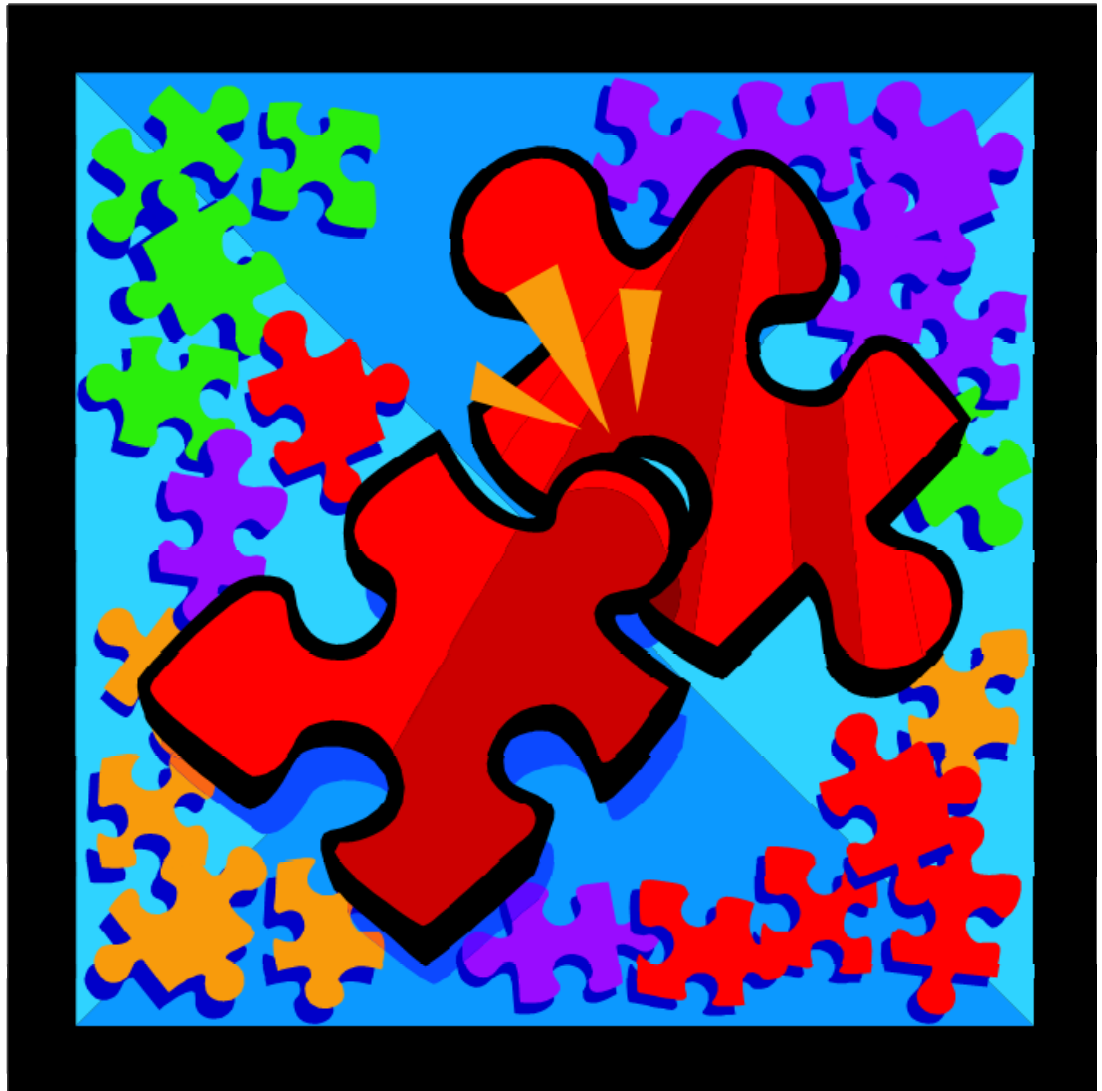


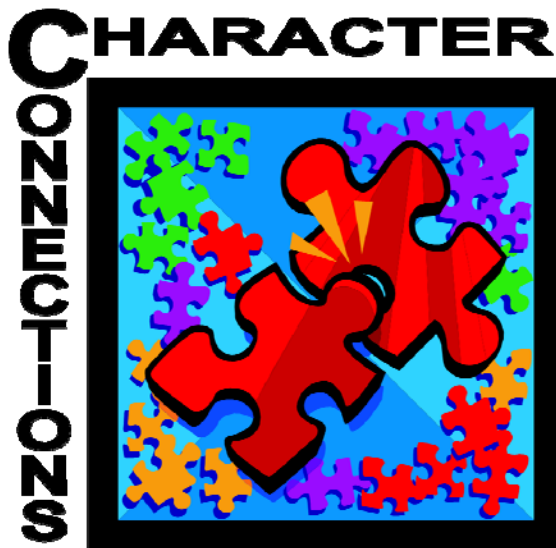
# CHARACTER

SO MUCH SO



Curriculum Supplement  
for 4-H Project Materials





## Welcome to "Character Connections"

### Curriculum Supplement for 4-H Project Materials

As a Missouri 4-H volunteer project leader you now have the opportunity to help Missouri's young people not only learn and develop new skills but also learn what it means to be a person of good character. Good character is not hereditary or automatic. It must be developed by example and practice. One way or another, young people pick up the values that

constitute their character. Character education is primarily a parent's responsibility, but everybody interacting with youth has an important supporting role. That's why Missouri 4H became part of the CHARACTER COUNTS!<sup>SM</sup> Coalition enabling us to bring character education to the more than 100,000 young people touched by Missouri 4-H each year.

Missouri 4-H has partnered with the Josephson Institute of Ethics to provide character education through their CHARACTER COUNTS!<sup>SM</sup> program. CHARACTER COUNTS! is a nationally recognized, nonprofit, nonsectarian character education system that reaches five million youth daily through an alliance of schools and community service organizations known as the CHARACTER COUNTS! Coalition. The CHARACTER COUNTS! framework is built upon the Six Pillars of Character<sup>SM</sup>: Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship. These pillars are the foundation of the moral standards you can help develop in your 4-H participants.

Integrating the CHARACTER COUNTS! framework helps enrich 4-H programming. Through adult role modeling and deliberate discussions of how projects relate to character 4-H'ers consciously learn to be caring, responsible citizens, will that will serve them well throughout their lives.

The following curriculum has been developed for you, the Missouri 4-H project leader, to help your 4-H participants make the "Character Connections" to their 4-H projects. Within the curriculum supplement you will find information about teaching young people in informal settings, how young people best learn, and the Experiential Model for Education, or the 4-H motto "Learn by Doing". You will also find information about each of the Six Pillars of Character and how these pillars are displayed through each 4-H project area. Finally, you will find individual "Character Connections" activities that have been written specifically for your 4-Hers. These all include information about how each of the Six Pillars of Character relates to each 4-H project area, activity ideas that relate to the activities in the project literature and discussion questions to help your 4-Hers think about the activities and make the "Character Connection."

# Table of Contents

Introduction to CHARACTER COUNTS!<sup>SM</sup> and the Six Pillars of Character <sup>SM</sup>  
Experiential Education and Learning Styles  
Model of Experiential Learning  
Ages and Stages of Youth Development  
Techniques for Teaching Youth in Informal Settings

## Project Area “Character Connections”

<b>Aerospace</b>	<b>Horticulture</b>
<b>Arts and Crafts</b>	Entomology
Clothing	Gardening
Crochet	Soybeans
Knitting	<b>Healthy Living</b>
Quilting	Bicycle Adventures
Visual Arts	Health
<b>Citizenship</b>	Lifetime Sports
<b>Companion Animals</b>	Sport Fishing
Amphibians and Reptiles	<b>Industrial Technology</b>
Cats	Electricity
Dogs	Small Engines
Horse	Welding
Veterinary Sciences	Woodworking
<b>Environmental Sciences</b>	<b>Production Livestock</b>
Conservation	Beef
Forestry	Goats (Meat and Dairy)
Geology	Poultry
Wildlife	Rabbits
<b>Financial Champions</b>	Sheep
Entrepreneurship	Swine
<b>Foods/Nutrition</b>	<b>Outdoor Adventures</b>
Breads	<b>Photography</b>
Cake Decorating	<b>Theater Arts</b>
Fantastic Foods	
Food Preservation	
International Foods	
Meats	

# Character Connections

## CHARACTER COUNTS!<sup>SM</sup>

### The Six Pillars of Character<sup>SM</sup>

The Josephson Institute of Ethics developed the Six Pillars of Character to provide educators six simple words to use in teaching character education to their students.

