What do you know about 4-H?

- The 4 “H”s stand for:
  - HEAD (Thinking / Learning)
  - HEART (Caring / Loving)
  - HANDS (Making things or serving others by helping)
  - HEALTH (Taking good care of yourself and others)

What do you want to learn about or what do you think about? ____________________________
______________________________
______________________________

What do you love to do? What could you do to show someone or something you care about them? _______
______________________________
______________________________
______________________________

What do you like to make with your hands? How could you help others? _______
______________________________
______________________________
______________________________

How can you take better care of your body? Did you ever have to help someone who is sick? ________________________________
______________________________
______________________________

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