



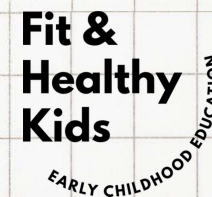
DISCOVER AND DESIGN

- Supplies Needed for
Virtual Participants:
- 2-3 pieces of paper (same color)
 - Glue Stick
 - Scissors

@2023

Get Connected Afterschool Conference--September 23, 2023
Lisa Poppe, Sarah Roberts, Jackie Steffen, & LaDonna Werth

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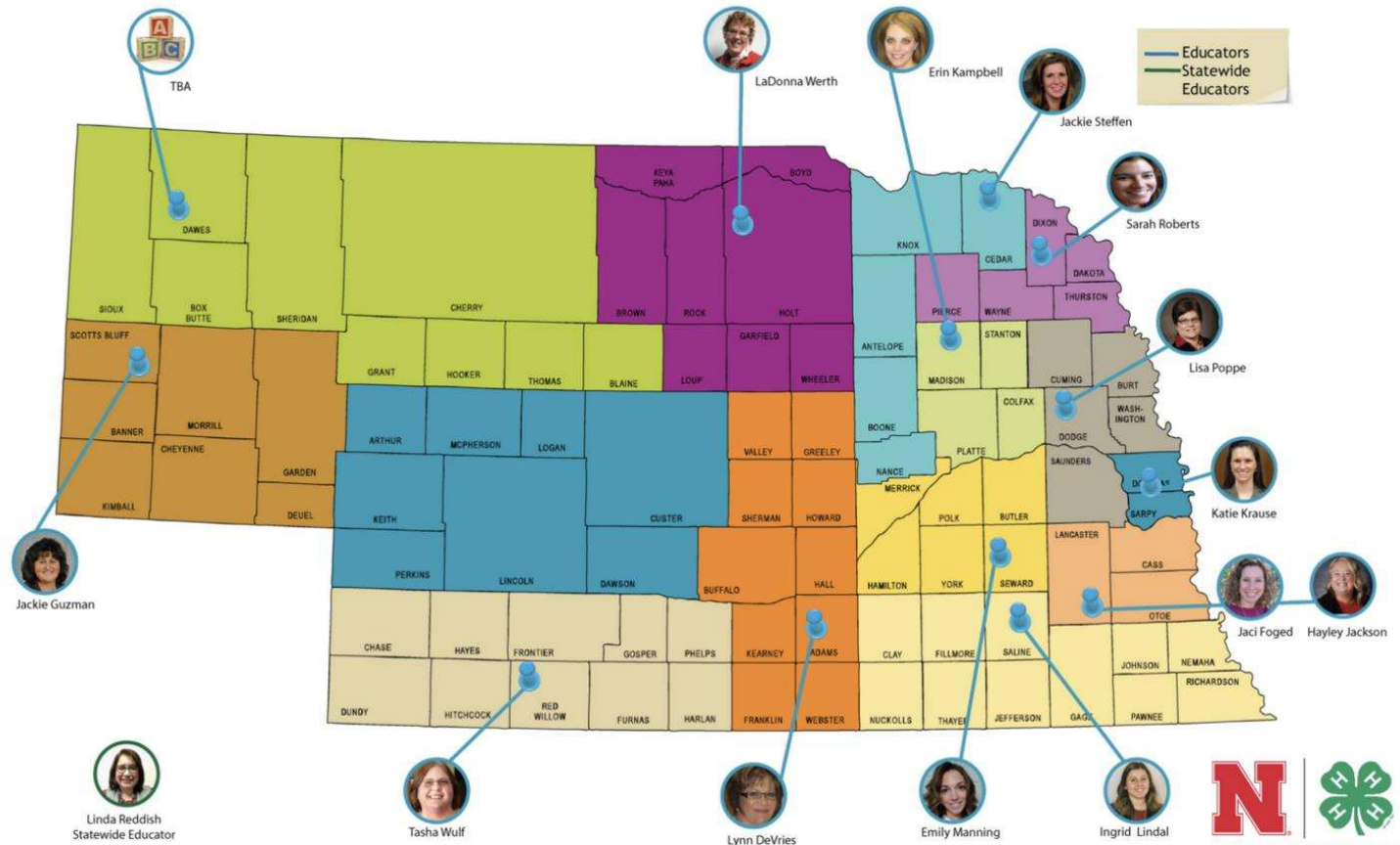


