



EXPLORING CITIZENSHIP

Unit I: Me, My Family, and My Friends!

This book belongs to:

My name: _____

My address: _____

My phone number: _____

TABLE OF CONTENTS

Introduction

- What will I learn in this project?
- What will I do in this project?
- What is good citizenship?

Part 1—Me: Getting to Know Myself

- My Health
- My Favorite Activities
- My Feelings
- Things to do to Complete This Part of Your Citizenship Project
- Part 1: Things to Do and Project Summary

Part 2—My Family: The People I Live With

- Family Chores
- Family Fun
- Getting Along at Home
- Family Things to do to Complete This Project
- Part 2: Things to Do and Project Summary

Part 3—My Friends: The People I Like to Spend Time With

- My Friends
- Accepting Others
- Friend Things to do to Complete This Project
- Part 3: Things to Do and Project Summary

Additional Citizenship Units

Acknowledgements

This material was originally prepared by the Southern Regional 4-H Citizenship Literature Committee through a grant from the Coca-Cola Company, then printed and distributed by the National 4-H Council. The committee was Norma Roberts, Louisiana; Treva Sawatski, Arkansas; Ruth Milton, Florida; Maurice Spencer, Georgia; Robert Soileau, Louisiana; and Ben Powell, Tennessee. The text for the original text was developed by Robert Soileau, Sociologist, Louisiana State University, Cooperative Extension Service.

Written by John Rutledge; Joy C. Jordan; and Dale Pracht; UF/IFAS Extension, Gainesville, FL 32611. In collaboration with the 2009 Life Skills Citizenship Action Team: Henry, K.; Pointer, G.; Mullins, V.; Brown, K.

An Equal Opportunity Institution. 4-H is the nation's largest youth development organization. Over 230,000 members in the State of Florida help to make up the community of more than 6.5 million young people across America. 4-H is a non-formal, practical educational program for youth. Florida 4-H is the youth development program of Florida Cooperative Extension, a part of the University of Florida/IFAS.

Introduction

What will I learn in this project?

- What is good citizenship?
- More about yourself
- More about your family
- More about your friends

What will I do in this project?

- Explore things
- Do things
- Create things
- Take photos
- Work with my family
- Think and learn
- Share with others

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, and also how we think and feel about each other. It is our relationship with other people.



Credit: gettyimages.com

My Project Goals

List something you would like to learn through the 4-H Citizenship Project:

List something you would like to do to help your family through the 4-H Citizenship Project:

List something you would like to do to help your friends through the 4-H Citizenship Project:

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:

	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 1—Me: Getting to Know Myself

I am my own best 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!)

My birthday is:

Month: _____ Day: _____ Year: _____

I am _____ years old.

My hair is (color): _____

My eyes are (color): _____

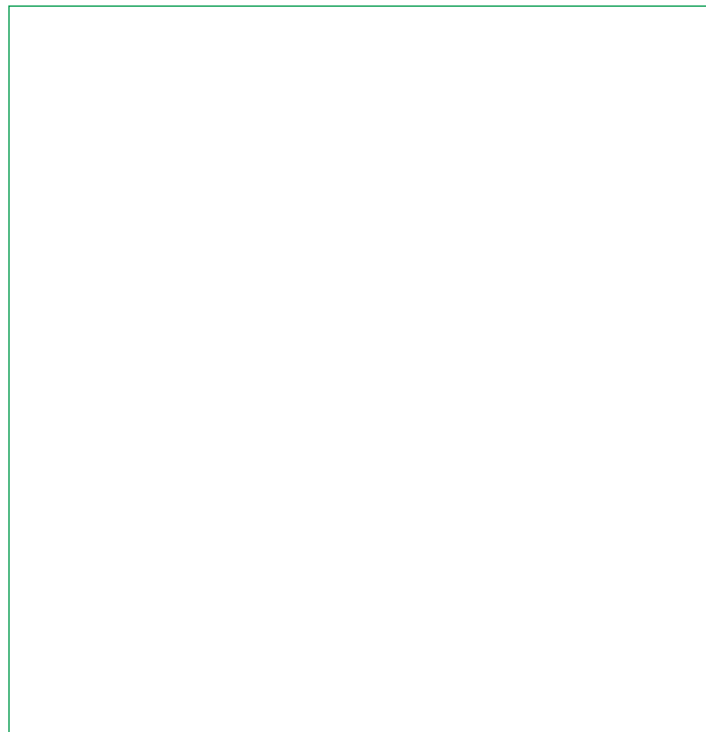
I am _____ feet and _____ inches tall.

