



Engaging in mindfulness and reflection has many benefits for health and well-being of providers and young children, including better sleep, increased focus and attention, and enhanced relationships.

Pennsylvania State Extension Better Kid Care visited Sonshine World in Kearney. The program is evidence-informed education provided to early childhood educators. During the visit they interviewed several professionals and filmed classroom practices for an upcoming course highlighting mindfulness and social-emotional learning. The course is based on the work of the CHIME Program (Cultivating Healthy, Intentional, Mindful Educators), which offers education and guidance on incorporating mindfulness and reflective practice into daily routines, teaching, and caregiving.

Programs At-A-Glance

- Farmer's Market Offers Double Up Food Bucks to Supplemental Nutrition Assistance Program (SNAP) customers. Customers get twice the number of fresh fruits and vegetables. For every \$2 spent, they receive \$2 in a voucher up to \$20 a day.
- During the 2023 season, 61 EBT card transactions were matched with vouchers with 35 first-time customers.

630

Buffalo County Kindergarteners, 3-4th grade students reached over 110 hours through Embryology program

**STRENGTHEN NEBRASKA
AGRICULTURE & FOOD SYSTEMS**

475

Buffalo County students reached through Career Simulation Connect-the-Dots Program.

**INSPIRE NEBRASKANS &
THEIR COMMUNITIES**

143

5th grade Kearney Public School students participated in the Leadership Summit

**ENHANCE THE HEALTH
& WELLBEING OF ALL
NEBRASKANS**

