How can you participate in National 4-H Week?

• Proudly wear a 4-H shirt (Kansas 4-H has chosen Tuesday, October 4 for Spirit Day)

• Post to social media each day (use #geco4h)
  o Sunday – your favorite 4-H memory
  o Monday – something you learned through 4-H
  o Tuesday – a photo of you wearing your 4-H shirt for Spirit Day
  o Wednesday – your favorite 4-H project
  o Thursday – shout-out to a volunteer or older 4-H member who has helped you in your 4-H journey
  o Friday – your most memorable ribbon or award earned in 4-H
  o Saturday – your favorite 4-H event

• Send a thank you note to a 4-H volunteer or someone else who has inspired you in 4-H

• Create a poster to hang at school or a local business
  o tell about what you can do through 4-H
  o 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