



EXPLORING CITIZENSHIP

Unit I: Me, My Family and My Friends



This book belongs to:

My name: _____

My address: _____

My phone no.: _____

What I Will Learn In This Project

- What Good Citizenship Is
- More About Myself
- More About My Family
- More About My Friends

What I Will Do In This Project

- Fill In The Blanks
- Explore Things
- Draw Things
- Take Photos
- Work With My Family
- Think And Learn
- Share With others



What Is Good Citizenship?

Hello, I'm _____
(My Name)

and I am ready to have some fun and to practice being a good citizen.
So let's get started and explore this thing called citizenship!

Citizenship is how we act toward people in our family, community, country or world. We are citizens first of our own family. We are also citizens of our school, our neighborhoods and our town. We are even citizens of the whole world. Citizenship is how we fit into these groups. Some people are good citizens. Some are not. What kind of citizen are you?

Good citizenship is showing concern for ourselves and others around us. Good citizens treat others as they would like to be treated. Ask yourself the following questions.

Yes No Sometimes

(Check one: ★)

★ ★ ★

Do I consider other people's feelings before I say or do something that may hurt them?

★ ★ | ★

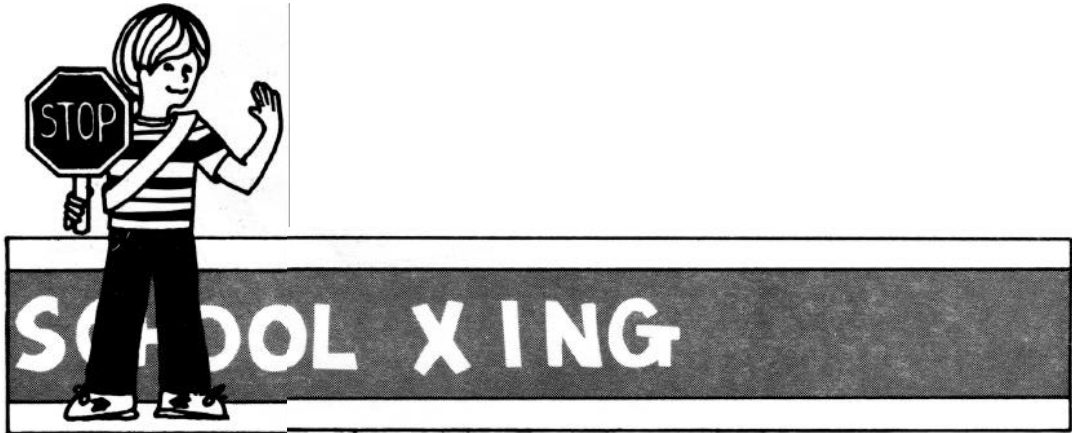
Do I accept other people who are different from me? Do I try to make friends with them?

★ ★ ★

Do I think of safety for myself and others before I do something that may not be safe?

★ ★ ★

Do I try to behave in a way that will help the whole group--and not just myself?



Part One

Getting To Know Myself, My Best Friend

_____ is my
(My Name)

best friend. I will have to live with "me" for the rest of my life. So I really should know and like myself. Just think, no one in the world is just like me. I am unique. (Look up "unique" in the dictionary.)

Unique means _____

My birthday is:

Month _____

Day _____

Year _____

I am _____ years old.

My hair is _____
(Color)

My skin is _____

My eyes are _____

I am _____ feet and _____ inches tall.

That is _____ centimeters.

(Ask Mom and Dad to help.)

I weigh _____ pounds.

That is _____ kilos.

1 inch = 2.54 centimeters

1 pound = .45 kilos



I believe that my health is

 Excellent

 Good

 Fair

 Poor

Sit down with your Mom, Dad or someone who can answer these questions. Ask the questions and fill in the blanks

I eat foods each day to make me healthy and give me energy.

5 or more fruits or vegetables

2-4 milk and dairy products

6 bread and cereals

2-3 servings of meat, poultry, fish, dried beans or peas

I only use butter, margarine, oil, sugar and salt in small quantities.

* What vaccinations have I had?

Diphtheria _____ Measles _____ Polio _____

Tetanus _____ Mumps _____

Pertussis _____ Rubella _____

** Contact your local health department or doctor for details on important vaccines you need to prevent illness.*

What childhood diseases have I had?

