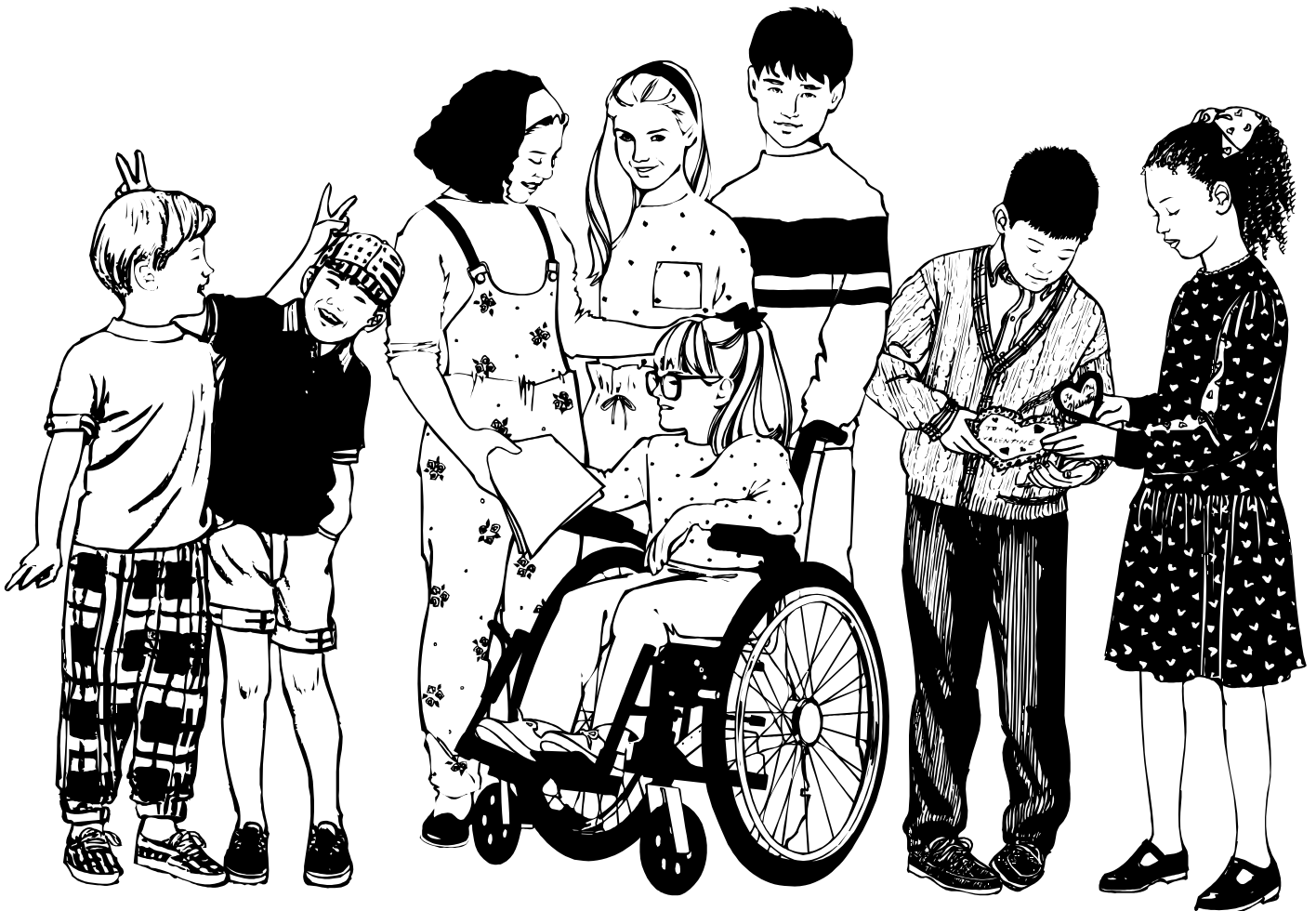


# All About Me



Citizenship: Level 1





## My Citizenship Pledge

I pledge to work each day to fight for the dreams of this nation.

I will never let power and unfairness become the ruler of our country, through my lack of interest to my duties as a citizen.

I will strive for mental honesty and use it through my power to be a responsible citizen.

I will obey the laws of our country and try to increase my sense of duty to others in our country.

I will work for self-improvement and for the betterment of society.

I will devote my talents to the betterment of my home and community to improve my community's social and spiritual needs.

I will help to make this nation a better and a more beautiful place.

