



PENNSTATE



College of Agricultural Sciences  
Cooperative Extension



# On My Own and OK

**Recommended grade level:**

**Project length:**

**Cost:**

**Teacher's responsibility:**

**For more information, contact:**

Due to adults working outside the home, many children regularly spend time alone during the day, without adult supervision. This project is designed to help children develop competence and confidence about being on their own. Some of the highlights of this project include learning safety skills and how to handle emergencies, examples of activities for spending free time, and a plan for nutritious snacks.

## 4-H and Schools: A Great Partnership!

4-H is a youth development program of Penn State Cooperative Extension. It is a nonformal education program for youth between the ages of 8 and 19.

4-H projects are offered to youth through community clubs, project clubs, and special interest groups, as enrichment to school curricula, and in the 4-H Afterschool program. Projects are based on research, and many help to support the Pennsylvania Department of Education Academic Standards.

This publication is available in alternative media on request.

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