McCurtain County Cooperative Extension Staff

Brad Bain
Extension Educator and County Director
Agriculture/4-H

Expertise in Agriculture, Horticulture, and Rural Development (County Government) Youth Financial Management Programs, Environmental Stewardship/Natural Resources Programs, Youth Agriculture Programs, and School Enrichment

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Extension Educator
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Expertise in the County 4-H Program, Youth Development, Leadership Development, Nutrition, Youth Financial Management Programs, School Enrichment.

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Family and Consumer Sciences/4-H

Expertise in Foods and Nutrition, Child Care, Parenting, and Financial Management, Family and Consumer Science Related topics.

Juanita Balagbagan & Richard Hankins
Extension Nutrition Education Assistants

Expertise in youth and adult Food and Nutrition Programs

Jessica Coffman
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Oklahoma Cooperative Extension Service
School Enrichment Programs

Free and inexpensive materials for educators to supplement classroom studies.

Provided by:
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Oklahoma State University, U.S. Department of Agriculture, State and Local governments cooperating. Oklahoma State University in compliance with Title VI and VII of the Civil Rights Act of 1964, Executive Order 11246 as amended, Title IX of the Education Amendments of 1972, Americans with Disabilities Act of 1990, and other federal and state laws and regulations, does not discriminate on the basis of race, color, national origin, gender, age, religion, disability, or status as a veteran in any of its policies, practices, or procedures.
Dear Educator,

You are invited, as a professional working with youth, to consider using Oklahoma Cooperative Extension Service School Enrichment Programs for part of your curriculum or youth activities.

The educational programs described here are only a few of those offered through our office. These programs use a variety of methods to teach and can help you provide activities to enhance your day to day classroom teachings.

Depending on the programs, some are self contained with our office providing you with the curriculum and any advise or ideas. With other programs, myself or someone else from our office will come to your location and facilitate the lesson. We will work to assist you in any capacity that is needed.

If you are interested in any of the listed programs in this catalog, simply return the request form at the center of the booklet to our office at least two weeks prior to the time you need the materials. If you don’t see what you need, feel free to call and we will assist you if we can in finding other materials.

Sincerely,

Cathleen Taylor
Extension Educator, 4-H/Youth Development
McCurtain County Extension Center

Healthy Living Choices

Grades: K-4th
Time Requirements: 3 sessions—1 hour

In 2001 nationally, 13% of children ages 6-11 and 14% of children 12-19 were overweight. Those numbers have only increased since then.

Kicks4Kids is a set of three lessons designed by 4-H members to teach youth ages 5-9 about good health and hygiene. In the lesson “Being Clean and Cool” youth learn about brushing teeth and proper hand washing. In the second lesson “Feeling Fit” students learn a little about anatomy and the components of fitness. In then 3rd lesson “Eating Smart from the Start” participants learn about the food pyramid, eating properly, and food safety.

Each lesson has interactive games and activities to keep participants interested.

Reading Makes Cents

Grades: 3-4
Time Requirements: 7 sessions - 45 minutes

If there is one concept we could teach children about money it would be that “saving is not an option”. It is never too early to start teaching children about financial literacy. Through the medium of Literature, youth in the Reading Make Cents program will learn what money is and how to save.

The seven lessons include:
- History of Money
- Managing Money
- Earning Money
- Spending Money
- Saving Money
- Sharing Money
- Borrowing and Lending Money
**Money Math: Lessons For Life**

**Grades: 7—9**

Grade 7 PASS Skills
Std 2—Using numbers and number relationships to acquire facts and determine reasonableness of results
Can also be used for most of the skills listed in the Economics Pass Skills

Time Requirements: 4 sessions - 45 minutes

Money Math uses real world personal financial scenarios to teach mathematical concepts and basic finance to junior high aged students. The lessons emphasize the application of math in savings, taxes, balancing budgets and home improvement projects. The kit contains reproducible activity sheets for students and incorporates the use of spreadsheets.

This curriculum is designed to adhere to national math standards and can be adapted to fit any class or program designed to teach practical financial and/or math skills.

**High School Financial Planning**

**Grades: 11—12**

High School PASS Process Standards
Std. 1—Problem Solving, Std. 2—Communication, Std. 3—Reasoning, Std 4—Connections, Std. 5—Representations.

