

## KNOX COLLEGE FOR KIDS - 2026

### JUNIOR PROGRAM SCHEDULE - GRADES 1-2

The **Junior Program** is for youth entering **grades 1 and 2**. In order to include young children and alleviate parental concerns, each child in our Junior Program is accompanied by program instructors or fellows at all times to ensure safety. To facilitate this full-time accompaniment, the children in the Junior Program are organized into groups, each group spends the entirety of the morning together (8:30-12:00), and their classes are predetermined by program leaders. Classes are inclusive of Arts, Humanities & Social Sciences, and Math & Sciences.

**Note:** The titles shown in the table are abbreviated. Please see the full course titles and descriptions below the table for more information.

	<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>	<b>Group 4</b>	<b>Group 5</b>	<b>Group 6</b>
<b>1st Period 8:50-9:40</b>	Science & Math Play	Science & Math Play	Art in Spanish	Multicult. Story hour	Move & Groove	Picasso Yogis
<b>2nd Period 9:55-10:45</b>	Nature Art	Scrap-booking	Science & Math Play	Science & Math Play	Art in Spanish	Multicult. Story hour
<b>3rd Period 11:00-11:50</b>	Move & Groove	Picasso Yogis	Art Fundamentals	Scrap-booking	Science & Math Play	Science & Math Play

### JUNIOR PROGRAM COURSE DESCRIPTIONS

#### Art Fundamentals

Jessika Cullett

In this class we will do a little bit of everything! Watercolor, drawing, clay, paint, and more. We will focus on exploration of art mediums and the discovery process. Students will use their own ideas combined with teacher guidance, and have the chance to experiment with art materials and also produce finished artworks.

#### Nature Art

Tina Browder

Get inspired by the great outdoors in Nature Art! In this hands-on class, you'll create beautiful art using leaves, flowers, rocks, and more. Explore the wonders of nature while discovering fun new ways to turn natural treasures into your very own masterpiece!

#### Scrapbooking

Leticia Camacho

We will be crafting in ways that reflect our lives! The course will provide opportunities to explore creativity, collaboration, communication, and critical thinking via projects that will include drawing, painting, and paper crafting.

### Art in Spanish!

Gabbi Diaz

Art supports language development because it is visual, hands-on, and expressive. Spanish learning will be enriched as we read, listen to music, and engage with art-making as students practice vocabulary and phrases in context. Children will use Spanish naturally while engaging with texts and naming colors, shapes, emotions, animals, and actions. Students will demonstrate understanding through drawing, coloring, building, and creating!

### Multicultural Story Hour

Angel Peterson

Learn about the world around us through a diverse set of books that will spark deep conversations and inspire connections to everyone around you. In this course, everyone will see themselves as a protagonist and engage in interactive activities or crafts to compliment the read-aloud.

### Picasso Yogis

Katherine Plackett

In this course, we will stretch and sketch, pose and paint, twist, turn, and try-out artistic expressions. We will explore multimedia art-making through exploration of color theory, painting techniques, and more. We will move and pose our bodies in ways that center our attention, spark reflection on our personal interests, and get us ready to make art!

### Move & Groove

Kathleen Ridlon

This course invites students to stretch, balance, reach, turn, walk, melt, slide, fall, freeze, jump, run, repeat. We use fun and lively music and creative physical games to develop our expressive imaginations. This movement class is designed for children rising into first and second grades. Wear comfortable clothing and be prepared to kick off your shoes and socks!

### Think, Tinker, Play! Science and Math Playground

Erin Hunt, Colleen Noonan

Playful science and math learning is seriously delightful! In this class, we will build with open-ended design and construction materials, tinker with sizes, shapes, and patterns, and puzzle through all kinds of puzzles!

## **GENERAL PROGRAM SCHEDULE - GRADES 3-8**

The **General Program** is for youth entering **grades 3 through 8**. The courses and descriptions are listed under three areas: Arts, Humanities & Social Sciences, and Math & Sciences. To the extent possible, we encourage participants to select courses from multiple areas to ensure an interdisciplinary liberal arts-inspired experience (just like Knox College students!).

**Note:** This year students will select one course for each period when registering. Course enrollments will be tallied ongoingly throughout the registration period and once a course is filled it will be removed from the list of choices.

