**Get Up and Dance!**Looking for a fun, approachable way to incorporate movement into daily life? Get Up and Dance! Basic dance skills are presented through games and activities that help facilitate an increase in physical activity, a healthy lifestyle, and decrease potential injury. Explore stretching, mindfulness, and hip-hop dance style in an inviting environment.

**Going From A to B**
You are young and looking to the future. How to achieve your "dream job." You are at point A, and want to go point B.

**Flower Hour!**
Learn how to use flowers and greenery to make floral arrangements that your family will love! Take one home with you to show off your handiwork!

**The Power of Yeast!**
Join us to learn about the science behind bread! We will do an experiment to explore the capabilities of the micro-machines that turn flour and water into delicious bread. Bring your curiosity and get ready to learn all about yeast, fermentation, and food science!

**Garden Quest - The Plant Pursuit**Students will learn botanical characteristics that are important for the identification of horticultural plants. Students will use this knowledge to participate in a Botanical Scavenger Hunt.

**From Cells to Snacks**
Have you ever heard that bacteria and yeast are the future of food and wondered how that could possibly be true? Learn about precision fermentation, liquid-solid separations, and the science behind how alternative protein is made from IBRL’s team of expert engineers and food scientists.

**Food for Health**
In this session our team would present an educational component for the kids, talking about different food groups and different nutritional properties of foods. The educational piece would be followed up by a hands-on activity of the kids getting to build their own mini pizzas!

**Marketing & Communications 101 - Building Brands through Narratives**
In this 60-minute workshop, students will dive into the dynamic worlds of marketing and communications. Inspired by iconic brands like Pepsi, participants will discover the art of storytelling and brand building. Through hands-on activities, they'll transform their parent or guardian into a brand ambassador, crafting compelling narratives for social media.

**Junior Wildlife Scientist**
Learn about both the latest technology and the time-proven tools used in wildlife research. Try your hand at some of the skills you would use as a wildlife researcher! Part of the session will be outdoors weather permitting.

**Sausage 101 - Learn to make your own sausage!**
Pork, seasoning and more! From preparation to plate, learn how to make our own sausage at home. Course will cover ingredient selection, safe food handling techniques and proper cooking temperatures for meat products.

**Trading (candy) Makes Everyone More Happy!**
We will engage student in an interactive trading game that will illustrate the benefits of engaging in trade. Students will rate individual preference for candy, being given an endowment of candy, and trade candy based on their preference. Once trading is done, student will report back to the group their gains from trade while enjoying candy!

**Future of Farming - Ag Robots**
The usage of robots in agriculture is growing. We will talk about the current and future use of robots on farms. Attendees will build and program a small robot during the session.

**Smart Agriculture - Sensors & Automation**
To help us be efficient in feeding the world, sensors and automation will play an important part in the future of agriculture. In this session we will explore some different ways we measure environmental conditions and set up automatic systems with sensors. Participants will get to build and program a small "smart farm".

**Pumped Up for Pumpkins!**
Illinois leads the nation in pumpkin production—did you know that around 90% of the pumpkins that we find canned in our grocery stores were grown in Illinois?  Learn more about this highly nutritious “super food”. We will prepare several recipes using pumpkin and talk about the best varieties to use in cooking. And, of course, taste and enjoy the “fruits” of our labor!

**What's Poppin'?**
This all new session explores how ACES researchers are developing new varieties of popcorn using robots, machine vision, and AI. Come learn about the intersection of genetics and physics that create the official snack food of Illinois while participating in hands-on demonstrations.

**Conquering the #1 Pest**

Weeds are the toughest menace which rob resources from young, developing crops, Learning to defy them starts with sharpening your detective skills to correctly identify the offending species, then strategizing from the arsenal of control opportunities so the crop can triumph to its full potential!