

Head, Heart, Hands, and Health:

A 4-H and ESU 7 Collaboration



What is 4H?



- An organization that has been around for more than 100 years
- A community of more than 100 public universities
- Kids complete hands-on projects in areas like health, science, agriculture and citizenship, and are encouraged to take on proactive leadership roles

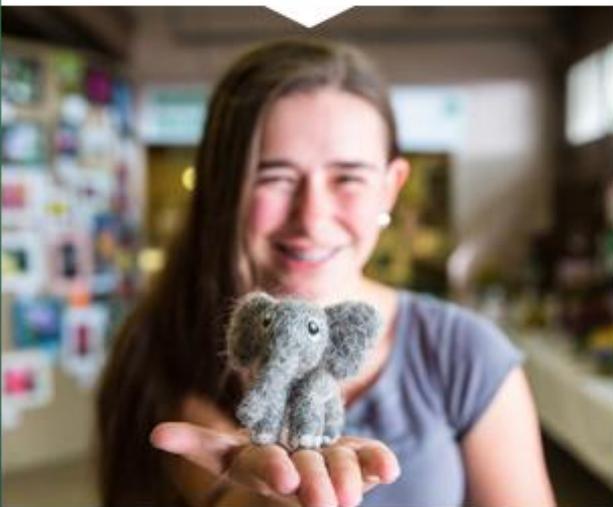
Who can participate?



- Anyone between the ages of 5 and 19
- Clover Kids – 5-8 year olds
- 4-H members – 9-19 year olds

How can kids participate in 4H?

School Programs



4-H Clubs



4-H Camps



Why participate?

4-H'ers are...

4X

more likely to
give back to their
communities

2X

more likely to
make healthier
choices

2X

more likely to
participate in
STEM activities

ESU 7 Migrant Education Program and 4H

- How we started:
 1. Contact the local County Extension Office to set up a meeting with local 4H representative
 2. Discuss goals of both programs
 3. Plan together
 4. Choose projects and workshops
 5. Enroll kids in 4H
 6. Buy materials and do projects
 7. Celebrate kids' achievements at the county (and hopefully state) fairs