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# All About Me

## 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
- Draw
- Take photographs
- Work with my family and my helper
- Think and learn
- Share with others

## What is good citizenship?



## Citizenship is an important part of 4-H Life:

- Head** learn to work with others, learn rules and laws at home, at school and in the community, learn about my government
- Heart** learn to be a dependable person
- Hands** learn to help others by “doing” for others
- Health** learn to make my community a clean, healthy, and safe place to live while protecting the environment

Citizenship is how you talk and act toward other people. It is also how you think and feel about other people. It is our relationship with others.

Good citizenship is showing concern for others around us. A good citizen treats others, as he or she would like to be treated. Check a box for each question below.

Yes    No    Sometimes

- |                          |                          |                          |  |
|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Do I think of safety for others and myself before I do something?                      |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Do I consider other people's feelings before I say or do something that may hurt them? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Do I accept other people who are different from me and try to make friends with them?  |

My name is \_\_\_\_\_.

Does my name have a special meaning?

Yes      No

If Yes, what is the special meaning?

\_\_\_\_\_

I was born on \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.  
Month      Date      Year

I was born in \_\_\_\_\_, \_\_\_\_\_.  
City      State/Country

Today I am \_\_\_\_\_ years old.



**Things I like to do:**

When I am alone \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

When I am with family \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

When I am with friends \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

When I am with a group \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Share what you like to do with your helper.

Put a photograph or draw a picture of yourself here.

**Things I am good at:**

I like to \_\_\_\_\_.

When I \_\_\_\_\_ I feel proud.

I need help to \_\_\_\_\_.

I would like \_\_\_\_\_ to help me  
\_\_\_\_\_.

Next year, I want to \_\_\_\_\_.

Talk with your helper about things that you are good at doing or making. Talk about what you need help in doing.



**Things I really like:**

My favorite thing is \_\_\_\_\_.

It is my favorite because \_\_\_\_\_  
\_\_\_\_\_.

My favorite place is \_\_\_\_\_.

It is my favorite because \_\_\_\_\_  
\_\_\_\_\_.

Something new that I would like to try is  
\_\_\_\_\_.

I would like to try this because  
\_\_\_\_\_  
\_\_\_\_\_.

Someplace new I would like to visit is  
\_\_\_\_\_.

I would like to visit this place because  
\_\_\_\_\_  
\_\_\_\_\_.

.....  
● Draw a picture or put a photograph of your favorite thing or place here.  
.....

**Favorites...**

My favorite person is \_\_\_\_\_.

Why? \_\_\_\_\_

\_\_\_\_\_

Draw or attach a picture of this person



My favorite relative is \_\_\_\_\_.

Why? \_\_\_\_\_

\_\_\_\_\_

Draw or attach a picture of your favorite relative



My favorite food is \_\_\_\_\_.

Why? \_\_\_\_\_

\_\_\_\_\_

Draw or attach a picture of your favorite food



My favorite animal is \_\_\_\_\_.

Why? \_\_\_\_\_

\_\_\_\_\_

Draw or attach a picture of your favorite animal



## My Feelings

Everyone has feelings. Sometimes our feelings make us happy, or excited. Sometimes they make us sad or mad or afraid. Feelings make us smile, laugh, cry, shake, shout, scream and yell.

I'm happy when \_\_\_\_\_.

I'm excited when \_\_\_\_\_.

I'm sad when \_\_\_\_\_.

I'm mad when \_\_\_\_\_.

I'm afraid when \_\_\_\_\_.

I smile when \_\_\_\_\_.

I laugh when \_\_\_\_\_.

I cry when \_\_\_\_\_.

I shake when \_\_\_\_\_.

I shout when \_\_\_\_\_.

I scream when \_\_\_\_\_.

I yell when \_\_\_\_\_.

Talk with your Helper about your feelings. Which feelings do you like better? \_\_\_\_\_

\_\_\_\_\_

Why? \_\_\_\_\_

\_\_\_\_\_

## Activity of Feelings

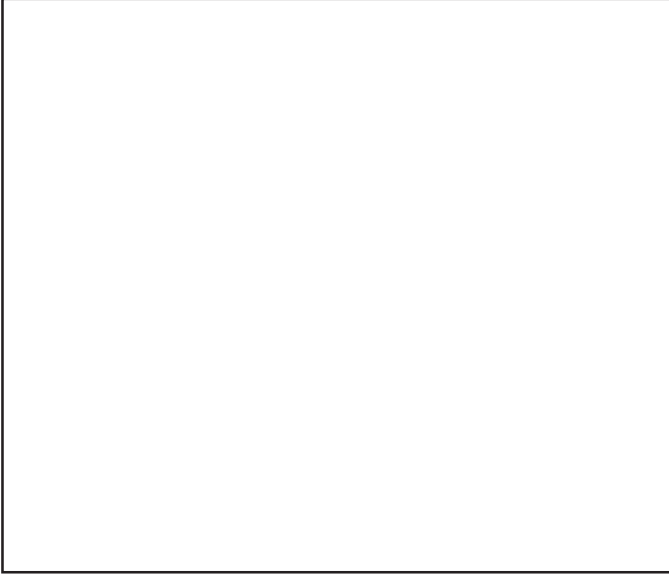
Ask your helper to find a piece of velvet and sandpaper, if needed.

