

Meet Me In Alice's Garden!

- *Hands-on Earth Science Education*
- *Hands-on gardening*
- *Herbal Labyrinth Walk and herb education*
- *Math in the garden*
- *Nutrition & Health Education*
- *Take-Home activity book for each student*
- *June through October*
- *Mondays or Thursdays*
- *9:00am to 11:30am or 12:30pm to 3:00pm*
- *\$8.00/student and adult*
- *Minimum 8 students, 1 adult*
- *Maximum 50 students, 3-5 adults*
- *Outdoor pavilion*
- *Bring your own lunch; eight picnic tables available*

*To register your group,
contact Demetrius Brown at
(414) 256-4620 or
demetrius.brown@ces.uwex.edu*

WHAT IS STEM?

Science, Technology, Engineering and Math, STEM education is an integrated, interdisciplinary approach to learning that provides hands-on and relevant learning experiences for students. **STEM** teaching and learning goes beyond the mere transfer of knowledge. It engages students and equips them with critical thinking, problem solving, creative and collaborative skills, and ultimately establishes connections between the school, work place, community, and the global economy. **STEM** also helps students understand and apply math and science content, the foundations for success in college and careers.

What is 4-H?

Head, Heart, Hands, Health, 4-H is the nation's largest positive youth development and youth mentoring organization, empowering six million young people in the U.S. In partnership with 110 universities, 4-H life changing programs are research-backed & available through 4-H clubs, camps, afterschool & school enrichment programs in every county & parish in the U.S.



MEET ME IN ALICE'S GARDEN

**A Milwaukee County
Cooperative Extension
Hands-On 4-H STEM Field Trip**
designed for children
kindergarten thru grade twelve

Alice's Garden Urban Farm
2136 N. 21st Street
Milwaukee, Wisconsin

Demetrius Brown
4-H & Youth Development
(414) 256-4620
(414) 550-0623
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"Learn By Doing" The 4-H Way!

"Learn by doing" is a commonly used expression in 4-H. Indeed, 4-H programming has a reputation for using a learn-by-doing approach for teaching youth. The "learn-by-doing" approach allows children to experience something with minimal guidance from an adult, helping young people to develop stronger *critical thinking skills*. Instead of being told the answers, step-by-step, they are presented with a question, problem, situation, or activity which they must make sense of for themselves. "Learn By Doing" education also better prepares youth for *post-secondary education*, helping to build confidence, foster independence, and develop effective habits and methods for seeing projects and assignments through from beginning to end.

MEET ME AT ALICE'S GARDEN brings the "learn by doing" model alive in a beautiful garden setting, where students may explore insects, soil, compost, flowers, herbs, vegetables, fruit, water and more, as we stimulate their interest in science, math, the environment, agriculture, health, nutrition and so much more! It also introduces children to some of the dozens of opportunities 4-H has to offer.

Milwaukee County Cooperative Extension

The mission of Milwaukee County Cooperative Extension is to facilitate people's use of university knowledge to make informed decisions that enrich their lives and enhance their communities. By connecting county residents to up-to-date, objective, practical, research-based knowledge, Extension helps them grow, change and prosper. Residents of all ages become more self-sufficient, lead healthier and safer lives, form strong and nurturing families, and thrive economically. We teach, learn, lead and serve, connecting people with the University of Wisconsin and engaging with them in transforming lives and communities.

Alice's Garden Urban Farm

Alice's Garden is a two-acre, urban farm and community garden in Milwaukee, nurturing families and organizations to reclaim and nourish cultural and family traditions, connected to land, food and the environment. Alice's Garden offers more than one dozen programs, projects, and classes to the community, in partnership with more than 50 neighborhood, community and national organizations.

Come Back Outside!



- Outdoor play increases fitness levels and builds active, healthy bodies, an important strategy in helping the one in three American kids who are obese get fit.
- Spending time outside raises levels of Vitamin D, helping protect children from future bone problems, heart disease, diabetes and other health issues.
- Being outside improves distance vision and lowers the chance of nearsightedness.
- Exposure to natural settings may be widely effective in reducing ADHD symptoms.
- Schools with environmental education programs score higher on standardized tests in math, reading, writing and listening.
- Exposure to environment-based education significantly increases student performance on tests of their critical thinking skills.
- Children's stress levels fall within minutes of seeing green spaces.
- Play protects children's emotional development whereas loss of free time and a hurried lifestyle can contribute to anxiety and depression.
- Nature makes you nicer, enhancing social interactions, value for community and close relationships.

-NATIONAL WILDLIFE FEDERATION

