



4-H Virtual Adventures

UF IFAS 4-H Youth Development is offering the following programs to assist youth serving organizations meet the needs of youth during COVID-19. Below are a range of 4-H Adventures that are offered virtually through Google Sites in order to engage youth and their families in learning opportunities. These are at no cost to individuals enrolled in the Boys and Girls Clubs. They are self-paced and autotutorial.

The age ranges, contact information, and adventure descriptions are listed on the following pages. While there are supplies associated with these adventures, most materials are household items families should have access to (craft supplies, kitchen items, etc.). Some materials may need to be purchased to participate in that particular activity for an adventure. It is not necessary to do all the activities in each adventure. For further information contact the person listed for that particular adventure.

We will be hosting two statewide trainings to help orientate youth development professionals on the materials. Please register in advance at the following sites below. Two different dates and times are being offered.

Title: *Virtual 4-H for After-School Providers Training*

When: Sep 28, 2020 11:30 AM Eastern Time (US and Canada)

Register in advance for this meeting:

https://ufl.zoom.us/meeting/register/tJlqd-qpqDkjGddsFQGNz_5IX03aM5-HPM0H

When: Oct 29, 2020 11:30 AM Eastern Time (US and Canada)

Register in advance for this meeting:

<https://ufl.zoom.us/meeting/register/tJ0vc-Gspz8uG91-p43ec29pSn5fnDkuBjTe>

After registering, you will receive a confirmation email containing information about joining the meeting.

For any further information regarding these opportunities, please contact Vanessa Spero, 4-H Regional Specialized 4-H Youth Development Agent, Vspero@ufl.edu.

Adventure Age Range Contact	Description
<p>4-H Drones (14-18) Matthew Olson m.olson@ufl.edu</p>	<p>There are big ones, little ones, cool ones, boring ones, but the best part is that you can be the pilot and take a Drone up, up and away. A Drone is an unmanned aircraft that is operated without the possibility of human intervention within or on the aircraft. Learning about Drones will give you the ability to learn about regulations, airspace, weather, how payloads impact performance and operations. There is much to learn about properly flying a Drone. Come join us for this adventure.</p>
<p>4-H Robotics (8-13) Matthew Olson m.olson@ufl.edu</p>	<p>Do you have an interest in robotics? Do you want to learn how they are built, designed and programmed? We have just the adventure for you! Join Florida 4-H as we explore the world of robotics. We'll be introducing you to junk drawer, LEGO®, electricity, buzz robots, and coding.</p>
<p>Culture Through Cuisine (8-13) Shreemoyee Ghosh shreemoyee.ghosh@ufl.edu</p>	<p>Have you ever wondered why people from different parts of the world eat different types of food or prepare the same meal differently? Well, put on your explorer and chef's hat as we are about explore different cultures through food. This adventure aims at developing an understanding and appreciation of other cultures by identifying foods from around the world, explore similarities and differences of foods with other cultures, factors that determine the style of cooking, and learn about recipes of new foods from other cultures.</p>
<p>Engineering Minds - Design, Build Create (5-10) Matthew Olson m.olson@ufl.edu</p>	<p>Join Florida 4-H as we explore the wonderful world of books! This virtual adventure is for youth in k-3rdgrade (age 5-9) and will include hands on STEM activities that you can do at home as a family. Each session will include a book read, step by step activity instructions, and a chance for you to report back on the results of your activity.</p>
<p>Entomology Explorers (8-18) Andrea Lazzari a.lazzari11@ufl.edu</p>	<p>Join us as we learn all about insects - the good, the bad, and the ugly – through scavenger hunts, citizen science projects, arts and crafts, games, and insect collection.</p>
<p>Florida Wildlife (8-13) Shayla Reighter shay0815@ufl.edu</p>	<p>On land, in the water and everywhere in between, Florida has thousands of animals that call it home! Join us as we dive deeper into a few of our native wildlife species and their relatives around the world. We'll be doing scavenger hunts, birdwatching, science</p>

