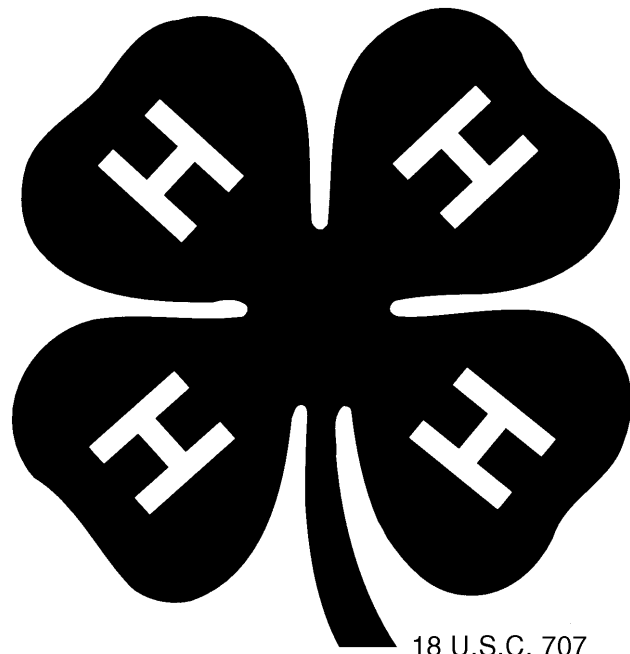




This Is 4-H. . .



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This I Believe

1. The 4-H boy and girl are more important than the 4-H project.
2. 4-H is not trying to replace the home, the church, and the school —only supplement them.
3. 4-H'ers are their own best exhibits.
4. No 4-H award is worth sacrificing the reputation of a 4-H member or leader.
5. Competition is a natural human trait and should be recognized as such in 4-H club work. It should be given no more emphasis than other fundamentals in 4-H.
6. Learning how to do the project is more important than the project itself.
7. Many things are caught rather than taught.
8. A blue-ribbon 4-H boy with a red-ribbon pig is more desirable than a red-ribbon boy with a blue-ribbon pig.
9. To “Learn by Doing” is fundamental in any sound educational program and is characteristic of the 4-H program.
10. Generally speaking, there is more than one good way of doing most things.
11. Every 4-H member needs to be noticed, to be important, to achieve, and to be praised.
12. Our job is to teach 4-H members how to think, not what to think.

(From USDA PA376 Highlighting the Heart H in 4-H)

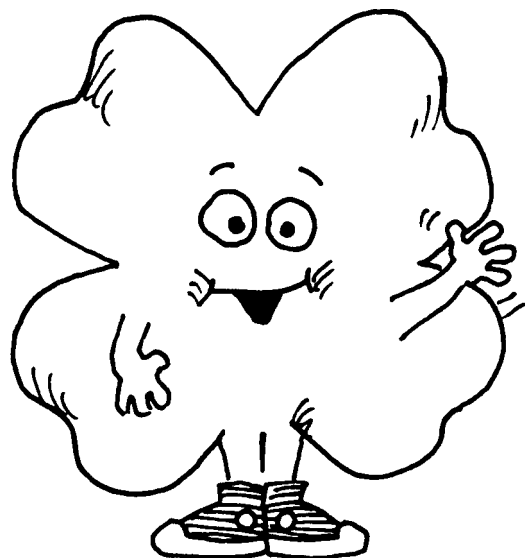
Dear 4-H Member,

Welcome to 4-H! You are now part of the largest youth organization in the United States. As a 4-H member, you will be doing new and interesting things, making new friends, and developing citizenship and leadership skills.

Choose a project with the approval and support of your family, because 4-H involves your family.

4-H is "learning by doing." The more active you are, the more you learn. So take part in many of the 4-H activities, and enjoy 4-H.

Chris Clover



Come On! Let's Go! Let's Learn About 4-H!

Complete this project before you start your other 4-H projects.

