What is 4-H?

4-H is a program of interesting projects and group activities that give young people a chance to *Learn by Doing*. The four H's stand for Head, Heart, Hands, and Health. Our program will help you grow in all of these areas. Some examples are:

**HEAD** stands for all the things you can learn from 4-H. We have projects on such different subjects as Career Development, Forestry, Adventure in Clothing, and Dog Care.

**HEART** refers to your relationship to your family, community, and nation. Some projects in this area include: My Heritage, My Community, Leadership, and Personal Development.

Your **HANDS** help you to get involved in “real world” opportunities. We have projects on Photography, Public Speaking, Bicycle Safety, and Plant and Soil Science.

**HEALTH** is the most important thing you have, and 4-H can help you stay healthy and enjoy it. We have projects on Fire Safety, Food and Nutrition, Microwave Cookery, and Equipment Care and Safety.

There are hundreds of projects from which you can choose exactly what interests you.

### 4-H Motto

The 4-H motto, “*To Make the Best Better,*” is the aim of every 4-H member and club leader.

### 4-H Pledge

The 4-H pledge is used in every meeting. This is the pledge and the hand gestures used when reciting it:

I pledge my head to clearer thinking, (raise your right hand to the side of your head)  
my heart to greater loyalty, (put your right hand over the left side of your chest)  
my hands to larger service, (stretch out your hands, palms upward)  
and my health to better living, for my club, my community, (stand with your hands at your sides)  
my country, and my world.

### 4-H Colors

The 4-H colors are green and white. White symbolizes purity, and green represents life, springtime, and youth.