



 **Exploring Citizenship**
Unit 1
Me, My Family, and My Friends

* Protected Under 18 U.S.C.707

Virginia Cooperative Extension



VIRGINIA POLYTECHNIC INSTITUTE
AND STATE UNIVERSITY

Publication 384-162
Reprinted 2003



VIRGINIA STATE UNIVERSITY

This book belongs to:

My Name: _____

My Address: _____

My Phone No.: _____

Acknowledgements

This material was prepared by the Southern Regional 4-H Citizenship Literature Committee through a grant from The Coca-Cola Company.

Committee: Norma Roberts, Louisiana (Chairman); Treva Sawatski, Arkansas; Ruth Milton, Florida; Maurice Spencer, Georgia; Robert Soileau, Louisiana; and Ben Powell, Tennessee.

The text for this project was developed by Maurice Spencer, 4-H Youth Development Leader, University of Georgia, Cooperative Extension Service. Ideas for portions of this text were taken from materials developed by Cooperative Extension faculty in Florida, Indiana, Mississippi, and Wisconsin.

Printed and distributed by National 4-H Council, 150 N. Wacker Drive, Chicago, Illinois 60606.

Table of Contents

Introduction

What I Will Learn
in This Project

Page 5

What I Will Do
in This Project

Page 5

What is Good
Citizenship

Page 5

Part One – Getting to Know Myself

My Best Friend

Page 7

My Health

Page 8

Things I Like to Do

Page 9

My Favorites

Page 9

My Feelings

Page 12

Part Two – My Family: The People I Live With

My Family

Page 15

Getting Along

At Home

Page 21

Part Three – My Friends: The Other People I Like

Friendship

Page 25

My Friends

Page 25

Accepting Others

Page 27

Project Summary

Page 29

Introduction

What I Will Learn In This Project

- What is good Citizenship?
- 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

(This is my book to fill out and keep)

What Is Good Citizenship?

Hello, I'm _____
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!

Did you say, "What's citizenship?"
Citizenship is how we talk and act toward
each other. Also, how we think and feel
about each other. It is our relationship with
other people.

Good citizenship is showing concern for ourselves and others around us. A good citizen treats others as he or she would like to be treated. Ask yourself the following questions:

(Check One)

Yes No Sometimes

Do I think of safety for myself and others before I do something?

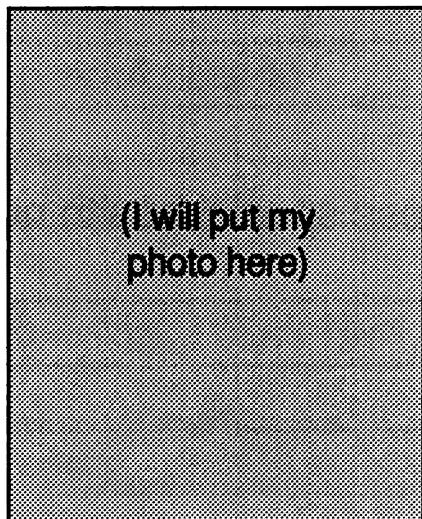
Do I consider other people's feelings before I say or do something that may hurt them?

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

Part One

Getting To Know Myself, My Best Friend

_____ is my best
(my name)
friend. We will be together for the rest
of my life so we should get to know
and like each other. Just think, no
one in the world is just like me. I am
unique (look it up in the dictionary).



That's Me!

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

My Health

I believe that my health is

- Excellent Fair
- Good Poor

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

What vaccinations have I had?

Which 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 real 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 _____.

Movies and T.V.

_____ is my favorite
TV program.

The best movie I have ever seen is
entitled _____.

It was the best because _____

_____.

My favorite actor is _____.
My favorite actress is _____.
_____.

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.

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

Sports

My favorite sport to watch is _____.

My favorite sport to play is _____.

- I'm good
- fair
- not so good

My favorite athletes are _____
and _____.

Foods

I eat like a horse bird

My favorite food is _____.

I can't stand _____.

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



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
 not so good

When I'm scared I _____.

Sometimes I cry.

- Yes No

I feel saddest when _____.

I'm happy

- All of the time Never
 Most of the time

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 get down on myself and feel low

- Never A lot
 Sometimes
 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

Sometimes there is something about ourselves that we don't like, but we can't change it. 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

(I hope you
answered
yes 'cause I
like you just
the way you
are!)

