

The 4-H Pledge



“I Pledge:

My **HEAD**¹ to clearer thinking,
My **HEART**² to greater loyalty,
My **HANDS**³ to larger service,
My **HEALTH**⁴ to better living,
For my club, my community,
My country, and my world.”

1. Place your right hand to the side of your **head**.
2. Lower your right hand onto your **heart**.
3. With bent elbows, extend the palms of your **hands** upward.
4. Stand **healthily** at attention.