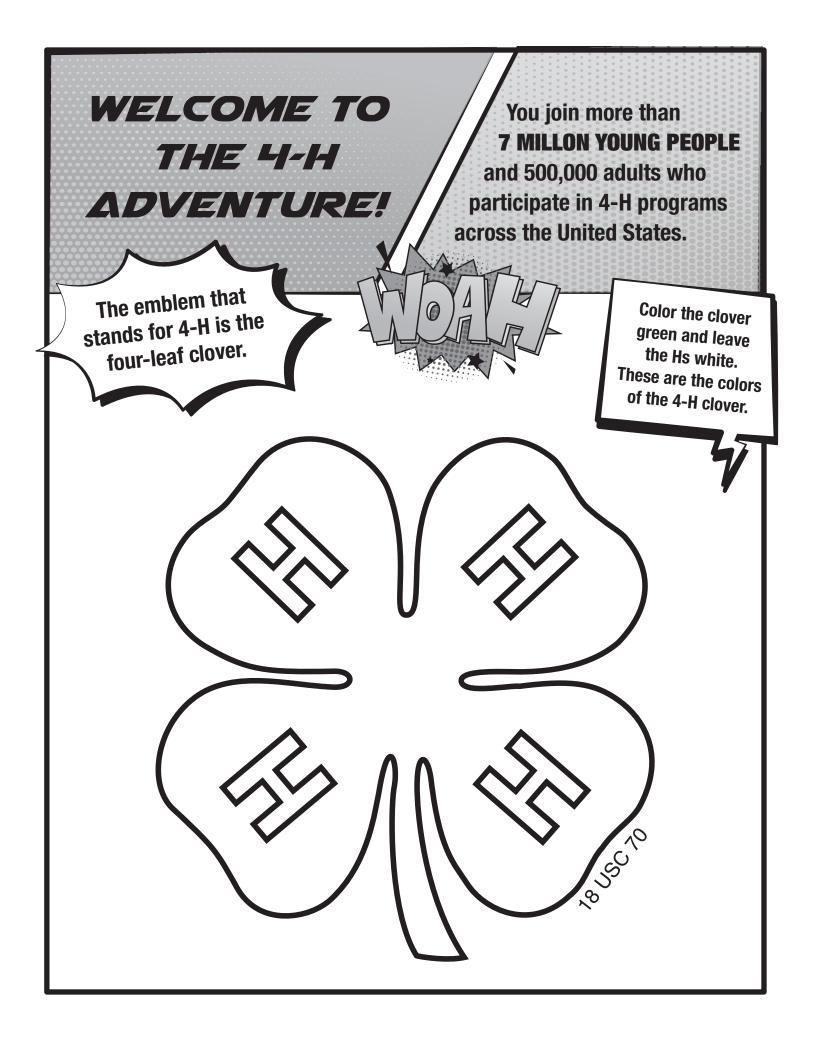


GET TO KNOW 4-H

COLORING AND ACTIVITY BOOK





THE FOUR HS

The four Hs stand for **HEAD, HEART, HANDS** and **HEALTH**.

Draw a line to match each "H" to the value it represents.



HEALTH

Young people take good care of their bodies and minds.





HANDS

Young people help others through service.







GREAT LOYALTY



HEART

Young people who care about their communities and others.



HEAD

Young people make good decisions and learn about new things.



WHAT WOULD YOU LIKE TO LEARN ABOUT?

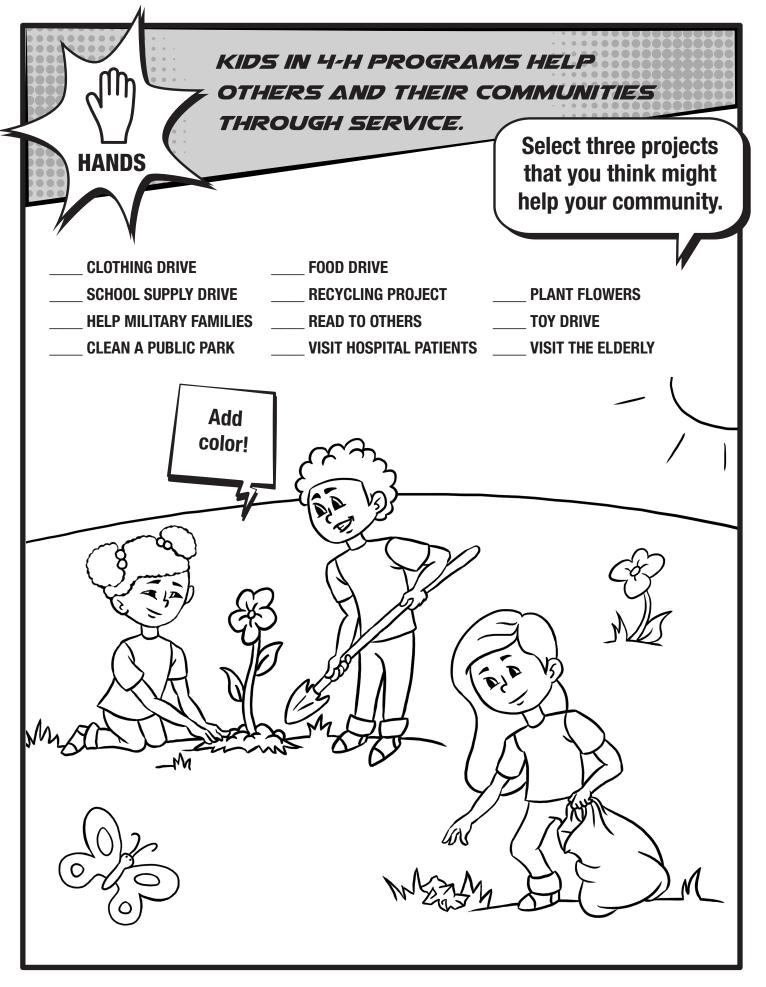
Find the PROJECTS and PROGRAMS that 4-H offers to kids.