MISSION

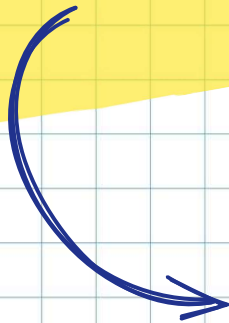
Engaging with Nebraskans wherever they are, connecting them with the resources, research and innovation of the University of Nebraska.

Early Childhood Team


EARLY CHILDHOOD ACCOUNTABILITY REGIONS



What is it?



Discover & Design



TESTIMONIALS

"I appreciate having usable and complete Extension lessons at the tip of my finger to use for workshops or school enrichment."

"Educational, age-appropriate, and FUN!"

Fit & Healthy Kids

EARLY CHILDHOOD EDUCATION

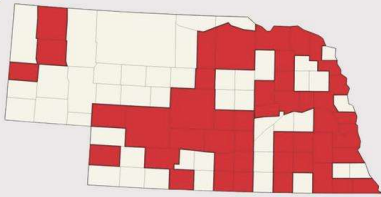
Discover and Design is a newly developed webpage that provides age-appropriate, engaging activities for young children birth-8. New lessons are added quarterly. Discover and Design is a part of the Fit and Healthy Kids multi-state program.

Within the first 6 months:

- 254 users downloaded 1,329 lessons
- Downloaded 17 states and 3 countries
- Indirectly reached 6,969 children

Two-month post-evaluation data reveals:

- 100% of users are extremely likely to recommend the lessons to others
- 100% of users strongly agree that they will use additional Discover and Design activities in the future




Guides downloaded in counties designated in red

How They Were Used:	Guide Downloads:
<ul style="list-style-type: none">• 4-H Clover Kids• Early Childhood Educators• YMCA• After School• Counselors• FCS Teachers• Home Visits• Family Engagement• Camps	<ul style="list-style-type: none">• 72% Nebraska• 11% Iowa• 6% South Dakota• 4% Kansas• 7% Additional Locations

<https://fitandhealthykids.unl.edu/discover-and-design>

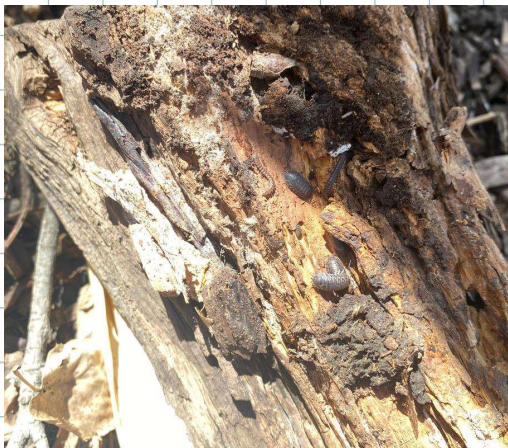
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Roly Poly Round-Up



Fit & Healthy Kids
EARLY CHILDHOOD EDUCATION

EARLY CHILDHOOD
Discover & Design
Roly Poly Round-Up

DETAILS
Time: 20 min + (depending on activity choice)
Age Range: Toddler/Preschool/Elementary

MATERIALS

- notebook (for observations)
- pencils/crayons
- magnifying glass
- jar or small critter carrier

INTRODUCTION

While sometimes mistaken for insects, isopods are actually a group of crustaceans that have adapted to life on land. They have hard exoskeletons that look like armor on their segmented body. Isopods are scavengers and eat decaying animal and plant matter. They are very helpful as decomposers in the environment and require moist habitats that help them to breathe through gills, despite living on land. Isopods are more active at night, but can still be fun to observe. When disturbed, they often roll into a ball, giving them the nickname "pill bug" or "roly poly". Fun fact: In the Southern United States, they are also often called "Doodle Bugs".

