

## **Science Resources**

**National 4-H Council – STEM Lab:** National 4-H Council’s STEM lab offers over 20 free STEM-inspired activities for families. Each activity requires minimal supplies (most items are common, household goods), have easy-to-follow instructions, and can be completed in less than an hour!

<https://4-h.org/parents/stem-agriculture/youth-stem-activities/>

**National 4-H Council – National Youth Science Day:** Since 2008, National 4-H Council encourages youth to complete the National Youth Science Day challenge each fall. Past challenges including supply lists, instructions, and youth and facilitator guides are available for download. Depending on the challenge, some supplies are easy to obtain, while others may be more difficult.

<https://4-h.org/parents/national-youth-science-day/>

**NASA – GLOBE Observer:** NASA’s Global Learning and Observations to Benefit the Environment (GLOBE) Observer program allows participants to contribute data to civic science projects about clouds, mosquito habitats, land cover, and trees. After downloading the free app, participants observe natural settings and share their findings with NASA scientists.

<https://observer.globe.gov/en>

**Scientific American – Bring Science Home:** Scientific American is the oldest continually published magazine in the US. In addition to videos, podcasts, and blogs, the “Bring Science Home” online section contains science activities for youth ages 6-12 that require few supplies and be completed in 30 minutes.

<https://www.scientificamerican.com/education/bring-science-home/>

**Extreme Event:** Extreme Event is a role-playing game that teaches about community resilience during natural disasters (flood, hurricane, or earthquake). The kits were developed by the National Academy of Sciences’ Koshland Science Museum (now called LabX).

<https://labx.org/extreme-event/>

**Design Squad:** Design Squad Global by PBS Kids is an online program for middle school students to solve problems by using the engineering design process. Each week, the website is updated with challenges, videos, and activities.

<https://pbskids.org/designsquad>

## **Healthy Living Resources**

**National 4-H Council- 4-H Healthy Living Activity Guide:** Download the 4-H Healthy Living Activity Guide for 30 hands-on, educational activities to help your child live a happy, healthy life.

<https://4-h.org/about/inspire-kids-to-do/#main-form>

**MyPlate Kid’s Place:** MyPlate Kid’s Place includes games, videos, songs, and activity sheets to help kids learn about food, nutrition, and physical activity.

<https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/kids>

**Food Science Activities For Kids:** Penn State University offers a list of easy, hands-on activities to help kids learn about Food Science.

<https://foodscience.psu.edu/youth/experiments>



**UGA Extension's FoodTalk.org:** Foodtalk includes simple recipes, as well as many quick and easy instructional videos. Get the whole family involved in cooking with foodtalk.org.

<https://foodtalk.org>

**FoodHero:** FoodHero, from Oregon State University, offers kid-approved recipes, cooking videos, activity sheets and coloring pages.

<https://www.foodhero.org/kids>

**Fight BAC:** The Partnership for Food Safety Education's Fight BAC!® for Kids section includes ideas and fun activities for kids that teach them about the basics of safe food handling.

<https://www.fightbac.org/kidsfoodsafety/kids-games-and-activities/>

## **Civic Engagement Resources**

**National 4-H Council – Civic Engagement:** 4-H civic engagement programs empower young people to be well-informed citizens who are actively engaged in their communities and the world.

<https://4-h.org/parents/civic-engagement/>

**U.S. Census Bureau – Statistics in School:** Features over 100 free activities that you can use in any year (not just census years) to enhance and invigorate learning in many subjects. (grades pre-K through 12)

<https://www.census.gov/programs-surveys/sis/activities/overview.html>

**iCivics:** iCivics offers loads of online games that are both fun and educational. You can run your own presidential campaign or practice voting – and that's just the tip of the iceberg. Complete lesson plans are also available for free. (grades 6-12)

<https://www.icivics.org/>

**U.S. House of Representatives Office of the Clerk – Kids in the House:** The Kids in the House website's mission is to provide educational and entertaining information about the legislative branch of the United States Government to students of all ages.

<https://kids-clerk.house.gov/>

**Annenberg Classroom:** From the Annenberg Public Policy Center of the University of Pennsylvania, Annenberg Classroom's free resources include over 65 videos on constitutional concepts and Supreme Court cases, as well as games, lesson plans, downloadable books, a glossary, and a Constitution guide.

<https://www.annenbergclassroom.org/>

**National Archives:** The official website of the U.S. National Archives can be used by students to research and learn about history, genealogy, and the U.S. population and government. Time will fly as you view historical photos, lookup service records of family members, or view our nation's founding documents.

<https://www.archives.gov/>

**Digital Civics Toolkit:** A free website with lesson plans for exploring and fostering modern civic engagement, the site's five modules (Participate, Investigate, Dialogue, Voice, and Action) help students to identify issues that matter to them and to find ways to become active participants in the political process.

<https://www.digitalcivicstoolkit.org/>

**Discover the History of 4-H & Extension:** Linked sites, videos, and more to help you explore the history of 4-H and Extension, especially as it pertains to Georgia. Test your knowledge by taking the Georgia 4-H History Quiz with State 4-H Leader Arch Smith.

<https://georgia4h.org/get-involved/volunteer/volunteer-resources-for-youth/>



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**georgia4h.org | 1-800-ASK-UGA1**

The University of Georgia 4-H program is the largest youth leadership organization in the state.  
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