**Note 2:** The titles shown in the tables are abbreviated. Please see the full course titles and descriptions below the tables for full course information.

	Arts	Humanities & Social Sciences	Math & Sciences
<b>1ST 2ND 3RD PERIODS</b>	<b>INTERDISCIPLINARY FULL-IMMERSION OFFERING:</b> *Plant Power ... Grades 3-8		
<b>2ND 3RD PERIODS</b>	<b>INTERDISCIPLINARY SEMI-IMMERSION OFFERING:</b> *Cooking w/ Confidence, Grades 5-8		

	Arts	Humanities & Social Sciences	Math & Sciences
<b>1st Period 8:50-9:40</b>	Beginner Ballet Grades 3-8  Theatre Adventures ... Grades 3-5  ... Crossbody Bags Grades 3-8  Make a Monster! Grades 6-8  Young Artist's Studio ... Grades 3-5  Manga, Anime ... Grades 6-8  Air Dry Clay Art Grades 3-8	Expand your Spanish Grades 6-8  Exploring Scotland Grades 3-8  Greek Mythology Grades 5-8  ... Survive U.S. History? Grades 3-8  Unplugged Grades 3-5	Science of Food Grades 3-8  Coding Web Apps Grades 6-8  3, 2, 1, Blast Off ... Grades 6-8  CSI for Kids Grades 5-8  Fitness/Fun Fieldgames Grades 3-8
<b>2nd Period 9:55-10:45</b>	Beginner Ballet Grades 3-8  ... Crossbody Bags Grades 3-8  Crochet for Beginners Grades 3-8  Young Artist's Studio ... Grades 3-5	... Survive U.S. History? Grades 3-8  Calling All Swifties Grades 6-8  Video Production 101 Grades 6-8  SelfCare Extraordinaires Grades 3-5	Game Makers Lab Grades 3-8  ... Soda Bottle Rockets Grades 4-8  Fiber & Fashion Lab Grades 3-8  Molecular Mixology ... Grades 5-8

	Photos are Fun! ... Grades 3-8	Reclaiming JOY Grades 6-8	Fitness/Fun Fieldgames Grades 3-8
	Jewelry Making Grades 3-8	Let's Ride Bikes Grades 6-8	
<b>3rd Period 11:00-11:50</b>	Theatre Adventures ... Grades 6-8	Art in Spanish! Grades 3-8	Puzzle Power Grades 3-8
	Advanced Crochet Grades 3-8	Intro to German Grades 3-8	Game Makers Lab Grades 3-8
	Young Artist's Studio ... Grades 3-5	History of Rock ... Grades 3-8	... Jet Toy Challenge Grades 4-8
	Photos are Fun! ... Grades 3-8	Get It in Galesburg! Grades 6-8	Ag Explorers Grades 3-8
	Sculpture in Motion Grades 6-8	Video Production 101 Grades 6-8	Micro-Ecology ... Grades 5-8
		Legend of Me: ... D&D Grades 3-5	
		Babysitting 101 Grades 6-8	

**\*NEW in 2026 - IMMERSION OPTIONS - inclusive of Arts, Humanities, and Sciences**

**3-PERIOD FULL-IMMERSION:** “Plant power: The art and science of regenerative agriculture, herbalism, and conservation!”

Grades 3-8

Tina Hope and Teagan Springer, Office of Sustainability, Knox Farm & Green Oaks

This **3-period full-immersion course** will introduce the students to the exciting interdisciplinary world of plants at the Knox Farm and Green Oaks from an art and science lens. Through hands-on activities, we will investigate how plants, people, and other organisms work together in the fields of agriculture, herbalism, and conservation to support humans and the environment.

- In the agricultural component of the class, we will explore the soil food web, plant anatomy, and principles of regenerative agriculture, including harvesting and preparing local food.
- In the herbalism component of the course, students will identify, cultivate, care for, and prepare herbal remedies from bioregional and cultivated medicinal plants.
- And, in the conservation component of the course, we will learn about the socio-ecological history of Illinois and the importance of protecting diverse ecosystems.

In each of these topics, students will use art as a tool to identify plants, explore scientific ideas, and express their connection to plants through fun activities like botanical illustration, nature poetry, painting, printmaking, and more.

