

# 4-H TRADITIONS



**THE 4-H EMBLEM** - The 4-H club emblem is a green four-leaf clover with a white “H” on each leaf. Each leaf represents one of the four “H’s – Head, Heart, Hands and Health.

**4-H COLORS** – The white in the 4-H flag symbolizes purity. The green, nature’s most common color, represents life, growth and youth.

**THE 4-H PLEDGE** – I pledge:  
My HEAD to clearer thinking.  
My HEART to greater loyalty.  
My HANDS to larger service and  
My HEALTH to better living,  
For my CLUB, my COMMUNITY, my COUNTRY and my WORLD.

**4-H SLOGAN** – “Learning by Doing” is the 4-H member’s way of acquiring new skills and learning how to get along with others. New skills come from working with the hands. Ability to get along with others comes from working and playing with the group.

**4-H MOTTO** – “To Make the Best Better” is the aim of each member in improving project work and in building better clubs and communities.

**4-H CLUB CREED** – The creed expresses the 4-H members’ belief that opportunities offered in 4-H work are sound and useful to citizens of a democracy.

I believe in 4-H club work for the opportunity it will give me to become a useful citizen.

I believe in the training of my HEAD for the power it will give me to think, to plan and to reason.

I believe in the training of my HEART for the nobleness it will give me to become kind, sympathetic and true.

I believe in the training of my HANDS for the dignity it will give me to be helpful, useful and skillful.

I believe in the training of my HEALTH for the strength it will give me to enjoy life, to resist disease and work efficiently.

I believe in my Country, my State, my Community and in my responsibility for their development.

In all these things that I believe, I am willing to dedicate my efforts for their fulfillment.