2016 Summer School



2016 Summer School



2016 Platte County Fair



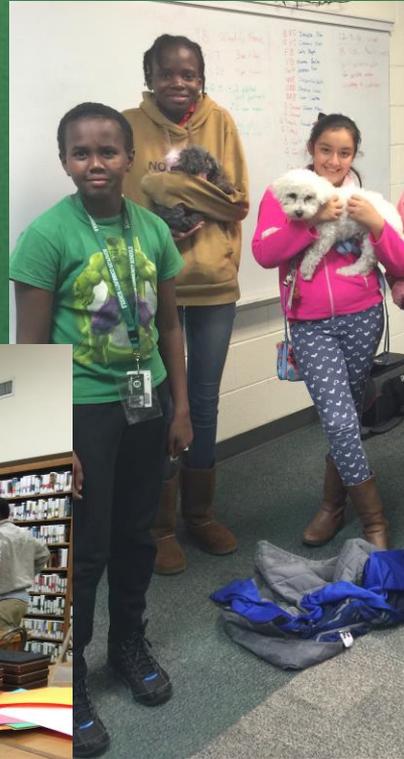
2016 Platte County Fair



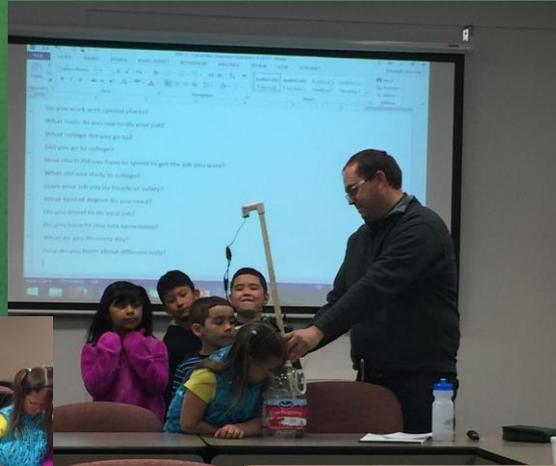
Big Red Summer Academic Camps



First Lego League



Raising Nebraska



Barn Quilts

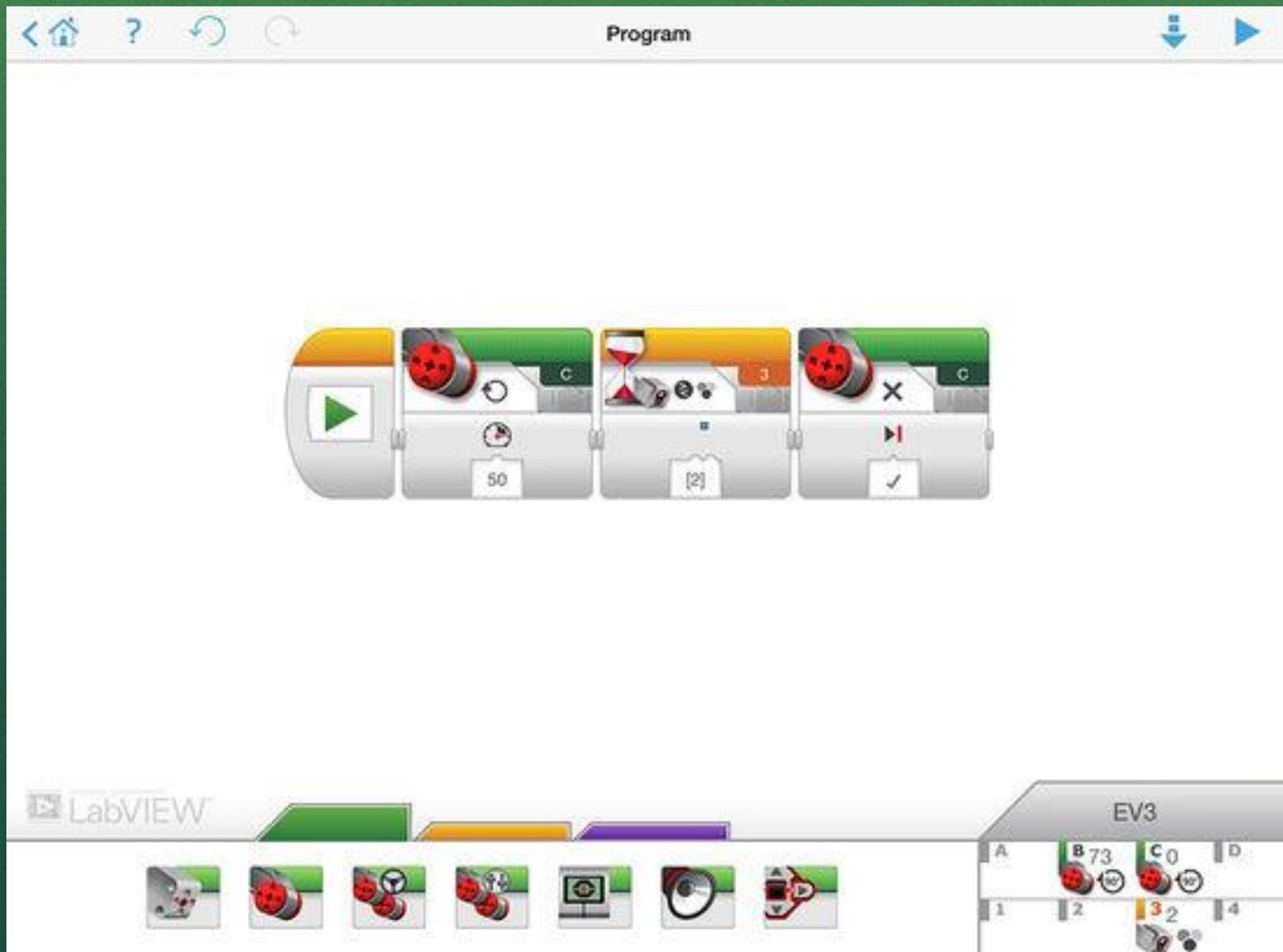


How can you start a collaboration with 4H?

- Go to yourcounty.unl.edu to find contact information for your local 4H office
- Set up a meeting – don't forget to ask about school enrichment, clover kids, camps, workshops, and Raising Nebraska
- Browse the fair book online or get a paper copy from your extension office
- Ask lots of questions!

Your turn to play!

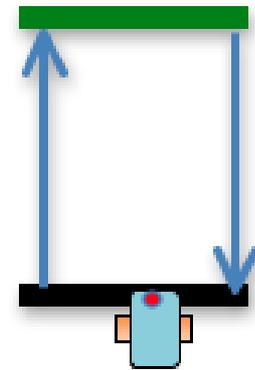
The Basics



Programming the Robot

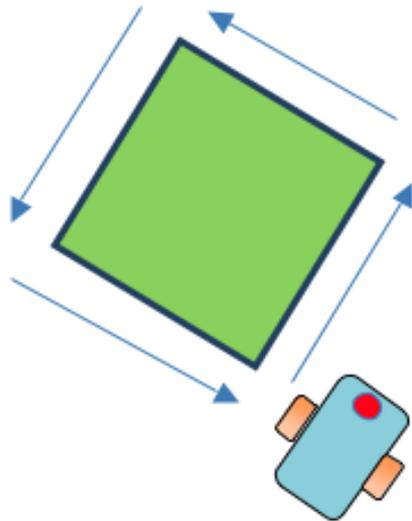
CHALLENGE: Move your robot forward from the start line to the finish line and back to the start. No turns.

PART 1: What should you do?



Programming the Robot

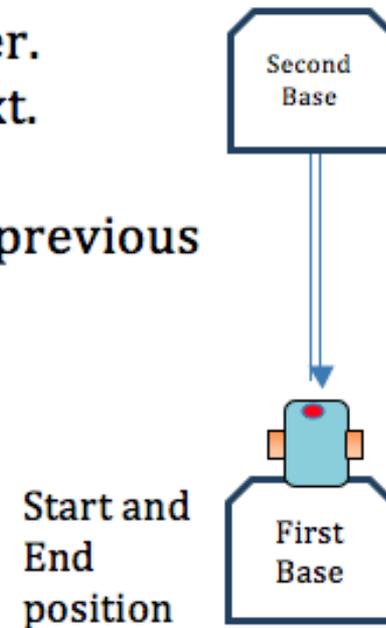
CHALLENGE 1: Your robot is a baseball player. Program the robot to go around the baseball diamond.



What should you do?

Programming the Robot

CHALLENGE 2: Your robot is a baseball player. The robot has to run from one base to the next. Oh no! He's going to be tagged out. So he has to turn around and run back to the previous base!



What should you do?

Questions?

- Please contact us with any questions regarding 4H!

Melinda Velecela

mvelecela@esu7.org

402-276-7233

Cynthia Alarcon

calarcon@esu7.org

402-910-4043