



Cornell University
Cooperative Extension
Livingston County

My 4-H Cloverbud Story



A large empty rectangular box with a black border, intended for writing a story.

Name _____

All About Me



Draw or add photo of you here



This is me!

I am _____ years old. My birthday is _____.

I live with my family in the town of _____.

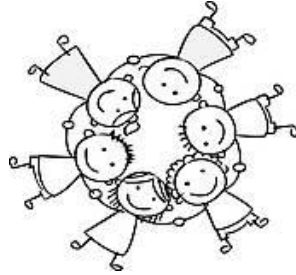
Draw or add photo of your family here



This is my family.

The 4-H emblem is a four-leaf clover with an "H" on each leaf. Each "H" stands for a part of the 4-H pledge:

Head, Heart, Hands, and Health.



The 4-H colors are green and white.

Green symbolizes nature's most common color and

White symbolizes purity and cleanliness.



The 4-H Motto is "To Make the Best Better" and encourages us all to work hard and try our very best.



At 4-H meetings and activities we often say the **Pledge of Allegiance** and the **4-H Pledge**.



"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."

The National 4-H Pledge is:

"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."




I have been very active in 4-H this year. Just look at some of the things I have done (color the clover for all that apply):

 Attended Cloverbud Activity Nights

 Did a cooking demonstration at Produced in New York

 Participated in a fundraiser


 Participated in Creative Fiber Arts Revue

 Helped with a Community Service Project

 Entered exhibits at the Hemlock Fair

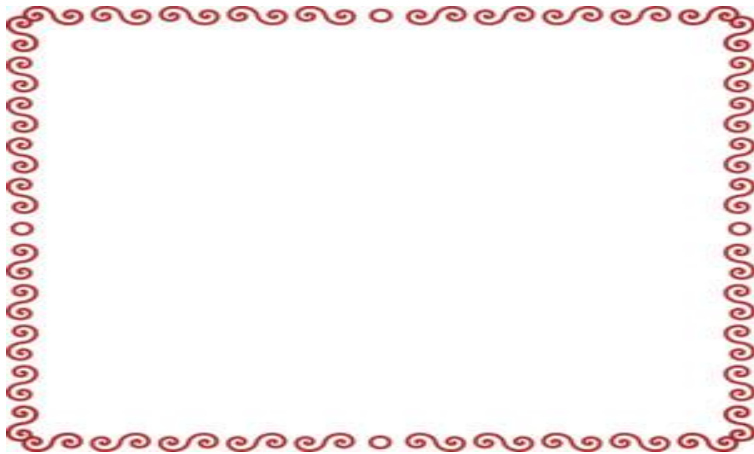
 Attended Achievement Day

 Did a Public Presentation or Horse Communication

 Attended a 4-H Workshop

Some of my favorite 4-H activities were

(add a picture and/or words to describe the activity)







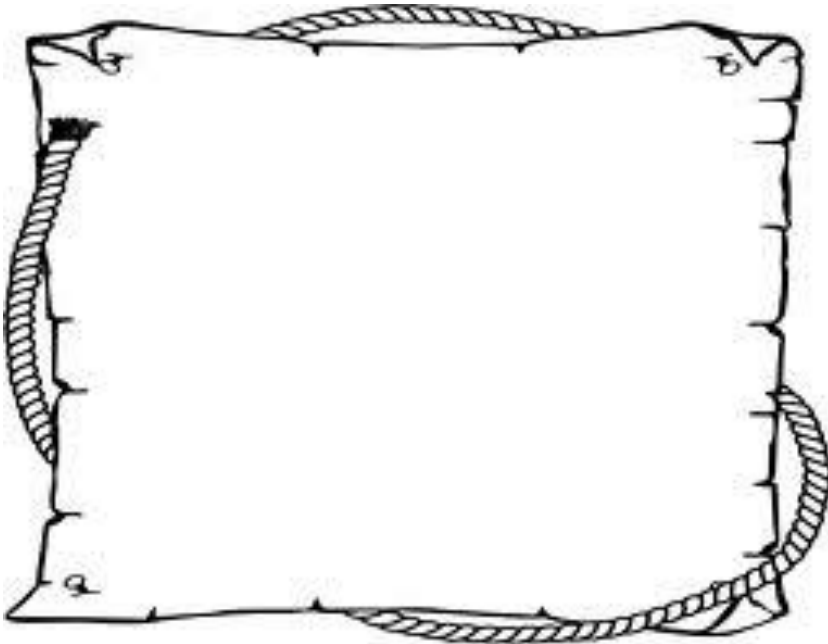
I even participated at the Hemlock Fair! These are some of the exhibits I entered (write, draw or add photos):

Cloverbud Reflections

(to be completed at the end of the year)

This was my _____ year in 4-H.

One of my favorite experiences this year in 4-H was:



One of the best things I learned was:

