

# 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.

# LEADERSHIP GROWS HERE



**K-STATE**

Research and Extension

**4-H**



**GROWS HERE**

**KANSAS4-H.ORG**

# WHAT CAN I DO?

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

Clothing and textiles  
Pet care and training  
Electricity  
Food and nutrition  
Geology

Horses  
Leadership  
Photography  
Reading  
Robotics, rocketry and GPS

Small engines  
Visual arts and crafts  
Wildlife  
Woodworking

## 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.**



## JOIN A CLUB NEAR YOU!