	experiments and more as we learn all about the creatures that swim, soar and crawl all around us!
Florida's Harvest (8-13) Kristie Popa kpopa@ufl.edu	Explore Florida's six agricultural commodities such as Watermelon, Citrus, Dairy, Pork, Potatoes, and Beef, in this experience. You will learn in depth about a commodity, careers related to it as well as how to cook with it. We have lots of activities, virtual tours, games, guest speakers and much more planned for you!
Having Sew Much Fun! (5-18) Allison Leo aleo@ufl.edu	We hope you are ready to have "sew" much fun this year! All skills levels are welcome in this sewing program. A beginner and advanced path will be offered. Participants will choose their path based on their skill level (not age) and participants age 5 – 7 will complete hand sewing projects at the beginner level.
Marine Science Camp (11-18) Noelle Guay NGuay@pbcgov.org	Want to learn more about the marine environment? This program will let you explore 8 different marine science topics through hands-on, lab activities, instructional powerpoints, videos, and games. Participants will also have access to the UF/IFAS Sea Grant bite-sized science videos to explore other topics and issues related to the marine environment. This program is designed educate, inspire, and encourage youth to explore marine science careers, citizen science projects, and value the diversity and importance of the marine habitat.
Being Mindful Matters (8-18) Kimber Sarver ksarver@ufl.edu	What is your EQ (Emotional Intelligence)? How can you be mindful, but not think about anything at the same time? Have you ever truly tasted your food? Is there really such a thing as "healthy stress"? Learn the answers to all these questions and much more by coming together for this engaging program for youth 8-18 years old. Designed to fit within your program plans, interactive activities will teach emotional awareness, emotional intelligence, mindfulness and more.
Physical Fitness and Culinary Adventures (5-18) Abbey Tharpe abbeytharpe@ufl.edu	10 Activity Physical Fitness Challenges that can be done as a family or individual. Each week will have different activities and healthy snack recipes. Week 1: Yoga, Week 2- Strength and Conditioning, Week 3- Agility Course, Week 4-Line Dancing, Week 5-Salsa Dancing, Week 6-Soccer, Week 7-Walk, Run, or Hike, Week 8-Water and Sun Safety, Week 9- Biking, Week 10- Revisit your favorite physical activity.

<p>Seed to Food and Plant to Plate (5-10) Paula Davis pmdavis@ufl.edu</p>	<p>This project explores where your food comes from and what plants need to grow. You will learn how a seed forms a plant, how that plant grows, and how food is produced to feed you and your family. There will also be some gardening basics like how to grow plants in small spaces. Units include an online book, science activities and craft choices for each topic.</p>
<p>WOLF Camping - Wildlife and Outdoor Leadership Forum (11-18) Ronnie Cowan rcowan1@ufl.edu</p>	<p>Explore the great outdoors! W.O.L.F. Camp incorporates environmental components like wildlife and fisheries ecology, forestry, marine sciences and many more natural resource topics. In addition, these natural resource programs allow youth and adult volunteers to see the complexity of available natural resources and the connections to other fields of discovery like engineering.</p>
<p>Workforce Preparation: Entrepreneurship: Gator Pit (14-18) Vanessa Spero Vspero@ufl.edu</p>	<p>Ready to jump into the Gator Pit and learn about entrepreneurship? This crash course will take you through all the steps ranging from thinking like an entrepreneur, understanding the steps to creating a business plan, and developing a winning pitch to market your idea.</p>
<p>Workforce Preparation: Next Stop: Job (14-18) Vanessa Spero Vspero@ufl.edu</p>	<p>Youth will learn how to access their skill set, apply for a job, create a cover letter and resume, how to interview (including dressing for success on the interview), and how to manage their money after they start getting paid.</p>
<p>Touring Florida (11-18) Paula Davis pmdavis@ufl.edu</p>	<p>Meet the species that call Florida home, explore unique coastal waterways, journey beneath the surface to explore Florida's springs and fresh-water systems and uncover some of the topics related to Climate Change. This is an environmental program all about Florida.</p>