Trustworthiness  
Respect  
Responsibility  
Fairness  
Caring  
Citizenship

The six pillars are key words that encompass what the CHARACTER COUNTS! Coalition considers important traits of a person of good character. Missouri 4-H agrees that these six pillars can be used as traits 4-H members strive to achieve through their projects, service learning and community service activities. Provided for you is an explanation of what a person of character can do to ensure they are exhibiting each pillar.

## A Person of Character Is...

Trustworthiness	Respect	Responsibility
<p><b>Integrity</b> <i>Do</i></p> <ul style="list-style-type: none"> <li>✓Stand up for your beliefs, follow your conscience, and remain honorable and upright.</li> <li>✓Live by your principles no matter what others say.</li> <li>✓Have the courage to do what is right and to try new things even when it is hard or costly.</li> </ul> <p><b>Honesty</b> <i>Do</i></p> <ul style="list-style-type: none"> <li>✓Tell the truth and nothing but the truth.</li> <li>✓Be sincere.</li> <li>✓Be forthright and candid.</li> </ul> <p><b>Reliability</b> <i>Do</i></p> <ul style="list-style-type: none"> <li>✓Keep your promises</li> <li>✓Honor your word and commitments.</li> <li>✓Be dependable.</li> <li>✓Do what you are supposed to do.</li> <li>✓Return what you borrow.</li> <li>✓Pay your debts and be on time.</li> </ul> <p><b>Loyalty</b> <i>Do</i></p> <ul style="list-style-type: none"> <li>✓Stand by and protect your family, friends, school and country.</li> <li>✓Be a good friend.</li> <li>✓Look out for those who care about you.</li> <li>✓Keep secrets of those who trust you.</li> </ul>	<p><b>Golden Rule</b> <i>Do</i></p> <ul style="list-style-type: none"> <li>✓Treat others the way you want to be treated.</li> <li>✓Respect the dignity, privacy and freedom of all individuals.</li> <li>✓Value and honor all people, no matter what they can do for you or to you.</li> <li>✓Respect others' property - take good care of property you are allowed to use and don't take or use property without permission.</li> <li>✓Respect the autonomy of others - tell them what they should know to make good choices about their own lives.</li> </ul> <p><b>Tolerance and Acceptance</b> <i>Do</i></p> <ul style="list-style-type: none"> <li>✓Judge others on their character, abilities, and conduct without regard to race, religion, gender, where they live, how they dress, or the amount of money they have.</li> <li>✓Be tolerant, respectful, and accepting of those who are different from you.</li> <li>✓Listen to others and try to understand their points of view.</li> </ul> <p><b>Nonviolence</b> <i>Do</i></p> <ul style="list-style-type: none"> <li>✓Resolve disagreements, respond to insults, and deal with anger peacefully and without violence.</li> </ul> <p><b>Courtesy</b> <i>Do</i></p> <ul style="list-style-type: none"> <li>✓Use good manners.</li> <li>✓Be courteous, polite and civil</li> </ul>	<p><b>Duty</b> <i>Do</i></p> <ul style="list-style-type: none"> <li>✓Know and do your duty.</li> <li>✓Acknowledge and meet your legal and moral obligations.</li> </ul> <p><b>Accountability</b> <i>Do</i></p> <ul style="list-style-type: none"> <li>✓Accept responsibility for the consequences for your choices, not only for what you do but what you don't do.</li> <li>✓Think about consequences on yourself and others before you act.</li> <li>✓Think long-term.</li> <li>✓Do what you can do to make things better.</li> <li>✓Set a good example.</li> </ul> <p><b>Pursue Excellence</b> <i>Do</i></p> <ul style="list-style-type: none"> <li>✓Give your best effort.</li> <li>✓Persevere.</li> <li>✓Don't quit.</li> <li>✓Be prepared.</li> <li>✓Be diligent.</li> <li>✓Work hard.</li> <li>✓Make all you do worthy of pride.</li> </ul> <p><b>Self-Control</b> <i>Do</i></p> <ul style="list-style-type: none"> <li>✓Take charge of your own life.</li> <li>✓Set realistic goals.</li> <li>✓Keep a positive outlook.</li> <li>✓Be prudent and self-disciplined with your health, emotions, time and money.</li> <li>✓Be rational - act out of reason, not anger, revenge or fear.</li> <li>✓Know the difference between what you have a right to do and what is right to do.</li> <li>✓Be self-reliant - manage your life so you are not dependent on others.</li> <li>✓Pay your own way whenever you can.</li> </ul>

## A Person of Character Is...

Fairness	Caring	Citizenship
<p><b>Justice</b> <i>Do</i></p> <ul style="list-style-type: none"> <li>✓ Be fair and just.</li> <li>✓ Treat people equally.</li> <li>✓ Make decisions without favoritism or prejudice.</li> <li>✓ In imposing punishment, be sure the consequences for wrongdoing are consistent, certain, and proportional (not too harsh or lenient).</li> </ul> <p><b>Openness</b> <i>Do</i></p> <ul style="list-style-type: none"> <li>✓ Be open-minded and impartial - consider what people have to say before you decide.</li> <li>✓ Be careful - get the facts, including opposing viewpoints, before making decisions (especially blaming or accusing another).</li> </ul>	<p><b>Concern for Others</b> <i>Do</i></p> <ul style="list-style-type: none"> <li>✓ Be compassionate and empathic.</li> <li>✓ Be kind, loving and considerate.</li> <li>✓ Be thankful and express gratitude for what people do for you.</li> <li>✓ Forgive others for their shortcomings.</li> </ul> <p><b>Charity</b> <i>Do</i></p> <ul style="list-style-type: none"> <li>✓ Be charitable and altruistic – give money, time, support and comfort without strings for the sake of making someone else's life better, not for praise or gratitude.</li> <li>✓ Help people in need.</li> </ul>	<p><b>Do Your Share</b> <i>Do</i></p> <ul style="list-style-type: none"> <li>✓ Be a good citizen and a good neighbor.</li> <li>✓ Care about and pursue the common good.</li> <li>✓ Be a volunteer - help your school and community be better, cleaner and safer.</li> <li>✓ Protect the environment by conserving resources, reducing pollution and cleaning up after yourself.</li> <li>✓ Participate in making things better by voicing your opinion, voting, serving on committees, reporting wrongdoing and paying taxes.</li> </ul> <p><b>Respect Authority and the Law</b> <i>Do</i></p> <ul style="list-style-type: none"> <li>✓ Play by the rules.</li> <li>✓ Obey parents, teachers, coaches and others who have been given authority.</li> <li>✓ Observe just laws.</li> </ul>



## Character Connections

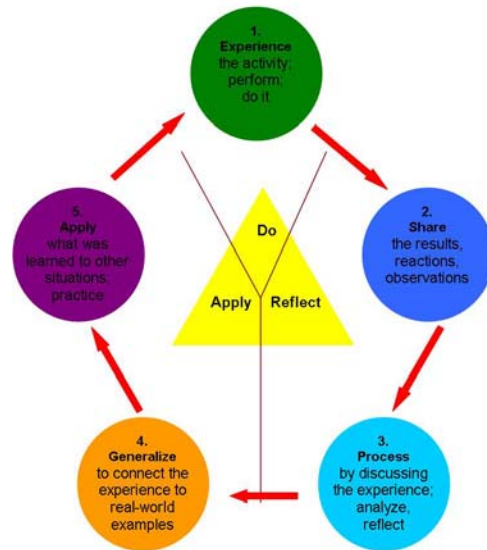
### Experiential Learning Model "Learn by Doing"

Project materials developed for 4-H provide activities for young people based on the Experiential Learning Model for education. It is from this learn-by-doing model that each of the Character Connections has been developed. Experiential learning means that your role as an adult leader is to facilitate learning. A

**facilitator** is responsible for supporting and encouraging participants to learn in their own way and in their own time. It is also important for you to help the participants focus on what they, individually, hope to learn from the project area.

