

# Extension history

## 4-H's unique approach teaches life skills

Minnesota 4-H has come a long way in 100 years. Young people from cities and towns now learn the basics of life skills that mostly rural kids were getting back in the early 1900s. And 4-H's unique principle of engaging kids in something they like—"learning by doing"—helps them make better decisions, give back to their communities, and grow up to be solid, contributing citizens.

Adult volunteers still guide kids through the learning process. But young people today develop their "head, heart, hands and health" by designing and participating in their own activities. In 2007, some 113,000 young people throughout Minnesota participated in 4-H.

Categories:

- [2001-present](#),
- [Youth](#)



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