Join us to explore and deepen your relationship with the local plants that live among us in this magical, immersive journey of connection in the natural world. Be prepared to be outside in nature, get your hands dirty, and be utterly delighted!

## **2-PERIOD SEMI-IMMERSION: “The Culinary Arts of Cooking with Confidence”**

Grades 5-8

Jennifer Kestel

This **2-period semi-immersion course** meets both 2nd-3rd periods and invites participants to learn to confidently know their way around the kitchen through hands-on cooking and baking experiences. Young chefs become food explorers, learn essential cooking skills, and discover new flavors. From developing a “food-to-fork” relationship to learning basic culinary techniques, participating in this course will bring new surprises, challenges, and tasty rewards!

Consider enrolling in the 1st period course, “Farm-to-Fork: The Science Behind Your Food,” to create a more complete immersion experience.

## **GENERAL PROGRAM COURSE DESCRIPTIONS**

### **Arts**

Theatre Adventures for Young Stars

Grades 3-5; Grades 6-8 (separate sections for the grade spans)

Sarah Rozny

Students will learn the basics of acting through a variety of games. Young performers will learn to work with others in an ensemble, make the most of movement and space in developing a character, prepare their voice for the stage and much more. This course is good for both beginners and experienced actors alike.

Beginner Ballet

Grades 3-5 and 6-8 separate periods.

Francisco Urbina & Adrianna Shragal

Step into the magic of ballet ✨ Our class for 3rd-8th graders is perfect for all skill levels—no experience needed! Students will build confidence, learn graceful technique, and have fun expressing themselves through dance in a supportive environment. Plus, dancers will get to shine in a fun mini performance at the end of the 2-week program! Come move, create, and shine! 🩰🩰

### Quilted Adventure and Crossbody Bags

Grades 3-8

Annie Maier

Students will learn the history of American Quilting and practice piecing a cross body bag or tote bag. Students will learn the rudiments of hand sewing with a needle and thread, running a sewing machine, cutting fabric, designing their piece, and sewing it together.

### Make a Monster!

Grades 6-8

Katie Pedigo

Beginner sewing projects. Students will learn beginning stitching and then use those skills to create their own felt monster

### Crochet for Beginners

Grades 3-8

Anna Hinton

Students will learn the basic stitches of crochet as well as how to choose yarn and hooks for specific projects. Students will make their own hat or scarf or small blanket. This class will consist of hands-on learning, and we will also explore the possibilities of crochet through videos and books!

### Advanced Crochet

Grades 3-8; must have beginner skills

Anna Hinton

A continuation of Crochet for Beginners (see above)

### The Young Artist's Studio: From Kandinsky to Pop Art

Grades 3-5

Teresa Nelson

This course blends academic concepts (geometry, biology/symmetry, art history) with high-engagement activities. It is designed to be accessible for 3rd graders while still offering enough complexity and creativity to keep 4th graders challenged. The focus is on process and exploration, ensuring every child succeeds regardless of their initial artistic ability.

### Photography is Fun! - A hands-on class about photography

Grades 3-8

Tom Foley

From the history of the first photo made in France in 1826, to making better digital photos with a cell phone. Students will make their own unique photograms in a real black and white darkroom. They will learn about photographic composition using the rule of thirds. How to direct and pose subjects will be covered. After attending Photography is Fun, students will know photography's place in art history. Experience with analog light sensitive materials will help them understand how photography works. They will know how to make a black and white print. Being able to make better photos of their families and their lives will help them become better communicators.

### Exploring Manga, Anime and Comics

Grades 6-8

Tina Browder

(From last year) Step into the world of Manga with this beginner-friendly class for grades 6-8! Learn the basics of creating dynamic characters, cool action scenes, and expressive emotions, all while mastering the unique style of Japanese comics. Whether you're a total newbie or just looking to sharpen your skills, this class will help you bring your manga dreams to life!

### Sculpture in Motion

Grades 6-8

Tina Browder

Explore and create work inspired by artists like Alexander Calder and Richard Serra. We will explore kinetic sculpture, nature powered machines, and space bending experiences.

### Air Dry Clay Art

Grades 3-8

Jessika Cullett

Create air dry clay pieces from start to finish. The first week we will be creating our pieces and the second week we will focus on decorating the pieces we created. If time allows we will also do 1 day of a baked clay project.

