

Potty Pointers

The 4-H Symbol

4-H is best identified by its green four-leaf clover with an H on each leaf. The four H's on this emblem stand for Head, Heart, Hands and Health. These words emphasize the basis of the four-fold development of youth involved in 4-H.

HEAD: 4-H'ers focus on thinking, making decisions, and understanding and gaining knowledge.

HEART: 4-H'ers are concerned with the welfare of others and accept the responsibilities of citizenship and developing attitudes and values.

HANDS: 4-H'ers use their hands to learn new skills and develop pride and respect for their own work.

HEALTH: 4-H'ers develop and practice healthy living physically, mentally, spiritually, and socially.

4-H is a community of young people across America who are learning leadership, citizenship and life skills.

