



LABS

# The Makerspace Playbook

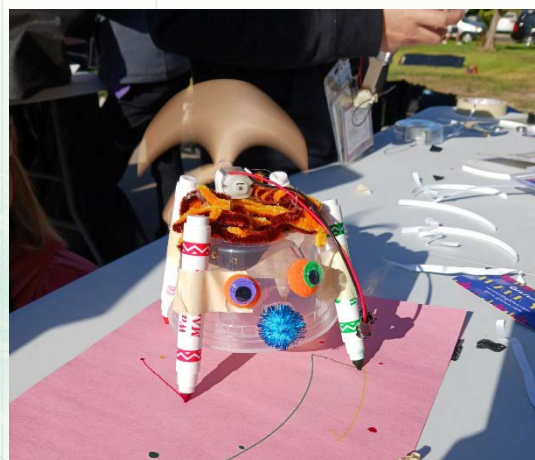
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## CAREER SPOTLIGHT: REGISTERED DIETITIAN

Do you love food, cooking and helping people get healthy through what they eat? A future career as a Registered Dietitian (RD) may be for you! Dietitians are considered food experts who work in a variety of settings including hospitals, clinics, sports and community organizations, schools, and in food research.

Dietitians have a strong educational background, completing both a bachelor's and master's degree before becoming licensed. They take many courses in chemistry, food science, community nutrition, public health, anatomy and physiology. RDs use their knowledge and skills to educate their patients and clients about the importance of eating healthy foods, evaluate their current diet and help them create meal plans. The RDs often work as an integral member of a healthcare team with their overall goal to improve the patient's health and reduce their disease risk through what they eat.

~ Emily Kranz, Health and Physical Activity Field Specialist, SDSU Extension



## Spotlight on You: Treasure Valley YMCA

It should come as no surprise that YMCA afterschool programs have a strong physical activity aspect. But did you know the YMCA's afterschool program also incorporates STEM? Yep, the YMCA finds that physical activity and STEM is a winning combination. Physical activity is critical because kids spend most of the school day sitting. So, if you want to attract kids to an afterschool program, physical activity must be a component. And boy, does the YMCA incorporate STEM concepts! For example, they have kids run with resistance parachutes. Here kids explore how parachutes create drag while they run at various speeds. Kids love it and they're getting physical activity while learning STEM concepts without sitting in their classroom seats.

The YMCA in Canyon County, Idaho sees between 250 and 400 people at each of their family events, and served over 6,000 people last year. They serve so many families in part because they travel to 14 school sites in the Treasure Valley over the summer. The YMCA is open to supporting more schools and events; the host just needs to arrange for a few logistical issues (like storing the trailer onsite). But hurry! The YMCA often schedules six months in advance. Now that's the sign of a popular program!

The YMCA recognizes that kids often don't get enough STEM exposure at school. So, they'll continue to write grants and get donations to keep their trailer stocked with supplies. This way they can be a powerful contributor to the kids of the Treasure Valley, giving them a large dose of physical activity that promotes health while serving them with mental activity that gets them ready for STEM careers. By the way, do you know anyone who wants to get rid of a double decker trailer? The YMCA program is so popular that they could use one!

~Dr. Paul Verhage, TMC Labs AmeriCorps Member,  
Idaho Out-of-School Network



# Give It A Try: Sanford Fit

After time creating and building, it is important to take a few minutes to move around. Sanford Fit has a variety of lessons and activities that can help you get your youth moving. Give some deep belly breathing a try during High, Low, Buffalo Yoga, or challenge your youth to some bear crawl basketball. Our South Dakota TMC trailers have these awesome brain energizers, and you can access these resources as well at their website: <https://fit.sanfordhealth.org/>

~ Christine Wood, 4-H STEM Field Specialist  
SDSU Extension



## Put it Into Practice: Brain Breaks and Physical Activity

Moving our bodies throughout the day is an essential component of overall health. In addition to the cardiovascular health benefits that come from regular physical activity, one can also expect a reduction in stress, enhanced sleep quality and better mental health.

Brain breaks and physical activity can enhance cognitive function by increasing blood flow to the brain which can lead to improved concentration and memory. Taking a break from mental tasks can also help prevent mental fatigue and improve mental clarity. Following bouts of physical activity, individuals can also benefit from increased learning and retention and improved creativity and problem-solving skills. The goal is to reach 150 minutes per week of moderate-intensity physical activity (elevated heart rate, such as brisk walking or dancing) and every minute throughout the week adds up. So incorporating little breaks into your day to get moving can have lasting benefits.

~ Emily Kranz, Health and Physical Activity Field Specialist  
SDSU Extension

## Tips and Tricks: Non-Candy Rewards

As a parent of Type 1 Diabetic, I never fully realized how many treats and candies were distributed until my son was diagnosed. This is not a bad thing; it is just not an option for our family. To think differently when serving our youth and families, here are a few other suggestions for some positive rewards that are not food. Below, each item is linked to Amazon, but can be purchased most anywhere and easily tied into your programming theme:

- [flashlights](#)
- [pop-its & other fidget toys](#)
- [fun pens](#)
- [stickers](#)
- [temporary tattoos](#)
- [bookmarks](#)
- [bouncy balls & sticky toys](#)
- [small easy build kits](#)
- [brick building kits](#)
- [stress/manipulative balls](#)
- [slime/goop/puddy](#)
- [post-it notes](#)
- [keychains](#)

~ Claire Sponseller, Area Extension Educator,  
University of Idaho Extension 4-H

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