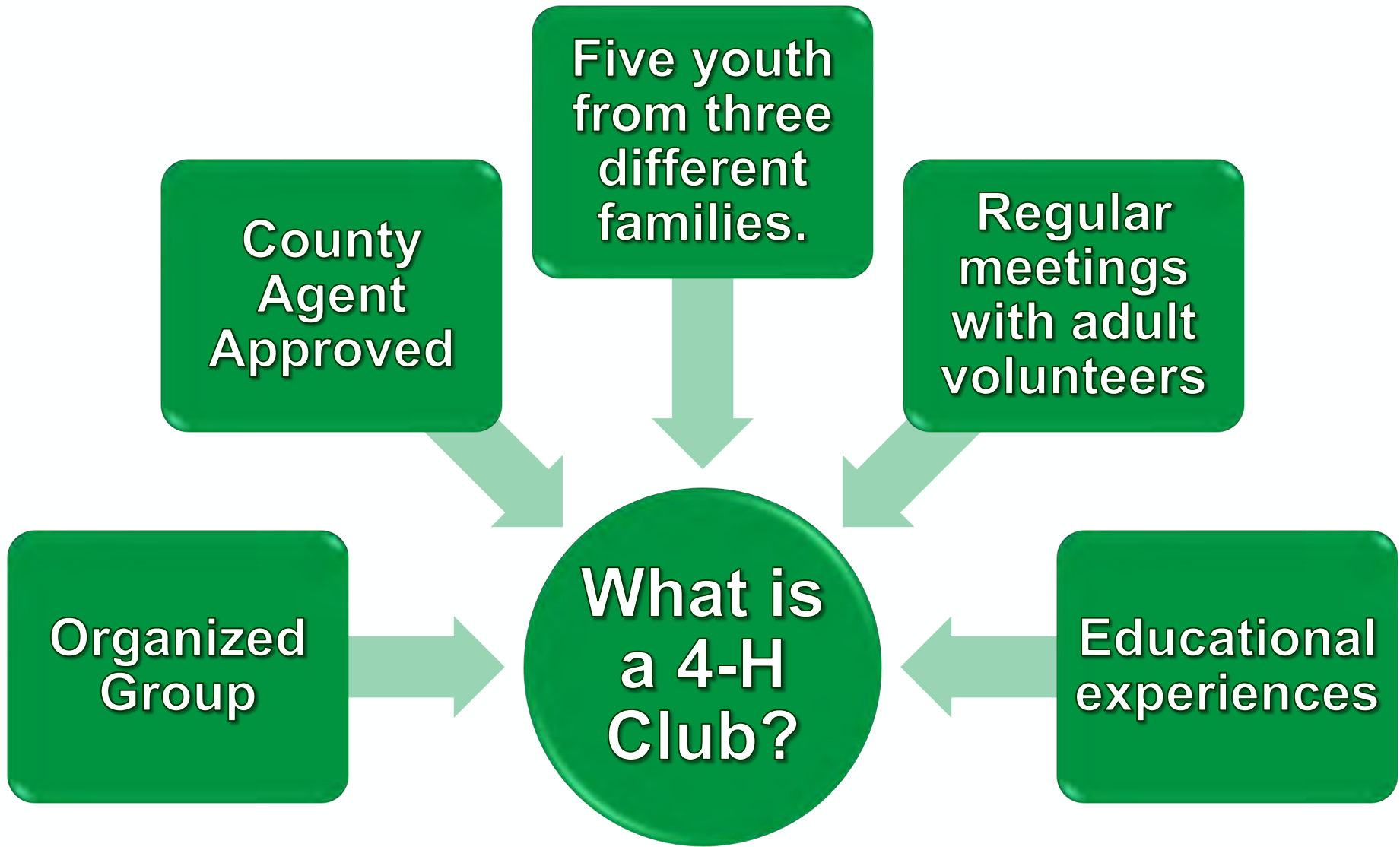




New Mexico 4-H 101 *Part 3*





- **The 4-H Symbols** The 4-H *emblem* is a green four-leaf clover with a white “H” in each leaf.
- The four H’s stand for Head, Heart, Hands and Health and represent the development of life skills.



