Welcome to 4-H

We’re glad you’ve discovered us! We know you will enjoy meeting with your group and will enjoy many fun events.

4-H can give you a chance to learn and grow. In your club, you will have an adult leader and some older 4-H members to help you. Your parents can help, too. Don’t hesitate to ask them. They like having you join 4-H and hope you will like it, too.

What Can 4-H Members Do?

- Discover your hidden talents in more than 100 action-packed projects designed to fit your own interests. Work by yourself or join with friends to create super cool projects!
- Explore the world with your friends. Travel to new places, try new things and have lots of fun!
- Build lasting friendships at exciting camps and workshops. 4-H is fun, friends and family!
- Develop self-confidence. Do activities you enjoy, learn new skills and show what you know!
- Pump up your creativity and imagination. You can make anything possible!

For more information, see www.ndsu.edu/4h

Yes,
I’d like more information about 4-H:

☐ membership
☐ volunteering
☐ other (please specify)

Name__________________________________________
Mailing address ____________________________________________
City ____________________________
State _______ Zip ______________
County ____________________________
School ____________________________
Phone (___) _______________________
E-mail ____________________________
Age (if under 19) ____________________

For more information, tear off this sheet and mail it to your county office of the NDSU Extension Service.
4-H Projects

You can choose one or more projects that will be interesting and fun. 4-H projects can help you explore many things. Projects are fun to do alone and with your friends. Here are some of the projects you might like to do in 4-H. Enrolling in only a few projects and doing them well is best.

Environmental and Earth Sciences
Would you like to learn about land, water and air, as well as other creatures around you? Try:
- Sport Fishing
- Nature Trails
- Entomology
- Bird Watching
- Wildlife
- Forestry
- Outdoor Adventures
- Shooting Sports
- Exploring Your Environment

Engineering, Science and Technology
If you like to work with tools, or make or build things, try one of these:
- Aerospace
- Geospatial
- Small Engine
- Bicycle
- Wind Power
- Electricity/Electronics
- Robotics
- Computers
- Welding
- Woodworking

Animal Science
Projects in this group help you learn to select, feed and care for an animal. Explore:
- Horse
- Swine
- Sheep
- Dairy Cattle
- Pets
- Dairy Goats
- Poultry
- Meat Goats
- Beef
- Rabbits
- Veterinary Science

Consumer and Family Science
Here's a chance for you to learn how to be a better consumer:
- Clothing and Textiles
- Consumer Management
- Home Environment
- Fiber Arts
- Child Development

Consumer and Expressive Arts
Here's your chance to be creative. Do you like taking pictures and having fun? Try:
- Communication
- Scrapbooking
- Photography
- Visual Arts
- Creative Arts
- Leather Craft
- Wood Arts

Healthy Lifestyle Education
Learn how to make healthy choices in these projects:
- Food and Nutrition
- Health

Citizenship and Leadership
Get involved in your community and learn leadership skills with these projects:
- Leadership
- Entrepreneurship
- Careers

Communication and Expressive Arts
Here is your chance to be creative. Do you like taking pictures and having fun? Try:
- Communication
- Scrapbooking
- Photography
- Visual Arts
- Creative Arts
- Leather Craft
- Wood Arts

Plant Science
Learning about plants and watching things grow is great fun. Discover:
- Horticulture (Gardening)
- Crop Production