Each activity in experiential education requires you as the facilitator to help young people get the most out of their experience. You may have to guide your participants in decision making and help them set goals for their projects. The more you can step aside and facilitate, the more learning will occur. You will notice that each of the activities is designed to help 4-Hers connect the activities with other areas of their life. This encourages them to think about what is happening in the world around them and how good character relates to their lives.

## Experiential Learning Model



### **Experience: Hands-on step.**

- Youth do their project before being shown or told how to do it.
- Leaders watch. Do not rob youth of the discovery experience.

### **Share: What**

- What did you do?
- What happened?
- What did it feel like to do (whatever)?
- How did you share your project with others?

### **Process:** Identify what was most important (the life skill) about project work.

- What did you learn about yourself by doing this project?

### **Generalize: So What**

- What did the experience mean to you personally?
- To your everyday life?
- Where have you faced similar challenges?

### **Apply: Now What**

This step emphasizes the life skill practiced rather than the subject matter skill.

- How can you use what you learned in other situations?

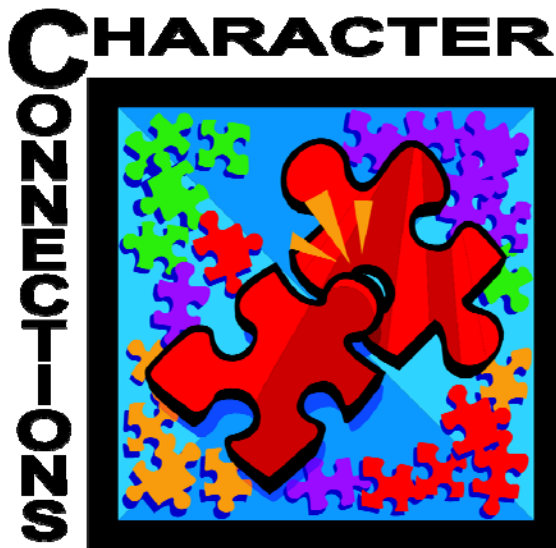


With the Experiential Learning Model it is still important to remember that people learn in different ways. We call these **Learning Styles**. Each of your participants will use different techniques to learn, each of which they have developed based on how they best learn. Provided is an explanation of four learning styles:

**Auditory:** These learners prefer group discussions and oral lectures. They can remember what is said more easily than what they do or see. Help these 4-Hers by reading project materials out loud and providing verbal clues as to what their next step should be. Have these learners talk through their thoughts with others, as they often learn a great deal from hearing their peer's thoughts.

**Visual:** These participants learn best by looking at illustrations, charts and diagrams. They often use drawings and notes to help them remember important details. Help these 4-Hers by pointing out the charts and graphs in the project materials and writing out steps and questions on large sheets of paper.

**Kinesthetic:** These learners use physical involvement to aid in their learning processes. They often enjoy role play and experimenting to help them remember what is being discussed. These 4-Hers will want to jump in and try each of the projects; having the opportunity to try something multiple times in order to get it right is important for these learners. Help them learn by giving them multiple opportunities to experiment and allowing them to physically be involved in each part of the project meeting. They will use feeling and texture to complete their projects so use hands on activities to help them learn.



# Character Connections

## Ages and Stages of Youth Development

When working with 4-Hers it is important to remember that each age group is at a different developmental stage. Young people's abilities, interests and needs change dramatically over the 10 years they are involved in the 4-H program. As a project leader you can focus participant's attention on

character education by planning activities around how age groups best learn and think.

### Early Childhood Ages 8-12

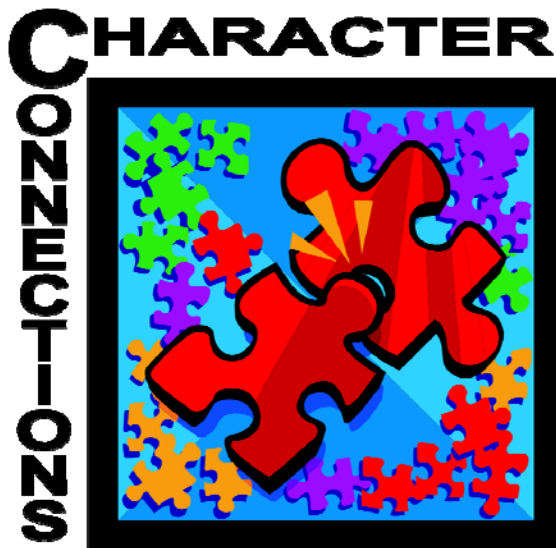
Characteristics	What this means for the Adult Leader	Application in Character Connections
Period of slow, steady growth	Provide many opportunities to practice skills	Allow 4-Hers to plan many small activities to work up to larger ideas they may have. Show caring and compassion when youth get frustrated trying to perfect skills.
Learning how to be friends with others, may have several "best friends"	Small group activities are effective for practicing social skills. Allow time for individual attention.	Plan activities that require 4-Hers to think about caring for others, particularly those who aren't their "best friends."
Beginning to experience empathy for others but are still selfish	Make-believe and role-play activities help children to understand how others might think and feel.	Talk about empathy and the importance of respecting and caring about people who are different from themselves.
Easily motivated and eager to try something new, but have short attention spans	Plan a wide variety of activities that take a short time to complete.	Use activities that show character traits simply.
More interested in doing activities rather than completing them	Focus activities on the process rather than the product	Talk about the importance of follow through as it relates to Trustworthiness and Responsibility
Sensitive to criticism	Find ways to give positive encouragement and assistance. Plan activities that encourage completion rather than competition	Focus on the Reflection portion of the activities, playing up the good feelings 4-Hers felt from doing the activities

## Early Teenage Ages 13-15

<b>Characteristics</b>	<b>What this means for the Adult Leader</b>	<b>Application in Character Connections</b>
Enjoy group activities and cooperation. Feel loyal to group or club.	Emphasize group learning experiences and form groups to plan activities together	Allow groups to work together to plan activities. Have 4-Hers split up the work load themselves for group activities
Admire and imitate older boys and girls. Need guidance from adults to stay on task and to perform at their best.	Encourage experiences with and mentoring by older youth. Work closely with this group and enlist older youth to help.	Encourage older 4-Hers to provide learning experiences for younger members. Explain how sharing knowledge with others is a sign of a caring, responsible individual.
Interests often change rapidly. Do best with small pieces of information	Allow for many brief learning experiences and give simple directions	Shorten activities so 4-Hers get the most out of the experiences and enjoy learning about character
Interested in sports and active games	Encourage active, fun learning experiences	Encourage young people to include sports and games to activities. Focus on rule setting and making sure everyone participates fairly
Beginning to think more abstractly and hypothetically. Starting to understand cause and effect relationships	Ask questions that encourage predicting and problem solving. Provide supervision without interference	Talk about citizenship and the importance of how their actions affect the community

## Older Teens Ages 16-19

<b>Characteristics</b>	<b>What this means for adult leaders</b>	<b>Application in Character Connections</b>
Often want adult leadership roles.	Provide opportunities for teens to plan their own programs.	Talk about responsibility and the importance of being trustworthy in leadership roles
Reach high levels of abstract thinking and problem solving.	Put youth in real life problem-solving situations. Allow them to make decisions and fully discover their ideas	Help 4-Hers understand the importance of having empathy for others
Developing community consciousness and concern for the well-being of others.	Encourage civic projects that are a service to others.	Promote being good citizens of their community by engaging in service learning and community service activities
Increasing self-knowledge; personal philosophy begins to emerge.	Allow time and plan activities for youth to explore and express their own philosophies	Present information about good character and allow the 4-Hers to develop their own opinions
Gaining independence and developing firm individual identity	Give teens responsibility and expect them to follow through. Provide opportunities that help teens explore their identity, values and beliefs.	Hold teens accountable for their actions. Encourage self-reliance and the importance of having consequences for choices



## Character Connections

### Techniques for Teaching Young People in Informal Settings

There are many teaching techniques that promote learning in informal learning settings. These techniques can all be used to encourage individual growth and promote learning through different means.

