

Virtual and At Home Learning

Looking for learning opportunities you can do from home? We've got you covered! Nebraska 4-H is now offering a variety of virtual learning experiences, such as Living Room Learning and Boredom Buster Challenges. We've also collected some of our favorite activity guides that are perfect for hands-on learning at home.

My favorite resource for this stressful situation is the [Healthy Living Activity Guide](#) produced National 4-H Council. The guide includes 30 fun, skill-building activities to help children live a find balance in their physical, psychological and mental health. These resources may be especially important for families now.

[Living Room Learning](#)

3rd-5th Grades

Tune in each Tuesday and Thursday at 2:00 pm CT/1:00 pm MT for a hands-on virtually guided activity! Each session will focus on a new activity that can be done with materials found at home. Through these hands-on activities, youth will learn about healthy living, science, technology, engineer, math, and more! Each session will be recorded and made available for on-demand viewing. Youth do not need to be 4-H members to participate.

[Boredom Buster Challenge](#)

6th-9th Grades

Tune in every Monday and Wednesday afternoon at 2:00 PM CT/1:00 PM MT for the Boredom Buster Challenge! Each week, youth will be given a problem to solve using materials found in their home. Through these hands-on virtually guided challenges youth will learn about entrepreneurship, healthy living, science,

technology, and more! Each session will be recorded and made available for on-demand viewing. Youth do not need to be 4-H members to participate.

[Virtual Field Trips](#)

9th-12th Grades

Join Nebraska 4-H each Tuesday at 11:00 AM CT/10:00 AM MT as we go on-site to learn more about science, technology, careers, and more! Virtual field trips offer facility tours, educational experiences, and additional resources for teachers. Each session will be recorded and made available for on-demand viewing. Youth do not need to be 4-H members to participate.

[Upcoming Events](#)

New live experiences are being offered across the state for youth of all ages! For a list of upcoming statewide events, please visit the Nebraska 4-H event calendar. Stay tuned as new events are being added daily!



Self-paced learning opportunities

Activity Videos Self-paced activity videos are designed to guide youth in completing a project at home. To work at their own pace, youth may pause, complete a step, and resume the video when they're ready. These videos can help youth prepare fair exhibits, complete science projects, and learn about a topic of interest.

A Beautiful Day! A Beautiful Day is a virtual early childhood space designed to connect with children and families in Nebraska and across the world. The Nebraska College of Education and Human Sciences created the space as a way to share ideas, foster learning and play, and to support caregivers experiencing social distancing.

Cat Club Cat Club is a self-paced learning opportunity offering educational information about caring for and showing cats. Cat Club is open to all youth regardless of age or enrollment status, as well as parents and volunteers looking to gain knowledge about cats and the 4-H cat project. New lessons are added each month.

Activity Guides

Activity guides both online guides, printable pdfs and project books you can purchase on a variety of topics.

Healthy Living Activity Guide National 4-H Council's 4-H Healthy Living Activity Guide offers 30 fun, skill-building activities to help your kid live a healthy life.

Inspire Kids to Do Activity Guide National 4-H Council took their favorite user-generated ideas, contest entries, and activities and created a 4-H Inspires Kids to Do Activity Guide with 60 educational activities to help your child learn through hands-on doing.

STEM Lab Activities Looking for easy ways to get your kids interested in science? STEM Lab provides fun, hands-on STEM activities for kids of all ages to do anywhere!

National Youth Science Day 4-H National Youth Science Day is the premier national rallying event for year-round 4-H science programming. Experiments from the past 12 years are available for you to use anytime!

National 4-H Curricula Nebraska 4-H Curricula 4-H curricula is perfect for parents interested in teaching their children something new! From project books to science experiments to skill-building activities, these learning resources are research-based, hands-on, and fun!



Other sources for virtual and at home learning

I have gathered resources from a wide variety of educational non-profit organizations that may be helpful for families who want to support learning at home. Click the green links to learn more.

[STEM Pathways Challenge](#)

Discover your STEM Pathway as you use your creativity and innovation to design a solution for a real-world problem. You will investigate the scientific method as you formulate and test your hypothesis, and explore STEM careers making a difference today and for future generations. And you will develop problem-solving, communication and teamwork skills.

Each STEM Pathway Challenge allows you to:

ASK – What are some possible ideas or your hypothesis?

PLAN/HYPOTHEZIZE – Sketch out your design idea or identify your variables for the experiment.

CREATE/TEST – Put your design idea into action or conduct your experiment.

TEST/ANALYZE – How well did your design or experiment work?

IMPROVE/COMMUNICATE – Make changes to improve your design and communicate your experiment results.

Check out all the different challenges from Ohio 4-H.

[Code.org at Home](#)

We are facing an incredibly challenging time with the global outbreak of COVID-19, grappling with growing concerns over health, our communities, and the economy. Safety measures have brought widespread school closures across the country. We want to support teachers, students, and families in any way we can. These resources will help you learn computer science at home.

[Code Break](#)

With schools closed and tens of millions of students at home, Code.org is launching Code Break — a live, weekly interactive classroom where our team will teach your children at home while school is closed, and a weekly challenge to engage students of all abilities, even those without computers.



