

4-H Pledge

(Adopted first National 4-H Camp. Washington, D.C., 1927)

I pledge:

my **head** to clearer thinking
(the right hand touches the head)

my **heart** to greater loyalty
(the right hand covers the heart)

my **hands** to larger service
(both hands extended in front, palms up)

and my **health** to better living for my club, my
community, my country and my world.
(hands down at side)



4-H Creed

I believe in the 4-H club work for the opportunity it will give me to become a useful citizen.

I believe in the training of my **HEAD** for the power it will give me to think, to plan, and to reason.

I believe in the training of my **HEART** for the nobleness it will give me to become kind, sympathetic, and true.

I believe in the training of my **HANDS** for the dignity it will give me to be helpful, useful, and skillful.

I believe in the training of my **HEALTH** for the strength it will give me to enjoy life, to resist disease, and to work efficiently.

I believe in my country, my state, my community, and in my responsibility for their development.

In all of these things I believe, and I am willing to dedicate my efforts to their fulfillment.

4-H Motto

“To Make the Best Better”

4-H Slogan

Learn by Doing