**Questioning:** Each Character Connection includes a Reflect section to help 4-Hers think about their experience. Asking young people questions keeps them involved in the activity and helps them to analyze what they have done. Ask open-ended questions to allow a variety of responses and elicit thoughts from many 4-Hers. Try not to give young people answers to questions right away as asking questions of leaders is often a way to avoid critical thinking.

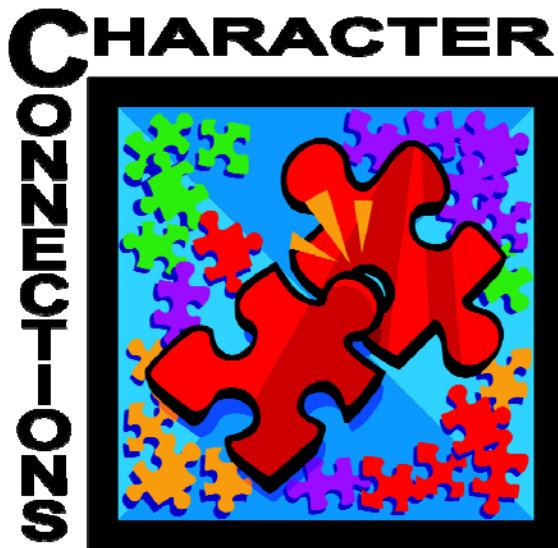
**Group Discussion:** Much like questioning, group discussions allow 4-Hers to discuss their ideas with their peers. Many young people fear disapproval from their peers so ensure that each person has a chance to speak, but force no one to verbally participate. Group discussions often bring activities in a new direction as participants start to focus on how the activity relates to their community and lives.

**Lecture:** Defined as a literal transmission of information this method of teaching should be used only for short amounts of time. Lecture enables you, the leader, to give the entire group of participants important information all at once. This is best used for explaining the activity to the group before transitioning into a more interactive method of teaching.

**Journaling:** This allows 4-Hers to record their feelings at the time of the activity. Each Character Connection includes an Apply section that encourages members to think about how the activity relates to other areas of their lives. Use journaling to help 4-Hers record their thoughts about the activity and any further steps they would like to take to continue the experience.

**Group Meetings:** This method uses General Consent or Roberts Rules of Order to conduct an activity in a group situation. This small group meeting allows each participant to have an important role in group governing and helps 4-Hers understand the importance of responsibility and trustworthiness. This method allows young people to feel independent of their adult leaders. This gives them the feeling that they are planning and implementing activities, giving them ownership over the activity.

**Demonstration:** This method is used to show learners how something works and the procedures they need to follow to complete the project. Demonstration allows you, the leader, to show 4-Hers how to complete the project and the reason for each step in the process. This is particularly useful for projects that each member is completing. This method is also used in 4-H to help members practice public speaking skills. Use this method in your project group to help members prepare for formal demonstrations by practicing in front of their peers.



## Making the Character Connection with...

### Aerospace

Level 1 Pre-Flight 811

Level 2 Lift Off 812

Level 3 Reaching New Heights 813

Level 4 Pilot In Command 814

Being a person of good character means you follow the Six Pillars of Character<sup>SM</sup> everyday. As you work through the Aerospace project think of all the ways being a person of character relates. You will learn

about many different people who work in the industry, all of whom must follow their values and morals to succeed. For example, consider what could happen at a busy airport if just one person decides not to come to work and doesn't notify their boss. Can you imagine what might happen if one person cuts corners by not using all the bolts required to hold a rocket together? You will also learn how to teach others about the skills you have learned.

Regardless of what you are doing in your project there is an opportunity to demonstrate you are a person of character, following your own moral compass. Think about these times as you go through your project and consider all the ways you can share your knowledge with others.

#### **This Character Connection contains:**

- **Explanation of the Six Pillars of Character.**
- **Explanation of how the Six Pillars of Character relate to the Aerospace project.**
- **Activities suggesting how to demonstrate good character while enhancing your Aerospace knowledge.**
- **Questions to help you think of other ways to demonstrate good character in everyday life.**

# Character Connection: Aerospace

Trustworthiness	Responsibility	Caring
<ul style="list-style-type: none"> <li>✓ Always complete your part of the project</li> <li>✓ Be honest with your project leader and your teammates</li> <li>✓ Stand by your project, even if it doesn't work the way you wanted</li> <li>✓ Don't cheat - claim only rockets that you really made or helped with</li> </ul>	<ul style="list-style-type: none"> <li>✓ Complete your project on time; remember, deadlines are a major part of Aerospace</li> <li>✓ Work hard - Put out the best effort possible</li> <li>✓ Do what you say you will do; be where you say you will be</li> <li>✓ Do your part when working in groups</li> </ul>	<ul style="list-style-type: none"> <li>✓ Do what you're good at; others will appreciate your expertise</li> <li>✓ Share your knowledge with others</li> <li>✓ Be empathic - Share your tools and supplies if someone else runs low or has trouble with a rocket</li> </ul>
Respect	Fairness	Citizenship
<ul style="list-style-type: none"> <li>✓ Judge people on what they can do, not just on who you are friends with</li> <li>✓ Show respect for different views</li> <li>✓ Value everyone even if they are not able to help you with your project</li> <li>✓ Treat others' projects the way you want your project treated</li> </ul>	<ul style="list-style-type: none"> <li>✓ Don't try to change results of flight tests - Use them to make you better</li> <li>✓ Allow everyone to speak before making group decisions.</li> <li>✓ Be consistent in recording information</li> </ul>	<ul style="list-style-type: none"> <li>✓ Be a volunteer; help out whenever you can</li> <li>✓ Play by the rules of your local clubs and fairs</li> <li>✓ Don't use any supplies that are outlawed or not allowed</li> <li>✓ Don't try to cut corners - follow the rules</li> </ul>

# Character Connection: Aerospace

**Activity:** Perseverance through History

## **DO:**

Cornelius V. Loving was a determined pilot who flew planes even after having both of his legs amputated. He had to work very hard to finish college and design his own airplane. Cornelius Loving had perseverance; he did not give up and continued to reach for his goal of being a pilot, despite obstacles in his way. Sometimes when we are working on a project, like building rockets, it doesn't always come out right the first time. When we persevere we are able to finish the project and show it off with pride. Write a short story about a time you had to persevere in order to accomplish a goal. Share your story with your leader. Be sure to tell them who helped you make it to your goal and how it felt to finally finish your project.

## **REFLECT:**

1. Did thinking back on past experiences help you to think about how you might change your response in the future?
2. Has there ever been a time when perseverance seemed like it would be impossible?
3. Do you think there are ways that you can help other people persevere when they are having a difficult time?

## **APPLY:**

Persevering shows that we are determined and are willing to struggle a little to get to our end goal. Thinking back on times when we have been able to do this helps us to realize that things that may have seemed impossible were really possible with a little hard work and determination. People in history are not the only one who have preserved. How have your experiences caused you to persevere? Remember that we are all not so different and all face things that are challenging for us to overcome. Next time you or someone you know is facing something difficult, think of Cornelius Loving or the last time you persevered and remember that you will make it through.