Who is my doctor? _____

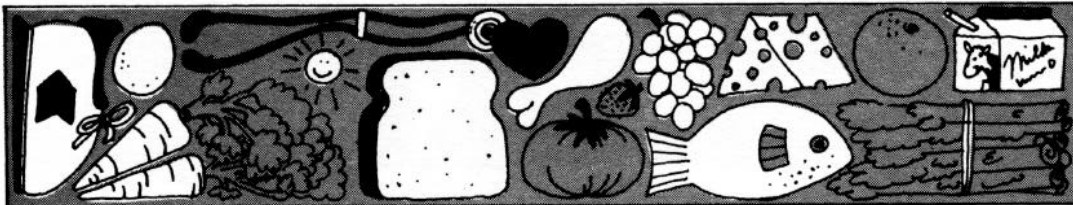
Who is my dentist? _____

The last time I saw my dentist was _____

Is it time to go to the dentist again? _____

What allergies do I have? _____

I have these special health needs: _____

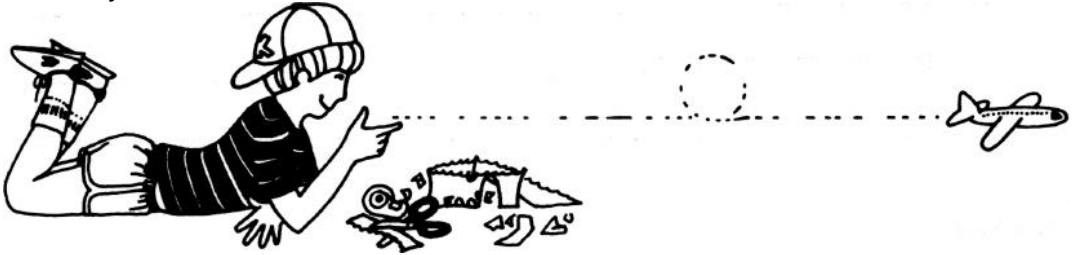


Things I Like To Do

In my free time I like to _____
_____ and _____.



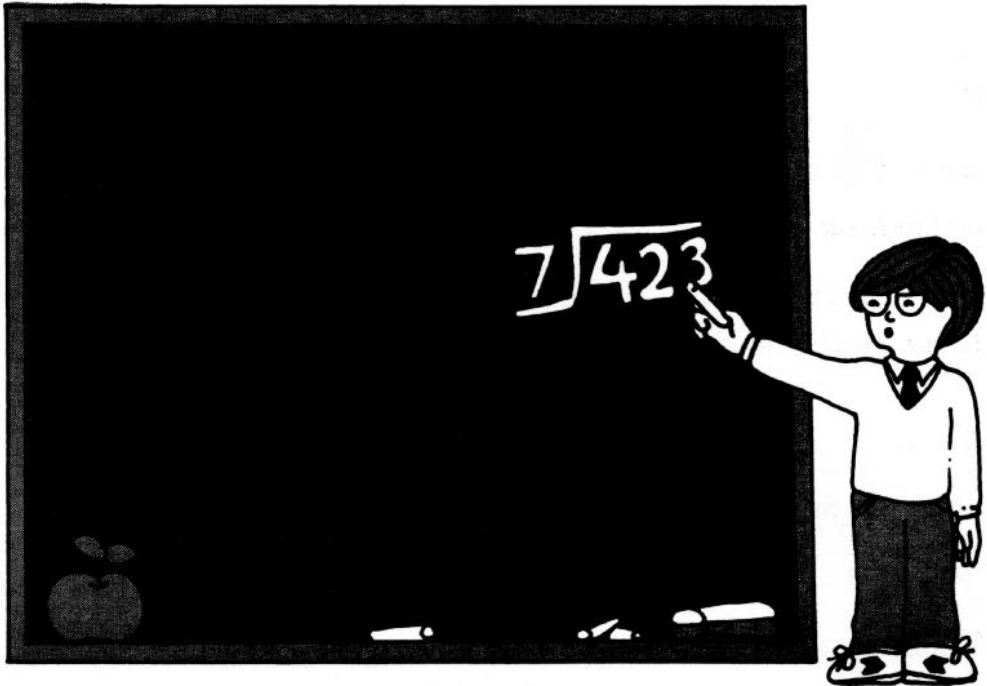
I would really like to make a _____
with my own hands.



