



My 4-H Prep/Cloverbud Book



Welcome!

Welcome to the Somerset County 4-H Prep/Cloverbud Program! As a 4-H Prep/Cloverbud member, you will be able to explore many subjects, go to 4-H Camp, participate in the 4-H Fair and be part of the big 4-H Family! It's a great way to learn about 4-H.

Enjoy the 4-H Prep/Cloverbud program. You can learn and have fun at the same time! You'll be able to make new friends!

Name _____

Address _____

County _____

Telephone Number _____

My Club Name _____



4-H Pledge

I Pledge:

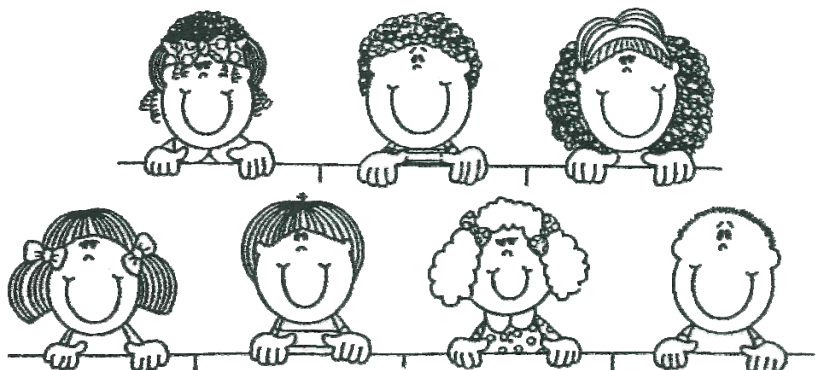
My Head to Clearer Thinking,
My Heart to Greater Loyalty
My Hands to Larger Service,
And My Health to Better Living
For My Club, My Community,
My Country and My World.

4-H Motto

To Make the Best Better!

4-H Colors

Green & White





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All About 4-H...

4-H History

4-H started in the early 1900's to help boys and girls learn how to grow corn and can vegetables. Now, it helps boys and girls have fun with friends and learn skills that will help you be a better person.

Do you know any adults that were in 4-H when they were children?

What is 4-H?

4-H is part of Rutgers Cooperative Extension and NJ Agricultural Experiment Station, (a part of Rutgers University), and the county government.

Who "runs" 4-H?

Paid staff are responsible for the total 4-H program. In the space below, write the names of the County 4-H Agents.

Your Leaders are trained adults who volunteer their time. That means they don't get paid for all the help they give you.

Get the autographs of your Leaders here:

4-H Projects

Unscramble to find some words that we associate with 4-H.

FOOD	FAIR	FUN
CLUBS	CAMP	HEAD
HEART	HANDS	HEALTH

MCPA _____

ODOF _____

TLHAHE _____

ERHTA _____

NFU _____

AHDE _____

LBUSC _____

IFRA _____

DAHNS _____





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All About Me!

My hair looks like this
(Draw it)