OBJECTIVES

- Children will
- discover isopods
- observe behavior and characteristics of isopods
- compare isopods with insects

GLOSSARY

Crustacean: an animal with a hard, jointed shell

Decomposer: a plant or animal that eats decaying organic matter

Exoskeleton: the outer shell of an arthropod and a flatfish body

Isopod: crustaceans with seven pairs of legs and a flattish body

Scavenger: an animal that finds dead plants and animals to eat

BOOK SUGGESTIONS:
Next Time You See a Pill Bug
by Emily Morgan

What is a pill bug? Are they insects or something else? Learn about these fascinating creatures and their importance in the environment.

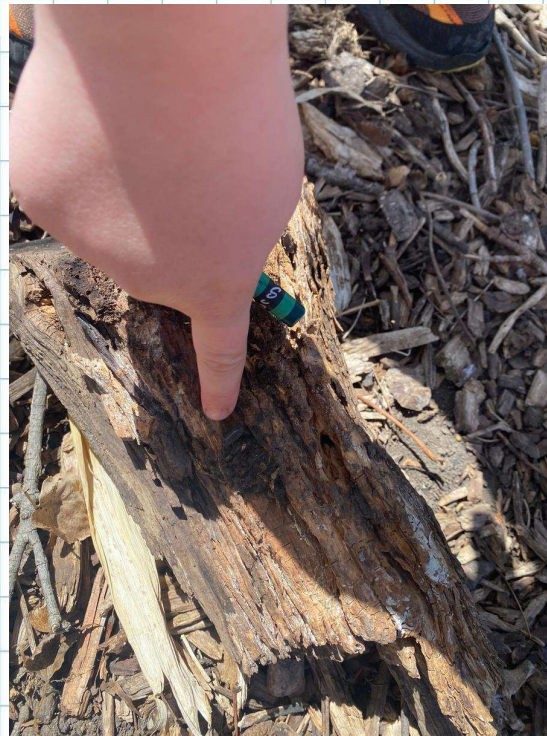
play

Author: Sarah Roberts
Reviewed By: Jackie Steffen & LaDonna Werth

N EXTENSION

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Roly Poly Round-Up



Insects Among Us



Fit & Healthy Kids
EARLY CHILDHOOD EDUCATION

EARLY CHILDHOOD Discover & Design Insects Among Us?

DETAILS
Time: 30 minutes +
Age Range: Toddler/Preschool/Elementary

MATERIALS

- clear plastic or glass jar with lid
- notebook (for observations)
- pencils/pens/crayons
- poster board
- insect collection net (optional)

INTRODUCTION
Like all animals, insects need food, water, shelter, and air. However, insects are different from other animals in many ways. First, insects have a hard outer covering called an exoskeleton instead of bones. Second, all insects have six jointed legs and three body segments. These three body segments are the head, the thorax, and the abdomen. Insects also have two antennae attached to their head to help them sense the environment. Many insects also have wings. Insects grow through a process called metamorphosis. Some insects, like butterflies and beetles, have four stages of metamorphosis. Some complete metamorphosis, known as insects, like grasshoppers, undergo incomplete metamorphosis. Other which only has three stages.

OBJECTIVES
Children will

- discover parts of insects
- describe different types of insect habitats
- identify characteristics of insects

GLOSSARY
Abdomen: the rear part of an insect's body
Antennae: a thin sensitive organ on the head of an insect, crab, etc., that is used mainly to feel and touch things
Exoskeleton: a hard, outer body covering form or structure of some animals or insect becomes an adult
Metamorphosis: a major change in the form or structure of some animals or insect becomes an adult
Thorax: the middle sections of an insect's body

