

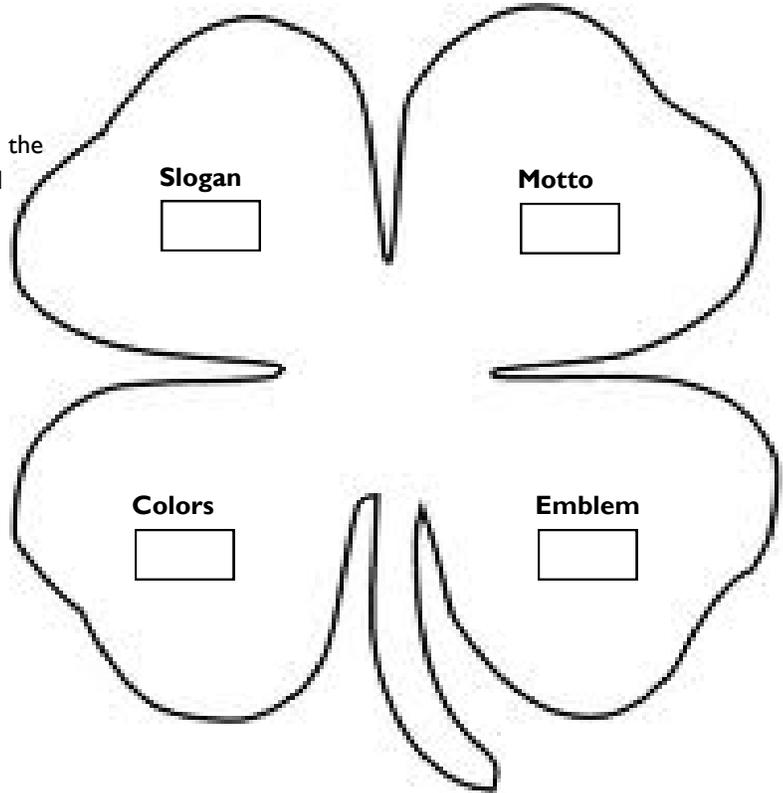


Discover 4-H

Take this time to “discover” 4-H! First, match the letters in the box to the word that best fits! Then, take your crayons and color your clover.

Match the letter to the word that best describes the following parts of the 4-H program:

- A. “Learn by Doing”
- B. “To Make the Best Better”
- C. Green and white
- D. Four-leaf clover with white “H” in each leaf



Putting the Four “H’s” Into Action

The 4-H pledge encourages 4-H members to learn and serve others. 4-H activities help members develop their head, heart, hands and health. Now, put your 4-H pledge into action. Here is a list of activities that you can do that put the four “H’s” into action. Once you have completed the 4-H action, check it off. Add your own activities to each “H” as well.

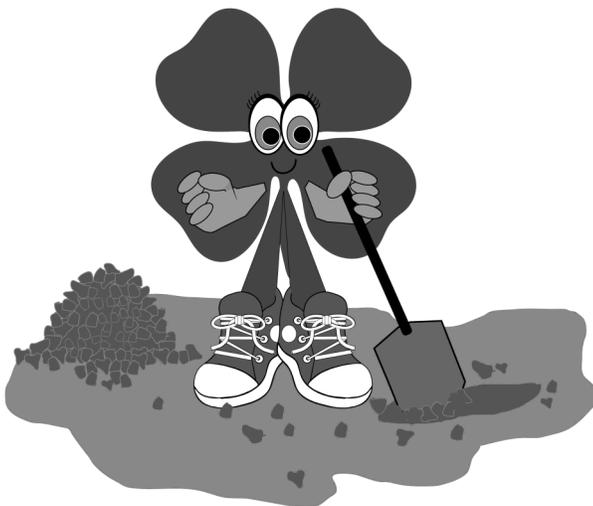
Head	Heart	Hands	Health
<input type="checkbox"/> Do math homework.	<input type="checkbox"/> Talk to a family member.	<input type="checkbox"/> Take out the trash.	<input type="checkbox"/> Play outside.
<input type="checkbox"/> Learn 4-H pledge.	<input type="checkbox"/> Make a new friend.	<input type="checkbox"/> Clean your room.	<input type="checkbox"/> Try a new vegetable.
<input type="checkbox"/> Do you know being in 4-H makes you a student of UT or TSU?	<input type="checkbox"/> Write a thank-you note or a birthday card.	<input type="checkbox"/> Rake leaves.	<input type="checkbox"/> Brush teeth.
<input type="checkbox"/> Help friend with school work.	<input type="checkbox"/> Make a gift for friend.	<input type="checkbox"/> Help wash dishes.	<input type="checkbox"/> Wash your hands before eating.
<input type="checkbox"/> Select a 4-H project.	<input type="checkbox"/> _____	<input type="checkbox"/> Put clothes away.	<input type="checkbox"/> Have a medical or dental checkup.
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> Take care of pet.	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____

Digging Deeper

Find Christopher Clover's Match

Christopher Clover has just joined 4-H, and he is discovering more about what it means to be a 4-H member. Help Christopher find the answers he is looking for. Using the clues on the right, draw a line to the word(s) that best describes the clue on the left.

- | | |
|--------------------------------|--|
| 4-H camp | 1.) 4-H colors |
| 4-H | 2.) 4-H emblem |
| Learn by Doing | 3.) The 4 H's are head, _____, hands and health. |
| 4-H Clover | 4.) Colleges that offer the 4-H program in Tennessee |
| Fourth-12th graders | 5.) Person that conducts the 4-H program |
| Free | 6.) Motto of 4-H |
| Extension agent | 7.) What it cost to join 4-H? |
| Projects | 8.) Largest youth organization in the world |
| To Make the Best Better | 9.) Fun subjects you might want to learn more about |
| Heart | 10.) Fun-filled week away from home |
| Green and white | 11.) Who can be in 4-H? |
| UT and TSU | 12.) 4-H slogan |
| 4-H pledge | 13.) Said at the beginning of 4-H meetings |

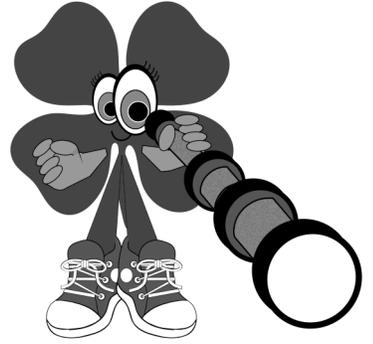


Words to Know . . .

4-H	Volunteers	University
Extension	Agent	Head
Heart	Hands	Health
Club	Officer	Pledge
Motto	Slogan	Projects
Emblem	Goals	

Career Exploration

- Who does your 4-H agent work for?
- What does a 4-H agent do?



Tennessee 4-H has almost 200,000 members. Those members are enrolled in 26 different 4-H projects. Using the graph below, answer the following questions:

1. Which project is the most popular? _____
2. Which project has the least amount of participation? _____
3. Which projects involve more than 40,000 4-H members? _____
4. How many 4-H members are in the communication project? _____
5. What project interests you? _____

4-H Project Enrollment

