How can you participate in National 4-H Week?

- Proudly wear a 4-H shirt

- Get a yard sign at your September 4-H Club meeting or the Extension Office and proudly display it in your yard

- Hand out bookmarks and tell people about 4-H
  - Bookmarks will be available at September 4-H Club meetings and at the Extension Office (if you are picking up bookmarks from the Extension Office, please call 785-238-4161 and let us know how many you need so we can have them ready for you)

- Perform a random act of kindness and post to social media (use #geco4h)

- Create a poster to hang at school or a local business
  - tell about what you can do through 4-H
  - tell about a spark you have found through 4-H
    (A spark is a passion for an interest or skill that lights a fire in a young person’s life, providing energy, joy, purpose, and direction)

- Think of your own way to help others learn about 4-H