Given the tremendous spending power available to them, it is imperative that today's teens learn sound financial skills that will let them take control of their money before it takes control of them.

High School Financial Planning addresses topics such as the time value of money, earning an income, budgeting, credit use, saving and investing, and planning for a financial future—all in the context of a teen's experiences.

Materials Provided:
- Instructors manual with teaching content, activity sheets and exams.
- Student Guide with worksheets, activity sheets, and most materials needed by the student.

**School Enrichment Basics**

Extension Service School Enrichment Programs are designed to be used with school curriculum and other youth activities. Programs offered can be used by the school teacher, scout leader, recreation director, church school teacher, home school parent, or any other professional working with youth.

The School Enrichment Programs provide equipment and lesson plans used to supplement the instruction already taking place in the classroom. These programs can save teachers many hours of preparation time.

These programs are available to all educators in McCurtain County. The programs are a part of the total 4-H youth development program, designed to educate boys and girls about the things that interest them. Members of 4-H clubs learn life skills by actually doing project work under volunteer guidance. In addition, 4-H’ers are part of a club in which they participate in leadership and community service activities while having fun. It is a program that involves the whole family. Participants in school enrichment programs are not required to enroll in 4-H.

4-H is a part of the Oklahoma Cooperative Extension Service, which provides current subject matter from the Division of Agricultural Sciences and Natural Resources and the College of Human Environmental Sciences.

Oklahoma Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age or disability and is an Equal Opportunity Employer

**PROCEDURE FOR ORDERING AND USE OF CLASSROOM ENRICHMENT PROGRAMS**

1. Review this booklet and complete the order form in the center of the booklet. List the dates you would like to use the materials. Rank alternative dates if possible.
2. Return the order form as soon as possible to assure getting the date requested. Your request will be processed on a first come, first serve basis.
3. Some programs may have a minimal fee as noted. The money is used for general maintenance and upkeep of the materials and supplies and to replenish consumable materials. Payment is due at the time the program is delivered. Checks, made payable to the “OSU Extension Center” are accepted with the order. We can bill your school if preferred.
4. Equipment and unused supplies need to be returned to the Extension Center by the return date listed on the materials. It is essential that materials and equipment are returned on time so other requests can be honored.
5. Instructors using our programs will be asked to complete an evaluation form. Return the evaluation along with the materials.
6. For students who express interest in joining a 4-H club, 4-H enrollment cards are available which may be copied for students requesting it. Contact the Extension office for more information on 4-H Enrollment.
Unlock Your Leadership Potential
Grades: 6-12
Time Requirements: 8 sessions - 45 minutes

Do you have the skills needed to lead our world? Through this 8 week series youth will unlock the skills inside themselves that are needed to lead any group of people.

Lessons include: Leadership, Understanding yourself, Communication, Getting Along with Others, Learning to Learn, Making Decisions, Managing, and Working with Groups. Through the interactive sessions youth will gain a better understanding of what is expected of them when they become a leader.

6 Pillars of Leadership
Grades: 5-12
Time Requirements: 7 sessions - 45 minutes

From the developers of the Character Counts, comes the newest leadership curriculum. Through 7 sessions that are best taught in weekly sessions, participants will learn about the components of leadership and group dynamics.

Lesson topics include Communication, teambuilding, group dynamics, business etiquette, and youth in governance. There is also one session on self evaluation.

A Walk on the Wild Side—Animal Tracks
Grades: 2-6
Time Requirements: Varies

Have your students ever asked to take a nature walk? It’s too hot outside for a walk but this animal track kit can help you bring the outdoors inside. There are 75 animal tracks from skunks to White Tail Deer. Help your students be able to identify what is walking in their backyard.

Kit can be used with Plaster of Paris in take out containers or used on paper with rubber stamp pads. Available with the kit are posters of tracks and a book that students can check out to identify tracks on their own.

Wind Energy
Grades: 3-8
Time Requirements: Varies

With all of the news of saving energy, 4-H has developed curriculum that can better help your students understand the possibility of utilizing wind energy as an alternative.