# Character Connection: Aerospace

**Activity:** Build a Machine

## **DO:**

When we have a problem to solve, sometimes it helps to work with a team. Teamwork is one way we can get the opinions of others and work together to finish a task. In this lesson we learned about problem solving by finishing a maze with a mirror. Do you think this would have been easier or harder if you were working with a team? Now let's try this activity to see how important teams can be when completing a task.

Every person in your group is going to be a piece of a machine. As a team, decide what type of machine you would like to be. You can be anything you like, as long as you do something and everyone has a part. Practice your machine as a team so you know exactly what each person has to do to make the machine work right. Now, one person has to step out of the machine. What's going to happen? Will the machine work right? Have 2 people step out of the machine. Discuss how working, or not working, as a team helped or hurt your machine's success.

## **REFLECT:**

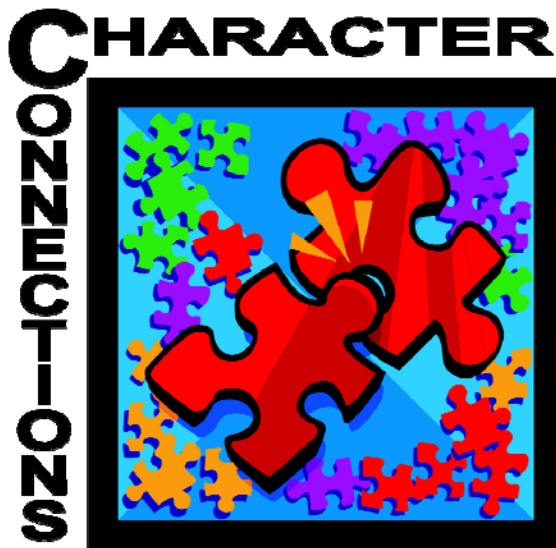
1. When are some other times you have been asked to work in a team? How does it make you feel to work in team situations?
2. Have you ever seen a situation where one person can help or hurt a team? What does that do to everyone else in the team? Does their excitement change?
3. Can you think of a time you may have hurt a team you were in by something you did or said?
4. Brainstorm some other times when working in a team would be better than working alone.

## **APPLY:**

Teamwork is an important part of life. There are some things we just cannot do without other people and there are other things we wouldn't want to do alone. While being able to get along is important, seeing how important each other's role is to the team's success is even better. Once everyone realizes that each member of the team is vital to the team's success everyone will treat each other with mutual respect. Next time you work in a team think of some ways you can contribute to your team's success. Maybe you can be the cheerleader or team leader, or maybe even the mediator if any disagreements come up. Remember, just like your machine, no team can truly be successful without the input and involvement of every member.







Making the Character Connection with...

## Arts and Crafts

### Arts and Crafts

Sketchbook Crossroads 312

Portfolio Pathways 313

Scrapbooking- Pieces in Time 315

### Crochet

Crochet 321

### Knitting

Level 1 I Can Knit 331

Level 2 Knitting Made Easy 332

### Quilting

Quilting 341

### Textiles and Clothing

Level 1 Ready, Set, Sew 521

Level 2 Ready, Set, Sew- Some More 522

Level 3 Looking Your Best 523

Level 4 The Total Look 524

Level 5 4-H Seams Sew Easy 525

Level 6 Sew What! 526

Level 7 Tailoring 527

Being a person of good character means you follow the Six Pillars of Character<sup>SM</sup> every day. Learning a craft requires you to show that you are responsible enough to get your projects completed on time and that you respect the craft enough to learn all of the required skills to make your projects the best they can be. You can show you care for others by giving them your finished craft as a present or you can demonstrate good citizenship when you donate your crafts to local organizations. Each time you give of yourself and your talents to others you show that you are a person of good character. You may have the opportunity to enter your project in a craft show or in fashion review. It is your responsibility to understand the rules and make sure you follow them and accept the judge's rulings (Responsibility, Fairness). As you work through your project think of these and other ways you can share what you learn in your Arts and Crafts project with others.

Projects in this Connection have been grouped because they have related information. There may not be an activity for every project listed however at least one of the activities can be adapted for each project. Be creative; let this be a stepping stone for many ways of teaching character.

### This Character Connection contains:

- **Explanation of the Six Pillars of Character.**
- **Explanation of how the Six Pillars of Character relate to the Arts and Crafts projects.**
- **Activities suggesting how to demonstrate good character while enhancing your knowledge of Arts and Crafts.**
- **Questions to help you think of other ways to demonstrate good character in everyday life.**

# Character Connection: Arts and Crafts

Trustworthiness	Responsibility	Caring
<ul style="list-style-type: none"> <li>✓ Always take credit for the projects you've completed</li> <li>✓ Be honest with friends, project leaders and judges</li> <li>✓ Be on time to activities so everyone can start on time</li> <li>✓ Pay for what you order</li> </ul>	<ul style="list-style-type: none"> <li>✓ Clean up your workspaces; don't leave work for others to do</li> <li>✓ Be a good representative of yourself and your 4-H club when working in craft shops or stores</li> <li>✓ Pay your project leader on time if they order materials for you</li> </ul>	<ul style="list-style-type: none"> <li>✓ Show others you care by quilting, crocheting, knitting, sewing or crafting something for someone special</li> <li>✓ Use your craft for good, find a place to donate what you've made</li> <li>✓ Help friends when they need an extra hand</li> </ul>
Respect	Fairness	Citizenship
<ul style="list-style-type: none"> <li>✓ Treat everyone's projects the way you want them to treat your projects</li> <li>✓ Show appreciation to those who help you complete your projects</li> <li>✓ Be careful when working around other's fragile items</li> <li>✓ Only judge others on the merit of their project not on your opinions of what they have made</li> </ul>	<ul style="list-style-type: none"> <li>✓ Share your materials with other 4-Hers</li> <li>✓ Only spend the amount of money that you've agreed to spend on your projects</li> <li>✓ Always make sure you have signed up for the right skill level for your projects</li> </ul>	<ul style="list-style-type: none"> <li>✓ Always complete your projects to the best of your abilities and according to the project specifications</li> <li>✓ Share project materials and instructions with your peers</li> <li>✓ Teach others what you know</li> <li>✓ Take the initiative to learn something extra about what you're making</li> </ul>

# Character Connection: Arts and Crafts

**Activity:** Hats and Blankets for Hospitalized Children

## **DO:**

Young patients who suffer from life threatening diseases will be all smiles when they are given a hat or blanket designed and made just for them. The hat pattern doesn't have to be elaborate, in fact, look for something that even beginning sewers can make. Many 4-H'ers make the soft tied lap blankets. The important thing is that the hat or blanket is decorated with bright colored ribbons, decals and pom poms and there is a note attached written by a 4-H member wishing them well. Decide on a good time to get your group together for an all day Blankets and Hats-a-thon. Hang fliers in community schools, offices and government buildings to get the entire community involved. Set a goal for your workshop to give everyone something to work towards. When you complete your goal take your blankets and hats to a local hospital to give them to young people your age. If your local hospital allows, have all of their young patients come to a common location to pick out their hats and meet you, the young people who cared enough to create a hat for them.

## **REFLECT:**

1. How does it make you feel to know you are doing something positive for someone who is sick?
2. How do you think it makes the recipients of your hats feel to know that someone their age has taken some time out of their life to help them?
3. What did you notice about your community as you were working together?
4. Brainstorm with your 4-H club other ways your community can come together to do something nice for others.

## **APPLY:**

Helping others, particularly those who are sick or having a difficult time can make us feel good about the skills we have to offer. Next time you have a chance to help someone else, think about how you can get your entire community involved. Sometimes all it takes to let someone know you care about them is putting in a little effort and making something unique and special. Gestures of caring do not have to be as big as creating hundreds of blankets and hats. Next time you notice someone having a bad day, think of something you can do to brighten their day.

**Expand on this Activity:** If your community doesn't have a hospital close, send your hats and blankets to a large children's hospital. Also try crocheting and knitting scarves and hats that can serve as birthday gifts for local newborns.