Good things feel like velvet. (Touch the piece of velvet)

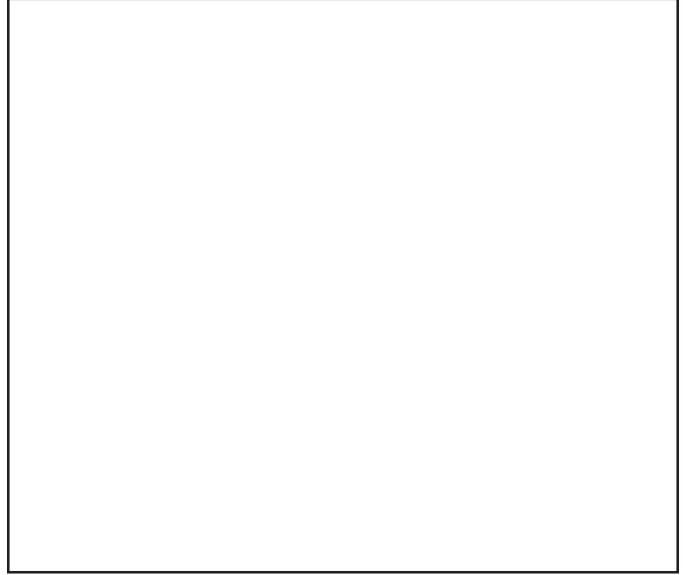
Bad things feel like sandpaper. (Touch the piece of sandpaper.)

Draw pictures or describe with words the following:

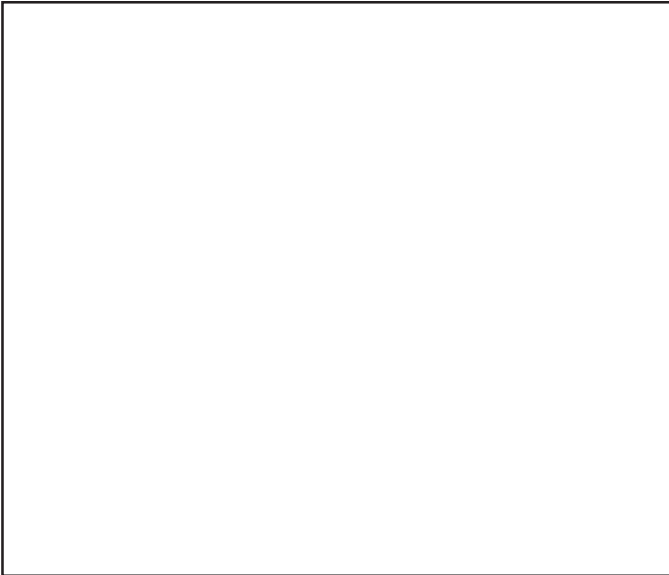
Excitement



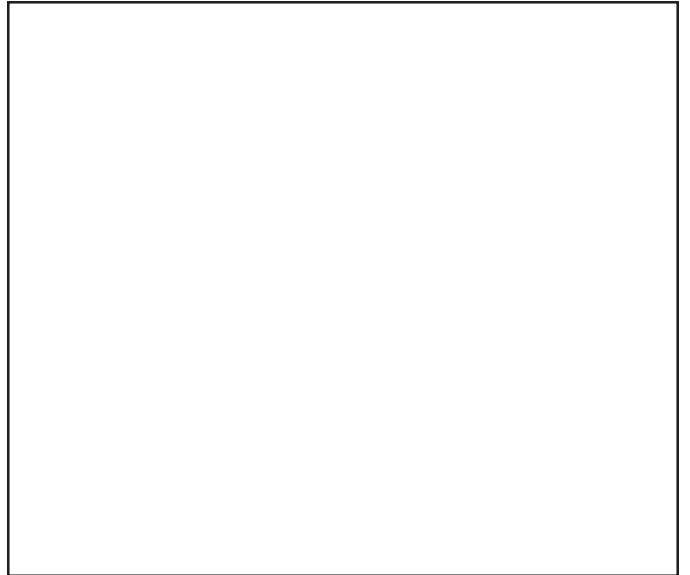
Surprises



Anger



Loneliness



Talk to your helper about how you deal with excitement, anger, surprises and loneliness.