Things you will learn

4-H Emblem

4-H Pledge

4-H Motto

4-H Creed

4-H Colors

About my 4-H club

About a 4-H project

Giving demonstrations and visual presentations

Making decisions

Leadership

Citizenship

Keeping records

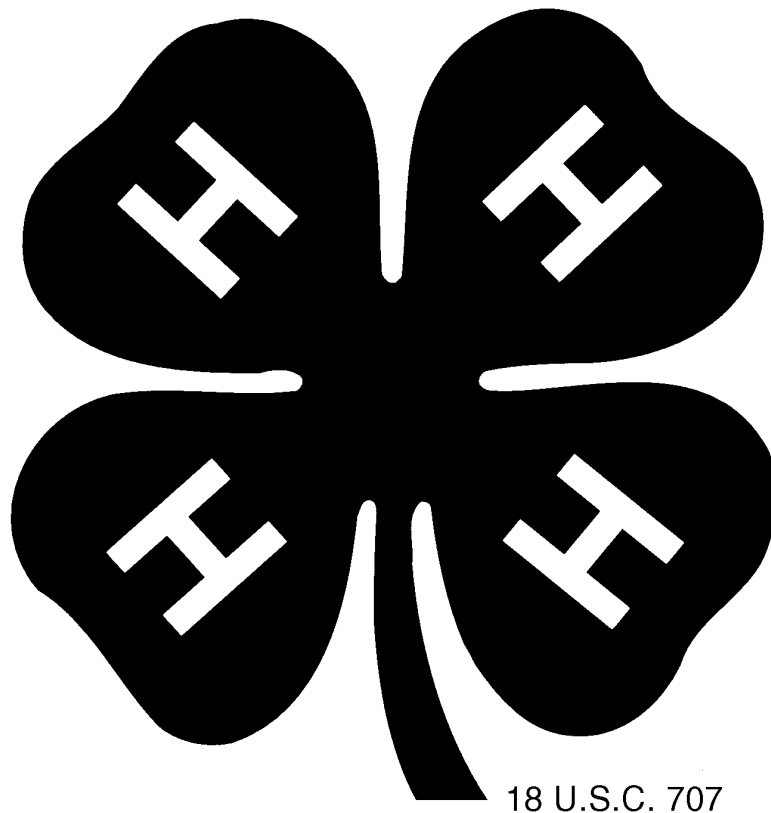
County Extension staff

There are activity sheets for you to do as you learn about 4-H. A clover at the bottom of the page gives your 4-H leader a place to initial and encourage you about your completed work.



4-H Emblem. . .

The 4-H Emblem is a green four-leaf clover with a white H on each leaf. The **Hs** stand for **HEAD**, **HEART**, **HANDS**, and **HEALTH**.



Use this pattern to make a 4-H banner, paint a T-shirt, or decorate a box to keep your 4-H materials.

Acrylic paints work well on fabric containing 50 percent or more cotton fiber.
Magic markers and watercolor paints work well on paper or cardboard.

4-H Motto. . .

“To Make the Best Better”

Around the country, 4-H’ers have set their goals for 4-H club work by this motto:
“To Make the Best Better.”

What does the 4-H Motto mean to you?

4-H Slogan. . .

“Learn By Doing”

The “Learn By Doing” slogan encourages 4-H members to learn new skills, be responsible for their actions, and express their own creativity.

What does the 4-H Slogan mean to you?



4-H Creed. . .

I believe in boys' and girls' 4-H club work for the opportunity it gives me to become a useful citizen.

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

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

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

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

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

I am, therefore, willing to devote my efforts for the fulfillment of these things which I believe.

4-H Colors. . .

The white in the 4-H flag symbolizes purity and high ideals. The green, nature's most common color, represents life, springtime, and youth.

What do the 4-H colors mean to you?

About My 4-H Club. . .

Name of club _____

When does my club meet? _____

Where does my club meet? _____

Who are the club officers?

President _____

Vice President _____

Secretary _____

Treasurer _____

Recreation Song Leader _____

Reporter _____

Who are the leaders of my club?

Who are the junior leaders or teen leaders of my club?



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My Club Leaders Are. . .

THE **ORGANIZATIONAL LEADER**, who organizes our club and helps other leaders and members, makes our 4-H club run smoothly.

My organizational leader is _____

PROJECT LEADERS show me how to make things, help me set goals, teach me about my projects, and encourage me to keep good records.

My project leader is _____

MY FAMILY provides materials for my projects and encourages me in my projects. They may help me plan my projects and are project leaders at home.

_____ helps me at home.

TEEN LEADERS are older than I am and have done the projects I am doing. They can help me learn what they have learned.