# Character Connection: Arts and Crafts

**Activity:** Painting Patriotism

## **DO:**

As a person of character you know the importance of saluting those who have served our country in many ways. Find a photograph of someone you know that has served our country in some capacity. If you can't think of anyone, try searching the internet for a picture of someone who served in the Civil War or worked towards Women's Rights. Take this picture and plan out a way to salute their patriotism. Maybe you will use your painting skills to create a portrait of the person from the picture you found. create something in Red, White and Blue and write a creative story or poem to compliment your craft. You might even want to collect more pictures and information about the person and create a personalized scrap book for them. Whatever you choose to create, remember the importance of being respectful of the people who have served.

After finishing your craft take your creations to your local VFW hall or Veterans hospital. Share your works with the people who have served and tell them how grateful you are for their service. Make sure you share your work with the person you choose, if they are a family or community member.

## **REFLECT:**

1. Have you ever thought about those people who serve our country before? What do you think about these people?
2. Has there ever been a time you have been able to use your craft skills to create something for someone special in your life? How did that make you feel?
3. How do you think it makes others feel when you show respect for what they have done?
4. How does it make you feel when someone thanks you for doing something nice? Does this make you want to express your gratitude more often? Why or Why Not?

## **APPLY:**

Showing our appreciation to those people who have helped our country shows that we understand the importance of gratitude and service to our country. When we show that we respect and honor those who have made our country what it is we display traits of good character. When you have the opportunity to show respect for someone who has demonstrated superior citizenship it helps you to learn more about yourself. Remember that a person of good character understands their personal values and strives to make sure you honor those who do something we value. Next time you have the opportunity to show respect and appreciation for someone, think of a creative way to show them you put thought and effort into your act of appreciation.



# Character Connection: Arts and Crafts

**Activity:** Crafting for Charity

## **DO:**

Plan a craft fair at a community festival. Join with other members of your county Arts and Crafts projects to make crafts to sell for charity. Have each member of your county's Arts and Crafts project choose their favorite craft to make. Each member should make something different so there are more crafts for your customers to choose from. Make at least 10 of your chosen craft. As a group decide what charity you would most like to donate your profits to. Think about organizations that have helped you or helped people in your community. Contact this charity and let them know your plans to set up a craft booth to raise money to donate. Use your creativity to make fliers to hand out at 4-H club meetings and to hang up around your community. Make sure your fliers say what kinds of crafts you will be selling and that all profits from the sale are going to charity.

Set up a booth at a local festival or fair. Have each 4-Her display their crafts and price them according to what they are worth. Take turns working at the booth selling your crafts. Make sure you talk with each person that buys a craft and thank them for helping your charity. At the end of the fair count your money and donate it to your charity.

## **REFLECT:**

1. Have you ever donated to charity before? If yes, when and why did you donate?
2. How do you feel about selling your crafts? Are you proud, happy, sad, uneasy?
3. What was most difficult about planning your craft fair? What was the easiest?
4. What kinds of things do you think the money you donated will help the charity do?  
How does this make you feel?

## **APPLY:**

Craft projects are all unique and serve different purposes. Some crafts are used to brighten people's days, some serve as useful household items, and others help us do everyday tasks. No matter the purpose of the items you sold at your fair, each one served the purpose of raising money to help a charity in your community. By donating the money you raised you showed that you care about your community. You also showed that you are dependable by fulfilling your promise to the charity. Each time you plan to donate money, time or goods to a charity it is your responsibility to make good on your promises. Next time you decide you want to help out, remember that it is a big responsibility, but it also has a huge pay-back.



# Character Connection: Arts and Crafts

**Activity:** Scrap-Mania

## **DO:**

Scrapbooking has become one of the most popular past times for crafters and one of the most popular 4-H Arts and Crafts projects. As a scrapbooker you can preserve memories by putting pictures, journaling and keepsakes into a book that tells the story of an event. Use your scrapbooking skills to create a keepsake for your parents, friends or project leader. Choose a person that is very special to you, or has helped you with your 4-H projects. Talk to this person to find out if there is an event they would like scrapbooked, or something else they would like your talents for. If they already have their memories collected and scrapbooked offer to make them cards for special events, picture frames, or scrapbook kits for future creations.

Once you've decided on a person and an event, set up an interview to find out more about their memories, pictures and keepsakes. Ask them questions about the people in the pictures, what they were doing and why it was so special. This personal interview will help you create a more complete scrapbook and it will give you some ideas about themes you can use.

Finally, create a scrapbook for this special person. Use their pictures and memories and your own ideas to scrap something unique and special. On the last page of your book create a page from you to this person. You may want to include pictures of you together or keepsakes of things you've done together. Use this page as a way to thank the person for helping you out and being such a special person in your life.

## **REFLECT:**

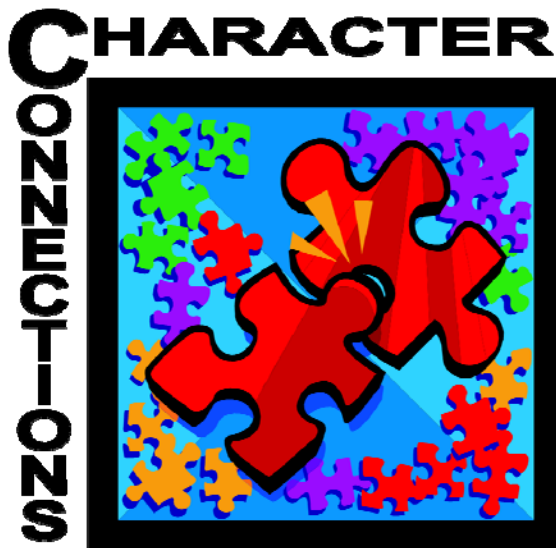
1. How did you choose your special person?
2. Was there anything you learned from your interview that you didn't know? Did you learn anything interesting or that made you closer to this person?
3. How do you think it made your friend/family feel to know you made something special for them?
4. How do you think they felt when they opened the book to the special page you made for them?
5. How does it make you feel when someone thanks you for doing something nice? Does this make you want to express your gratitude more often? Why or Why Not?

## **APPLY:**

Using your talents to create keepsakes for others shows that you care enough about them to want them to always have memories of special times in their lives. Every special event is important, and by scrapbooking you help people remember the details and the feelings they had on these days. Being a caring individual is important because people feel appreciated around you and will be more willing to give of themselves. Next time someone does

something nice for you use your talents to thank them. Sometimes we think we can't really show appreciation because we don't know how to or we are too young. Remember, everyone appreciates being thanked and knowing they are cared for.





Making the Character Connection with...

## Child Development

Kids on the Grow, 4-H Skills for Life  
Levels 1, 2 & 3

Being a person of good character means you follow the Six Pillars of Character<sup>SM</sup> every day. Enrolling in the child development project shows your interest in the future. It also indicates you may be thinking about the responsibility of babysitting. You can show you care for others by giving them toys or books you have created or you can demonstrate your respect for

a healthy body by teaching others about healthy food choices. Each time you give of yourself and your talents to others you show that you are a person of good character. If you decide to enter your projects in the fair you have the responsibility to understand the rules and make sure you follow them and accept the judge's rulings (Responsibility, Fairness). In this project you will likely have the opportunity to work with young children. Remember, they watch what you do and will mimic your behavior. Be sure you serve as a good role model. As you work through your project think of these and other ways you can share what you learn in your Child Development project with others.