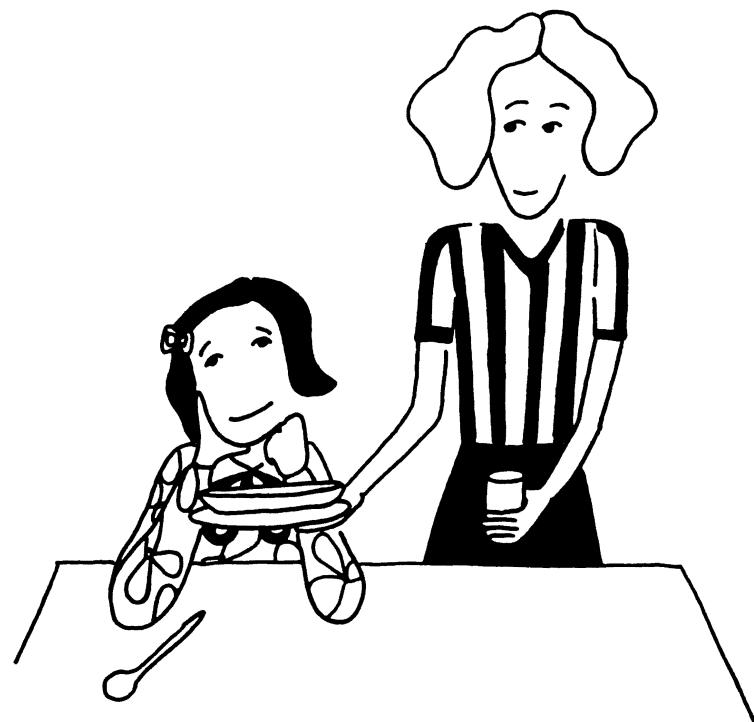


Things To Do

Do one or more of the following

- 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 them.
- 2.** How’s your health? Ask your parents if it’s 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 and 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.



Part Two

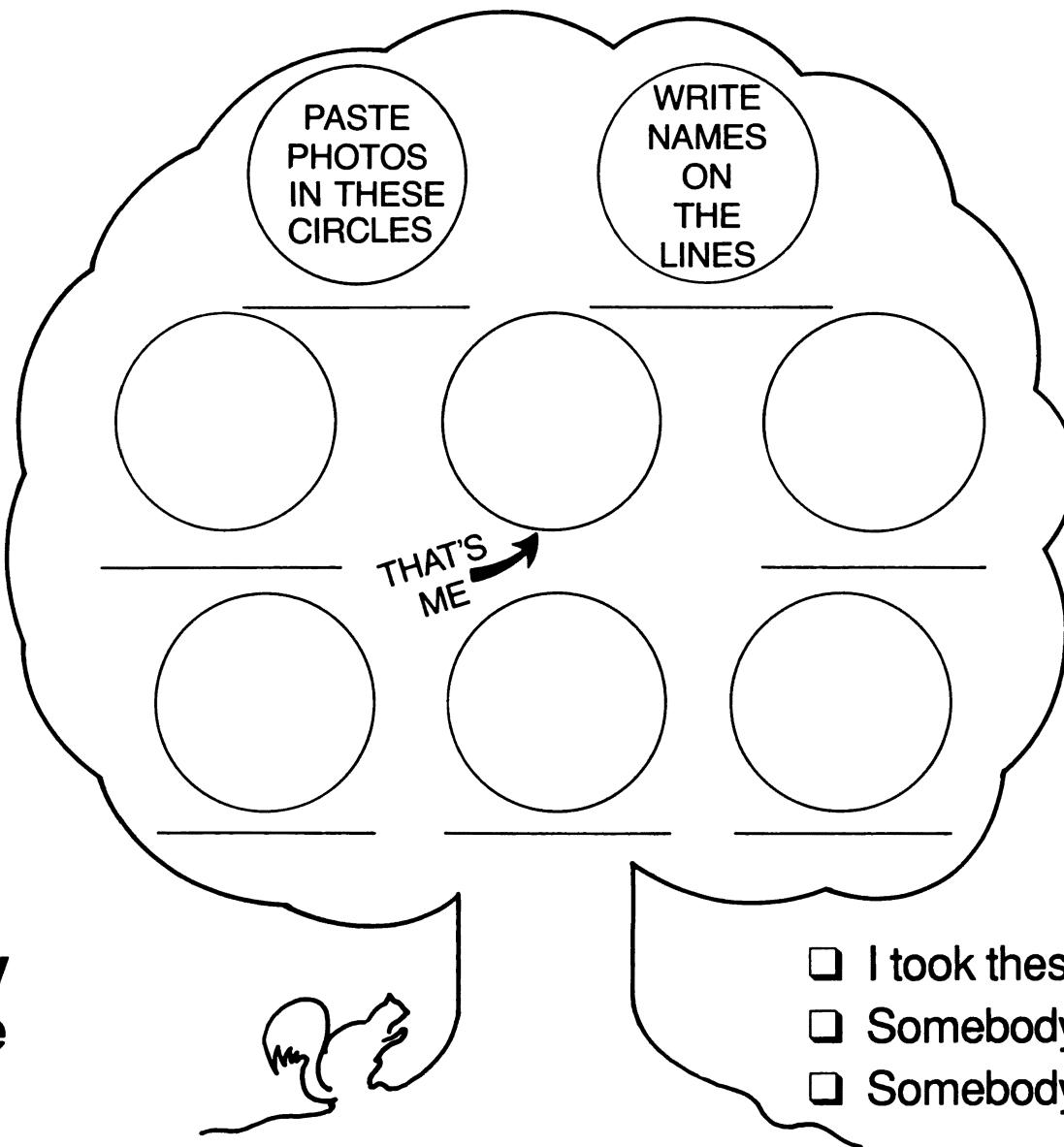
My Family: The People I Live With

There are _____ people in my family.