### Jewelry Making

Grades 3-8

Jessika Cullett

Come make jewelry with us! We will be making our own beads, creating necklaces and bracelets! You can share or keep for yourself!

## **Humanities and Social Sciences**

### Art in Spanish!

Grades 3-8

Gabbi Diaz

Art supports language development because it is visual, hands-on, and expressive. Spanish learning will be enriched as we read, listen to music, and engage with art-making as students practice vocabulary and phrases in context. Children will use Spanish naturally while engaging with texts and naming colors, shapes, emotions, animals, and actions. Students will demonstrate understanding through drawing, coloring, building, and creating!

### Expand Your Spanish

Grades 6-8

Leticia Camacho

We will practice the basics of Spanish! Students will practice speaking and writing independently and with guidance. Listening and reading will be done as a whole group. Multilingualism is an important asset and will be nurtured in this class! Some Spanish is needed.

### Exploring Scotland

Grades 3-8

Adyson Eastburg

Explore and celebrate Scotland with me! Living in Scotland was a wonderful experience that I am eager to share. In my class we will explore the culture, geography, famous landmarks, music, and food. Together we will use multimedia resources, engage in interactive activities, and fun, exciting hands-on activities!

### Introduction to German: Language and Culture

Grades 3-8

Alicia Condreay

Ich Bin Frau Condreay! I am eager to teach students all about German culture, food, education and most importantly the GERMAN LANGUAGE. In this class we will explore the country and by the end of class students will be able to introduce themselves, they will know the alphabet, colors and count to 100. They will also be able to label foods and objects in the home and at school. **\*\*On the last day of class we will sample German foods\*\***

### Crash Course in Greek Mythology

Grades 5-8

Anna Hinton

The gods and goddesses of Greek Mythology are everywhere in literature and popular culture. Students in this class will learn about the major players in Greek Mythology, read some of the myths, and have a chance to escape from the underworld!

### Can you survive? U.S. History Simulations

Grades 3-8

Heather Hellenga

Students will travel back in time to experience important historical events through simulations. Students will be faced with the same choices and challenges that early Americans faced in activities including Jamestown, the Oregon Trail, the Lewis and Clark expedition, and the California Gold Rush. Will you survive and be successful in this new country?

### History of Rock: An Exploration of Music that Shaped Our Country

Grades 3-8

Kyle Horn

This course is an enrichment of both music appreciation and using historical skills like historians to learn about changes in music over time. It brings in the diverse contributions of Black musicians that started and continued many genres of rock and other music. The course will help students think more deeply and gain more appreciation of music and the contributions of musicians and bands to the art.

### Get It in Galesburg! Explore Galesburg History & Businesses

Grades 6-8

Christinel Cain

Galesburg has a lot to offer with its rich history, and continues to offer opportunities to its residents with local businesses and employers. Did you know when and why Galesburg was founded? We will explore famous individuals from Galesburg, visit locations close to campus significant to Galesburg history and to the Galesburg economy. We will explore literature written by local authors and make connections to Galesburg locations. Looking forward to instilling pride in our local community by exploring the history of Galesburg and connecting it to the current gems found in Galesburg.

Calling All Swifties: Explore the Eras!

Grades 6-8

Christinel Cain

Explore all of the TS eras by engaging in research about Taylor Swift, her albums, and her tours. Engage in mathematics with Taylor's favorite numbers and important dates, creating timelines of Taylor's career. Explore ELA by reading books about Taylor Swift and writing our own song lyrics. Engage in the latest Taylor Swift trends, by creating friendship bracelets and jamming out to tunes!

Video Production 101

Grades 6-8

Nyah Brown

Students will plan and create videos to express themselves or share about an experience or topic. Students will practice planning, script-writing, public speaking in front of a camera, and learn more about online safety (privacy), film diversity, and even careers in film or journalism. No experience required.

Self Care Extraordinaires

Grades 3-5

Katherine Plackett

We will explore self-care through meditation, journaling, grounding strategies, yoga and creative expression.