ART BICYCLES ELECTRICITY FISHING FORESTRY GARDENING HEALTH LEADERSHIP LIVESTOCK MONEY OUTDOORS PETS PHOTOGRAPHY RECYCLING **ROCKETS SCIENCE SEWING**

WOODWORKING

R Н В Υ W Α Ε G Ν Q Υ U S R F R D K C D Ν C Α C Τ F Τ Υ Τ Ε M J X Ρ Ε W Ρ S R Τ U \bigcirc G W Н C W \bigcirc D Υ C \bigcirc Ε S Ζ Ρ S Ζ Ε D Н K R Τ В Τ G R Υ C R Τ C Ε Ε Ν C Т S F F F Ε Α Τ 0 В Н L Н 1 L R Ε Ζ S 0 F Χ D G Ν Ε Ε Α Α ı В S Т Ε K C \bigcirc R F Ν Ε C S Α C D Ρ В Н Ε Ν M Ν Υ L D 1 C M D Ζ Ε F W Ε Υ 0 K R Q G Y Υ K Q Ν S C Α F Ν S Ε R L Ζ Ε G R W Ε Ζ D S Ν В Χ Χ C K Ε S Т 0 C K S K M Н Ν Ρ Н G R Α Ρ Н Υ Υ G F () \bigcirc \bigcirc D W \bigcirc R K Ν G Ω G







HOW CAN YOU
PLEDGE YOUR
HEALTH TO
BETTER LIVING?

Circle the healthy activities. Then, try them!



Riding a Bike



Dancing



House Cleaning



Eating Unhealthy Snacks and Candy



Watching TV



Jumping

4-H CLUBS

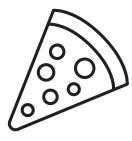
4-H CLUB MEETINGS ARE A PLACE WHERE YOU WILL LEARN NEW THINGS. MAKE DECISIONS. SHARE IDEAS AND HAVE FUN!

There are different types of 4-H clubs – community clubs, special interest clubs, in-school clubs, after-school clubs and virtual 4-H clubs.

Community clubs meet monthly to plan social, promotional, service and fundraising activities for the club members.

4-H is youth-led, which means the 4-H members select and vote on club activities. Vote for your favorite things below.











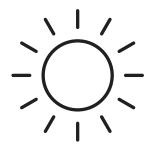
Swimming or Basketball?



