

# YOUTH PROGRAMMING RESOURCES



## FUN ENVIRONMENTAL CURRICULUMS AND RESOURCES

**Included in this guide are the resources shared during our Summerpalooza as well as additional resources to use.**



**FEEL FREE TO REACH OUT TO ANY RCP STAFF WITH QUESTIONS**

**<https://www.conservationfund.org/our-work/resourceful-communities>**



# YOUTH SAFETY RESOURCES



## [Starting a Camp- American Camp Association](#)

A broad list of topics to consider when starting a summer camp alongside relevant resources.

## [Steps to Reduce Risk When Working with Youth- Try This NC](#)

## [Summer Day Camp Operators- NC Department of Health and Human Service \(only relevant if operate more than 4 consecutive months\)](#)

Outlines the general rules and regulations of licensing for day camp operations.

## [Summer Camp First Aid Kit Checklist](#)

## [Meeting Sensory Needs On-the-Go](#)

A beneficial resource for having materials on hand to support children with sensory needs. The website offers a host of information on divergent needs.

## [Outdoor Classroom Management- Green School Yards](#)

Helpful tips and ideas to incorporate when leading programming outdoors as well as beneficial reminders for working with any group of youth. The site hosts a wide variety of beneficial resources around outdoor activities.



# AGES AND STAGES RESOURCES



## **Book-** [Yard Sticks: Child and Adolescent Development Ages 4-14 by Chip Wood](#)

A beneficial book for anyone working with youth between the ages of 4 to 14 that highlights the needs, common development stages, and relevant activities for each age

## [Research Brief- Stages of Child and Adolescent Development- You for Youth](#)

This research brief, funded by the Department of Education highlights the various developmental goals of infancy, early childhood, middle childhood and late childhood with a wide variety of references.

## [Child and Adolescent Development Matrix- You for Youth](#)

A hands on tool for understanding youth's physical, social and emotional, and cognitive developmental milestones. It also outlines how caregivers can best support youth at the various ages.

## [Ages and Stages of Youth Development- South Dakota Extension](#)

Very easy to understand table of characteristics of youth at various ages and helpful tips for supporting youth at each developmental stage.

## [How Kids Develop- Ages and Stages of Youth Development- Iowa Extension](#)

Characteristic for each age groups with clear implications and applications for how to support each characteristic.

## [Child Development- Positive Parenting Tips- CDC](#)

Interactive website for resources related to youth at every development age.



# ENVIRONMENTAL EDUCATION RESOURCES



## Environmental Education Centers in North Carolina

*Environmental Education Centers are facilities that provide quality environmental education for the public, including outdoor experiences, trained staff, exhibits and programs. They serve as vital partners in the [N.C. Environmental Education Certification Program](#) and are a valuable resource for classroom teachers, parents and nonformal educators.*

## NC Environmental Education Resources and Curriculums

### Curriculums from the Department of Environmental Quality

- *The Division of Coastal Management*
- *The Division of Air Quality*
- *The Division of Water Resources*
- *The Albemarle-Pamlico National Estuary Partnership*
- *The Division of Energy, Mineral, and Land Resources*

## Conservation Education Strategies- Association of Fish and Wildlife Agencies

### The Compass to Nature: Teaching in the Outdoor Classroom

*When humans have a relationship with the outside world, they care about it. The Compass to Nature is a group of four components for building relationships with nature. It works for children; it works for adults*

### List of Project WET facilitators

*The NC Project WET Facilitators offer Project WET Workshops across the state, year round. We are grateful for our facilitators and look forward to continuing our tradition of providing high quality, water-based educational resources to educators for years to come. If you're interested in hosting your own Project WET workshop as a part of your programs, please feel free to reach out to these facilitators!*

### NC Kids Exploration Journals

*Created by the NC Department of Natural and Cultural Resources this 32 page journals is full of child-friendly activities specific to NC.*

### Finding Citizen Science Projects- SciStarter

### NC Museum of Natural Sciences Take a Child Outside Activities

### Finding a NC State Park

### Natural Wonders: A Guide to Early Childhood for Environmental Educators

### ecoEXPLORE Citizen Science Project

### Project Learning Tree Sample Lessons

*Project Learning Tree is an award-winning environmental education program designed for teachers and other educators, parents, and community leaders working with youth from preschool through grade 12.*

### Hosting Outdoor Science Activities

### Living Schoolyard Activity Guide- United States Edition- Green Schoolyards America:

*A set of free, digital schoolyard Activity Guides, designed to provide a wide range of outdoor activity ideas for schools that work with children between the ages of 3 and 18 years old.*



# COMPANION PROGRAMMING RESOURCES



## [Walking Classroom](#)

The Walking Classroom is an [Award-Winning](#) nonprofit program that strengthens students' PHYSICAL, MENTAL, and ACADEMIC HEALTH. Kids listen to standards-aligned educational podcasts while walking— they walk, listen, and learn



## [StoryWalk® - Let's Move in Libraries](#)

Promoting literacy, reading, health, exercise, and movement in communities and neighborhoods across the United States

## [PwC Earn Your Future Digital Classroom \(Financial Literacy\)](#)

## [Start with a Book](#)

To ward off the learning loss that many children experience over the summer, Start with a Book offers parents, caregivers, summer program staff and librarians lots of engaging ideas for getting kids hooked on reading, exploring and learning all summer long — and beyond

# YOUTH LEADERSHIP DEVELOPMENT RESOURCES



## [Juntos: For a better education](#)

A program that helps Latino youth (grades 8 – 12) and their families gain the knowledge and skills they need to bridge the gap between high school and higher education

## [PhotoVoice](#)

Photovoice is a process in which people use video and/or photo images to capture aspects of their environment and experiences and share them with others.

