The four H’s: Head, Heart, Hands, and Health represent four basic human needs: independence, belonging, generosity, and mastery.

**Head**
Youth need to know they are cared about by others and feel a sense of connection and belonging to others in the group.

**Heart**
Practicing independence Youth need to know that they are able to influence people and events through decision making and action.

**Hands**
Mastery Youth need to feel and believe that they are capable of solving problems and meeting challenges to develop their self confidence.

**Health**
Youth need to feel their lives having meaning and purpose. Through community service and citizenship activities they learn to value generosity.

4-H is a community of young people across America who are learning leadership, citizenship, and life skills.

Cornell Cooperative Extension of Steuben County builds strong communities through education and collaboration in the areas of Agriculture and Natural Resources, Financial Literacy, Nutrition Education and 4-H Youth Development.
4-H Program Inquiry Form
RETURN TO:
Cornell Cooperative Extension of Steuben County 4-H Program
20 East Morris Street
Bath, NY 14810
607-664-2300

Name: _____________________________
Age: _____________________________
Mailing Address: _______________________
Phone Number: _______________________
Email Address: _______________________
Best Time to Call: _____________________
Parent/Guardian Name: _______________________

Areas of interest (check all that apply):
_____ Food & Nutrition  _____ Natural Resources
_____ Electrical  _____ Livestock (Beef, Sheep, Swine, Meat Goats)
_____ Woodworking  _____ Volunteer Leader (Adults)
_____ Sewing  _____ Poultry
_____ Gardening  _____ Dairy Cattle
_____ Dog Obedience  _____ Dairy Goat
_____ Horse  Ages 5 – 7
_____ Rabbit

To Make The Best Better!