Let's meet them!

(I got their autographs!)

This is what we look like



Our Family Photo Tree

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

- very much
- some
- very little

Mom likes her work

- very much
- some
- very little

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

In my own words, a family is _____

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).

L O V E B G C K I N D N E S S
N D H E L P S M O N E Y X H T
R U L E S R T V A L U E S A A
B D F C L O T H E S B F G R N
T O Y S B T F O O D H B C I D
G I F T S E B M P R T F U N A
C D L M N C V E C A R E B G R
B T R U S T T R A I N I N G D
D G F T C I S U P P O R T B S
C H J L C O M F O R T X B C X
D B D N S N S E C U R I T Y N

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

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

There are many jobs or responsibilities in making a good home for our family.

Some of these jobs are washing the dishes, 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

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



Who is responsible?

_____ of them are my responsibilities!
(number)

Is this sharing of responsibilities fair?

Yes No

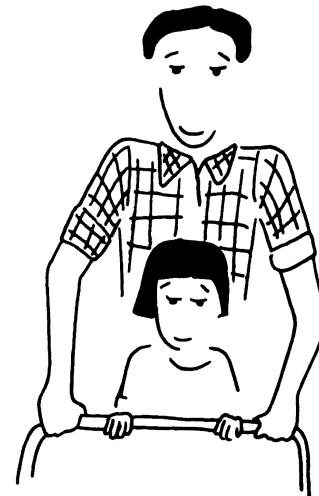
Why or why not? _____

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		



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

Getting Along At Home

I get along with my family

- Very well
- Pretty well
- Not too 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.



SAD



HAPPY



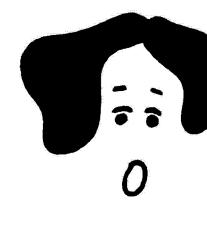
UPSET



TIRED



LONELY



AFRAID

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

	Yes	No	Sometimes
1. I pick up after myself.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I see things that need to be done and I do them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I offer to help others with their chores.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I keep my room neat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I enjoy doing nice things for family members.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I wait until others are through talking before I have my say.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I try to help others feel better when they are feeling low.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I really try to see their side of an argument.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I help others understand me by explaining how I think and feel.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I respect others' ideas even when they are different from mine.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Yes	No	Sometimes
11. I trust the other members of my family.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I am interested in what others are doing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I like to do things together with members of my family.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I find it easy to say what I really feel at home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I feel free to disagree with family members and to express my opinion.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I try to "cool off" and make up after family quarrels.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I stop teasing family members before they get angry.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I really try to make our home a happy place.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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.** Complete 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 _____ people whom I call friends. (how many)
_____ 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

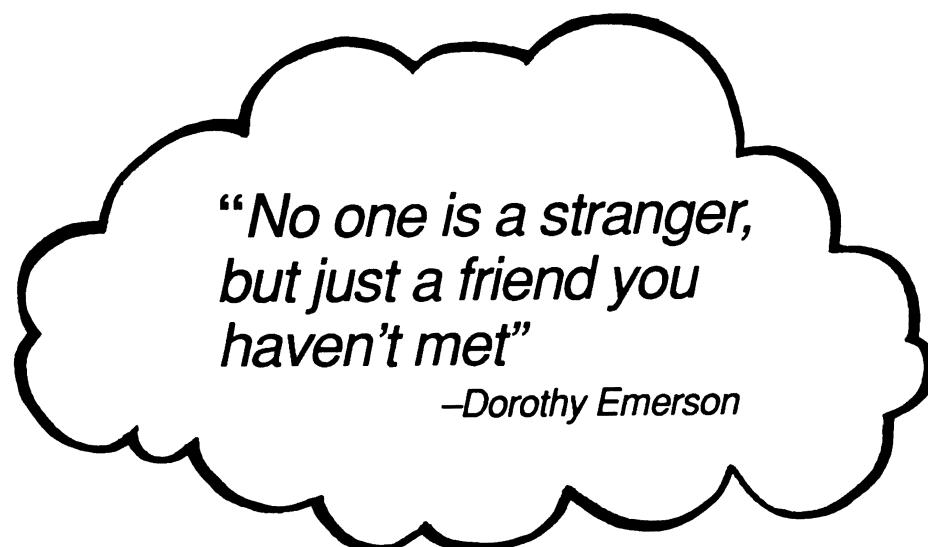
1. _____
2. _____

We all need friends and people who care for 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, because...



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.



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: _____

(Your leader may ask you to cut out this summary and submit it for project completion.)

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.
- Getting pleasure from interesting activities.

At the same time, you can help others by:

- 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.

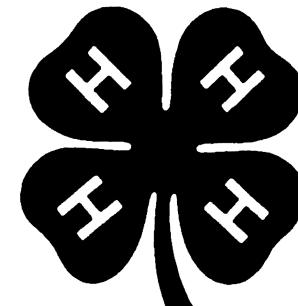
My Heart to greater loyalty

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.