### This Character Connection contains:

- **Explanation of the Six Pillars of Character.**
- **Explanation of how the Six Pillars of Character relate to the Child Development project.**
- **Activities suggesting how to demonstrate good character while enhancing your knowledge about children.**
- **Questions to help you think of other ways to demonstrate good character in everyday life.**

# Character Connection: Child Development

Trustworthiness	Responsibility	Caring
<ul style="list-style-type: none"> <li>✓ Always complete your project</li> <li>✓ Be honest with your project leader and others taking the project</li> <li>✓ Stand by your project, even if it doesn't turn out the way you want</li> </ul>	<ul style="list-style-type: none"> <li>✓ Complete your project on time</li> <li>✓ Work hard - Put forth the best effort possible</li> <li>✓ Do what you say you will do; be where you say you will be</li> <li>✓ Use materials that are safe for children when making your projects</li> </ul>	<ul style="list-style-type: none"> <li>✓ Do what you're good at; others will appreciate your expertise</li> <li>✓ Share your knowledge with others</li> <li>✓ Share what you have learned with other young people in the community who provide babysitting</li> </ul>
Respect	Fairness	Citizenship
<ul style="list-style-type: none"> <li>✓ Show the importance of making healthy choices by respecting your body with what you eat and the exercise you do</li> <li>✓ Show respect for different views</li> <li>✓ Value everyone's opinions and ideas</li> <li>✓ Treat others' projects the way you want your project treated</li> </ul>	<ul style="list-style-type: none"> <li>✓ Treat children fairly based on what you have learned about the developmental stages of young people</li> <li>✓ Allow everyone to speak before making group decisions</li> <li>✓ Be consistent and accurate in recording information</li> </ul>	<ul style="list-style-type: none"> <li>✓ Be a volunteer; help out whenever you can</li> <li>✓ Play by the rules of your local clubs and fairs</li> <li>✓ Don't try to cut corners - follow the rules</li> </ul>



# Character Connection: Child Development

**Activity:** Poison Look-alikes

## **DO:**

Sometimes it is really hard to tell when something is safe to eat and when it is poisonous or dangerous. Create a simple poison lookalike kit by pairing up the following items:

- Blue drink and window cleaner
- Oblong breath mints and caplet pain relievers
- Toothpaste and muscle cream or diaper rash ointment
- Eye drops and super glue
- Chocolate squares and chocolate flavored laxatives
- Root beer soda bottle and beer bottle
- Rubbing alcohol and water bottle

There is enough similarity in these items that you don't even have to remove the labels to show others the dangers these lookalikes can cause for young children who can't read. If you do remove the labels to make the identification of the products more difficult, be sure you have marked the bottles in some way to know what is in each bottle.

Share the Poison Look-alikes at an event that includes both parents and young people (Month of the Military Child event, 4-H Fair or Achievement Day). Explain how important it is to keep poisonous products away from children.

## **REFLECT:**

1. As you gathered your props for this activity, were you surprised by the number of products that could be mistaken for poisons?
2. Were those you talked to surprised by what they saw+?
3. What did you learn from this activity that will help you in this project or any time you work with children?

## **APPLY:**

This activity certainly emphasizes the importance of safety and keeping dangerous products away from children. There are a variety of safety issues for young children. What have you learned from this experience that you can use when considering other safety issues?

Source: 4-H/Army Child & Youth Services Babysitting Course: Do I Have What It Takes To Be Your Babysitter?  
[www.4-Hmilitarypartnerships.org](http://www.4-Hmilitarypartnerships.org)



# Character Connection: Child Development

**Activity:** Child Care While You Meet

## **DO:**

Gather a group of your friends, maybe your Child Development Project group, and provide child care for an important upcoming meeting – maybe a PTA or PTO meeting, county 4-H event, or military family readiness group meeting. Be sure the parents understand that you are doing this service project as a part of a group which is learning about Child Development. It is important that you have one or two adults who will serve as supervisors for this event and let parents know that adults will be available if needed.

Prior to the event, collect everything you will need to give the children a positive and fun experience. Be sure to include:

- First Aid Kit
- Books
- Toys – make sure these are easily cleaned and sanitized
- Games and activities
- Needed supplies

Have a plan in place and practice any games or activities that you are unsure of.

## **REFLECT:**

1. What was the most difficult part of this activity? What can you do to make that part easier in the future?
2. How did you feel during planning, during the event, and after it was over? Did your feelings change as you moved through the process?
3. What was the reaction of the adults who used your child care service?

## **APPLY:**

This particular activity not only helped you use what you have learned about child development but also provided a service to others. Service and giving back to your community are important parts of being a person of character. Think about all of the skills you used in getting ready for and conducting this service event. Can you use some of these skills in the future? What are they?



# Character Connection: Child Development

**Activity:** Books and Bears

## **DO:**

Many times a toy, book or game can help a child remain calm when they are in scary situations. Bears and Books is one way you can help. Many local officials carry one or two toys or books in their vehicles to be used to comfort a child found in a stressful situation like a minor car accident. First contact your local police or fire department, ambulance service, or hospital to see if they would be willing to accept your donations and how many items they might be able to use. Encourage your friends, classmates, and fellow 4-H members to join you in collecting new or gently used toys, books, and games. Remember what you have learned in your project about toy safety and be sure you collect items that are really safe for young children. When you have collected the items, present them to the local officials and know that you are helping others in your community.

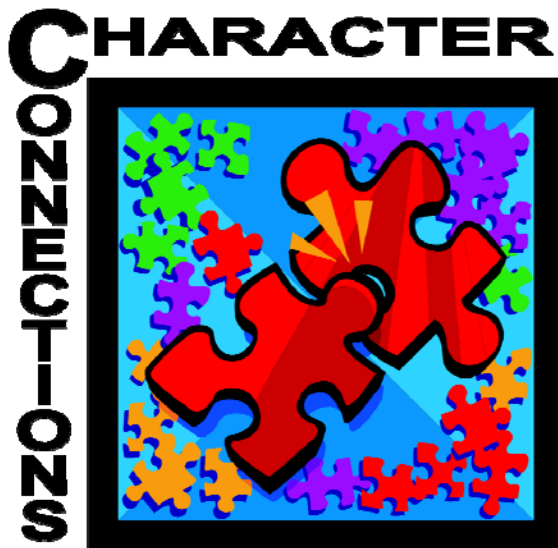
## **REFLECT:**

1. What steps did you take to make the Books and Bears project a success?
2. How did it make you feel to work on this project?
3. What comments did you receive from those who accepted your donations?

## **APPLY:**

Helping young children in stressful situations is very rewarding. You will likely never know who received a book or toy, but just know that it provided comfort. Can you think of other ways you can use what you learned during this activity? Could you start another worthwhile campaign? How did you feel when you went to talk with your local officials about this project? Were you scared or afraid they wouldn't listen? How can you use this experience every day?





Making the Character Connection with...

## Citizenship

Public Adventures 200

Being a person of good character means following the Six Pillars of Character<sup>SM</sup> everyday. As you work through the Citizenship project think of ways that being a person of good character relates. You will learn about the way our government is run and the importance of democracy which is based on fairness and respect. You will discover the importance of patriotism and showing others that you are a

responsible and caring citizen. You have chosen Citizenship as one of your projects, showing your interest in developing a better understanding of how character influences those in power and the decisions made in our government. Everything you learn can help you become a better citizen.

**This Character Connection contains:**

- **Explanation of the Six Pillars of Character.**
- **Explanation of how the Six Pillars of Character relate to your Citizenship project.**
- **Activities suggesting how to demonstrate good character while enhancing your Citizenship knowledge.**
- **Questions to help you think of other ways to demonstrate good character in everyday life.**

CHARACTER COUNTS! and the Six Pillars of Character are service marks of the CHARACTER COUNTS! Coalition, a project of the Josephson Institute of Ethics. [www.charactercounts.org](http://www.charactercounts.org)

## Character Connection: Citizenship

<b>Trustworthiness</b>	<b>Responsibility</b>	<b>Caring</b>
<ul style="list-style-type: none"> <li>✓ Always be honest with your project leader.</li> <li>✓ Tell people your honest opinion about what you're learning.</li> <li>✓ Be dependable; make sure people can count on you to be there when you volunteer.</li> <li>✓ Don't share confidential information.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Do your civic duty.</li> <li>✓ Even if you can't vote, help out in other ways.</li> <li>✓ Do what you say you will do; be where you say you will be.</li> <li>✓ Think about your words and actions before doing or saying them.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Do what you're good at; others will appreciate your expertise.</li> <li>✓ Determine what others want kept private, and don't pry into their business.</li> <li>✓ Beware of others' needs.</li> </ul>
<b>Respect</b>	<b>Fairness</b>	<b>Citizenship</b>
<ul style="list-style-type: none"> <li>✓ Respect everyone, even if you don't agree with their views.</li> <li>✓ Show respect for different beliefs and views; remember that's what this country was founded on.</li> <li>✓ Show respect for those in authority or who have earned their positions.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Don't expect anyone to change their views. Instead allow them to express them; you may learn something.</li> <li>✓ Allow everyone to speak before making group decisions.</li> <li>✓ Don't leave places off the map just because you think they're not important; include everything!</li> </ul>	<ul style="list-style-type: none"> <li>✓ Be a volunteer; help out whenever you can.</li> <li>✓ Participate in making things better in your club; join the officer team, vote on issues and develop plans to improve the club.</li> <li>✓ Honor your teachers, parents and adult leaders. Follow the rules they set for you.</li> </ul>

# Character Connection: Citizenship

## Activity: Johnny Be Good

The Citizenship project talks about the importance of considering stakeholders involved in your decision making processes. This activity will help you think further about stakeholders and how your decisions affect those around you.