All lessons provide hands on learning for the students to better understand how we get energy from wind. From making a small wind turbine to using wind produced from a fan for energy to make things work, students are engaged in activities that help them grasp concepts of wind energy.
Students will explore the career of a food stylist. Stylists make food look good and versions are available for a fee of $10.00. Grades: K—8 Time Requirements: 30-45 minutes per lesson

Ag in the Classroom is a cooperative program between the Oklahoma Department of Education, Oklahoma Department of Agriculture, Oklahoma State University, Division of Agriculture and Oklahoma farm organizations.

The program is designed to help students in grade K through 8 understand that agriculture is the greatest sole contributor to the affluence, health and well being of our society. This is not a vocational agricultural program. The main concept behind AG in the Classroom is that materials are meant to integrate with lessons in language arts, math, social studies, science, reading, and art. By using the program the concept that will be instilled is that agriculture is not simply farming the trucking system, the overseas shipping industry, the scientists' laboratories, the houses we live in, and much, much more.

All programs are available on a Free CD-Rom and on the web at http://www.clover.okstate.edu/fourh/aitc/ A few remaining book versions are available for a fee of $10.00

ONE LESSON ACTIVITIES

Water Rockets: Youth will need 2-2 liter pop bottles, empty and clean. Suitable for all ages. Youth will learn about water propulsion, make, and launch their own Hydro-rocket.

Food Science and Technology: Students will explore the career of a food stylist. Stylist make food look good and students will have the chance to get to take their own picture of food to see how good of an eye they have for food photography. For grades 8-12.

Food Geology: Ever wonder how to get the concept of the three types of rocks to stick in your students head? Metamorphic, Sedimentary, and Igneous Rocks are made with food in this fun, interactive science lesson. For grades 3-9.
**Mobile Dairy Classroom**
Grades: K - 6 (adaptable to older students)
Time Requirements: Whole day for entire school

The Mobile Dairy Classroom is a traveling milking parlor, featuring a live cow and an oral presentation. Trained instructors will demonstrate how to milk a cow, describe how milk goes from the farm to the consumer, and then answer questions from the audience. This is an innovative program that brings the dairy experience directly to children. At schools, students and teachers share an experience that includes math, science, health (nutrition), and agriculture, all presented in an outdoor classroom format.

Mobile Dairy Classroom instructors can adapt their presentations for kids from pre-kindergartners through high school. The program is free for schools. Each Mobile Dairy Classroom Program includes:
- A 30- to 45-minute oral presentation by a trained Instructor
- Printed educational material for teachers and students
- A milking demonstration

**Farm to You Exhibit**
Grades: K - 6
Time Requirements: Whole day for entire school

*This exhibit must be booked one year in advanced.*

Farm to you is a 40'x40' enclosed walk-through exhibit with nine stations. This interactive adventure is designed to involve kindergarten through 6th grade students in learning how foods from the farm are used by their bodies for good health.

The requirements for the Farm to You display:
- Space inside large enough for the 40'X 40” display
- A minimum of 300 but maximum of 450 students each day
- 8-10 volunteers to help set up and take down the display
- 10 volunteers are needed to be station presenters. The more enthusiastic the presenter is the better the students like them.

Examples of presenters are parents, 4-Hers, 4-H volunteers, OHCE members, community representatives, college students, high school juniors and seniors.

**Character Critters**
Grades: Pre K – 2nd
Time Requirements: 4 sessions - 20 minutes

In this program, six puppets each tell their story and teach about character education. Cindy the Crab talks about being a good citizen, Roy the Rabbit shares how he is responsible and Carrie the Cat talks about caring about people. Character Critters comes with puppets and flash cards to tell each critter’s story and play out several different puppet shows.

Kids enjoy watching the puppets and forget that they are learning the concepts of character. They enjoy learning about each of the critters and what they like to do.

**Oklahoma Aqua Times**
Grades: 3—6
Time Requirements: 5 sessions - 45 minutes

Oklahoma Aqua Times is a water quality enrichment program that looks at the complexities of preserving one of our most precious recourses, water. The self-contained curriculum suggest ways to manage our water supply and solicits each person’s commitment to preserve and conserve this natural resource.

Materials Included:
- Video Tape
- Oklahoma Aqua Times Teacher Guide
- Oklahoma Aqua Times Student Lessons, in newspaper format.
  Five Units