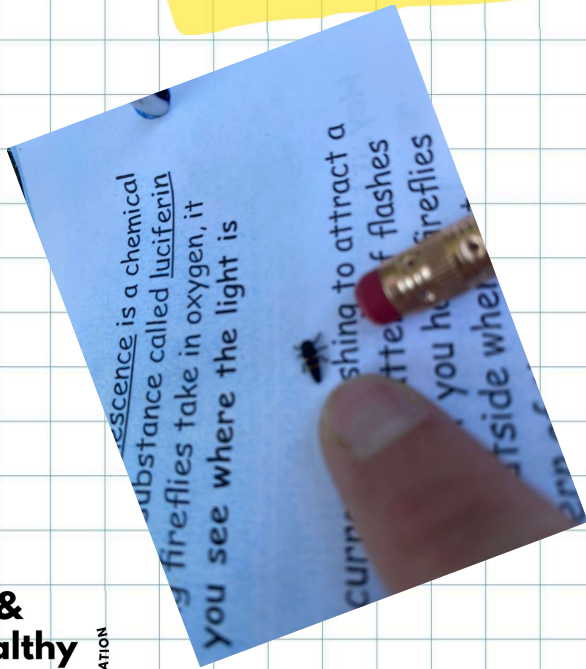
BOOK SUGGESTION
Bugs Everywhere
by Lily Murray

What is a bug?
Where do they live?
Discover interesting facts about different kids of bugs!

play

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Insects Among Us



Emma Lindstrom



EARLY CHILDHOOD Discover & Design Pour Painting

DETAILS

- Time:
- Approximately 45 minutes
- Age Range:
- Preschool/Elementary

MATERIALS

- Stretched canvas
- Acrylic paint
- Pouring medium
 - (ex. Floetrol-found in Home Improvement stores)
- Acrylic pouring oil or WD-40
- Small cups
- Flat box
- Wooden craft sticks
- Newspaper to protect work surface

EMMA LINDSTROM

Emma Lindstrom is a contemporary Swedish artist and she is well known for her mixed media fluid art that looks like an explosion of color. Her artwork is captivating, mesmerizing, and energizing. Many times her abstract paintings look like you are looking deep into the universe. Her method of pouring paint on canvas and blowing it around creates a wonderful display of shapes, colors, and textures.



Author: Jackie Steffen

Reviewed By: Lisa Poppe and LaDonna Werth

OBJECTIVES

- Children will:
- become familiar with the work of the Emma Lindstrom, fluid painting artist.
 - experiment with colors and pour painting techniques as they create their own abstract masterpieces.

INTRODUCTION

Introducing young children to famous artists and their artwork helps build a sense of art appreciation and sparks their curiosity and creativity. In this lesson, children will explore the work of Emma Lindstrom and create their very own abstract canvas using pour painting techniques. Pour painting sounds, and can be pretty messy, however, don't let your fear of a mess scare you away. Children love it! No two pour projects will be the same and each will be unique and beautiful in its own way!

BOOK SUGGESTIONS

I Ain't Gonna Paint No More
By Karen Beaumont

This is a sing-song rhyming book with humorous illustrations about a spirited child and his outside-the-box creative thinking. He gets caught painting everything from the ceiling to the floor, so his mama puts his paints up high. But there is nothing that will keep this little artist from painting.



Pour Painting in Action



Louise Nevelson



DETAILS

- Time:**
- Approximately two 60-minute sessions
- Age Range:**
- Preschool/Elementary

Author: Jackie Steffen

Reviewed By: Lisa Poppe and LaDonna Werth

MATERIALS

- Cardboard flat
- Option 1: Tempera paint/Elmer's glue
- Option 2: Hot glue gun & glue/spray paint
- Miscellaneous odds and ends (plastic toys, buttons, items from nature, noodles, etc.)
- Recyclables (milk caps, bubble wrap, toilet paper tubes, etc.)

OBJECTIVES

- Children will:
- become familiar with the work of the sculptor, Louise Nevelson.
 - make an assemblage using a collection of miscellaneous and recyclable items.
 - experiment with the art elements of color (monochromatic), space, shape, and texture.