Once I made a _____ and I felt really proud.

If Mom or Dad or another adult would help me; I would like to _____

When I am older I think I will _____



My Favorite

Places

Of all the places I have been, I like _____ the best
because _____

If I could go anywhere in the world I would go to _____

Things

My favorite thing is my _____

It is my favorite because it _____

Books



_____ is my favorite book.

The best book I have read is _____

My favorite person or thing in the book is _____

It was written by: _____

Foods

I eat like a  horse  b i r d




My favorite food is _____

I can't stand _____

My mother thinks I should like _____ *(but I don't).*

Animals

My favorite animal is _____ . My second favorite is _____ .

 I own one  I own both  I own neither

If I could be an animal I'd be a _____



Music

My favorite song is _____

and my two favorite singers are:

1. _____

2. _____

I like _____ music best.
(What Type?)

★ I play the _____ (instrument) .

★ I don't play a musical instrument.

Sports

My favorite sport to watch is _____ .

My favorite sport to play is _____ .

I'm ★ Good ★ Fair ★ Not so good at sports

My favorite athletes are _____

and _____ .

People

My favorite teacher is _____ .

I like her/him because _____ .

My favorite relative is _____ .

I like him/her because _____ .

My favorite person in the whole world is _____

Why? _____

My Feelings

Sometimes I feel scared

★ Yes ★ No

When I'm scared I _____

Sometimes I cry

★ Yes ★ No

I feel the saddest when _____

I'm happy

★ All the time ★ Most of the time ★ Never

I am happiest when _____

Sometimes I get angry at people

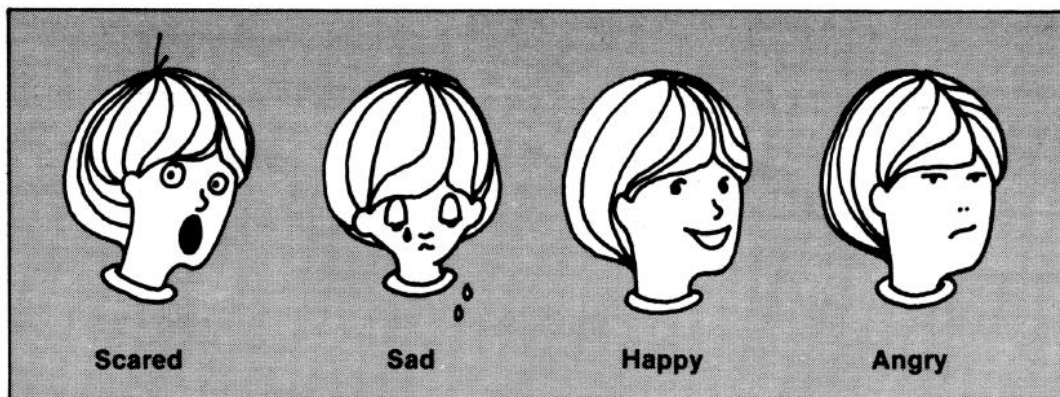
★ Yes ★ No

I get the angriest when _____

When a friend is angry at me, I _____

When I am angry at a friend, I _____

When I am being teased I feel _____





The five things I like most about me are:

1. _____
2. _____
3. _____
4. _____
5. _____

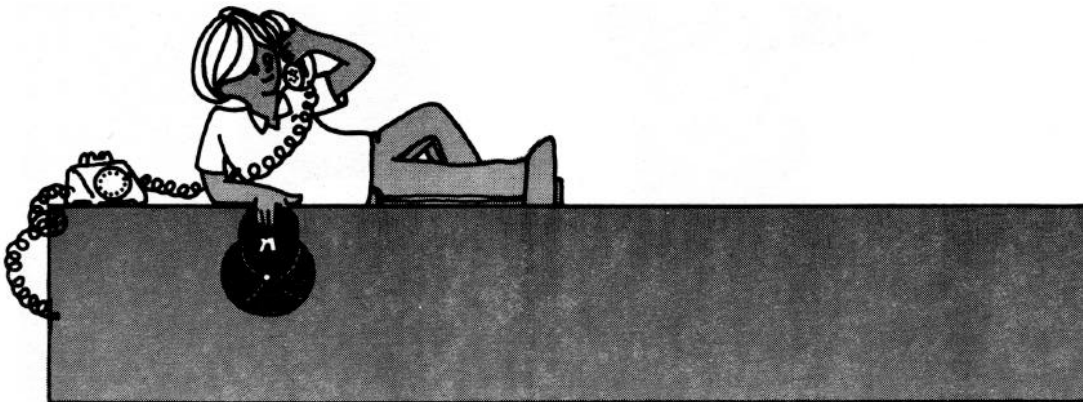
I feel badly about myself (*don't like myself*)

