducts experiments to observe weather and understand weather processes, make weather instruments, and learn about clouds, forecasting and weather phenomena.

Wildlife Science

Grades 3-12

Younger youth learn about more common species and explore basic animal concepts such as food webs. Upper levels explore advanced wildlife concepts such as habitat management, population dynamics, and conservation.

Plant Science

Down-To-Earth— Classroom Gardening

Grades 4-6

Down-To-Earth helps you to use gardening to explore plant growth and development. This hands-on, minds-on program covers botany, gardening, ecology and cultivates science process and life skills. (88 Pages)

Gardening

Grades 4-10

Exciting activities in six major categories: Garden Planning, Planting a Garden, While You Wait, Garden Care, Harvesting & Storage and Careers.

Horticulture

Grades 3-12

Activities in indoor & outdoor gardening, flower arranging, composting and basic plant science whether you live in an apartment or have a large garden. While developing skills in horticulture, youth practice valuable life skills such as communication, problem solving, leadership and community service.

Junior Master Gardener (Level 1)

Grades 3-5

Ever suck a bug or make mud pies to evaluate soil texture? This guide provides teachers with the tools to teach the world of gardening with eight chapters of “hands-on” activities. Includes a study of life skills and career exploration then culminates the JMG experience with service learning projects and recognizes children’s efforts with a certification as a Junior Master Gardener. (416 pages)

Operation Thistle (Level 2)

Grades 6-8

Youth investigate Plant Growth & Development while engaging in an urgent mission to defeat the evil Dr. Thistle. Students will work as a group to complete lessons in each of the 8 learning concepts then work independently to complete activities found within the mission briefs & mission option pages. By completing these missions, students help foil the twisted plans of Thistle and his menacing gang while reinforcing concepts learned in the group setting. (221 pages)

Afterschool Agriculture- Acres of Adventures

Grades 3-5

Use science activities to introduce children to the world of agriculture and the life sciences. Each themed unit contains over 40 hands on lessons.

Animal Science

Exploring Farm Animals – Skills for Life

Grades K-3

Through Farm Bingo, Create a Critter and other activities, youth not only learn what farm animals are about, but also practice important life skills such as decision making, relating positively to others, and learning to learn.

Animal Science

Grades 4-8

Develop life skills while teaching about animals. Each set focuses on a different species with age appropriate activities to promote active learning and interaction with others. The Group Guides are an excellent resource for older youth, teachers and project leaders. Species sets include:

Cat	Beef	Poultry
Dog	Dairy Cattle	Sheep
Rabbit	Goats	Swine
Horse	Pet Pals	

Veterinary Science

Grades 3-12

Explore the exciting world of veterinary science. Activities cover the normal animal, basic anatomy and systems, health and disease topics, normal and abnormal conditions, elementary principles of disease, investigation of normal and abnormal systems and careers with animals.

Embryology in the Classroom

Grades 2-8

Correlated to the National Science Standards, the first level explores embryology from incubation to hatching and the second level incorporates several experiments that focus on reinforcing the scientific method. We also have incubators available for loan.

Science & Technology

Aerospace Adventures

Grades K-12

The awesome experience of flying an airplane, launching a rocket, conquering space and becoming an astronaut or pilot comes alive to youth. Activities teach youth about flying, kites, hot air balloons, remote control airplanes, gliders and rockets as they develop important life skills.



The Fabric/Flight Connection

Grades 3-12

The principles of fiber science are explored through the exciting story of aviation. Experiential activities help youth discover how objects move through the air, essential characteristic of these objects, and the importance of design.

Bicycle Adventures

Grades 4-12

Youth can map their own route to the world of bicycling and have confidence to navigate whatever comes their way. Bicycling is the path to independence from the first ride, to the first tire patch, to the first organized ride or event.

Computer Power Unlimited

Grades K-12

The multi-media activities will help anyone who uses a computer increase their competencies. Youth develop the skills to design professional looking printed materials, animated presentations and interactive web sites and will explore computer repair, network development, and ethics and security.

Electric Excitement

Grades 4-12

This series allows youth to experience technology firsthand through a variety of electrifying exercises. In dozens of fun projects, participants learn practical information and improve their technical literacy. Blue Ribbon Award Winner for Educational Aids from the American Society of Agriculture Engineers.

Small Engines

Grades 4-12

From lawnmowers to watercrafts, go carts, model airplanes, and ATVs there are hundreds of machines powered by small engines. With over 60 fun activities, the A Start Your Engines@ curriculum helps youth understand how small engines work and how to keep them working.

Woodworking Wonders

Grades K-12

Comprehensive information on everything from the basics of measuring to safely using advanced woodworking equipment, while improving technical literacy in participants. Blue Ribbon Award Winner for Educational Aids from the American Society of Agricultural Engineers.

Exploring Robotics

Grades 4-8

Youth learn to apply math, science, engineering and technology while building & programming a robot using the Lego Mindstorms. The CD by the Carnegie Mellon Robotics Academy enriches the experience with real world applications.

Geospatial: Exploring Spaces

Grades 4-12

Youth explore navigational tools such as maps, globes, compasses and GPS while learning to identify locations, measure distance, make maps, and use maps to solve problems including community issues.

The Power of the Wind

Grades 5-12

Youth explore wind and how it can be used. Introduces engineering and creative design related to wind.

Gamechangers

Grades 3-8

Provides a collection of both on and off computer activities teaching computer science skills through games, puzzles and animation.

In Touch Science

Grades 3-5

The program emphasizes the scientific process using activities that encourage children to question and explore. Activities demonstrate the science concepts between the two fields of study and the science connection in their daily lives. As an example, children work wool into felt while learning that wool fibers have microscopic scales and that hooks on feathers help birds fly. (Each study is 77 pages)

There are two different studies:

- Plants and Engineering
- Fibers and Animals

Rockets Away

Grades 4-9

Stimulates interest in math, engineering, aerospace and physics through the exploration of rocketry science. The Teacher's manual includes helpful hints, background information and guidelines for information.

Science Discovery Series

Grades 3-5, 4-6

Involve your students in hands-on, easy to organize science activities. In Level 1 youth explore whales, rocks and minerals, water quality, trees and recycling. Level 2 explores weather, spiders, oceanography, trees and astronomy. Each lesson plan includes objectives, materials, background information, references and resources, glossary and an evaluation instrument.

Acres of Adventure

Grades 3-5

Looking for new ways to introduce young people to the world of agriculture and life sciences while expanding your fun-filled collection of science activities keyed to the national standards? Lesson plans will quickly involve youth in experiential activities related to insect invasion, farm physics, frontier living and more.

4-H Robotics: Engineering for Today and Tomorrow

Grades 4-12

This curriculum will focus on the areas of: Robotics systems, the scientific inquiry process, the engineering design process, technology tools for learning and communications, and the exploration of science, engineering, and technology careers.

The curriculum is comprised of three tracks: Virtual Robotics - Youth will have opportunities to build and test virtual robots. Participants interact in a virtual environment as they learn basic science and robotics concepts without investing in expensive materials or supplies, Junk Drawer Robotics - Youth are challenged to build robots from everyday items., and Robotics Platforms (DVD).