LOUISE NEVELSON

Louise Nevelson is known for creating beautiful, huge box sculptures. Her father owned a lumber yard. When she was a child and she loved to collect and use scraps of wood to decorate boxes. She called them her "secret treasures". As an adult, Louise Nevelson continued to collect different items from the streets of New York and from furniture companies. She began arranging them into very large structures. Louise Nevelson is an American sculptor and is known for her monochromatic (one-color) assemblages (collections).



INTRODUCTION

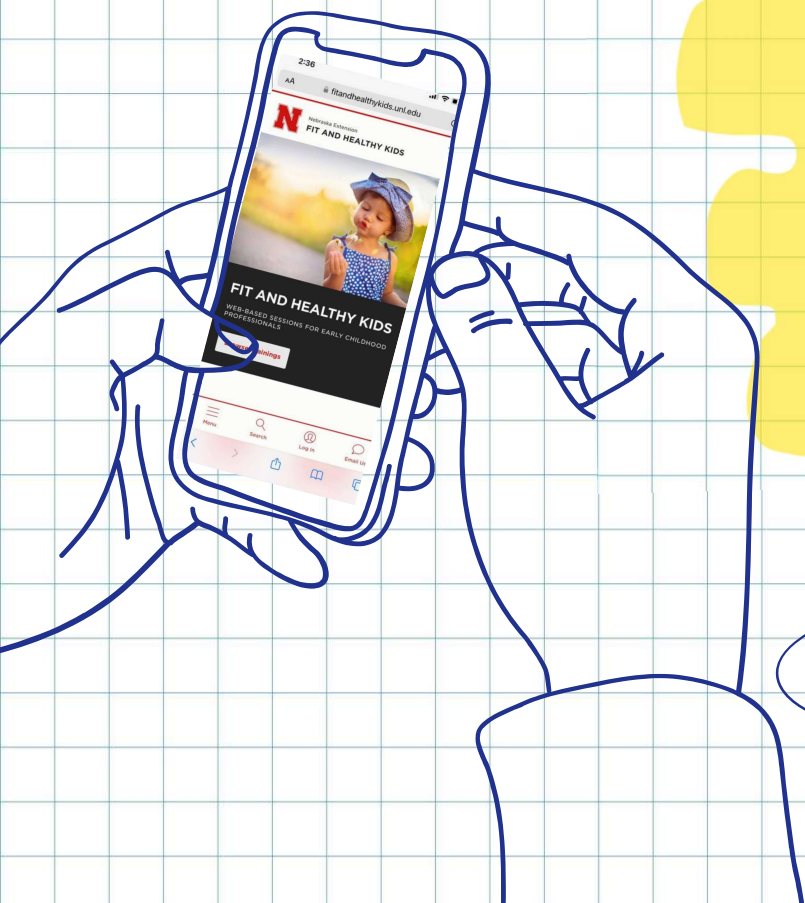
Introducing young children to famous artists and their artwork helps build a sense of art appreciation and sparks their curiosity and creativity. In this lesson, children will explore the work of Louise Nevelson and create their very own unique assemblage (sculpture). This project works great for a family engagement event or a multi-day lesson. You can also incorporate block play with this lesson. Children can experiment by making various sculptures out of blocks or recycled toilet paper tubes.

BOOK SUGGESTIONS

The Most Magnificent Thing,
By Ashley Spires

This book is about problem solving and seeing things from a different perspective. A little girl and her dog set out to make the most magnificent thing. After much hard work, the end result leaves her feeling frustrated. After a long walk, it becomes clear what the girl needs to do to succeed.

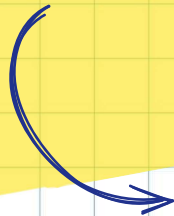




Stay Connected
Fit and Healthy
Kids

[HTTPS://FITANDHEALTHYKIDS.UNL.EDU/](https://fitandhealthykids.unl.edu/)

Evaluation



<https://go.unl.edu/dd>

Questions

<https://fitandhealthykids.unl.edu/>

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