



North Dakota 4-H



Complete Record Set

For 8- to 10-year-olds



Name _____

Year _____

Club _____



4-H Motto

The 4-H motto is: "Make the Best Better."

4-H Colors

The 4-H colors are white and green.

4-H Emblem

The four leaf clover with an "H" on each leaf. These H's stand for Head, Hands, Heart, and Health; the training and proper care of which will be the best assets any person can possess.

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 Creed

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

I believe in 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 to work efficiently.

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

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



This is a cover for records for 8- to 10-year-olds.

To complete this record set, print a copy of PA092 "My 4-H Program Book" and a copy of PA093 "Planning for My Project Adventure" for each project you enroll in this 4-H year.

Visit North Dakota 4-H on-line at www.ndsu.edu/4h

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