



Kids Have Questions.

- Who me? Make a robot that works?
- What does a rocket scientist do?
- Where does mohair come from?
- When will I be old enough to use a sewing machine?
- Why can't we grow some of our own food?
- How can I take photos that actually look good?
- Is archery only for big kids?
- I can raise large animals in the city?!

Kids' questions aren't meant to be answered alone. Through our projects and "learn by doing" approach, youth learn practical skills like pet care, growing food, robotics or photography – and important values like leadership and responsibility.

Belonging. Mastery. Independence. Generosity.

These are our answers to raising productive, well-centered and happy young people.



How Does 4-H Work?

4-H Club

Group of at least five youth meet on a regular basis over an extended period of time during the 4-H program year (October-September). Parental involvement is required.

School Enrichment

Class focuses on a project or subject matter topic during school hours. Adult leadership usually provided by teacher. Projects can include any of those pursued by 4-H club members, in addition to those specifically designed for shorter-term involvement.

Special Interest Group

Group focuses on a project for at least six hours. Typical formats include afterschool program, summer day camp, weekend retreat, and teacher professional development workshop. Projects can include any of those pursued by 4-H club members, in addition to those specifically designed for shorter-term involvement. Adult leadership can be provided by County Agent, teen or adult volunteers, and/or partner organization.



What We Offer

Curricula on **Science, Healthy Living and Citizenship** topics for youth ages 5-19 that can be delivered through:

- 4-H Club
- School Enrichment
- Special Interest Group

More than 200 projects and curriculum kits on a wide range of topics:

- Animals – Farm & Ranch
- Pets – Large & Small
- Plants, Gardening
- Geology, Forestry, Entomology
- Environment, Wildlife, Fishing
- Rifle, Pistol, Shotgun
- Muzzleloading, Archery
- Electricity, Engines, Welding
- Robotics, Rocketry, Woodworking
- Health, Leadership
- Public Speaking, Citizenship
- Clowning, Theatre Arts
- New Mexico Culture
- Leathercraft, Braiding, Fibercraft
- Calligraphy, Ceramics, Textile Art
- Photography, Scrapbooking
- Sewing, Quilting
- Baking, Cake Decorating
- Food & Nutrition, Food Preservation
- Interior Design
- Consumer/Financial Education, Entrepreneurship
- Child Development, Babysitting



Get Ready for the Future

These days, 4-H'ers across the nation are responding to challenges every day in their communities and their world. **With an expansive network reaching every corner of the U.S., 4-H is the nation's largest youth development organization.** More than six million 4-H'ers in urban neighborhoods, suburban schoolyards and rural farming communities stand out among their peers: *they are building revolutionary opportunities and implementing community-wide change at an early age.* **Here in New Mexico, more than 70,000 youth participate in a 4-H-related program!**

As the youth development program of the nation's 109 land-grant universities and the Cooperative Extension System, 4-H fosters an innovative "learn by doing" approach, with proven results.

With a direct connection to research at New Mexico State University, 4-H is the first experience many young people have with higher education. These hands-on learning opportunities help 4-H'ers develop into mature young adults, ready to serve as leaders and role models in their communities and enter today's challenging workforce.

New Mexico State University is an equal opportunity/affirmative action employer and educator. NMSU and the U.S. Department of Agriculture cooperating.



What Does 4-H Mean?

The four H's represent the cornerstones of raising productive, well-centered and happy young people. Our mission is to make that happen.

HEAD – Make sound decisions, set goals and stick with them until they are achieved, and have practical skills needed to lead a productive and fulfilling life.

HEART – Act with integrity and accountability, and help others become their best.

HANDS – Put the needs of the community before those of themselves, and serve others.

HEALTH – Actively take care of their minds and bodies.

STILL Have QUESTIONS?

We Can Help!

Bernalillo County Cooperative Extension
4-H Program

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KIDS. THE QUESTION PEOPLE.



- Who can I hang out with?
- What's there to eat?
- Where am I allowed to go?
- When will it be my turn?
- Why do I have to be older?
- How am I supposed to learn new things?

4-H. THE ANSWER PEOPLE.