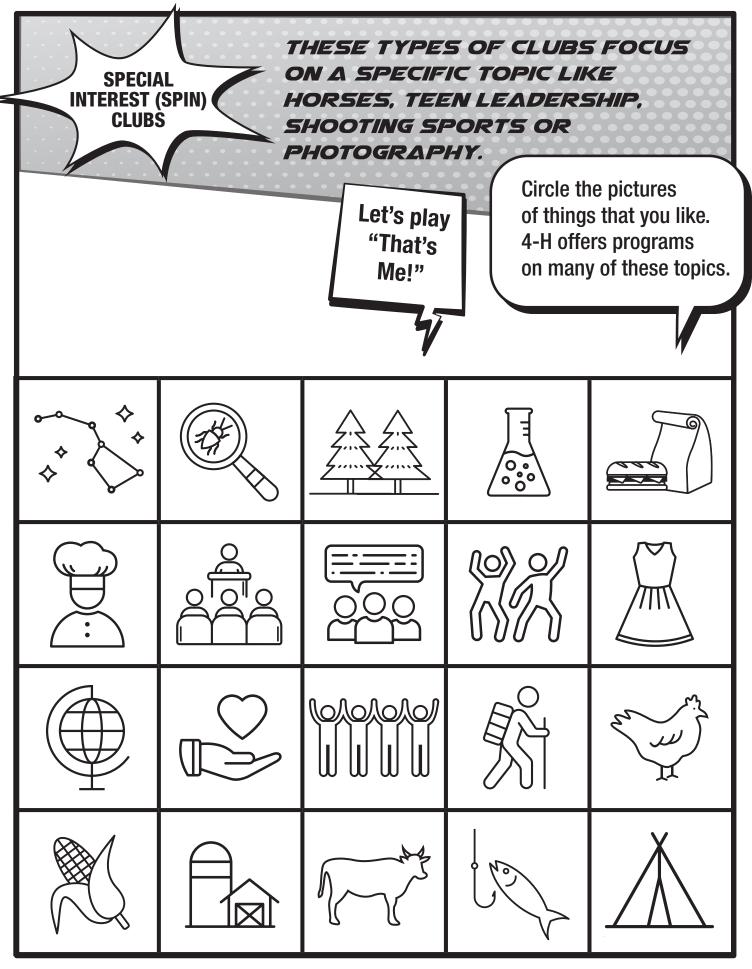


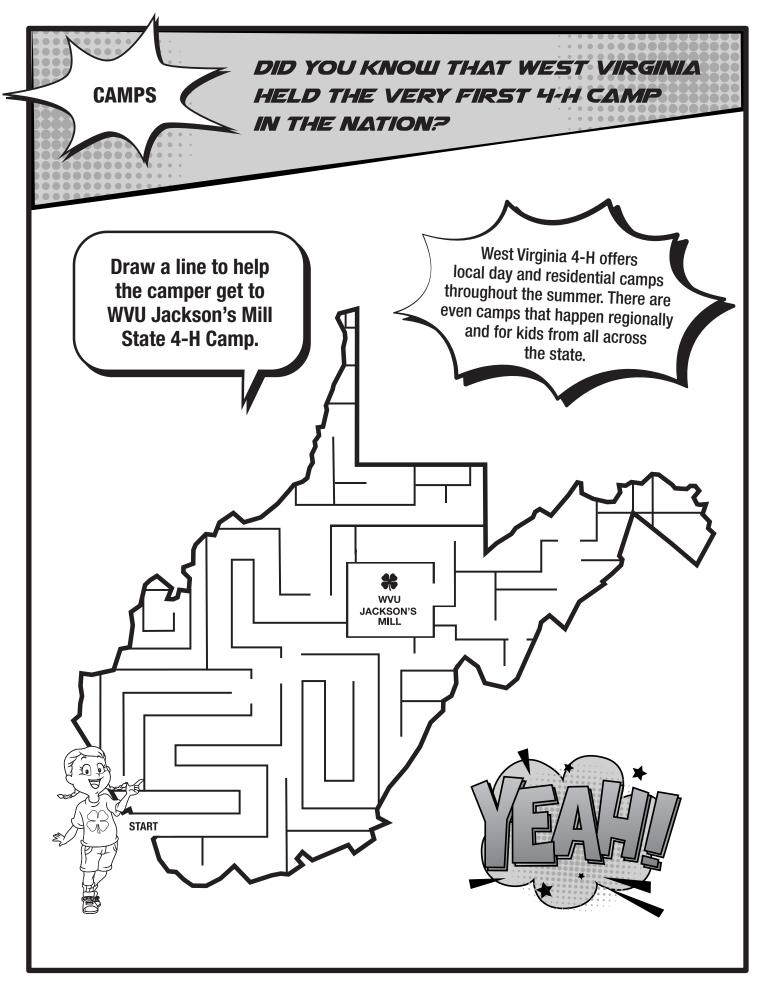
Sleeping In or Rising Early?





Winter or Summer?





PUZZLE ANSWERS



Page 1

Head - Clearer Thinking

Heart - Greater Loyalty

Hands - Larger Service

Health - Better Living

Page 5

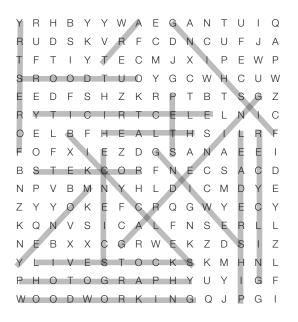
House Cleaning

Riding a Bike

Dancing

Jumping

Page 2



Page 8



HOW DO I SIGN UP FOR 4-H?

Reach out to your local WVU Extension Service office for more infomation about 4-H programs in your community.

SIGN UP for 4-H at 4h.zsuite.org!



extension.wvu.edu/offices



Learn More – extension.wvu.edu



Cover art by Augusta Judy, Greenbrier County, 2021 State Poster Winner - General 4-H Promotion - Senior Division

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