- | | |
|---------|----------------|
| ★ Never | ★ Sometimes |
| ★ A lot | ★ All the time |

Here are some things about me I would like to change: _____

When I am feeling blue or sad and lonely, I usually:

- | | |
|-------------------------|-------------------------------------|
| ★ Go to my room and cry | ★ Call a friend |
| ★ Watch T.V. | ★ Work on my hobby |
| ★ Read a book | ★ Ask Mom or Dad if I can help them |
| ★ Other _____ | |



There are some things about ourselves we can change if we don't like. There are other things about ourselves that we don't like but can't change. Maybe it's our height or the color of our eyes. We must learn to live with those things we can't change. Do you have something about yourself that you just have to accept?

★ Yes ★ No

If so, will you accept it and not be too hard on yourself?


★ Yes ★ No



Things to Do

A family or school or neighborhood runs most smoothly when its citizens work together. We can work together best when we are healthy and like ourselves. Doing things for others and doing things you know you should helps you to feel good about yourself. It helps you to be a good citizen. Do one or more of the following things:

1. Look over the *Things I Like to Do* page. Make the thing that you said you would like to make. Share it with someone else or make another for the other person.
2. How is your health? Ask your parents if it is time for you to go to the doctor or dentist. If so, ask them to help you make an appointment.
3. If you take music lessons, set up a time to practice each day. Keep a record of how long you practice.
4. Name one food you don't like that you ought to. Try to learn to like this food by eating small amounts of it when it's served.
5. If you own a pet, treat it like a friend. Feed it on time and keep it clean. Do something "extra nice" for it.

 *Flute Practice Chart*

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>Week</i>							
1	30 min.	20 min.		15 min.	1 hour	30 min.	45 min.
2	20 min.	30 min.	30 min.	30 min.	45 min.	20 min.	10 min.
3	30 min.	40 min.		15 min.	30 min.	1 hr.	1½ hr.
4	20 min.		30 min.	15 min.	1 hr.	20 min.	1 hr.

Part Two

My Family: The People I Live With

There are _____ people in my family.

Let's meet them!

Name	Relationship	Birthday
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

(I got their autographs!)

This is what we look like

Write names on the lines

Paste photos in these circles

That's Me

Our Family Photo Tree

- I took these photos
- Somebody helped me
- Somebody else took them

My Parents

My parents work hard for our family. I asked my Mom and Dad what they do at work. They said _____

Dad likes his work

- ★ Most of the time
- ★ Some of the time
- ★ Not very much of the time

Mom likes her work

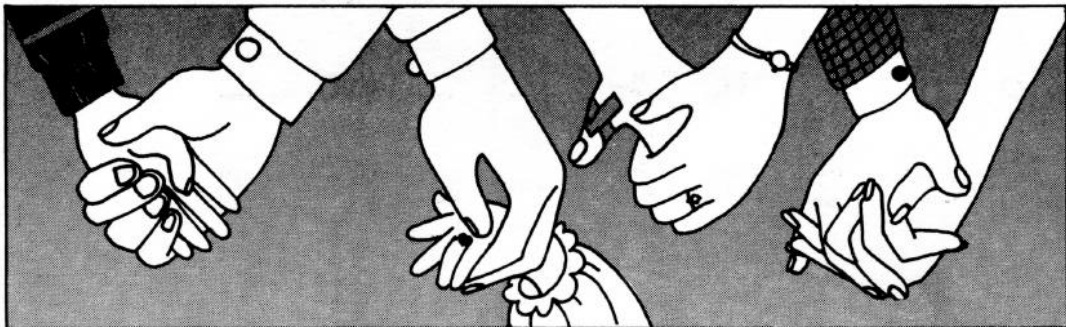
- ★ Most of the time
- ★ Some of the time
- ★ Not very much of the time

Not very many people like their work all of the time. Most people like their work at least some of the time. Being a good citizen at home at school or anywhere else sometimes means doing jobs we don't like to do.