HEAD

HEAD: Learning to think, making decisions, understanding “why”, gaining new and valuable insights and acquiring knowledge.



HEART

HEART: Being concerned with the welfare of others, determining values and attitudes by which to live, and learning how to work with others.



HANDS

HANDS: Learning new skills, improving skills already developed, instilling pride in work, and earning respect for work accomplished.



HEALTH

HEALTH: Practicing healthful living, protecting the well being of self and others, and making constructive use of leisure time.

4-H Colors

Green is nature's most common color and is symbolic of *springtime, life, and youth.*

White symbolizes *purity and high ideals*

4-H Motto

To Make the Best
BETTER

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 Mission

Provide youth the opportunities to acquire *leadership, citizenship, and life skills*. New Mexico 4-H programs are based on the *four concepts of positive youth development* which are *belonging, mastery, independence, and generosity.*

4-H Meetings Allow Youth

Knowledge and Ideas

Self-confidence and Leadership

Decision Making

Responsibility and Commitment

New Friends

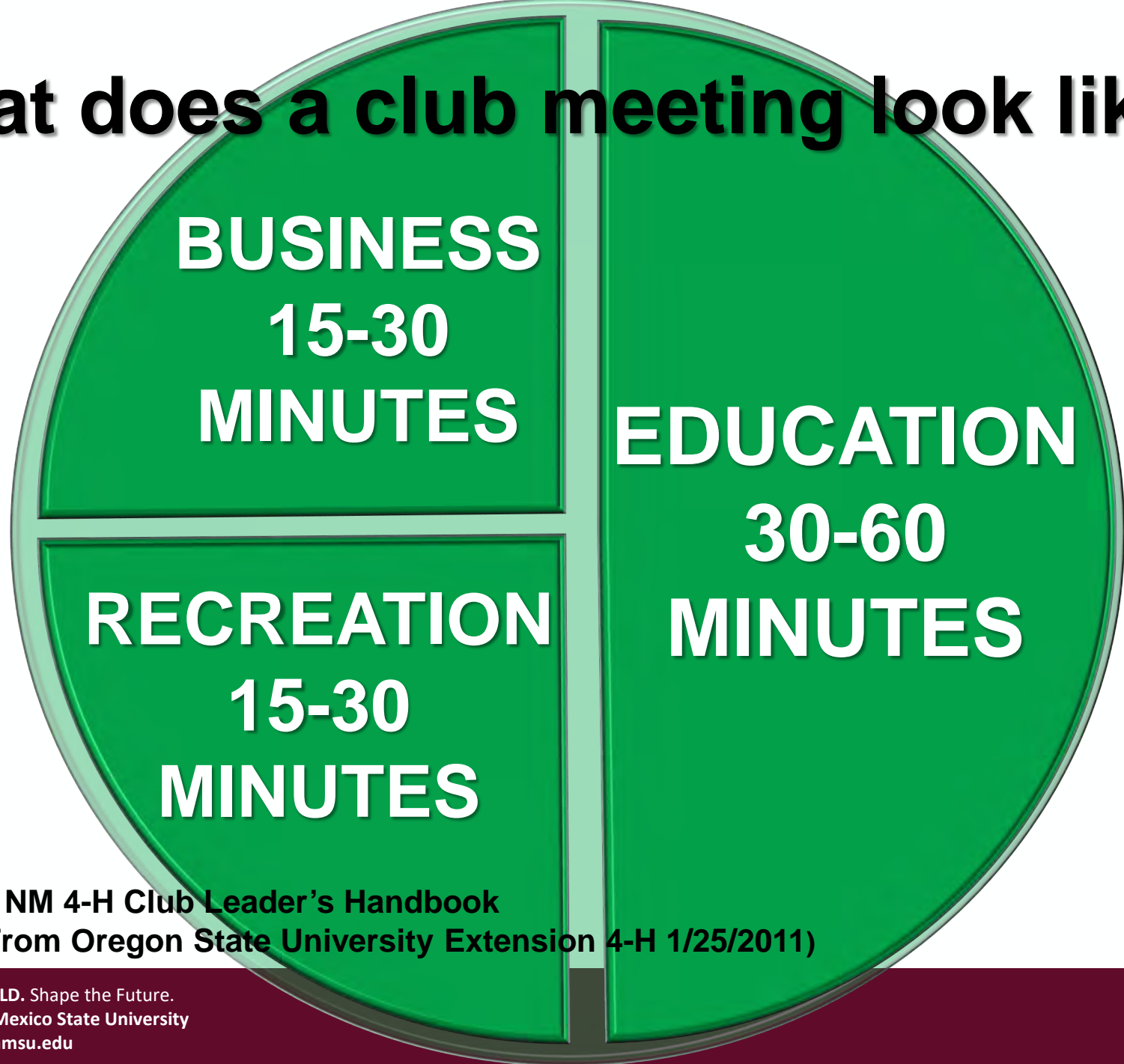
Recreational Activities

Planning meetings with youth club leadership is key in successful youth led meetings.

Youth with the guidance of the club leader.

Who Leads the Club Meetings?

What does a club meeting look like?



Reference NM 4-H Club Leader's Handbook
(Graphic From Oregon State University Extension 4-H 1/25/2011)

**Four key
Factors
contribute
to good
meetings**

Planning



Involvement



Balance



Variety

Meeting Planning Worksheets can be found in the NM Club Leaders Handbook on the NM 4-H website. (Link to NM Club Leaders Handbook)

Tips for Effective Meetings

Create a safe
and welcoming
environment

Encourage
use of
parliamentary
procedure

Support
democratic
participation

Communicate
upcoming
events, dates and
responsibilities

Expectations/Member in Good Standing

Attend club meetings, activities, and events

Attendance policy

4-H Projects

