

4-H Friendship Bracelet

Materials Needed:

- Hemp cord
- 1 white bead
- 1 clear bead
- 1 brown bead
- 1 yellow bead
- 1 dark blue bead
- 1 green bead
- 1 purple bead
- 1 sky blue bead



4-H Promotes Learning by Doing: Measure a hemp cord at least 14 inches long and tie a knot at 5 inches. This cord and knot represent all that you "Learn by Doing" in the 4-H program.

4-H Emblem: The symbol of 4-H is a green four-leaf clover with 4 white Hs, one on each leaf. Slip a white bead on the cord until it reaches the first knot. This bead represents the 4 Hs on the 4-H clover. The white stands for purity and wholesomeness. Head – Heart – Hands – Health represent the whole self.

4-H Pledge: I pledge....

- **My Head to clearer thinking:** Slip a clear bead on to represent the first H – Head. This stands for clearer thinking.
- **My Heart to greater loyalty:** Slip a dark blue bead on next to represent the second H – Heart. This is symbolic of loyalty, like the blue field on the American Flag.
- **My Hands to larger service:** Slip a yellow bead on next to represent the third H – Hands. Yellow is the color of sunshine and warmth. When you serve others, it is you shining through.
- **And My Health to better living:** Slip a green bead on next to represent the fourth H – Health and the green clover. Green represents life, growth, creativity, and youth.
- **For my club, my community, my country, and my world:** Slip a brown bead on next to represent the whole earth. Brown is the color of the soil, the substance that gives each of us a strong footing to move forward.

4-H Motto: To Make the Best Better: Slip a purple bead on next. Purple is the color of royalty and the color placed on champions. Make it your goal to always strive to be better.

Goals and Ideals: Tie a second knot to hold the beads in place. By tying these knots, we are reminded to always keep your goals firm and our ideals in place.

Completion: Now we are ready to complete the bracelet. In 4-H, you can complete many projects as you learn the values this bracelet represents.

The sky's the limit: Slip both ends of the cord through the sky blue bead, going opposite directions, and tie a knot at both ends. The sky blue bead represents your potential as a 4-H member. Remember, the sky is the limit in 4-H!