_____ is a teen leader.

ACTIVITY LEADERS help our club plan and carry out special activities like picnics or citizenship activities, or a club newsletter.

_____ is an activity leader.

Talk to the leaders in your club, find out what they do, and put their names beside the jobs listed above.



About a 4-H Project. . .

A list of things I like to do:

A list of things I want to know more about:

Select one 4-H project to learn what you do in that project.

What will I learn in that project?

What will I make and do in that project?

Who is the project leader in my project?



Giving Demonstrations and Visual Presentations. . .

Show how to do a skill and explain each step.

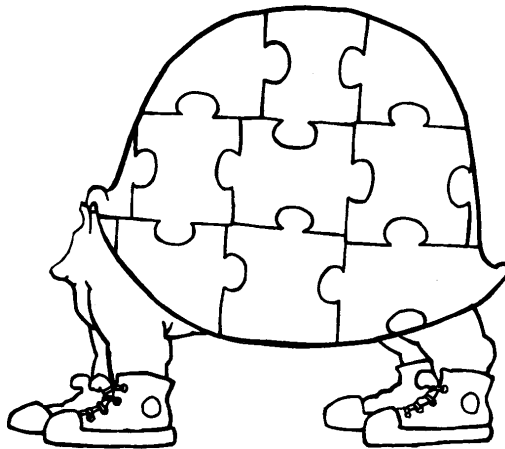
Plan a short, interesting demonstration or visual presentation (talk), using this simple “turtle” plan.

My title: _____

The INTRODUCTION is like a turtle’s head. This is small and looks ahead to see where it is going.



The BODY, like a turtle’s body, is larger and takes small steps to keep it moving.



The SUMMARY, like a turtle’s tail, is short and to the point.



Planning Sheet...

Purpose of my demonstration or talk: _____

| | |
|--|--|
| <p style="text-align: center;">INTRODUCTION</p> <p>Do</p> | <p style="text-align: center;">Say</p> |
| <p style="text-align: center;">BODY</p> <p>Do</p> <p>A.</p> <p>B.</p> <p>C.</p> <p>D.</p> | <p style="text-align: center;">Say</p> |
| <p style="text-align: center;">SUMMARY</p> <p>Do</p> | <p style="text-align: center;">Say</p> |



Making a Decision Is Judging. . .

You make decisions every day. “Do I want an apple or a candy bar to eat?” Another word describing decision-making is “judging.”

Judging teaches you to:

Observe

Compare

Make Decisions

A group of articles or animals to be judged is called a “class.” Four articles are used in each class. They are numbered 1, 2, 3, and 4.

Follow these steps when judging a class:

Observe each article carefully.

Evaluate each article’s good points and weaknesses compared to an ideal article.

Compare the articles to each other.

Place the class only when you have completed the first three steps.

Practice Judging a Class. . .

Choose something simple like pencils or T-shirts or candy bars.

Fill in the blanks.

I place this class of _____

I place _____ first because _____
number

I place _____ over _____
number number

because _____

I place _____ over _____
number number

because _____

Learn more about judging:

Attend club or county judging meetings.

Listen to older 4-H members give reasons.

Read the member's manual for livestock judging, horse judging, clothing, and consumer decision-making.



Leadership Is. . .

Taking the lead and giving direction.

Planning.

Organizing.

Being responsible!

Here are examples of leadership:

Lead the pledge at meetings.

Bring refreshments for a 4-H meeting.

Act as a host or hostess for a meeting or activity.

Select a leadership activity where you give direction:

Learn more about leadership:

Visit a county 4-H council meeting.

Attend a leadership conference.



About Records. . .

- Records are important because records are a measuring tool to gauge your progress in the projects.
- Records provide background of what you gained.
- Records account for your money spent, saved, and earned.

How do you keep records?

- First, set goals.

For example:

To raise a goat to show.

To learn to bake.

To fix motors.

- List what you did.

For example:

Gave a demonstration on threading a needle.

Attended a 4-H meeting and heard a program about taking care of tack and horse equipment.

- Keep track of money spent.

For example:

Bought fabric and thread, \$15.15.

