

Celebrate Your Family Through 4-H

*Every family has inner strengths and every family can grow stronger.
"Celebrate Your Family Through 4-H" is an exciting way to strengthen families.*

You are part of a family. It's important to you.
Describe why your family is important to you:

Check box when done. _____
Parent's signature/date

Each person in your family is special. Write down the names of each person in your family.

Check box when done. _____
Parent's signature/date

What does your family look like? On a separate sheet of paper, draw a picture of your family.

Check box when done. _____
Parent's signature/date

Have you ever thought about why everyone in your family is special? Maybe one person does something for you that no one else does, or maybe one person does something special for the whole family. Name each family member and describe *why* that person is special.

_____ is special because _____

_____ is special because _____

_____ is special because _____

_____ is special because _____

Check box when done. _____
Parent's signature/date

One way to show you appreciate and care about everyone in your family is to do something for each person. Do something nice for each family member and tell what you did.

Nice things you did	For
_____	_____
_____	_____
_____	_____
_____	_____

Check box when done. _____
Parent's signature/date

Make a special "name tent" for each member of your family. For practice, make your own tent first: fold a piece of paper in half and print your name on one side. Then do the same for all family members. Place the name tents in front of each person's place at the dining table.

Check box when done. _____
Parent's signature/date

You have special times in your family. On a separate piece of paper, write a short story about one special time.

Check box when done. _____
Parent's signature/date

Families work well when everyone does jobs that help the family. Make a list of the jobs you will do for your family.

Job	Date
_____	_____
_____	_____
_____	_____
_____	_____

Check box when done. _____
Parent's signature/date

Get permission to fix breakfast for one member of your family.

I fixed breakfast for _____

Check box when done. _____
Parent's signature/date

Make someone's bed.

I made _____'s bed.

Check box when done. _____
Parent's signature/date

Pick up a younger brother's, sister's, or cousin's toys.

I picked up _____'s toys.

Check box when done. _____
Parent's signature/date

Your family's safety is important. If there are hazards or dangerous objects around your home, someone might get hurt. Do a safety check of your home. (Ask a grown-up to do it with you.) Check for dangerous spots. Look for pieces of glass, metal, broken toys, nails, things that are out of place, poisonous chemicals, worn electric cords, and so forth.

	Problems you found	What you did about it
Living room	_____	_____
Kitchen	_____	_____
Bathroom	_____	_____
Bedrooms	_____	_____
Hallways	_____	_____
Garage and basement	_____	_____
Around the house	_____	_____

Check box when done. _____
Parent's signature/date

It's also important to know how to get help if a problem comes up.

Print on a piece of heavy paper or large index card the names and telephone numbers of the people you might have to call if a problem comes up.

Fire _____

Police _____

Ambulance _____

Doctor _____

Place the list next to each telephone in your home.

Check box when done. _____
Parent's signature/date

Ask your parent to help you with the 4-H project you are working on.

Check box when done. _____
Parent's signature/date

Ask your parent to attend a 4-H meeting.

Check box when done. _____
Parent's signature/date

Talk with your 4-H leader and ask if the club can plan an activity for families. Write down why you want to have the family activity.

What things could your club plan for the 4-H family activity?

Check box when done. _____
Parent's signature/date

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