That is _____ centimeters (1 inch = 2.54 centimeters)

I weigh _____ pounds.

That is _____ kilos (1 pound = .45 kilos)

Photo of Me



My Health

I believe that my health is:

- Excellent
- Good
- Fair
- Poor

Talk with your mom, dad, or other adult who can help you answer the following questions.

Who is my doctor? _____

What vaccinations have I had?

What allergies do I have?

What special health needs do I have?

When was my last doctor visit? _____

Is it time to go to the doctor again? _____

Who is my dentist? _____

When did I lose my first tooth? _____

When was my last dentist visit? _____

Is it time to go to the dentist again? _____



Credit: <https://pixabay.com/>

My Favorite Activities

THINGS I LIKE TO DO

In my free time I like to:

and _____

I would really like to make a:

_____ with my own hands.

If a friend or family member would help me, I would like to: _____

Once I made a: _____
and I felt so proud.

When I grow up, I would like to work as a:

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

FAVORITE THINGS:

My favorite thing is my: _____

It is my favorite because:

FAVORITE MOVIES, TV, AND MUSIC

_____ is my favorite TV program.

I like this show because:

The best movie I have ever seen is: _____

It was the best because:

My favorite song is:

by _____

I like _____ music

I play the (instrument) _____

I don't play a musical instrument.

I would like to learn to play: _____

ANIMALS

My favorite animal is _____

My second favorite animal is _____

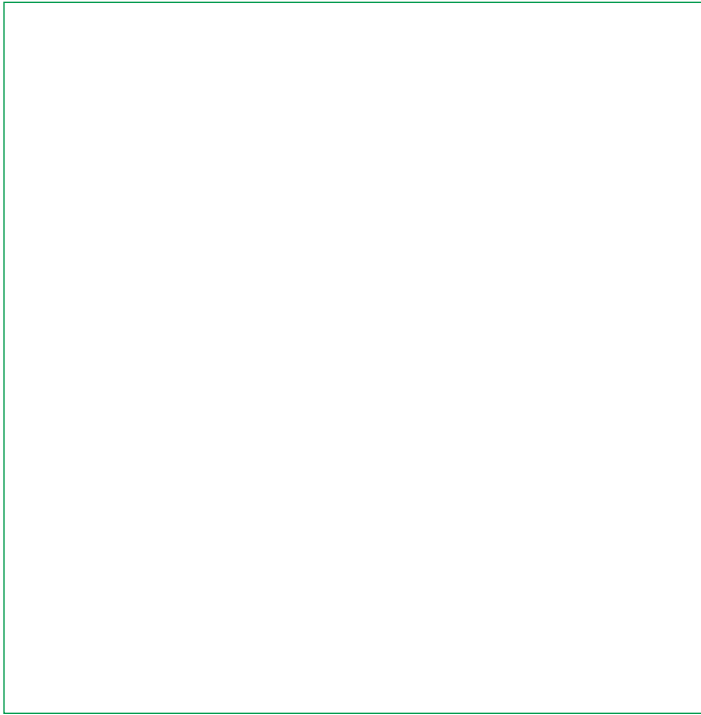
I own:

- one
- both
- neither

If I could own any animal I would own a:

because they can:

This is a drawing of my favorite animal!