I think the best thing about being a parent is _____

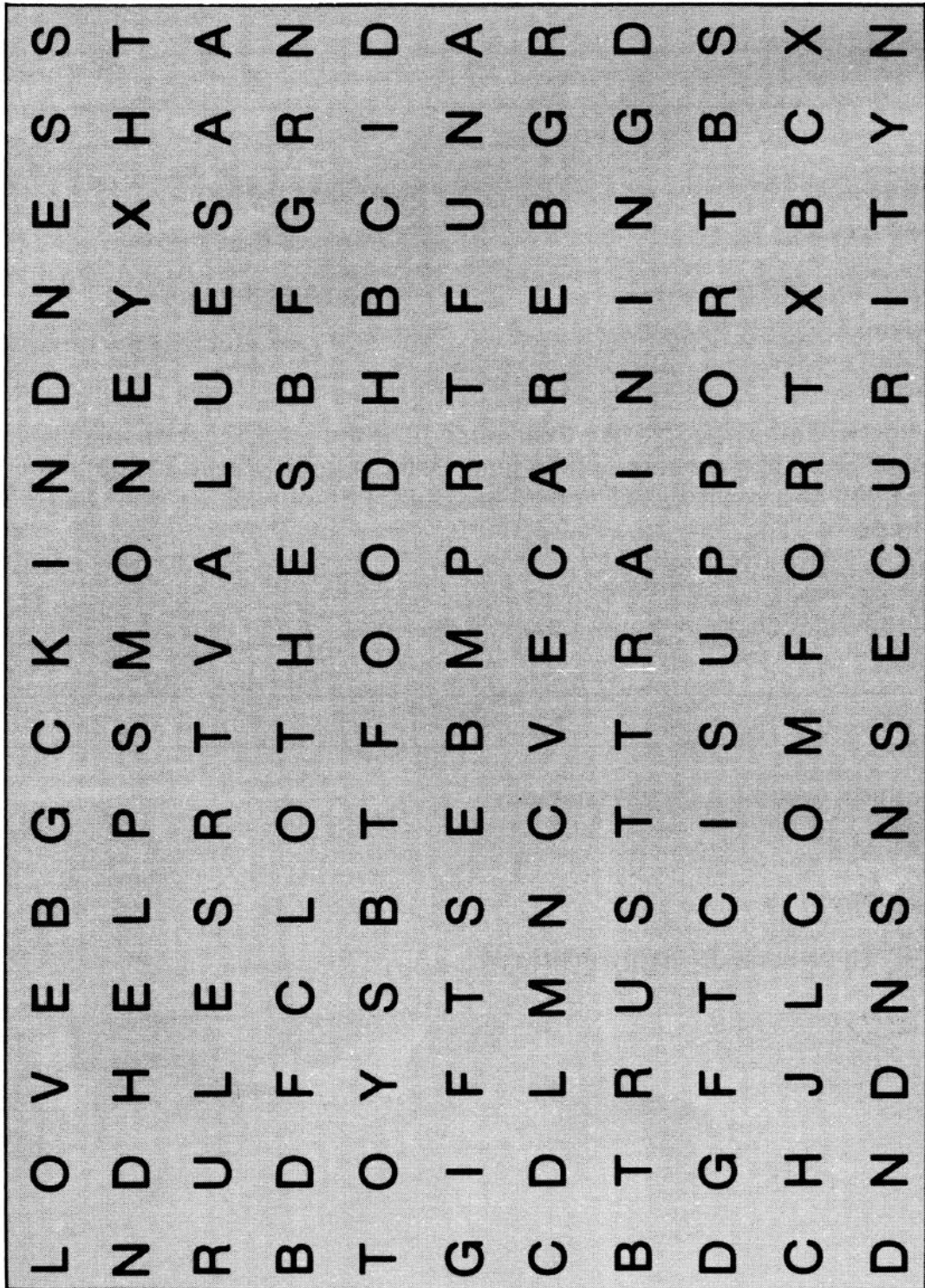
I think I will be a parent someday

- ★ Yes
- ★ No
- ★ Haven't made up my mind yet.



