



4-H Resources by State

Are you looking for research-based at home learning resources? 4-H has many resources in connection with their state's Land Grant University. Different States have different lessons, so you can check each State, or do a Google search: (topic) 4-H.



National 4-H Council	Chevy Chase, MD	https://4-h.org/	https://4-h.org/contact/	4-H Healthy Living Activity Guide
State	Land Grant University	4-H Website	State 4-H Military Liaison	What is available
Alabama	Auburn University	https://www.aces.edu/blog/category/4h/	Molly Gregg greggmh@aces.edu 334.844.2263	No online resources at this time
Alaska	University of Alaska	http://www.alaska4h.org/ http://www.alaska4h.org/learn-by-doing-at-home	Candi Dierenfield cldierenfield@alaska.edu 907.474.1909	Learn By Doing At Home Series (each day Alaska 4-H adds a new activity). Examples include: gardening, baking, yoga, watercolor painting
Arizona	The University of Arizona	https://extension.arizona.edu/4h https://extension.arizona.edu/virtual-state-programs	Josh Moore jdmoore@email.arizona.edu 620.827.8200	Virtual State Programs: 4-H STEM at Home, 4-H Quaranteen Project, 4-H YouTube Challenge
Arkansas	University of Arkansas	https://4h.uaex.edu/	Angie Freel afreel@uaex.edu 501.671.2000	Up-to-date 4-H resources, activities, lessons and virtual camps on Instagram, Twitter, Facebook and Snapchat @arkansas4h
California	University of California	http://4h.ucanr.edu/	Lynn Schmitt-McQuitty lschmittmcquitty@ucanr.edu 530.750.1334	No online resources at this time
Colorado	Colorado State University	http://co4h.colostate.edu/ http://www.4hstemk12.colostate.edu/stem/staff-resources-stem/	Vanessa Tranel vanessa.tranel@colostate.edu 719.251.0926	STEM Lessons and activities – You Be the Chemist

Connecticut	University of Connecticut	http://www.4-h.uconn.edu/ https://blog.extension.uconn.edu/4-h-challenges/#	Pam Gray pamela.gray@uconn.edu 869.885.2824	Activity packed website including 4-H Challenges (food art and upcycling/repurposing), activities to keep kids learning from home (Virtual Field Trips, 4-H STEM, History and Civic Engagement and Healthy Lifestyle)
Delaware	University of Delaware	https://www.udel.edu/academics/colleges/canr/cooperative-extension/personal-economic-development/4H-youth-development/	Doug Crouse dcrouse@udel.edu 302.730.4000	No online resources at this time
District of Columbia	University of the District of Columbia	https://www.udc.edu/causes/and-grant/center-for-4-h-and-youth-development/	Rebecca Bankhead rbankhead@udc.edu 202.274.7081	No online resources at this time
Florida	University of Florida	http://florida4h.org/	Paula Davis pmdavis@ufl.edu 850.784.6105	Studio 4-H – Tune in daily for virtual activities. Social media campaign that shares various virtual activities via Facebook, Twitter, Instagram and YouTube.
Georgia	University of Georgia	https://georgia4h.org/ https://georgia4h.org/about-us/resources/activity-resources/	Laura Goss laurwalt@uga.edu	List of activities and resources with quality media and at-home learning opportunities for kids. Includes science, animals, healthy living, civic engagement, and much more.
Hawaii	University of Hawaii	https://manoa.hawaii.edu/ctahr/4h/	Jeff Goodwin jeffg3@hawaii.edu 808.956.4106	Virtual cooking contest, community service activities, and learn about animals.
Idaho	University of Idaho	https://www.uidaho.edu/extension/4h	James Lindstrom jlindstrom@uidaho.edu 208.885.7276	No online resources at this time

Illinois	University of Illinois at Urbana-Champaign	https://4h.extension.illinois.edu/	Pat McGlaughlin patm@illinois.edu 217.333.0910	No online resources at this time
Indiana	Purdue University	https://extension.purdue.edu/4h/Pages/default.aspx https://extension.purdue.edu/4h/Pages/4HHomeActivities.aspx	Steve McKinley mckinles@purdue.edu 765.494.8435	At home activities for kids – a list of at-home learning resources for families to utilize
Iowa	Iowa State University	https://www.extension.iastate.edu/4h/	Tillie Good tbgood@iastate.edu 515.294.1557	Jam packed website of at home learning resources and weekly challenges
Kansas	Kansas State University	https://www.kansas4-h.org/	Anissa Evans Jepsen ajepsen@ksu.edu 785.532.5800	No online resources at this time
Kentucky	University of Kentucky	https://4-h.ca.uky.edu/ http://news.ca.uky.edu/article/4-h-encourages-youth-gardening-offers-resources	Jennifer Tackett jennifer.tackett@uky.edu 859.257.5961 x. 251	Youth gardening resources
Louisiana	Louisiana State University	https://www.lsuagcenter.com/topics/kids_teens https://www.lsuagcenter.com/topics/kids_teens/resources/4-h-virtual-recess	Tanya Giroir tagiroir@agcenter.lsu.edu 225.578.2196	Louisiana 4-H Virtual Recess - daily for activities to keep your mind and body moving
Maine	The University of Maine	https://extension.umaine.edu/4h/ https://extension.umaine.edu/4h/learn-at-home/	Ryan LeShane ryan.leshane@maine.edu 207.789.5868	Learn from Home Video Series. A wide variety of topics from DIY birdfeeders to science café, and much more.
Maryland	University of Maryland	https://extension.umd.edu/4-h https://extension.umd.edu/4-h/learning-home	Sarah Garrick Sgarrick@umd.edu	Learning from Home: 4-H Spirit Challenges (gardening, snacks, STEM activities, etc.)
Massachusetts	University of Massachusetts	https://ag.umass.edu/mass4h	Linda Horn lrhorn@umext.umass.edu 413.577.0332	No online resources at this time