SPORTS

My favorite sport to watch is:

My favorite sport to play is:

I'm:

- Good
- Fair
- Not so good



Credit: Tyler Jones, UF/IFAS

My favorite athletes are:

FOODS

My favorite food is:

I really don't like:

My favorite food to help prepare is:

MY FEELINGS

_____ makes me happy.

Others can tell when I am happy, because:

_____ makes me sad.

When I am feeling sad, I usually:

- Cry
- Talk to a friend
- Watch TV or listen to music
- Work on my hobby
- Read a book
- Talk to a family member
- Other _____

_____ makes me angry.

How do I calm down when I am angry?

The five things I like most about me are:

1.

2.

3.

4.

5.

Sometimes there are things 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 these things we can't change.

Sometimes there are things we CAN change, like how we treat others, or getting more exercise.

Here are some things about myself I would like to change:

1.

2.

3.

4.

5.

Things to do to complete this part of your Citizenship Project

Do one or more of the following:

1. Make a card or a gift for a family member or friend.
 - What did you make?

 - Who did you give it to?

2. Make a plan with your family to visit one of your favorite places. Take pictures of yourself and your family. Share your pictures with a friend.

What place did you visit?

3. Try a new food and describe it below.

4. If you play a musical instrument, have a concert for your family, friends, or club.

What song did you play?

Who did you play for?

5. If you own a pet, make a page of photos with you feeding, grooming, and spending time with your pet.

6. If you play a sport or have a hobby, share what you know with a friend or family member.

What did you teach your friend or family about and how did it feel to be a teacher?

Part 1: Things to Do and Project Summary What I Learned:

What I Did:

A photo or drawing of what I did

Photo(s) of my family members

Part 2—My Family: The People I Live With

There are _____ people in my family.

Let's meet them!

Name(s):

Relationship(s):

Birthday(s):

Family Chores

There are many jobs and responsibilities that make 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 was responsible for each one.

THE JOB

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

WHO IS RESPONSIBLE?

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

How many of these jobs are your responsibility?

How do you feel about helping your family?

Are there other jobs you could do?

Do you earn an allowance for your chores?

If so, what do you do with your allowance?

Family Fun

Most families not only work together, but they do some things just for fun. Some family fun things are done indoors; some are done outdoors. Some activities we play ourselves and others we just watch. Here are some things I have done or watched with members of my family.

OUTDOOR ACTIVITIES

Where we went:

What we did:

How did you choose where to go?

INDOOR ACTIVITIES

Where we went:

What we did:

How did you choose what indoor activity to do?

Here is a list of favorite activities my family and I enjoy doing together:

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

Getting Along at Home

Sometimes we forget that the other members of our family are real people, too. They have feelings which can 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!

I get along with my family:

- very well
- pretty well
- not too well
- not at all

What are things you can do to get along with others in your family?

How can you show respect to your family members?



Credit: [gettyimages.com](https://www.gettyimages.com)

Family Word Fun

You get lots of important things from your family! In the word search below, see how many of these you can find.

(All words go across or down.)

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

LOVE

KINDNESS

HELP

MONEY

RULES

VALUES

CLOTHES

TOYS

FOOD

GIFTS

FUN

CARE

TRUST

TRAINING

SUPPORT

COMFORT

SECURITY

PROTECTION

HOME

SHARING

STANDARDS

Your Family Check Up!

Here is a checklist for being a good citizen at home. Check your answer for each item and see how well you are doing.

	Yes	No	Sometimes
I pick up after myself.			
I see things that need to be done and I do them.			
I offer to help others with their chores.			
I keep my room neat.			
I wait until others are through talking before I speak.			
I try to help others feel better when they are feeling low.			
I help others understand me by explaining how I think and feel.			
I respect others' ideas even when they are different from mine.			
I can politely disagree with family members to express my opinion.			
I try to "cool off" and make up after family quarrels.			
I stop teasing family members before they get angry.			
I really try to make our home a happy place.			
I say please and thank you.			
I apologize when I do something that makes other people sad.			

How did you do? Did you check "no" or "sometimes" lots of times? _____

What can you do to be a better family citizen?

You can help bring your family even closer together!

Family Things to do to Complete This Project

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 the TV, computer, or other things that might distract you. Just play games, sit around and talk, do things you would do at camp, and enjoy spending time with each other.