My Name is _____

I am a boy girl

I weigh _____ pounds

I am this tall: _____ feet and
_____ inches

My birthday is _____
Month Day Year

I have _____ teeth
Number

I go to _____ school

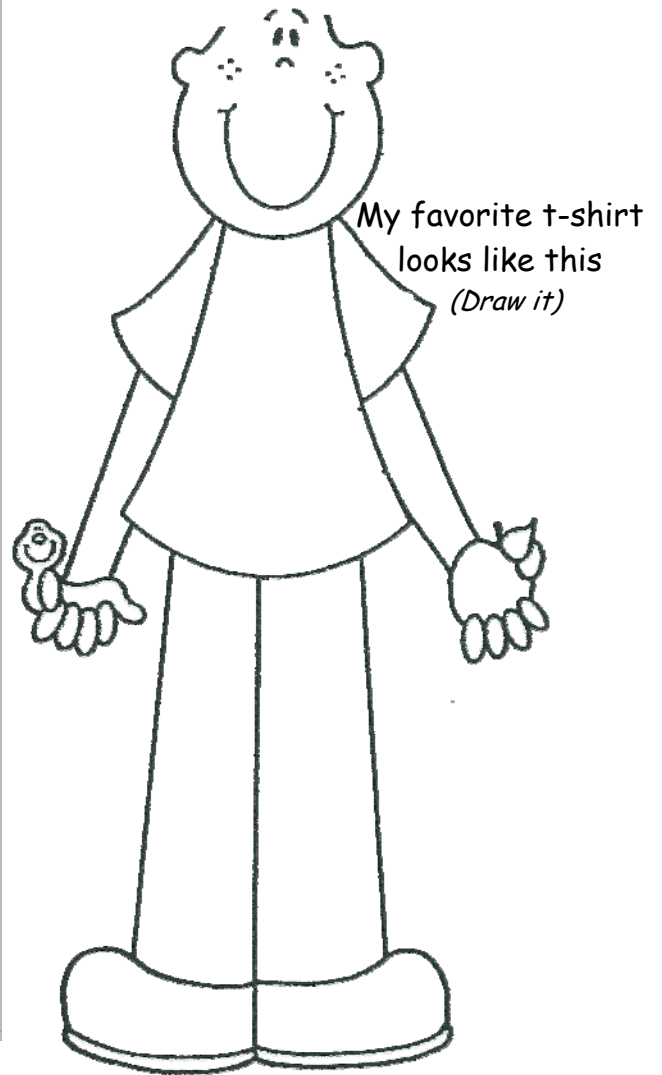
I am in _____ grade

I am right-handed left-handed

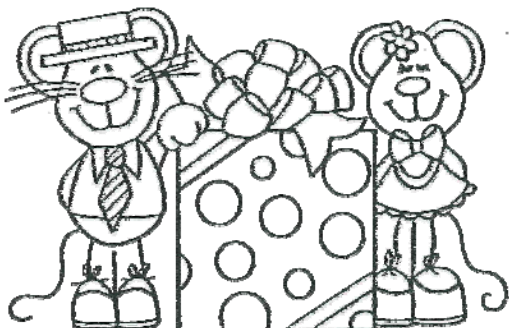
My shoes are size _____

I am ticklish yes no

Color this box with
your favorite color



Draw the number of candles to show your age.





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All About My Family!

Family portrait of _____
 (Draw a picture of your family and write the name of every family member)



My Favorite Things To Do Are:

My House

- My house is
- on a farm
 - in the country
 - in a town
 - in a city

- I
- have my own bedroom
 - share a room with _____



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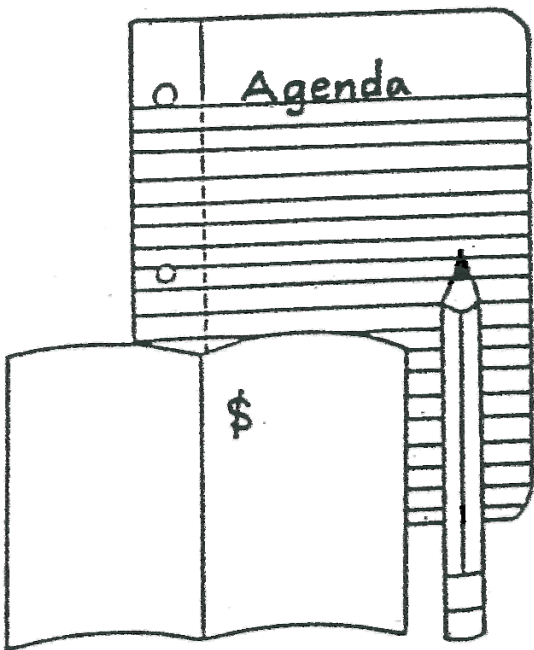
All About My Club!

The name of my 4-H Club is _____

We have _____ members in our club

We meet at _____ on _____
(time) (what week of month, what day of week)

We meet at _____
(place)



Things We Would Like to Explore at Our Meetings:

Getting to Know Each Other

At your next Club meeting, find out something about another member. Pretend you are a reporter and interview him or her. What is that member's favorite hobby, favorite subject in school, favorite food or favorite color? Hey, guess what! You may have some things in common with this new friend! Next meeting, try meeting someone else.



