

My 4-H Record



Name: _____

Club: _____

The Four H's

The four H's stand for **Head, Heart, Hands, and Health**, which represent the domains of youth development. Early symbols of the organization contained only three H's—for Head, Heart, and Hands. In 1911, club leaders from across the country met in Washington, D.C. and adopted a committee recommendation to add Hustle as a fourth H. O.B. Martin, who was directing club work in the South, is credited with suggesting that the four H's stand for Head, Heart, Hands, and Health.

4-H Emblem

The official 4-H emblem is a green four-leaf clover with the letter H on each leaf. Because of its historical importance, the 4-H emblem has a special status; it is federally protected under the U.S. Code (Section 18 USC 707) and belongs to Congress. Federal legislation regulates use of the 4-H name and emblem. In Oregon, permission to use the emblem must be granted by the OSU Extension Service.

4-H Colors

The 4-H colors are green and white. Green represents growth, life, and youth. White symbolizes purity and high ideals.

4-H Motto

The 4-H motto, **“To make the best better,”** was proposed by Carrie Harrison, a botanist with the U.S. Bureau of Plant Industry, and adopted in 1927 along with the 4-H pledge.

4-H Pledge

The pledge tells what 4-H is all about: the fourfold development of youth. Delegates to the 1927 National 4-H Club Camp in Washington, D.C. adopted the pledge, and state club leaders voted for and adopted the pledge for universal use. The phrase “and my world” was added in 1973. The saying of the pledge has a prominent place at 4-H club meetings, achievement days, and other events.

**“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.”**