

# NATIONAL 4-H WEEK

October 6-9, 2025

FHBA

HEAD | HEART | HANDS | HEALTH

## Monday, 10/6

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- Head to Clearer Thinking - Pay \$1 to wear a cap
- Green + White Day - wear your green + white
- Receive a 4-H Clover Sticker when use your HEAD + answer a trivia question



## Tuesday, 10/7

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- Heart to Greater Loyalty - wear red
- Take part in a random act of kindness



## Wednesday, 10/8

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- Hands to Larger Service - wear a superhero shirt
- Serve the teachers a green apple + thank you card

## Thursday, 10/9

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- Health to Better Living - wear athletic gear
- Get fueled up with fruit + stretching

