



# Exploring Citizenship

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

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#### Additional Citizenship Units

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#### This book belongs to:

My name: \_\_\_\_\_

My address: \_\_\_\_\_

My phone number: \_\_\_\_\_

#### ACKNOWLEDGEMENTS

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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.

## 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:

My eyes are (color): \_\_\_\_\_

I am \_\_\_\_\_ feet and \_\_\_\_\_ inches tall.

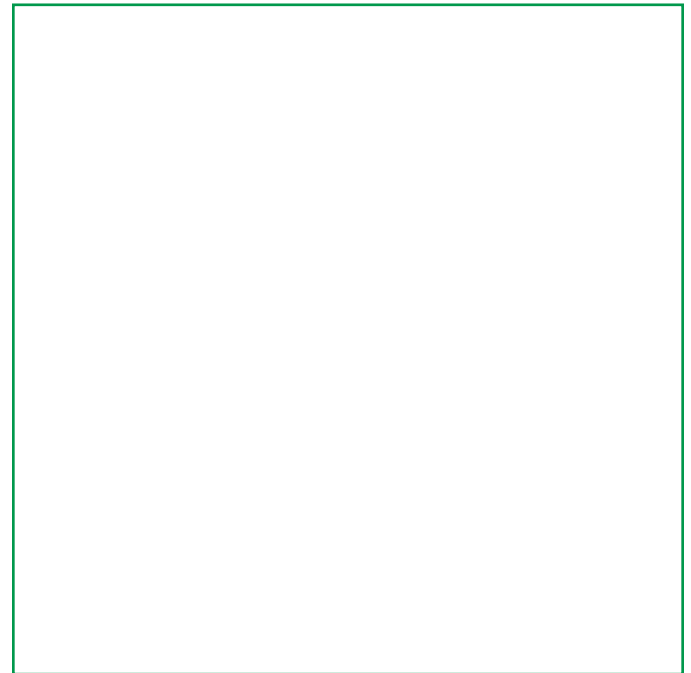
That is \_\_\_\_\_ centimeters (1 inch = 2.54 centimeters)

I weigh \_\_\_\_\_ pounds.

That is \_\_\_\_\_ kilos (1 pound = .45 kilos)

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:

**Photo of Me**



Ask Yourself	Always	Never	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 I—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 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: 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 \_\_\_\_\_

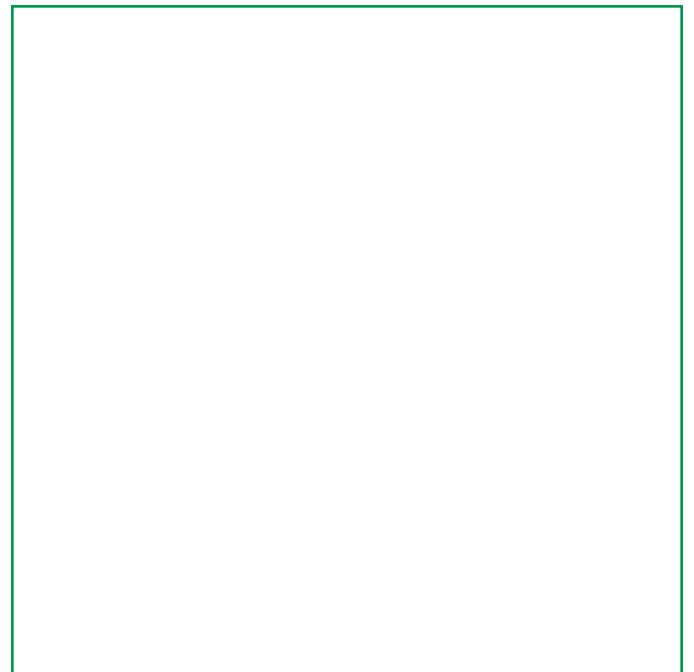
I own:

- 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

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.



Credit: Tyler Jones, UF/IFAS

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.

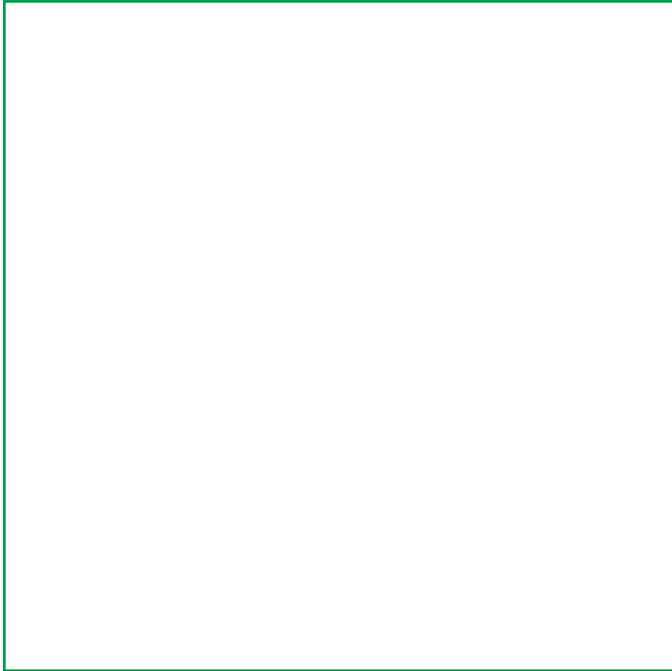
What did you teach your friend or family about and how did it feel to be a teacher?