## [Resource Guide for Youth Serving Organizations](#)



## [Vision Board Activity](#)

## [Passions to Action Activity-Powerful Youth](#)

# COOKING WITH KIDS RESOURCES



## [Growing Minds: Lesson Plans \(PreK - 12\)](#)

Over the years, Growing Minds has developed farm to school activities that incorporate state and national curriculum. Teachers are currently using these plans throughout Southern Appalachia and beyond.

## [Cooking Matters: Lesson Plans](#)

## [Cooking Matters: Kids Handouts](#)

## [Knife Skills: Bridge and Claw Methods \(Video\)](#)

## [Food Hero: Healthy Food Recipes](#)

Whether you are a new or experienced gardener or cook, Food Hero has resources for everyone. You'll find... [Healthy recipes](#) that are tasty, quick, easy and low-cost; [Gardening tips](#) that are simple, timely and low-cost. Materials developed by [cultural workgroups](#).

## [MyPlate: Recipe Search](#)



# GARDENING PROGRAMMING RESOURCES



[Where do Fruits and Vegetables Grow Matching Worksheet](#)

[Pollinator Pal Profiles](#)

[Learning about Decomposition- Weighing the Waste](#)

[Youth Gardening Curriculums](#)

- [4-H Plant and Soils: Grow For It](#)
- [At Your Doorstep](#)
- [Children's Vegetable Gardens](#)
- [Preschool Gardening Activity Guide](#)
- [Creating a Vine teepee](#)
- [Natural Learning Initiative](#)
- [List of Poisonous Plants to avoid in Childcare Centers](#)
- [School IMP](#)
- [Strawberries in Schools](#)

[Natural Learning Initiative Gardening Activity Guide](#)

*The Gardening Activity Guide is designed to expose young children to seasonal fruit and vegetable gardening in childcare centers. Based on the Preventing Obesity by Design (POD) model, the guide provides a resource for teachers to encourage children's physical activity and outdoor learning through gardening and related activities.*

[Growing Minds: Farm to School Teaching Resources](#)

*Over the years, Growing Minds has developed farm to school activities that incorporate state and national curriculum. Teachers are currently using these plans throughout Southern Appalachia and beyond.*

[Mountains and Foothills of NC Vegetable Guide](#)

[Piedmont and Plains of NC Vegetable Guide](#)

[Create a Compost- National Geographic Kids](#)

[Garden Scavenger Hunt Activities](#)

[Food Sovereignty Education for Youth on Farms and Gardens- Soul Fire Farm](#)

[Project S.O.W Food Gardening with Justice in Mind](#)

*In Project S.O.W., youth work together to investigate how to grow food, explore their relationship with the land and food system, and practice leadership in their communities*

[National Agriculture in the Classroom Activities](#)

*This website provides K-12 educators with engaging resources to increase agricultural literacy among their students.*

[KidsGardening.org](#)

*We support educators and families with grant funding, original educational resources, inspiration, and community to get more kids learning through the garden*

[SciShow Kids Youtube Channel](#)

*Join Jessi, Mister Brown, Squeaks the Robot Lab Rat, and all their friends at the Fort as they conduct experiments, research new questions, and talk with experts to learn about the science-filled world around us. There's always something new to discover with SciShow Kids, no matter what your age! SciShow Kids is ideal for early-elementary learners, Grades 1-3, and many episodes are structured around the Next Generation Science Standards (NGSS) curriculum.*



# FARM AND FARMERS MARKETS RESOURCES



## Farms and Farmers Markets: Plan Your Visit & Activity Guide

### ASAP: Guide to Farm Field Trips for Farmers and Teachers

*From Appalachian Sustainable Agriculture Project (ASAP), this guide includes a curriculum guide and sample activities for grades K-5, as well as considerations for farmers and teachers to examine before a farm visit*

### Growing Minds: Farm Field Trips

*Includes links to ASAP's Online local food guide for Western NC, a guide for educational farm field trips, and farm tour bingo cards*

### ASAP: Farmers Market Tour Guide

*Considerations for arranging a farmers market tour*

### Growing Minds: Market Manual

*A guide for offering children's activities at farmers markets*

### FoodSpan: Teaching the Food System from Farm to Fork

*Free downloadable curriculum for grades 9-12 that highlights critical issues in the food system*

### Nourish Curriculum

*Free downloadable curriculum focused on food, health, and sustainability. Appropriate for upper elementary, middle, and early high school. Also includes a fun and educational Food Literacy Quiz.*

### What is Sustainable Agriculture (Video)

*Series of eight videos from Sustainable Agriculture Research and Education (SARE) that describe common practices farmers and ranchers use to improve profitability, quality of life and environmental stewardship*

### Power of Produce (PoP) Club

*Free farmers market incentive program for children and older adults. Includes a toolkit, branding materials, and sample activities.*

### Sample Activities

- Thanks a Bunch! Thank you Activity
- Solus Farmer's Market Calculate the Produce Prices Activity
- Farmers Market Scavenger Hunt
- Fruit and Veggie Coloring Pages

### Try This NC: Power of Produce (POP) Club

*Learn how one group in Yanceyville, NC is implementing a Power of Produce (POP) Club*

### Try This NC: Go on a Local Food Field Trip

*See a local food field trip in action*

### Resources to Find Local Food and Farms

- Got to Be NC- Local Food Database
- Local Harvest- Farm and Market Database
- Visit NC Farms App