The Legend of Me: Art Therapy through D&D

Grades 3-5

Harley Martin

Roll for initiative! In this exciting adventure, students will create their own characters, drawing on their personal strengths and challenges. Through role-playing, they'll explore their emotions, overcome obstacles, and build important skills like teamwork and communication. Using a fantasy-based lens, students will tap into their creativity and coping strategies to work through challenges and gain self-insight. This program combines art therapy, role-playing, and Dungeons and Dragons-inspired adventures to help students embark on an emotional journey, while also teaching them how to design their own campaigns along the way.

Unplugged

Grades 3-5

Harley Martin

Screens are everywhere and demanding of our attention at all times. In our society where children are raised with screens in their hands, it's important for children to learn how technology impacts their brain and overall function. In this class, students will learn how technology changes the way they think and feel and develop tools to manage their emotions. Each day will be spent on learning a new coping strategy to add to their "Tech-Free Toolbox" that can help them learn how to feel fulfilled in the present moment. Students will be able to express themselves through art, writing, reading, breathing, and physical activity as guided by an empathetic and experienced professional counselor.

#### Reclaiming Joy: Attention, Play & Power

Grades 6-8

Harley Martin

(Essentially unplugged but for older kids!): Technology is designed to capture attention — but who gets to decide how your time and energy are used? In this interactive course, students will explore how screens affect focus, mood, sleep, and self-esteem while experimenting with ways to reconnect with creativity, movement, and real-world connection. Through brain science, group challenges, hands-on activities, and guided reflection, students will build a personalized "Joy & Focus Toolkit" to help them feel more grounded, confident, and in control. This course is not about eliminating technology — it's about using it intentionally and remembering how to feel present, playful, and powerful without it.

#### Babysitting 101

Grades 6-8

Angel Peterson

Learn necessary skills to safely and responsibly care for children of various ages, including child development stages, basic first aid, emergency response procedures, age-appropriate activities, effective communication techniques, and how to maintain a safe environment while supervising children in a home setting

#### Let's Ride Bikes

Grades 6-8

Deirdre Dougherty

We will learn basic bike maintenance, how to properly use bicycle tools, and how to observe the rules of the road. Participants will need a helmet and a bike! Please contact Mary Lyons at [college4kids@knox.edu](mailto:college4kids@knox.edu) if you enroll in this course and need help acquiring a helmet and/or bike.

### **Math & Sciences**

#### Puzzle Power

Grades 3-8

Heather Hellenga

Do you love a challenge? In this class students will tackle jigsaw puzzles, brainteasers, logic games, and paper-and-pencil favorites like Sudoku, mazes, and crosswords, plus work together

to crack codes and solve mystery challenges. Along the way, they'll strengthen critical thinking, perseverance, focus, and teamwork—in a fun and encouraging environment.

### Game Makers Lab

Grade 3-8

Adyson Eastburg

This course adds depth, complexity, and agency. The students will have the same tasks with different ceilings while creating games. They will develop transferable thinking skills (not just isolated skills). This course is for those who love a challenge, pay attention to detail, and thrive in gamer environments!

### Coding Web Apps in JavaScript

Grades 6-8

Jamari Mitchell; Nyah Brown

In this class, you will learn the fundamentals of JavaScript to build your own web application.

### Three, Two, One Blast Off: Build your own Estes model rocket!

Grades 6-8

Christinel Cain

In this interdisciplinary study of aeronautics, pilots will explore flight by building and testing paper airplanes. Students will also build and launch film canister rockets, experimenting with different variables. Students will discover information about the history of aeronautics through research based instruction. Engineers will construct model rockets and become model rocket hobbyists. If you want a class that is out of this world, this one is perfect for you!

### Flying High with Soda Bottle Rockets

Grades 4-8

John Van Nieuwenhuysse

Have you ever seen a soda bottle flying through the air...well if you take this class you will see several! We will start off by figuring out what makes a paper airplane soar across the room. Then, we will figure out what makes the plane stay in the air, come in for a landing, and what makes it fly really fast! We will then take what we learned and have a competition to see who can make a rocket that will stay in the air the longest. Your rockets will go as high as a three story building...maybe higher. Sign up for this class and find out!

