GET TO KNOW 4-H

COLORING AND ACTIVITY BOOK
You join more than 7 MILLION YOUNG PEOPLE and 500,000 adults who participate in 4-H programs across the United States.

The emblem that stands for 4-H is the four-leaf clover.

Color the clover green and leave the Hs white. These are the colors of the 4-H clover.
THE FOUR Hs

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.

BETTER LIVING
HEART
Young people who care about their communities and others.

CLEARER THINKING
LARGER SERVICE

HEAD
Young people make good decisions and learn about new things.

GREAT LOYALTY

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

Y R H B Y Y W A E G A N T U I Q
R U D S K V R F C D N C U F J A
T F T I Y T E C M J X I P E W P
S R O O D T U O Y G C W H C U W
E E D F S H Z K R P T B T S G Z
R Y T I C I R T C E L E L N I C
O E L B F H E A L T H S I L R F
F O F X I E Z D G S A N A E E I
B S T E K C O R F N E C S A C D
N P V B M N Y H L D I C M D Y E
Z Y Y O K E F C R Q G W Y E C Y
K Q N V S I C A L F N S E R L L
N E B X X C G R W E K Z D S I Z
Y L I V E S T O C K S K M H N L
P H O T O G R A P H Y U Y I G F
W O O D W O R K I N G Q J P G I
4-H programs help kids learn how to care about others.

What are some ways that you show others you care?

Add color!
Kids in 4-H programs help others and their communities through service.

Select three projects that you think might help your community.

____ CLOTHING DRIVE
____ FOOD DRIVE
____ HELP MILITARY FAMILIES
____ RECYCLING PROJECT
____ CLEAN A PUBLIC PARK
____ READ TO OTHERS
____ FOOD DRIVE
____ VISIT HOSPITAL PATIENTS
____ PLANT FLOWERS
____ TOY DRIVE
____ VISIT THE ELDERLY

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

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.

Ice Cream or Pizza?
Swimming or Basketball?
Sleeping In or Rising Early?
Winter or Summer?
**SPECIAL INTEREST (SPIN) CLUBS**

These types of clubs focus on a specific topic like horses, teen leadership, shooting sports or photography.

Let’s play “That’s Me!”

Circle the pictures of things that you like. 4-H offers programs on many of these topics.

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DID YOU KNOW THAT WEST VIRGINIA HELD THE VERY FIRST 4-H CAMP IN THE NATION?

West Virginia 4-H offers local day and residential camps throughout the summer. There are even camps that happen regionally and for kids from all across the state.

Draw a line to help the camper get to WVU Jackson’s Mill State 4-H Camp.
Page 1
Head – Clearer Thinking
Heart – Greater Loyalty
Hands – Larger Service
Health – Better Living

Page 2
Page 5
House Cleaning
Riding a Bike
Dancing
Jumping

Page 8
Reach out to your local WVU Extension Service office for more information about 4-H programs in your community.

extension.wvu.edu/offices

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

Learn More – extension.wvu.edu

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