



LEADERSHIP GROWS HERE

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:

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|-----------------------|----------------------------|
| 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!



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.

