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.

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<tr>
<th>4-H Component</th>
<th>Description</th>
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<th>My Plan For My 4-H Group</th>
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| **I am in 4-H** | 4-H time includes:  
- 6 hours or more, accumulated over time, of 4-H activities  
- 4-H flag, emblem, and pledge  
Children / youth are:  
- 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 | From the 4-H Extension Educator:  
- Enrollment form(s)  
- Member cards  
- Newsletters, information on 4-H events /activities  
- Annual reporting tools  
From the 4-H Supply Catalog:  
- 4-H Flag  
- 4-H Emblem banner  
- 4-H Pledge banner | To incorporate the basics, I will: |
| **Learn by Doing** | 4-H uses the experiential learning model of:  
- DO  
- REFLECT  
- APPLY | From the 4-H Extension Educator:  
- “Learn by Doing” model of program delivery  
- “4-H 101” training | To incorporate the “learn by doing” model, I will: |
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<td><strong>Stem of the 4-H clover</strong></td>
<td>The foundation of 4-H includes self-determination, choice, leadership. Adults involved in 4-H try to provide every 4-H youth with: • 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.</td>
<td>From the 4-H Educator: Training and support on: • Positive youth development • Essential elements of a 4-H experience • Teaching critical life skills • “Learn by doing” or experiential education strategies Other:</td>
<td>To create the foundation of 4-H, I will:</td>
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<td><strong>Head</strong></td>
<td>4-H members have opportunities to: • 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</td>
<td>From the 4-H Extension Educator: • 4-H curriculum and related training • Notice of 4-H events and activities Other:</td>
<td>To incorporate HEAD and meet each 4-Her’s need to develop independence, I will:</td>
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<td><strong>Heart</strong></td>
<td>4-H members have opportunities to: • 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</td>
<td>From the 4-H Extension Educator: • 4-H curriculum and related training • Notice of 4-H events and activities Other:</td>
<td>To incorporate HEART and meet each 4-Her’s need to experience belonging, I will:</td>
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| Hands         | **Finding meaning and purpose in life; practicing generosity**  
4-H members have opportunities to:  
• 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:  
• 4-H curriculum, and related training  
• Annual reporting tool on community service  
Other:  
To incorporate HANDS and meet each 4-Her’s need to practice generosity, I will: |
| Health        | **Making healthy choices to gain mastery in their lives**  
4-H members have opportunities to:  
• 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:  
• 4-H curriculum and related training  
• Notice of 4-H events and activities  
Other:  
To incorporate HEALTH and meet each 4-Her’s need to gain mastery, I will: |
| The “inner circle” of 4-H | **The people and relationships that support every child/youth involved in 4-H include:**  
• **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:  
• 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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<td>The “outer circle” of 4-H</td>
<td>The elements that help 4-H members stand out include:</td>
<td>From the 4-H Extension Educator:</td>
<td>I will provide these</td>
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<td>• <strong>UNH connection</strong> – 4-H members know they are connected with the University of New Hampshire</td>
<td>• Information and guidance to access and connect with UNH</td>
<td>essential elements of 4-H:</td>
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<td>• <strong>Communication</strong> – 4-H members have an opportunity to communicate and showcase their accomplishments</td>
<td>• Information and guidance to access 4-H events and activities</td>
<td>• UNH Connection</td>
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<td>• <strong>Community connection</strong> – 4-H youth and adults understand, develop, and expand their roles as caring, contributing and connected members of the larger society (local and global)</td>
<td>• “Learn by Doing” model</td>
<td>• Communication</td>
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<td>• <strong>Reflection</strong> – 4-H youth and adults set goals, reflect on and evaluate their experiences, and make future plans</td>
<td>• Information and guidance for age-appropriate recognition events and activities</td>
<td>• Community connection</td>
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<td>• <strong>Recognition</strong> – 4-H youth and adults are recognized for their involvement and accomplishments</td>
<td>Other:</td>
<td>• Reflection</td>
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<td>• Recognition</td>
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Notes:

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

http://extension.unh.edu

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