**PART 1: THINGS TO DO AND PROJECT SUMMARY**

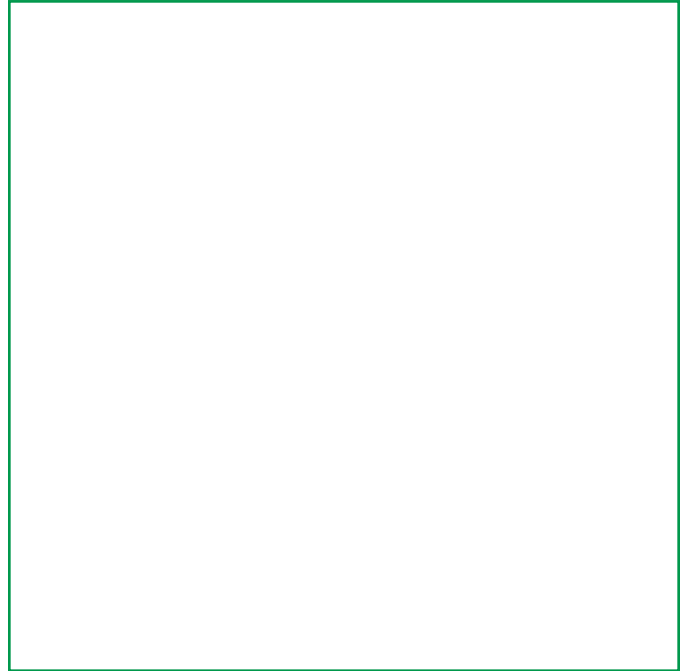
What I Learned:

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. \_\_\_\_\_



Credit: gettyimages.com

### **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?

**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**

**TOYS**

**SUPPORT**

**KINDNESS**

**FOOD**

**COMFORT**

**HELP**

**GIFTS**

**SECURITY**

**MONEY**

**FUN**

**PROTECTION**

**RULES**

**CARE**

**HOME**

**VALUES**

**TRUST**

**SHARING**

**CLOTHES**

**TRAINING**

**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.

Action	Always	Never	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?

**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"?

You can help bring your family even closer together!

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!



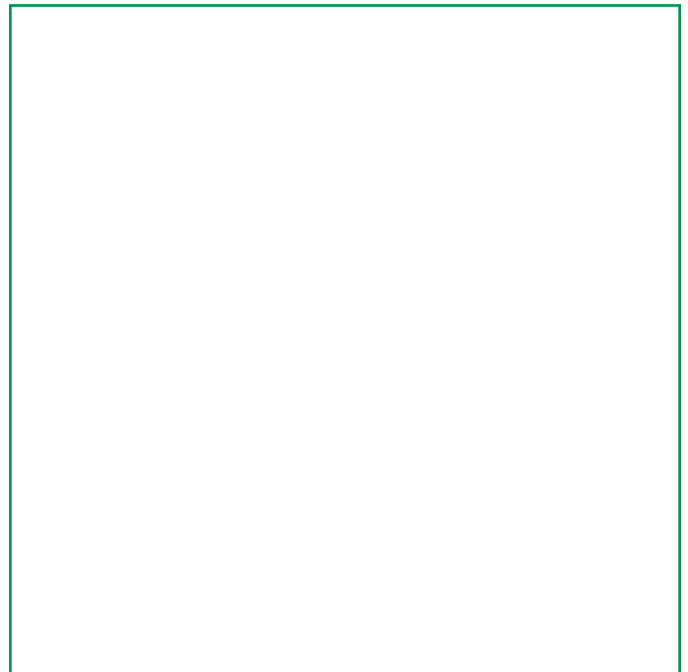
3. Sit down and talk with an elderly person in your family about what life was like when they were your age.
  - Who did you talk to? What is one thing you learned?
4. Ask your parents to take you to visit the place where they work.
  - What did you like most about their work place?  
\_\_\_\_\_
5. Take 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:

Question	Yes	No
I have friends that are of different races.		
I have friends from different states.		
I have friends 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.



Credit: UF/IFAS

**A photo or drawing of what I did**

**PART 3: THINGS TO DO AND PROJECT SUMMARY**

What I Learned:

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

**4-H PLEDGE**

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.