Family Word Game

You get lots of important things from your family. In the maze below, see how many things you can find that you get from your family. (All words go across or down. Answers are on the next page.)



In my own words, a family is _____

Can you think of other important things you get from your family?
Write them here.

1. _____
2. _____
3. _____
4. _____

There are many jobs or responsibilities in making a good home for our family. Some of these jobs are washing the dishes, emptying the garbage, cutting the grass, and cleaning my room. I asked my family to help me and we made this list of 10 important jobs at our home. We also decided who is responsible for each one.

The Job	Who Is Responsible?
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____



_____ of them are my
(Number)
responsibilities!

Is this sharing of responsibilities
fair?

★ Yes

★ No

Why or why not? _____

Most families not only work together but they do some “just for fun” things, too.

Some family fun things are done indoors; some are done outdoors. Some we play ourselves and others we just watch.

Here are some things I have done or watched with members of my family.

	What I Watched	What I Did
Outdoor Things		
Indoor Things		

Getting Along At Home

I get along with my family

★ Very well

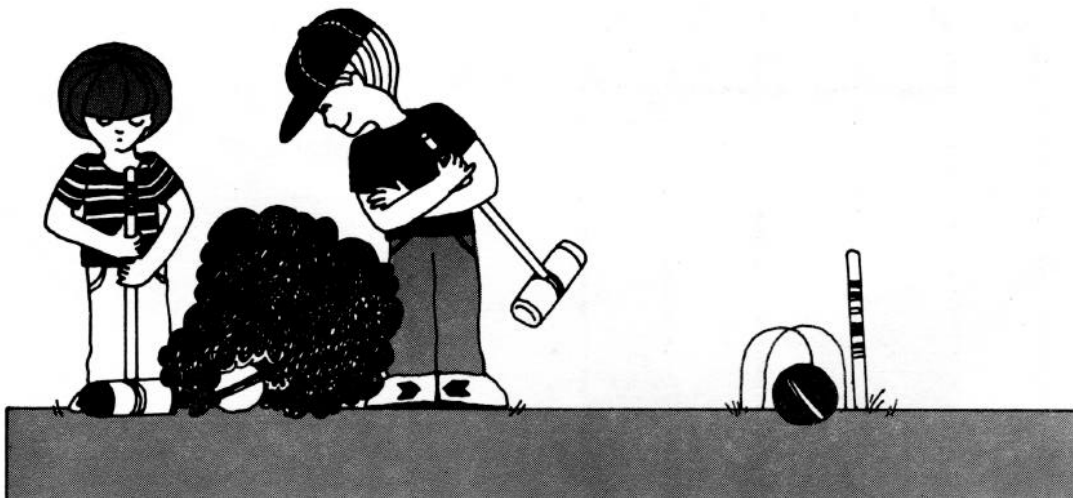
★ Not too well

★ Pretty well

★ Not at all

Sometimes we forget that the other members of our family are real people, too. They have feelings which get hurt just like ours.

We need to understand how they feel before we say or do something that will upset them. If we think about this before we speak or act, we'll get along with them much better.



Here is a checklist for good citizenship at home. Check the correct answer for each item and see how well you are doing.

Citizenship At Home	Yes	No	Sometimes
1. I pick up after myself.			
2. I see things that need to be done and I do them.			
3. I offer to help others with their chores.			
4. I keep my room neat.			
5. I enjoy doing nice things for family members.			
6. I take part in family conversations, but I try not to interrupt others. I try to take turns talking.			
7. I try to help others feel better when they are feeling sad.			
8. I really try to see the other person's side of an argument.			
9. I help others understand me by explaining how I think and feel.			
10. I respect others' ideas even when they are different from mine.			
11. I trust the other members of my family.			
12. I am interested in what others are doing.			
13. I like to do things together with members of my family.			
14. I find it easy to say what I really feel at home.			
15. I feel free to disagree with family members and to express my opinion.			
16. I try to "cool off" and make up after family quarrels.			
17. I stop teasing family members before they get angry.			
18. I really try to make our home a happy place to live.			

How did you do? If you checked “no” or “sometimes” quite often, you may want to improve in those areas where you know you can be the best example of a good citizen in your own home. You can help bring your family even closer together.