### A STEM Approach to Bridge & Jet Toy Challenge

Grades 4-8

John Van Nieuwenhuysse

Teams will learn through the STEM approach, which uses Science, Technology, Engineering, and Mathematics to build the strongest bridge and fastest toy car. This class will work on designing and building bridges for the first week, then designing and building toy cars the second week. The students will start by building simple bridges to understand the basic structure and forces of a bridge. We will be using computer programs and games to help design the strongest bridge. After the students learn what makes a bridge strong, they will be able to begin building. We will be using a variety of building materials including paper, tooth picks, coffee stirrers, and popsicle

sticks. Next, we will be working in design teams, students will build and test model JetToys using different nozzles, and collect and analyze data to understand the effect of nozzle size on the performance of the toys. The engineering process we will be following is to design, build a prototype, test, and repeat.

### Crime Scene Investigation for Kids

Grades 5-8

John Van Nieuwenhuysse

Do you like trying to solve a good mystery? Do you like science? What about putting the two together in the same class? We are going to be doing just that! We will learn about the different types of fingerprints, learn to collect fingerprints, learn about different teeth impressions, and learn about different lip prints, figuring out shoe print impressions, handwriting characteristics, blood spatters...all leading up to piecing together clues to help solve a mystery. There are several aspects of solving a mystery, and we are going to learn about several of them in this class. So, put on your thinking cap and join us for a crime solving journey!

### Fiber & Fashion Lab: From Sheep to Shirt

Grades 3-8

Macy Traff

From farm to fashion—create what you wear! Clothes don't just come from stores—they start on farms! In this creative, hands-on class, students will explore how fibers like cotton and wool are produced and transformed into everyday clothing. We'll compare natural vs. synthetic materials, experiment with textures, and design our own mini fashion creations. In this course, students will: Discover how fiber is grown and processed, Compare different fabrics and materials, Learn the difference between natural and synthetic fibers, Create and design their own fiber-based projects

### Ag Explorers: Animals, Energy & the Future of Farming

Grades 3-8

Macy Traff

Raise it, power it, protect it—be the future of farming! Step into the role of a farmer, scientist, and problem-solver! In this engaging class, students will learn how animals are cared for on farms and how agriculture connects to energy and the environment. We'll explore renewable vs. nonrenewable resources and tackle real-world challenges like feeding a growing population. In this course, students will: Learn how farmers raise and care for animals, Explore renewable and nonrenewable energy, Understand how agriculture impacts the environment, Solve real-world agriculture challenges through games and activities

### Micro-Ecology & The Algae Bio-Engineers

Grades 5-8

Cyrus Salazar

The Earth is a giant, self-sustainable chemical reactor, and you're about to build a miniature version of it! In this course, we explore the biochemistry of survival by designing and stabilizing an aquatic ecosystem that mimics a real ocean. We will also investigate algae, one of the most important and diverse organisms on Earth, to discover what keeps them alive. Some are green,

some are red, some algae even glow in the dark! As the Architect, the Engineer, and the Biologist all rolled into one, students will engineer every aspect of the ecosystem to create their personal aquarium that glows.

#### Molecular Mixology & The Science of Self-Care

Grades 5-8

Cyrus Salazar

Step into the high-tech world of beauty and personal care products! In this project-based course, you'll engineer your products from the atom up. We will transform ordinary plants and everyday items into extraordinary personal care products by mastering the secrets of solubility, pH-triggered color changes, and enzyme kinetics. Students will spend 2 weeks building and perfecting their products. These products aren't just any old products though, students will also design their own unique branding to show off their products to friends and family!

#### Farm to Table: The Science Behind Your Food

Grades 3-8

Macy Traff

From dirt to dinner—discover the journey behind every bite! Where does your food really come from—and what happens before it reaches your plate? In this interactive class, students will explore how crops are grown, how animals are raised, and how food travels from farm to table. We'll dive into food science, create our own product ideas, and even test out simple recipes or food challenges along the way. In this course, students will: Trace foods back to their source, Learn how farmers raise animals and grow crops, Explore nutrition and food production, Participate in hands-on food activities.

#### Fitness and Fun with Fieldgames

Grades 3-8

Alicia Condreay

A high energy level course where students actively participate in physical fitness and fitness circuits! This course will include fitness and nutrition ideas, sample recipes, fitness and zumba activities that are fun and full of energy as well as healthy and encourage positive health and well-being.