[Design Squad](#)

Engages kids in hands-on engineering. Use DESIGN SQUAD GLOBAL hands-on activities and videos in classrooms and afterschool programs, in libraries and museums, at events and at home, along with our newest resource DESIGN SQUAD GLOBAL CLUBS that connect 10- to 13-year-olds in out-of-school programs around the world.

[Mission: Solar System](#)
[Adaptive Technologies](#)
[Invent it, Build it](#)
[On the Moon](#)

[CSFirst](#)

CSFirst is a free computer science curriculum that makes coding easy to teach and fun to learn. Below are a couple of our favorite projects.

[Pitch your Passion](#) use Scratch to build a project about an idea, activity, item, or cause you feel strongly about.
[Animate a Name](#) pick a name or world and use Scratch to bring the letters to life though animation, sound and music.

[SciGirls](#)

The SciGirls activities, videos, and role models engage girls (and boys) in STEM. Resources are available in English and Spanish.

[Family Guide for Engaging Girls in STEM](#)

[PhET Interactive Simulations](#)

Founded in 2002 by Nobel Laureate Carl Wieman, the PhET Interactive Simulations project at the University of Colorado Boulder creates free interactive math and science simulations. [PhET sims](#) are based on extensive education [research](#) and engage students through an intuitive, game-like environment where students learn through exploration and discovery. [Remote teaching tips](#) help parents and teachers use PhET sims effectively.

[Totally Thrilling Science](#)

These ten 10-minute hands-on science activities guarantee fun at club meetings and other gatherings. Presented in a vintage comic book format, the activities are engaging, easy to implement, and appropriate for all ages. Teen leaders and non-science adults can lead them! Materials are likely to be on hand or are readily available at grocery stores or other retail locations. Lots of great ideas from Ohio 4-H.



[Girl Scouts at Home](#)

Girl Scouts at Home represents a new way to participate in the Girl Scout experience—from virtually anywhere. We're making select Girl Scout program resources available to *every* girl, parent, caregiver, volunteer, and troop leader. It's our way of doing our part during these challenging times, and to do what Girl Scouts always do: make the world a better place. Use these self-guided, free activities to keep your girl, your troop, and your community connected. Resources are sorted by topic and by grade level.

[Center for Disease Control](#)

CDC resources about [COVID-19](#) and especially resources on [caring for children](#) can help families understand and cope with our current situations. The CDC also created this short video that uses everyday language to explain how [Coronaviruses](#) work and how COVID-10 is related to other coronaviruses.

More Links

Iowa 4-H has a nice collection of at home resources from 4-H that cover a variety of topics such as art, healthy living and STEM.
<https://www.extension.iastate.edu/4h/4h-at-home-learning-resources>

Tour Yellowstone National Park!
<https://www.nps.gov/.../lea.../photosmultimedia/virtualtours.htm>

Explore the surface of Mars on the Curiosity Rover <https://accessmars.withgoogle.com/>

Raspberry Pi Digital Making at home is a great place to find fun activities you can do at home each week
<https://www.raspberrypi.org/blog/digital-making-at-home-making-games/>

Travel to Paris, France to see amazing works of art at The Louvre with this virtual field trip
<https://www.louvre.fr/en/visites-en-ligne>

Maryland 4-H has a resource page that has collected resources for learning at home from a variety of organizations.
<https://extension.umd.edu/4-h/4-h-program-areas/stem-activities-resources>

This Virtual Tour of the Great Wall of China is beautiful and makes history come to life
<https://www.thechinaguide.com/destinati.../great-wall-of-china>

Science snacks are short science explorations you can do at home with items have already have on hand
<https://www.exploratorium.edu/snacks>

The iconic British Museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies
<https://britishmuseum.withgoogle.com/>

STEM Action Center in Utah has brought together fun and challenging STEM activities to do in your home with friends and family.
<https://stem.utah.gov>

Each weekday NSTA publishes a sensemaking task teachers and families can use to engage their students in authentic, relevant science learning. Check out NSTA Daily Do's at <https://www.nsta.org/dailydo/>

Big History Project is a free, online social studies course that emphasizes skill development as students draw mind-blowing connections between past, present and future.
<https://school.bighistoryproject.com/bhplive>

COVID-19 specific Q&A for families has compiled list of Q&A for families meant to both educate and bring a sense of calm.
<https://rockedu.rockefeller.edu/blog/rockedu-covid-19-qa/>

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Finding Math is an Instagram account from U of WA Research Institute with tips to help kids of all ages celebrate math.
https://www.instagram.com/finding_math/

PAST Foundation supports virtual education and distance learning, PAST created STEMStreaming, a wealth of teacher and parent resources that can help you get started.
<https://www.pastfoundation.org/stem-streaming>

STEM for All Multiplex provides playlists of 3-minute video presentations created by federally funded projects. These projects have developed quality STEM resources for teachers, students, and parents.
<https://multiplex.videohall.com/>

Learn all about COVID-19, viruses, pandemics, epidemiology/public health with resources from the Exploratorium
<https://www.exploratorium.edu/learn>

500 Women Scientists has created a list of science education resources for those who are social distancing.
<https://docs.google.com/spreadsheets/d/1KgWjybZicGMf3ZXz9LeGWeGuDN03BWsA2rIJC-DHPhY/edit#gid=0>