Things To Do

Do one or more of the following:

1. Ask your family to all join in a “camp in” at home! Spend a whole day and/or night together without radio, record player, or other things to distract you. Just play games, sit around and talk, do things you would do at camp, and enjoy each other.
2. Make your own birthday card for the members of your family on their birthdays.
3. Make your “family tree” and frame it. Hang it up in your house so everyone can enjoy it.
4. Ask your parents to take you to visit the place where they work.
5. Take on a new job around your home that you are willing to be responsible for. Ask your parents for their help in deciding what you’ll do.
6. Ask your parents to help you plan a “just for fun” thing for your family. Take a leading part in carrying out your plan.

At home, we develop habits which will help us form warm relationships with others. This will lead to real friendships, and we all need real friends, don’t we? So now, let’s learn about friends.



Part Three

My Friends, The Other People I Like

Friends are people whom you like and trust.

There are about _____
(how many?)

people whom I call friends.

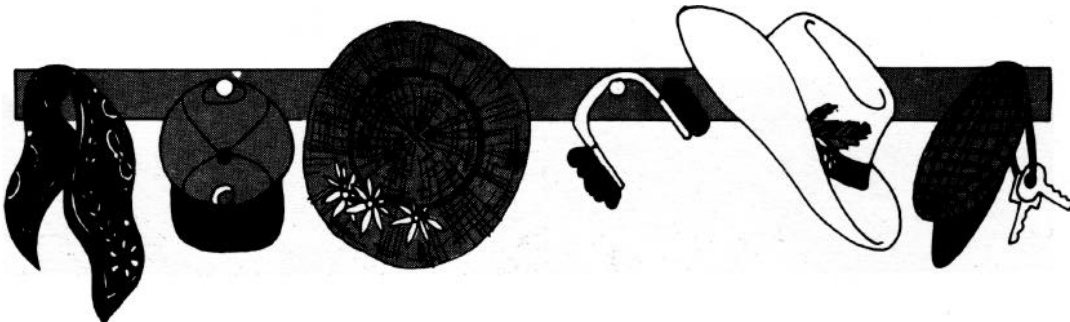
_____ are girls and

_____ are boys.

Not all my friends are the same. They are young and old; they are male and female. Here is a list of my different friends.

Names

- A younger friend - boy _____
- A younger friend - girl _____
- A friend my age - boy _____
- A friend my age - girl _____
- A teen-age friend - boy _____
- A teen-age friend - girl _____
- An adult friend - man _____
- An adult friend - woman _____
- An elderly friend - man _____
- An elderly friend - woman _____





Not all my friends are people. Some friends of mine that are not people are:

- 1. _____
- 2. _____
- 3. _____
- 4. _____

I like my friends for these reasons:

- 1. _____
- 2. _____
- 3. _____

Here are some things I like to do with my friends:

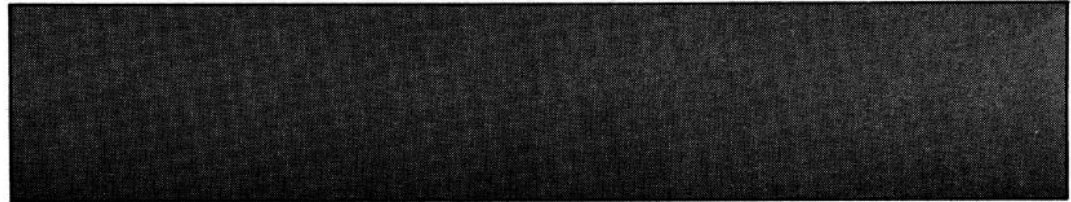
- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

Many songs have been sung about friends. People like to sing about friendship. Can you think of two songs about friends?

- 1. _____
- 2. _____

The most important things I give my friends are:

- 1. _____
- 2. _____



We all need friends and people who care about us. In this booklet, I have learned about myself, my family and my friends. Now I'll be able to meet new friends more easily.