Michigan	Michigan State University	https://www.canr.msu.edu/4h/ https://www.canr.msu.edu/rlr/index	Katelyn Burns burnska9@msu.edu 586.469.5979	Remote learning and resources page that is updated daily with new information and virtual learning opportunities
Minnesota	University of Minnesota	https://extension.umn.edu/4-h/about-4-h https://extension.umn.edu/ways-participate/projects-and-more	Amber Greeley runk0014@umn.edu 612.624.8198	Wide variety of resources are imbedded in 4-H project-based learning. Choose something you like and dive into it!
Mississippi	Mississippi State University	http://extension.msstate.edu/4-h	James Henderson jeh149@msstate.edu 228.546.1000	No online resources at this time
Missouri	University of Missouri	https://extension2.missouri.edu/programs/missouri-4-h https://extension2.missouri.edu/programs/missouri-4-h/4-h-opportunities/quarantime	Teresa Bishop bishopta@missouri.edu 573.884.0554	Missouri 4-H QuarantIME – A variety of topics offered through Zoom (this week: Foods – International Foods, Healthy Living, Planning a Menu, Baking Substitutes, and more)
Montana	Montana State University	http://www.montana4h.org/ http://www.montana4h.org/resources/remote_connection/index.html	Todd Kesner tkesner@montana.edu 406.994.6816	List of unique At-Home Activities (virtual dairy farm tour, virtual exercise videos, mindfulness classes, Extension Horses)
Nebraska	University of Nebraska	https://4h.unl.edu/ https://4h.unl.edu/virtual-home-learning	Maria Walker Maria.walker@unl.edu 402.624-8063	A variety of virtual learning experiences broken down by grades. I Wonder Science Workshops, self-paced opportunities, and activity guides
Nevada	University of Nevada, Reno	https://extension.unr.edu/4h/ https://extension.unr.edu/4H/pub.aspx?PubID=2659	Eric Killian killiane@unce.unr.edu 702.257.5542	Agriculture in the Classroom, and a list of non-4-H science websites for youth

New Hampshire	University of New Hampshire	https://extension.unh.edu/topics/4-h-youth-development	Kate Guerdat kate.guerdat@unh.edu 603.862.4544	No online resources at this time
New Jersey	Rutgers, The State University of New Jersey	http://nj4h.rutgers.edu/ http://nj4h.rutgers.edu/4h-from-home/	Gloria Kraft kraft@njaes.rutgers.edu 609.265.5052	4-H from Home! - interactive lessons on varying topics such as healthy living, STEM, civic engagement, the arts and more, Tuesdays and Thursday from 3-4 p.m. using Zoom for Middle School age youth.
New Mexico	New Mexico State University	https://aces.nmsu.edu/4h/	Cheryl Butterfield cherylb@nmsu.edu 575.646.1156	No online resources at this time
New York	Cornell University	https://nys4-h.org/ https://nys4-h.org/healthy-living	Stephanie Graf sag58@cornell.edu 315.788.8450	Healthy Foods with Quick and Tasty Recipes for Healthy Youth,
North Carolina	North Carolina State University	https://nc4h.ces.ncsu.edu/	Harriett Edwards harriett_edwards@ncsu.edu 919.515.9548	No online resources at this time
North Dakota	North Dakota State University	https://www.ndsu.edu/4h/	Bradley Cogdill brad.cogdill@ndsu.edu 701.231.7253	No online resources at this time
Ohio	The Ohio State University	https://ohio4h.org/ https://ohio4h.org/booksresources	Theresa Ferrari ferrari.8@osu.edu 614.247.8164	No online resources at this time
Oklahoma	Oklahoma State University	http://4h.okstate.edu/ http://4h.okstate.edu/4-h-at-home	Jeff Sallee jeff.sallee@okstate.edu 405.744.8885	4-H At Home includes a variety of projects with arts, healthy living, STEM, and civic engagement
Oregon	Oregon State University	https://extension.oregonstate.edu/4h	Traci Reed traci.reed@oregonstate.edu 541.314.3300	No online resources at this time