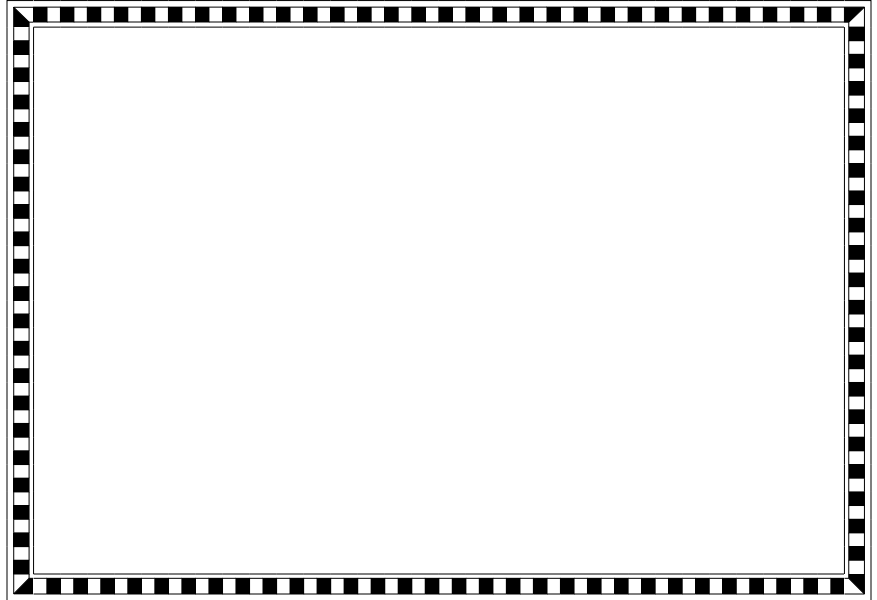
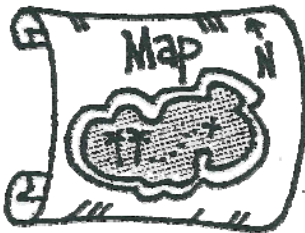
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All About My Community!

Around the Community

A community is the area around your home. What does it look like? Draw things you see around your community such as buildings, trees, animals, cars, buses, roads and other things you use or see every day.



Around the County

Where do you live?

Draw a picture of your house.

You and Your Community

It's important that you feel like you belong to your community and Somerset County. It's a great place to live. How can you make it even better? Think of things you and your club can do. Look at the suggestions below and add your own ideas. Then plan to do something to help your community. You'll feel good that you helped someone else.

- Pick up litter
- Plant flowers
- Collect food for the needy
- Help a shut-in or elderly person
- Put up 4-H posters
- _____

(list your idea here)



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All About My Country!

You are a part of a 4-H program that is found in every county in New Jersey and in the U.S.A. Did you know that 4-H is in 3150 counties in the U.S.? In New Jersey the State 4-H Office is part of Rutgers, the State University, located in New Brunswick. 4-H is part of Rutgers Cooperative Extension.

Be a Researcher...

Who are the following people in your state and country?

Governor of New Jersey _____

President of the United States _____



Pledge of Allegiance

"I pledge allegiance to the flag
of the United States of America

And to the Republic
for which it stands

One Nation, under God
indivisible

With Liberty and Justice for All"

Take Pride in Your State and Country

Be sure to recite the 4-H Pledge and the Pledge of Allegiance at every 4-H Club meeting.

Think about the Pledge of Allegiance. What does it really mean? Next time you recite it, think about each word, and try to understand the importance of it.

There are rights we take for granted that citizens of other countries do not have.



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All About My World!

You are part of one of the largest out-of-school youth organizations in the world! 4-H has programs in over 80 countries. Imagine being part of such a program.

What country are your ancestors from?

Have you visited other countries? If so, which ones?

Do you know anyone from another country?

What other countries would you like to learn more about?

Where in the world did that come from?

By the time you finish eating breakfast, you probably depended on more than half the world. For fun, see if you can list everything you did or touched or ate that may have come from another country. Don't forget to check the labels in your clothes!



Here are some examples to get you started:

- Alarm Clock - Japan
- Hot Cocoa - Ecuador
- Toothbrush - Taiwan
- Milk - United States Dairy Farmer

Item

Country or Region



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I Pledge My Head...

...to clearer thinking. What did you learn this year in 4-H? On this page, record your thoughts. You can use extra pages too.

My Favorite Things I Learned...