Accurate recordkeeping

Fund-raisers, special activities, community service, and refreshments.

Planning, organizing, financial responsibilities, and other life-skills.

Good sportsmanship, respect, and cooperation.

Workshops, leadership retreats, competitions

All 4-H members are required to meet the following minimum standards each year:

1. Adhere to the expectations of the New Mexico 4-H Code of Conduct.

2. Complete a 4-H project doing one's own work with minimal assistance from parents or others.

3. Give a club or county 4-H public presentation for each project enrolled in.

4. Complete a 4-H record book and turn it in to your community club leader.

Expectations/Member in Good Standing

“Lending your hands to larger service”

Community service projects

“Learning by Doing”

Service-learning projects.

Youth Opportunities

Club Leadership

Council leadership

State 4-H Leadership Team

Citizenship Trips

County, District and State 4-H Events and Activity possibilities:

- County, District and State Contests
- County, Regional and State Fairs
- County Achievement Days

County and State Leadership/Project Events

- Project Meetings
- State/Regional 4-H Horse, Livestock, and Dog School
- State 4-H Home Ec School
- Senior Leadership Retreat
- Youth Get-Away
- State 4-H Conference

The 4-H Project

Focused area of work

Planned sequence

- age-appropriate and
- research-based learning opportunities

Skill and positive youth development

The Project Group

Guidance of a volunteer 4-H project leader

4-H Community Club

One common project

- Horse
- Photography
- Sewing
- Shooting sports

Result

- Knowledge
- Skills

The Project Curriculum

Project Choices

- Wide range of
- Learning experiences
 - Hands-on
 - Research-based

Curriculum Materials

- Support and guide learning
- Support individual learning
- Challenge members

Deadlines

There are deadlines that must be met for club, county, state, events, fairs and activities. Contact your county extension office for specific deadlines.

To learn more about New Mexico
4-H continue to module:
New Mexico 4-H 101 - Part 4

