



KANSAS4-H.ORG



K-STATE
Research and Extension

What is 4-H?

We teach kids from all backgrounds how to become well-rounded individuals. We do that by teaching the four H's:

Head — Make sound decisions, stick with your goals and develop practical skills.

Heart — Act with integrity and accountability.

Hands — Put the needs of the community first and commit to serving others.

Health — Actively take care of your mind and body.

What will I do?

4-H centers around projects. Members choose from a wide range of individual projects based on their interests and community availability. Through these projects, members set goals, learn the necessary skills, and exhibit or demonstrate their skills at events like county fairs, speaking contests and competitions.

What can I do?

If you're interested in something, it can probably become a project. Here's a sampling:

Clothing and textiles	Reading
Pet care and training	Robotics, rocketry and GPS
Electricity	Small engines
Food and nutrition	Visual arts and crafts
Geology	Wildlife
Horses	Woodworking
Leadership	
Photography	

How can I get involved?

Join a club! 4-H clubs are groups of families and volunteers who generally meet monthly. At meetings, youth members share their projects, plan community service activities and practice running meetings. There are many sub-clubs for individual projects led by adults or older members.

Visit **Kansas4-H.org** for more information or to find a club near you!



Kansas State University Agricultural Experiment Station and Cooperative Extension Service.
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4HMK84 August 2016

GROW NEW IDEAS

It doesn't matter where you live, what you want to be when you grow up, or your level of experience. 4-H is a club of kids and their families who take part in fun, practical projects from woodworking to rocketry, and everything in between.

Join 4-H and explore exciting ways to grow, together.

