



The 4-H Framework – Work Sheet

4-H offers a balanced program related to the basic needs of all young people

Young people and the adults who lead 4-H clubs, 4-H camps, and 4-H after-school programs are proud to be part of the local, state and national 4-H Youth Development Program. This work sheet supports the 4-H Framework diagram. Use it to plan a high quality 4-H experience for your program.

4-H Component	Description	Materials Needed	My Plan For My 4-H Group
<p>I am in 4-H</p> <p><i>See center of diagram</i></p>	<p>4-H time includes:</p> <ul style="list-style-type: none"> • 6 hours or more, accumulated over time, of 4-H activities • 4-H flag, emblem, and pledge <p>Children / youth are:</p> <ul style="list-style-type: none"> • Enrolled as 4-H members • Sent mailings on county 4-H • Given a member card • Invited to participate in local and county 4-H activities / events • Able to recognize the 4-H clover and know its meaning 	<p>From the 4-H Extension Educator:</p> <ul style="list-style-type: none"> • Enrollment form(s) • Member cards • Newsletters, information on 4-H events /activities • Annual reporting tools <p>From the 4-H Supply Catalog:</p> <ul style="list-style-type: none"> • 4-H Flag • 4-H Emblem banner • 4-H Pledge banner 	<p>To incorporate the basics, I will:</p>
<p>Learn by Doing</p> <p><i>Experiential learning model</i></p>	<p>4-H uses the experiential learning model of:</p> <ul style="list-style-type: none"> • DO • REFLECT • APPLY 	<p>From the 4-H Extension Educator:</p> <ul style="list-style-type: none"> • “Learn by Doing” model of program delivery • “4-H 101” training 	<p>To incorporate the “learn by doing” model, I will:</p>

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Stem of the 4-H clover <i>The foundation of 4-H includes</i> self-determination choice leadership	This foundation makes 4-H youth stand out among their peers in their school and community. Adults involved in 4-H try to provide every 4-H youth with: <ul style="list-style-type: none"> • Freedom to make choices that shape their 4-H experience • Opportunities to lead their peers • Encouragement of self-determination in 4-H experiences • Encouragement to transfer skills learned in 4-H to their larger world of family, peers, school and community 	From the 4-H Educator Training and support on: <ul style="list-style-type: none"> • Positive youth development • Essential elements of a 4-H experience • Teaching critical life skills • “Learn by doing” or experiential education strategies Other:	To create the foundation of 4-H, I will:
Head <i>Learning and practicing the life skills needed to achieve</i> independence	4-H members have opportunities to: <ul style="list-style-type: none"> • Develop cognitive and creative skills • Gain confidence • Think independently • Learn and practice skills in making decisions • Accept responsibility • Exercise self-discipline • Learn and practice leadership skills 	From the 4-H Extension Educator: <ul style="list-style-type: none"> • 4-H curriculum and related training • Notice of 4-H events and activities Other:	To incorporate <u>HEAD</u> and meet each 4-Her’s need to develop <u>independence</u>, I will:
Heart <i>Having a sense of belonging and connections with caring adults</i>	4-H members have opportunities to: <ul style="list-style-type: none"> • Learn and practice social skills, cooperation, and effective communication • Spend time in an environment where they feel both physically and emotionally safe • Know themselves and relate to others 	From the 4-H Extension Educator: <ul style="list-style-type: none"> • 4-H curriculum and related training • Notice of 4-H events and activities Other:	To incorporate <u>HEART</u> and meet each 4-Her’s need to experience <u>belonging</u>, I will:

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Hands <i>Finding meaning and purpose in life; practicing generosity</i>	4-H members have opportunities to: <ul style="list-style-type: none"> • Learn about their communities and responsibilities of citizenship • Participate in 4-H community service • Participate in citizenship activities • Make connections • Take risks 	From the 4-H Extension Educator: <ul style="list-style-type: none"> • 4-H curriculum, and related training • Annual reporting tool on community service Other:	To incorporate <u>HANDS</u> and meet each 4-Her's need to practice <u>generosity</u>, I will:
Health <i>Making healthy choices to gain mastery in their lives</i>	4- H members have opportunities to: <ul style="list-style-type: none"> • Learn and practice skills to make decisions, solve problems, and meet challenges • Explore careers and work habits leading to healthy and productive lives 	From the 4-H Extension Educator: <ul style="list-style-type: none"> • 4-H curriculum and related training • Notice of 4-H events and activities Other:	To incorporate <u>HEALTH</u> and meet each 4-Her's need to gain <u>mastery</u>, I will:
The “inner circle” of 4-H <i>Relationships essential to every 4-H member</i>	The people and relationships that support every child / youth involved in 4-H include: <ul style="list-style-type: none"> • Peers – opportunities to connect with positive peers • Connection with caring adult – 4-H leaders who accept, value, and nurture each member • Teachers, parents, mentors – regular involvement • Youth and adults as partners – mutual respect and decision-making roles 	From the 4-H Extension Educator: <ul style="list-style-type: none"> • Guidance in establishing 4-H connections and involving parents, families, schools • Planning tool Other:	How I will foster the involvement and development of essential relationships

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The “outer circle” of 4-H <i>Extended elements of the 4-H experience</i>	<p>The elements that help 4-H members stand out include:</p> <ul style="list-style-type: none"> • UNH connection – 4-H members know they are connected with the University of New Hampshire • Communication – 4-H members have an opportunity to communicate and showcase their accomplishments • Community connection – 4-H youth and adults understand, develop, and expand their roles as caring, contributing and connected members of the larger society (local and global) • Reflection – 4-H youth and adults set goals, reflect on and evaluate their experiences, and make future plans • Recognition – 4-H youth and adults are recognized for their involvement and accomplishments 	<p>From the 4-H Extension Educator:</p> <ul style="list-style-type: none"> • Information and guidance to access and connect with UNH • Information and guidance to access 4-H events and activities • “Learn by Doing” model • Information and guidance for age-appropriate recognition events and activities <p>Other:</p>	<p>I will provide these essential elements of 4-H:</p> <ul style="list-style-type: none"> • UNH Connection • Communication • Community connection • Reflection • Recognition
Notes: 			

4-H – Your First Class at the University of New Hampshire

<http://extension.unh.edu>

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