



Building Strong Families

Life resources for health, wellness, finances, and positive relationships.

4-H.org

Looking for some activities to take your interests to the next level? Download any (or all!) of the *4-H at Home* Activity Guides to discover fun, hands-on, educational activities for kids of all ages. Learn how to bake delicious cookies, investigate the wonders of outer space, explore the insect's life journey, create your own electricity, harness the power of mindfulness, and more! These fun, educational activities help youth learn valuable skills and gain experiences that will encourage them to continue learning and doing all year long.



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact at Post Rock District two weeks prior to the start of the event. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service.

K-State Research and Extension is an equal opportunity provider and employer.

4-H'ers are...

4X more likely to give back to their communities

2X more likely to make healthier choices

2X more likely to participate in STEM activities

WHAT IS 4-H?

The network of families that grows great kids. Raising great kids is a challenging task, yet it's easier when you have a team of people behind you. 4-H clubs are groups of families that do just that. Through working together, families share knowledge and interests to help kids learn practical skills and important values.

Youth ages **5-18** can participate.

WE CAN HELP YOU JOIN 4-H!



EXPLORE

HANDS-ON

"I might like to do this."



LEARN

DO FUN THINGS

"I can do this."



PRACTICE

TRY & GROW

"I'm interested in this."

EXPERIENCE

ACHIEVE GOALS

"I will be this."



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