



## THE 4-H RITUAL

### Life Skills we learn in a 4-H meeting.

**Cooperation**— to work or act together for a common purpose or mutual benefit.

**Contributions to Group Efforts**— to give or supply along with others for a common purpose.

**Managing Feelings** — expressing one’s feelings appropriately and in proportion to circumstance.

**Critical Thinking**— strategies for analyzing, comparing, reasoning, and reflecting focused on deciding what to believe or do; discovering meaning; building connections with past learning.



## Opening Ceremonies

Nothing more nearly represents the purpose and character of 4-H Club work than the ritual. When correctly given it is beautiful and impressive. Every member should commit it to memory.

The entire club in unison at each club meeting should give the ritual. It is as follows:

*Vice President:* “Stand Please.”

*Members:* [All members rise and stand erect.]

*Vice President:* *What is our 4-H Club motto?*

*Members:* (In unison): “To make the best better.”

*Vice President:* “We will repeat **the 4-H Club pledge.**”

*Members:* “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.”

[In repeating the pledge, raise the right hand to side of head when speaking line No. 1, lower right hand over heart when speaking line No.2; extend hands, palms upward, when speaking line No.3; and stand at attention when speaking line No. 4.]

*Vice President:* “We will now give the **Pledge to the Flag.**”

*Members:* “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.” [At attention facing the flag repeat together the pledge of allegiance. The right hand should be placed over the heart while giving the pledge of allegiance. Congress, made this change December 15, 1942, Section 7, Public Law 623.]

*Vice President:* “We will now review the meaning of the club emblem. *What is the national 4-H club emblem?*”



### 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 Colors Symbolize:

**White** - purity and high ideals

**Green** is nature's most abundant color and is emblematic of springtime, life, youth, and growth

Oklahoma State University, in compliance with Title VI and VII of the Civil Rights Act of 1964, Executive Order 11246 as amended, Title IX of the Education Amendments of 1972, Americans with Disabilities Act of 1990, and other federal laws and regulations, does not discriminate on the basis of race, color, national origin, sex, age, religion, disability, or status as a veteran in any of its policies, practices or procedures. This includes but is not limited to admissions, employment, financial aid, and educational service.

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Samuel C. Curd, Director of Cooperative Extension Service, Oklahoma State University, Stillwater, Oklahoma. This publication is issued by Oklahoma State University as authorized by the Dean of the Division of Agricultural Sciences and Natural Resources and has been prepared for both internal and external distribution.

Editors- K. Knoepfli and C. Allen 9/2010

- Members:** "The National 4-H Club emblem is the four leaf clover with the letter "H" on each leaflet running parallel with the mid-rib of the leaflet."
- Vice President:** "What do the four H's on the club emblem represent?"
- Members:** "They represent the equal training of the head, heart, hands and health of every member."
- Vice President:** "For what is the head trained?"
- Members:** "To think, to plan, to reason."
- Vice President:** "For what is the heart trained?"
- Members:** "To be kind, to be true, to be sympathetic."
- Vice President:** "For what are the hands trained?"
- Members:** "To be useful, to be helpful, to be skillful."
- Vice President:** "For what is the health trained?"
- Members:** "To resist disease, to enjoy life, to make for efficiency."
- Vice President:** "In the All-Star Emblem, what does the Fifth H represent?"
- Members:** "The Home."
- Vice President:** "In what way can we be of help in our home life?"
- Members:** "By striving to train for a home life that represents true character, comfort and contentment."
- Vice President:** "Be seated, please."

## Understanding the 4-H Pledge

Look at the pledge and it's meaning by examining some key thoughts for each "H."

### My head to clearer thinking

4-H:

- Helps you learn to plan before you take action.
- Lets you learn things you can use as an adult.
- Lets you make decisions.

### My heart to greater loyalty

Through 4-H you:

- Make many friends.
- Learn about trusting and respecting others.
- Learn about people who are different from you.
- Learn about values.

### My hands to larger service

4-H:

- Is learning by doing.
- Is learning to complete tasks.
- Is serving your community.
- Is helping others.

### My health to better living

4-H:

- Encourages activities that are fun and healthy.
- Teaches about protecting the environment.
- Promotes wise use of leisure time.

### For my club, my community, my country and my world.

Through 4-H you:

- Learn to be a good citizen.
- Learn about community relationships.
- Learn that you are part of a larger group and that you belong.
- Learn about 4-H across the nation and around the world.