Write about some things you learned about this year.

Here's an example:

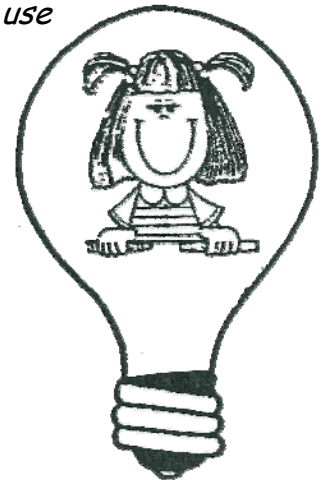
Topic:

Birds

What I Learned:

How to make bird feeders and what kind of seed to use

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



If I could draw one thing I learned...

In this space, draw something that really got you interested.



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I Pledge My Heart...

...to greater loyalty. 4-H'ers are always trying to have fun, learn and help others. On this page, we want you to record nice things that happened to you in 4-H this year. Be sure to write about the nice things you did for other people too!

Helping Others

Doesn't it make you feel good when you do something to help someone else or your community?

What did you and your club do to help others? Did you visit a nursing home? Were you part of a food drive? Did you help pick up litter?

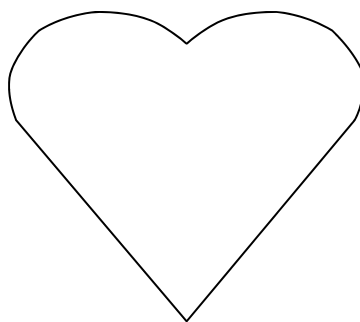
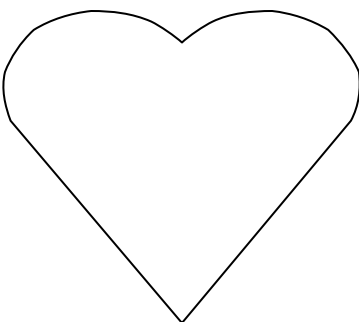
Show in your own way at least one activity that you or your club did to help others.

Getting to Know Others

During your 4-H year, how many special people did you meet through field trips or meetings?

Use the space below to record some of their names. Then you'll always remember your 4-H friends.

Special People I Met



Thank you!

Put the name of your Leaders in the hearts and remember to thank them for everything they do!



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I Pledge My Hands...

...to larger service. In 4-H you learn by doing. On this page show things you made or did using your hands.

What I Made and Did This Year in 4-H

Trace your hand in the space below. In that hand, write about or draw things you made in 4-H this year. They can be things you made at club meetings, Family Camp, the 4-H Fair or other special events. Try to fill up your whole hand!

Things I'd Like to Do

Check the boxes beside things you would like to learn about next year

- | | | |
|--|--|--|
| <input type="checkbox"/> Rocks (geology) | <input type="checkbox"/> Science | <input type="checkbox"/> Nature |
| <input type="checkbox"/> Dinosaurs | <input type="checkbox"/> The Environment | <input type="checkbox"/> Building Things |
| <input type="checkbox"/> Animals | <input type="checkbox"/> Foods & Cooking | <input type="checkbox"/> Other Countries |
| <input type="checkbox"/> Mechanical Things | <input type="checkbox"/> Electronics/Computers | <input type="checkbox"/> Photography |

(anything else)



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I Pledge My Health...

...to better living. Being healthy means feeling good about everything you do. What did you do in 4-H this year that will help you be a better person?

I Feel Good About Being in 4-H

Check all the boxes by the sentences you agree with

- I feel good about learning lots of new things.
- I feel good about being able to choose what I do in 4-H.
- I feel good about helping others and my community.
- I feel good about meeting and talking with other people.
- I feel good about myself because I was in 4-H.
- I also feel good about _____



Making a 4-H Resolution

Just like a New Year's Resolution you can make a 4-H resolution. This can be a promise to yourself that you will do something to help you in life because of what you learned in 4-H. Think about something you want to continue to learn or do. Write it here.

An Example: I really liked getting up in front of the club to talk. I want to do more of that.

Another Example: I really liked the chemistry experiment we did in February. I want to learn more about chemistry in 4-H. Maybe I will be a chemist when I grow up.

What's your 4-H resolution?