Year _____

4-H REPORT

Name _____

Address _____

Date of birth _____ Age on January 1 of this year _____

Name of 4-H leader _____ No. of years in 4-H, including this year _____

Name of 4-H club or group _____ Number of members _____

Number of meetings held by group _____ Number you attended _____

Office held: Club or group _____ County: _____

Committees on which you served: Local _____

County _____

Activities in which you participated: Explain what you or your group did. For instance, what was your demonstration or talk about? Where did you give it? How many people heard you? What kind of tour was it? What did you do at county camp?

Judging:

Demonstrations or talks:

Public Speaking:

Tours:

Exhibit days, fairs, shows, etc:

County camp (day or overnight):

Others: (may include recreational activities, National 4-H Week, National 4-H Sunday, health, safety, and other special events.)

On a separate page, write a brief story of your experiences in 4-H this year. Tell about the projects you have taken and something about the club or group. What did you find interesting? What was the most difficult? What are some things you learned through your projects and activities?

Signatures:

| | |
|--------|--------|
| _____ | _____ |
| Member | Parent |
| _____ | |
| Leader | |

Now, fill out this record sheet on your “This is 4-H” project.

Goals for “This is 4-H” project:

What I did in this project:

Cost of materials for this project:



How the County and State Extension Staff Assist 4-H

County Extension staff:

- Work with 4-H members and leaders to plan a county 4-H program.
- Furnish all educational materials.
- Help 4-H leaders learn to lead 4-H.
- Coordinate countywide activities and events with 4-H members and leaders.
- Coordinate district and state activities and events.

My county Extension staff members are:

State 4-H staff help counties with:

- Leader training.
- Evaluation of county 4-H programs.
- Coordination of all state and national events.

The state 4-H staff is headquartered on campus at Mississippi State University. The staff is made up of a state program leader and 4-H specialists.

Let's Get the Facts. . .

The 4-H program grew out of a widespread need to improve life in rural American in the early 1900s. Corn, pig, tomato, and canning clubs were forerunners. Among the pioneer leaders were schoolteachers and other educators who wanted a living laboratory to supplement their classrooms. In 1914, Congress passed the Smith-Lever Act establishing a National Cooperative Extension Service. Under it, boys' and girls' club work became 4-H.

The 4-H program is part of the nationwide educational system of the Cooperative Extension Service: a three-way partnership of the county governments, the state land-grant universities, and the U.S. Department of Agriculture. "Friends of 4-H" come from all walks of life: alumni, businesses, organizations, and community leaders. They support 4-H with donations, personal service, and encouragement.

Adults in the community who are interested in helping young people serve as 4-H leaders or advisers. Volunteer leaders are trained, counseled, and assisted by county Extension agents.

The Mississippi State University Extension Service is affiliated with the U.S. Department of Agriculture and works in each county of Mississippi as an educational agency. Helping people improve their economic and social well-being is its main purpose. County Extension agents, through educational means, help people analyze and solve problems relating to home, farm, business, family, and community.

Today, approximately 5 million boys and girls are active in 4-H. Nearly 600,000 volunteer leaders in every county across the nation give their time and talent for the benefit of these young people.

Test Your 4-H Knowledge...

Name the 4-H colors. _____

Tell what the four Hs stand for. _____

How did 4-H begin? _____

How can parents help in 4-H club work? _____

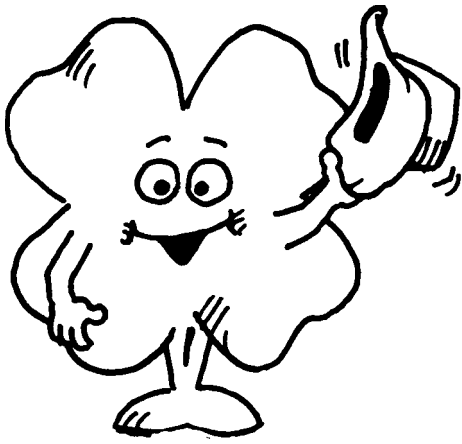
Who can belong to a 4-H club? _____

What is the 4-H Slogan? _____

What is the 4-H Motto? _____



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Publication 1960 (POD-01-16)

Distributed in Mississippi by the State 4-H Development Office. Original materials adapted from New Mexico Extension Service.



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Produced by Agricultural Communications.

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Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. GARY B. JACKSON, Director