

# 4-H: Learn By Doing



## What is 4-H?

4-H is a fun and educational program where kids "learn by doing." It's a great opportunity for youth to acquire knowledge and skills, and develop healthy lifestyles they can use the rest of their lives. In Arkansas, it takes the form of community clubs, project groups, in-school and afterschool programs. 4-H is part of the University of Arkansas Division of Agriculture and reaches more than 134,000 youth.

## 4-H is free!

And its programs are available in each of our 75 counties! Come be a part of something meaningful. To learn more, contact your local county extension office or visit us online at [www.uaex.edu/4h-youth/](http://www.uaex.edu/4h-youth/)

## Who can join?

Anyone age 9-19 can join 4-H. Some counties even have younger children involved in cloverbud activities (age 5-8). 4-H happens wherever kids live — in large cities, small towns, on farms, and even on military bases.



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## Check us out on the web

[www.uaex.edu/4h-youth/](http://www.uaex.edu/4h-youth/)



Like us on Facebook

[facebook.com/arkansas4h](https://facebook.com/arkansas4h)



Follow us on Twitter

@arkansas4h

## Come Join the Fun!

The faces of 4-H kids are as diverse as the activities in which they take part. Some of our exciting programs include:

- Science and Technology
- Health, food and nutrition
- Citizenship and leadership
- Camping
- Community service
- Operation Military Kids
- Afterschool programs
- And so much more

Although there are several ways to be involved, 4-H clubs offer the most fun and excitement. 4-H clubs are made up of adult volunteers working with a group of young people who want to learn new things, meet new people and have a good time along the way!



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# Discover 4-H

The mission of 4-H is to provide opportunities for youth to acquire knowledge, develop life skills, form attitudes, and practice behavior that will enable them to become self directing, productive, and contributing members of society.

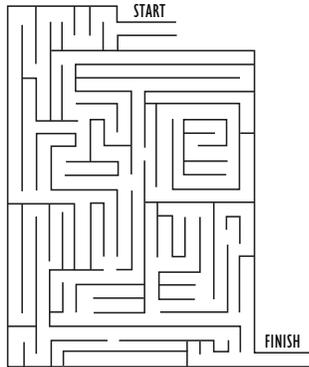
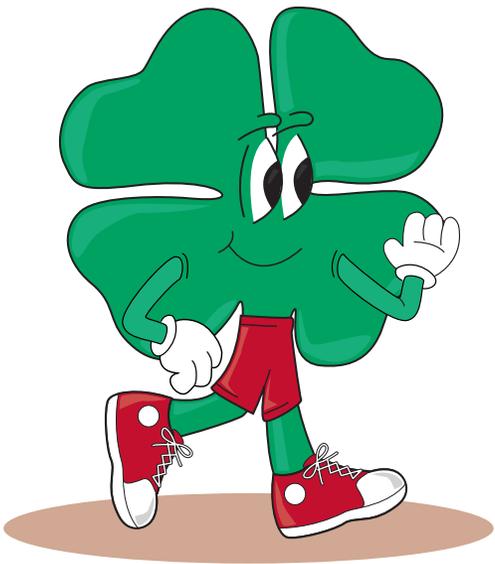
## 4-H

To make the best better

D G I S E W O O D W O R K I N G  
 C O O S E W I N G V E P R F O U  
 R H R A O T O H E P E A R C T H  
 W O A Y T N T H O T H E A L T H  
 H E X C I S G E S R T M B U I T  
 B E E F N Y G S G E P R B B L N  
 E A A R N D R I N C G E I S E E  
 X G P R E E E I R O I V T S E M  
 R N N L T C F N E A R S O S D F E  
 E I P U N F O E R D A L L N L V  
 H K A N U F N D R S N C E A W E  
 T O F R Y H P A R G O T O H P I  
 A O I E N E D S T O Y O J O I H  
 E C N F O A U S R E T U P M O C  
 W C H I L D C A R E R H N O W A

Find these words forward, backward or diagonally

- |             |         |             |
|-------------|---------|-------------|
| Achievement | Beef    | Camp        |
| Childcare   | Clover  | Clubs       |
| Computers   | Cooking | Dairy       |
| Energy      | Fun     | Goats       |
| Hands       | Head    | Health      |
| Hear        | Horse   | Pets        |
| Photography | Pledge  | Rabbits     |
| Records     | Sewing  | Show        |
| Songs       | Weather | Woodworking |



## 4-H pledge

### I PLEDGE

my **HEAD** to clearer thinking,  
 my **HEART** to greater loyalty,  
 my **HANDS** to larger service, &  
 my **HEALTH** to better living,  
 for my club, my community,  
 my country, & my world.

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