- What was your favorite part of your family "camp in"?

2. Complete your family tree and frame it. Hang it up in your house so everyone can enjoy it.

- Place a picture of your family tree here!

3. Sit down and talk with an elderly person in your family about what life was like when they were your age.

- Who did you talk to? What is one thing you learned?

4. Ask your parents to take you to visit the place where they work.

- What did you like most about their work place?

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.

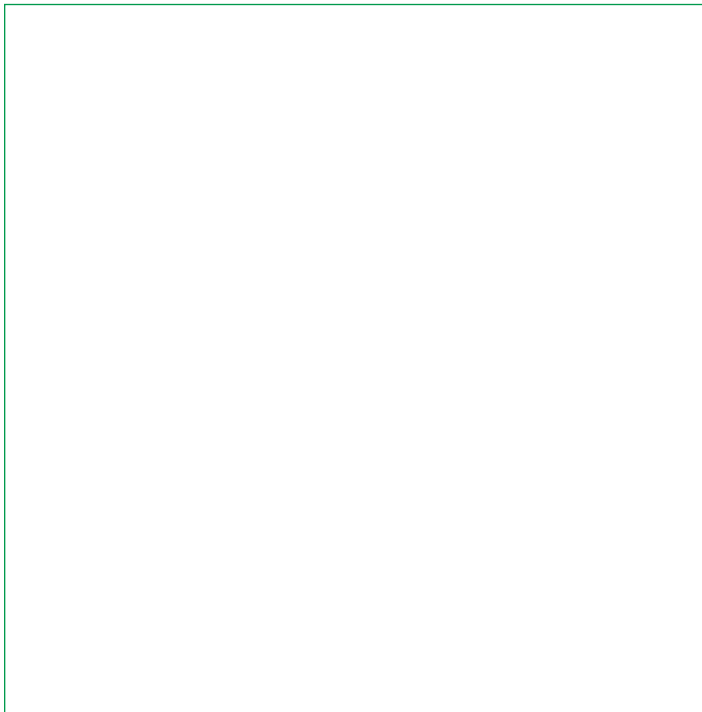
- What job are you going to help with?

Part 2: Things to Do & Project Summary

What I Learned:

What I Did:

A photo or drawing of what I did:



Part 3—My Friends: The People I Like to Spend Time With

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.

My Friends

There are about _____ people whom I call friends.

_____ are girls and _____ are boys.

Describe your friends.

How are you and your friends similar?

How are you and your friends different?

Where did you meet?

Place or draw a picture of you and your friends here!

Place or draw a picture of you and your best friend here!

Accepting Others

Not all my friends are the same.

Here is a list of my different friends.

Friends younger than me:

A boy: _____

A girl: _____

Friends my age:

A boy: _____

A girl: _____

Friends older than me:

Teenagers: _____

Adults: _____

I like my friends for these reasons:

The most important things I can give my friends are:

	Yes	No
I have friends that are of different races.		
I have friends from different states.		
I have friend from different countries.		
I have friends who live in houses.		
I have friends who live in apartments.		
I have friends who live in the city.		
I have friends who live in the country.		
I have friends that have no brothers or sisters.		

Friends are people whom you like and trust.

Friend Things to do to Complete This Project

Do one or more of the following:

1. Make a new friend. Draw a picture of your new friend here. What are they like?
2. Plan to do something with one or more of your friends.
 - What did you and your friend do?

3. Do something nice for an older or younger friend.
 - Who did you do something nice for? What did you do?

4. Make up your own song about a friend or friends.
 - Write it down or video yourself singing it.
5. Draw a picture here of something you like to do with one of your best friends.

Part 3: Things to Do and Project Summary

What I Learned:

What I Did:

A photo or drawing of what I did

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. 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

I pledge: My Head to clearer thinking,
 My Heart to greater loyalty,
 My Hands to larger service, and
 My Health to better living, for my club, my
 community, my country, and my world.



Credit: UF/IFAS