

## AT-RISK ENRICHMENT SOURCES

Balancing academic support with a variety of engaging, fun, and structured extracurricular or co-curricular activities that promote youth development in a variety of real-world contexts appears to support and improve academic performance. In a study of the impact of 73 afterschool programs, those including the following four characteristics have been found to achieve positive results:

- ✓ Sequenced – used sequenced set of activities designed to achieve skill development objectives
- ✓ Active – used active forms of learning to help students develop skills
- ✓ Focused – devoted program components to developing personal or social skills
- ✓ Explicit – targeted explicit personal or social skills

### ACTIVITY TOPIC IDEAS:

- Enrich their minds with music
- Try science experiments
- Develop math skills
- Practice phonics
- Practice writing and drawing skills
- Plant a garden
- Explore high flying activities
- Let's learn a new dance (line, modern, square, etc.)
- Partnering with High School clubs (Honor Society, Choir, Band, etc.)
- How to crochet or knit

### RESOURCE IDEAS

National Center for Quality Afterschool <http://www.sedl.org/afterschool/toolkits/>

National Afterschool Association <https://naaweb.org/resources/stem-gems>

About 4-H <https://4-h.org/>

Girls on the run <https://www.girlsontherun.org/>

Maker Space <https://www.makerspaces.com/25-makerspace-projects-for-kids/>

GO NAPSACC <https://gonapsacc.org/>

CHOC Children's Blog <https://blog.chocchildrens.org/activity-ideas-for-kids-during-covid-19/>

Coronavirus Lesson Plans and Resources <https://sharemylesson.com/collections/coronavirus>

Johns Hopkins Children's Center <https://www.hopkinsmedicine.org/johns-hopkins-childrens-center/patients-and-families/documents/covid-19-resources-for-families/covid-19-activity-book.pdf>

Children's Health Matter <https://healthmatters.idaho.gov/well-being-resources/activities-for-kids/>

Team Nutrition Cooks <https://www.fns.usda.gov/tn/cooks>

Story Corps <https://storycorps.org/participate/great-questions/>

Science Buddies [http://www.afterschoolalliance.org/afterschoolsnack/Free-STEM-resources-for-afterschool-programs-from-Science\\_03-08-2019.cfm](http://www.afterschoolalliance.org/afterschoolsnack/Free-STEM-resources-for-afterschool-programs-from-Science_03-08-2019.cfm)

We Are Teachers <https://www.weareteachers.com/category/free-printables-for-teachers/>

Activities and Printable <https://www.scholastic.com/parents/kids-activities-and-printables.html>

At-Home Creativity <https://www.crayola.com/athome>

Fun Family Crafts <https://funfamilycrafts.com/category/age-group/school-age/>

Care.com <https://funfamilycrafts.com/category/age-group/school-age/>