



4-H Resources:

A sampling of low or no-cost curricula



STEM (Science, Technology, Engineering, and Mathematics)

- *Bird Sleuth*
Learn to explore and protect local bird habitats.
Grades K-12
Available online at: <http://www.birdsleuth.org/free-resources/>
- *Computer Science and Coding*
Youth starting age 6.
Hour of Code website: <http://code.org/learn>
- *4-H Science Toolkit*
Grades 3-6
Download free activities in the following subjects, available at:
<http://nys4h.cce.cornell.edu/about%20us/Pages/SETToolkit.aspx>
 - > *Animal Science*
 - > *Astronomy*
 - > *Climate in your Backyard*
 - > *Entomology*
 - > *Flight*
 - > *Geospatial Sciences*
 - > *Lost Ladybugs*
 - > *Plant Science*
 - > *Water*

Healthy Living and Gardening

These two curricula are not free, but our staff at Eat Smart New York may be able to offer each of these programs:

- *Choose Health: Food, Fun, and Fitness*
Grades 4-6
- *CATCH (Coordinated Approach to Child Health)*
Grades K-8

These resources are free:

- *Heritage Gardening: Vegetables*
Available at: http://4h.msue.msu.edu/resources/heritage_gardening_vegetables
- *Media-Smart Youth*
Ages 11-13
Available at: www.nichd.nih.gov/msy
- *Garden in the City*
Available at: <http://ecommons.library.cornell.edu/handle/1813/3628>

Citizenship

- *Civic Engagement: After-school activities for citizenship, leadership and service*
Grades 3-6
Available online at: <http://4h.ucanr.edu/files/124237.pdf>
- *Government Is Us!*
Ages 13-19
Available online at: <http://4h.msue.msu.edu/uploads/resources/GovernmentIsUsCurriculum.pdf>
- *Public Adventures*
Grades 6-8
This curriculum is not free, but the facilitators' guide can be purchased at low cost and our staff can offer training on the curriculum.
Available at: <http://www.4-h.org/resource-library/curriculum/4-h-citizenship/>

Workforce Development and Life Skills

- *Communications Toolkit: Fun, Skill-Building Activities to Do With Kids*
Ages 12 and up
Available online at: http://4h.msue.msu.edu/resources/communications_toolkit
- *Diversity Awareness*
For youth and adults (no age specified, probably best for 6th grade and up)
Available online at: <http://agsci.psu.edu/diversity/diversity-awareness>
- *Money Management*
Find resources for every age at: http://4h.msue.msu.edu/resources/money_mgmt_resources
- *Wild Over Work (WOW)*
Grades K-6 (Copies of the facilitator's guide are available for free through our office.)

Discover 4-H

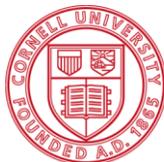
Find a wide range of activities that provide an introduction to 4-H at: <http://utah4h.org/htm/discover4hclubs>

MANY other resources are available for purchase through the 4-H website at:

<http://www.4-h.org/resource-library/curriculum/>

Or, contact your local extension educator to learn more:

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