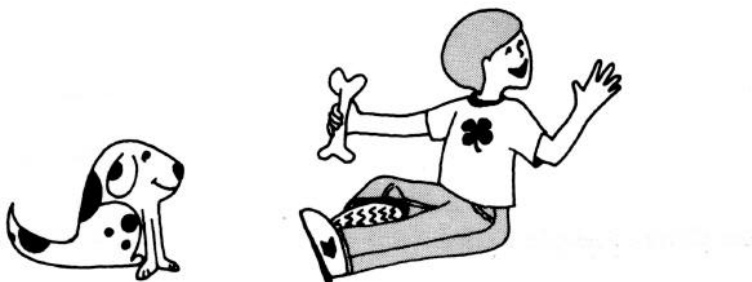
In the next unit, I will learn about getting along with others in my neighborhood and school. Being a good citizen means getting along with and accepting other people at home, in my neighborhood and at school.

So let's get out, have fun, meet people, be good to them and make friends.

Things To Do

Do one or more of the following:

1. Make a new friend.
2. Do something nice for an elderly friend.
3. Plan to do something with one or more of your friends.
4. Make up your own song about a friend or friends.
5. Draw a picture of something you like to do best with your friends.



Copy and answer the following questions on your own paper.

Unit 1 - Citizenship Project Summary

Me, My Family and My Friends

Name _____

Address _____

Age _____ Grade in School _____ Years in 4-H _____

Years in Citizenship Project _____

Name of 4-H Group or Club _____

My Project Goals: *(Tell the things you want to do or learn in the project this year.)*

Part 1 - Getting to Know Myself

What I Did: _____

What I Learned: _____

Part 2 - My Family-The people I live With

What I Did: _____

What I Learned: _____

Part 3 - My Friends-The Other People I like

What I Did: _____

What I Learned: _____

Citizenship in Other 4-H Projects

Citizenship responsibilities in earning and spending, and in many other areas of life, are practiced through 4-H projects. These are a central part of your 4-H experience. Learning to sew or build a birdhouse is not citizenship education in itself, but there are citizenship responsibilities that go along with learning such skills. These skills can be used to help you and others. You can help yourself by:

- Broadening your interests and knowledge.
- Developing self-confidence and self-discipline.
- Developing an awareness of job opportunities.
- Learning how to make intelligent decisions.
- Getting pleasure from interesting activities.

At the same time, you can help others by:

- Standing on your own feet and being less dependent.
- Serving family and friends through project skills.
- Helping younger members learn.

Additional Citizenship Units

Good citizenship involves more than understanding and participating in government. Good citizenship is important in relationships with your family, friends, and neighbors. Good citizenship is important to your 4-H Club and other organizations you belong to. It means understanding and appreciating yourself and your heritage, and having the same respect for other people and their heritages.

The citizenship project is made up of a series of seven units. You have probably used some of these units in previous years and you may take the other units in the future.

The citizenship project consists of the following units:

- Unit 1 Me, My Family and My Friends
- Unit 2 My Neighborhood
- Unit 3 My Clubs and Groups
- Unit 4 My Community
- Unit 5 My Heritage
- Unit 6 My Government
- Unit 7 My World

4-H PLEDGE

The 4-H Pledge is an outline for the 4-H Citizenship Project. Citizenship education through 4-H should provide three-fold learning-knowing, feeling, acting.

I Pledge

My Head to clearer thinking

Understanding-using our heads for clearer thinking, getting information and understanding issues.

My Heart to greater loyalty

Attitudes-using our hearts to appreciate our rights and feel our responsibilities.

My Hands to larger service, and

My Health to better living for my Club, my Community, my Country, and my World.

Skills-using our hands and healthy bodies and minds to put into practice what we understand and feel we should do.

4-H Citizenship Pledge

We individually and collectively pledge our efforts from day to day to fight for the ideals of this nation.

We will never allow tyranny and injustice to become enthroned in this, our country, through indifference to our duties as citizens.

We will strive for intellectual honesty and exercise it through our power of franchise.

We will obey the laws of our land and endeavor increasingly to quicken the sense of public duty among our fellowmen.

We will strive for individual improvement and for social betterment.

We will devote our talents to the enrichment of our homes and our communities in relation to their material, social and spiritual needs.

We will endeavor to transmit to posterity this nation, not merely as we found it, but freer, and more beautiful than it was transmitted to us.

Answers to the family word game

LOVE	TOYS	SUPPORT
KINDNESS	FOOD	COMFORT
HELP	GIFTS	SECURITY
MONEY	FUN	PROTECTION
RULES	CARE	HOME
VALUES	TRUST	SHARING
CLOTHES	TRAINING	STANDARDS

See word game
on page 14.

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