Pennsylvania	Pennsylvania State University	https://extension.psu.edu/programs/4-h	Joshua Rice jur418@psu.edu 814.863.3828	Inspire Kids To Do Home Activities – Photography Challenge, The Exciting Egg, and Food Challenge
Rhode Island	The University of Rhode Island	https://web.uri.edu/4h/	Kristina Horan kstone@uri.edu 401.874.2959	No online resources at this time
South Carolina	Clemson University	https://www.clemson.edu/extension/4h/ https://www.clemson.edu/extension/covid19/4h-covid.html	Pam Ardern pardern@clemson.edu 864.650.0295	4-H @ Home - daily 4-H activity sent via e-mail. Activities can be completed at home using common household materials. Other projects include Hatching (chicks) with 4-H and Horse Institute
South Dakota	South Dakota State University	https://extension.sdstate.edu/south-dakota-4-h	Tim Tanner tim.tanner@sdstate.edu 605.688.4945	No online resources at this time
Tennessee	The University of Tennessee, Knoxville	https://4h.tennessee.edu https://extension.tennessee.edu/publications/Pages/4hcurriculum.aspx	Justin Crowe jcrowe3@utk.edu 865.974.2128	A wide variety of in-school Lesson Plans provide quality educational experiences for youth that are active, engaging, and most importantly, aligned to state content standards.
Texas	Texas A&M University	https://texas4-h.tamu.edu/ https://texas4-h.tamu.edu/virtual/	JaNelle Casson janelle.casson@ag.tamu.edu 254.774.6027	Texas 4-H Virtual Experience - FUN, interactive activities for ALL youth. Topics for April include natural resources, gardening, leadership, citizenship
Utah	Utah State University	https://utah4h.org/ https://extension.usu.edu/covid-19/index	Zuri Garcia zuri.garcia@usu.edu 435.919.1333	A wide variety of COVID-19 resources for Families. Also includes Discover 4-H Curricula with more than 80 topics to choose from.

Vermont	The University of Vermont	https://www.uvm.edu/extension/youth https://www.uvm.edu/extension/youth/announcements	Sarah Kleinman sarah.kleinman@uvm.edu 802.651.8343	Teen Science Cafes - virtual science cafe where you meet scientists, learn about their work, and learn some cool science! Distance Learning Socials - each week a different topic in science, healthy living, and civic engagement will be introduced alongside fun take home challenges.
Virginia	Virginia Tech, Virginia State University	https://ext.vt.edu/4h-youth.html	Tonya Price tonyaprice@vt.edu 540.432.6029	No online resources at this time
Washington	Washington State University	https://extension.wsu.edu/4h/ https://extension.wsu.edu/kinrg/learning-links-4-h-and-more/	Gary Varella gvarrella@spokanecounty.org 509.477.2163	Ideas for Learning While School Are Closed – includes STEM, Makerspaces, Coding and Robotics, Food and Fitness, Learn Something New, Just for Fun, and so much more.
West Virginia	West Virginia University	https://extension.wvu.edu/youth-family/4h	Lauren Seiler lauren.seiler@mail.wvu.edu 304.293.5692	No online resources at this time
Wisconsin	University of Wisconsin - Madison	https://4h.extension.wisc.edu/	Joe Muellenberg joe.muellenberg@wisc.edu 608.262.9605	No online resources at this time
Wyoming	University of Wyoming	http://www.uwyo.edu/4-h/	Johnathan Despain jdespain@uwyo.edu 307.766.5170	No online resources at this time
Europe (supported by Maryland)	Supported by Kansas State University Project Team / University of Maryland	https://extension.umd.edu/4-h	Meredith Butler meredithb@ksu.edu (785) 532-1484	Learning from Home: 4-H Spirit Challenges (gardening, snacks, STEM activities, etc.)

Pacific (supported by Hawaii)	University of Hawaii	https://manoa.hawaii.edu/ctahr/4h/	Jeff Goodwin jeffg3@hawaii.edu 808.956.4106	Virtual cooking contest, community service activities, and learn about animals.
Puerto Rico	University of Puerto Rico	https://www.uprm.edu/cms/index.php/page/1045	Judith Conde Pacheco judith.conde@upr.edu	Website is in Spanish
Click 2 Science		http://www.click2sciencepd.org/		Click2Science addresses the need for low-cost, high-quality resources and skills needed to create positive STEM learning experiences with youth.
4-H Military Partnerships		https://4-hmilitarypartnerships.org/resources/educator-resources		Includes videography, CYSTekware activities, Up for the Challenge (fitness, nutrition and health), babysitting, imAlone, and Tech Discovery.
PBS Wisconsin		https://pbswisconsineducation.org/		PBS Wisconsin remains committed to ensuring that all kids statewide have access to learning during school closures.