### DO:

Discuss the following scenario with your Citizenship project group:

Johnny works in a music store. While the manager is away from the store for a few days, Johnny calls his friend, Sara, and tells her to come to the store so he can give her several of her favorite CDs. Reluctant at first, Sara finally agrees and gets the CDs.

Who are the stakeholders affected by Johnny's decision?

Have the group make suggestions. As someone suggests a person or group of people, have them join Johnny in the front of the room.

In this role play, what seemed like such an innocent decision really affected many people.

There are five simple questions we can ask ourselves when making decisions to help us decide if the decision is one we really want to make.

1. Is there possible danger of physical harm to you or anyone else?
2. Could you or someone else suffer serious emotional pain?
3. Could the decision hurt your reputation?
4. Could the decision impede achieving any important goal?
5. Could you or someone else suffer significant monetary or property loss?

Use these questions to discuss other situations that affect stakeholders.

### REFLECT:

1. How often do you think about every person affected by your decisions?
2. Has there ever been a time you have found out after the fact that your decision has negatively affected someone?
3. Do you think considering the stakeholders first would change a decision you make?

### APPLY:

Being a good citizen means more than just voting and being patriotic. It also means understanding the rights of others and trying your best to not taking those rights away by decisions you make. Considering stakeholders helps you make decisions, and it also makes you more aware of the world around you, one of the main goals of your citizenship project. Remember to always consider those affected by your actions, and try to minimize negative

influence on others.



# Character Connection: Citizenship

**Activity:** Patriotism: what's it all about?

## **DO:**

There are many ways to show patriotism; this activity will help you think of ways you can help out in your community and show that you are not only interested in what's going on around you, but responsible enough to care about making things better. With a group of your project members, create a diagram of different things you can do in your community to show patriotism. Things you think would be pretty easy for you to do write in green; those things that would require a little help from an adult write in black and anything that you would need help from a political person or other official write in red. This color coding will help you when putting together your plan of action.

Now that you have your chart, plan one thing from each category (red, black and green) that you would really like to do. Don't worry about asking others for help; remember that patriotism isn't just wearing red, white and blue - it's becoming involved in the democratic processes and learning about the way your community is governed. People will be willing to help you accomplish your goals.

Once you have finished your three projects, give a presentation to your club or project group about what you have done. Tell them what you have learned about being a responsible citizen and being patriotic.

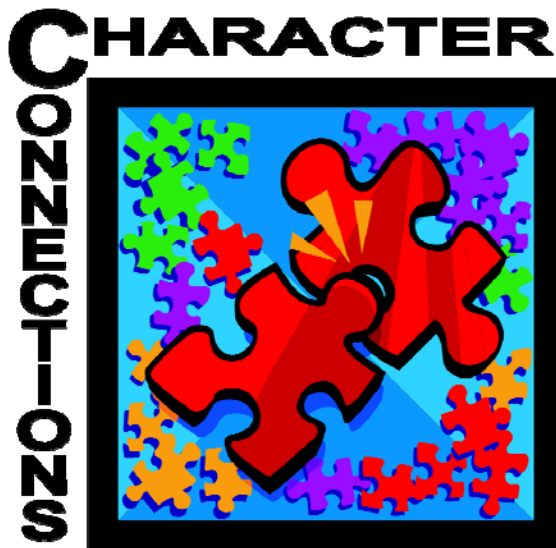
## **REFLECT:**

1. Have you ever volunteered or been involved in community activities before?
2. How does it make you feel to know you are contributing to your community?
3. What types of things can you see yourself being involved with as you get older?

## **APPLY:**

Remember patriotism isn't just waving an American flag on the 4<sup>th</sup> of July; it's learning about your community and country and taking action. By becoming involved in your community through volunteer work you are helping your community and bettering yourself as a citizen. Remember to ask for help, everyone will be willing to teach you about their position in the community and help you as you strive for any of your goals.





Making the Character Connection with...

## Communications

Communications Toolkit

Being a person of good character means you follow the Six Pillars of Character<sup>SM</sup> every day. Whether you are a budding writer, plan to be a motivational speaker, or just want to enhance your everyday communications skills, this project will give you many ways to expand your knowledge and proficiency. It will also provide many ways of sharing what you have learned with others. Communicating with others is an

important way of showing others your true character. What you say and write tells a lot about you.

**This Character Connection contains:**

- **Explanation of the Six Pillars of Character.**
- **Explanation of how the Six Pillars of Character relate to the Communications project.**
- **Activities suggesting how to demonstrate good character while enhancing your knowledge about communications.**
- **Questions to help you think of other ways to demonstrate good character in everyday life.**

CHARACTER COUNTS! and the Six Pillars of Character are service marks of the CHARACTER COUNTS! Coalition, a project of the Josephson Institute of Ethics. [www.charactercounts.org](http://www.charactercounts.org)

## Character Connection: Communications



Trustworthiness	Responsibility	Caring
<ul style="list-style-type: none"> <li>✓ Live by your principles no matter what others say</li> <li>✓ Be honest with your project leader and others taking the project</li> <li>✓ Honor your word and commitments</li> <li>✓ Keep secrets of those who trust you (but not at the expense of someone's safety or well-being)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Complete your project on time</li> <li>✓ Work hard - Put forth the best effort possible</li> <li>✓ Do what you say you will do; be where you say you will be</li> <li>✓ Set realistic goals</li> </ul>	<ul style="list-style-type: none"> <li>✓ Do what you're good at; others will appreciate your expertise</li> <li>✓ Share your knowledge with others</li> <li>✓ Help others</li> </ul>
Respect	Fairness	Citizenship
<ul style="list-style-type: none"> <li>✓ Listen to others and try to understand their points of view</li> <li>✓ Show respect for different views</li> <li>✓ Value everyone's their opinions and ideas</li> <li>✓ Don't communicate in ways that are harmful to others</li> </ul>	<ul style="list-style-type: none"> <li>✓ Be fair and just</li> <li>✓ Allow everyone to speak before making group decisions</li> <li>✓ Be careful - get facts, including opposing viewpoints, before making decisions</li> </ul>	<ul style="list-style-type: none"> <li>✓ Be a volunteer; help out whenever you can</li> <li>✓ Play by the rules of your local clubs and fairs</li> <li>✓ Participate in making things better by voicing your opinion and serving on committees</li> </ul>

# Character Connection: Communications

**Activity:** Grab Bag Demonstrations

## **DO:**

It's time to become a teacher! What? You don't think you are a teacher? Every time you explain, demonstrate, or illustrate an idea, you are teaching. Being able to teach is an important communication skill and it also gives you many opportunities to exhibit your very best character traits. This activity will not only help you with your communication skills but will also help others in your group. This is a perfect activity for your next 4-H club meeting. Collect the following items and put them in separate paper bags. Each bag should contain items that could be used for a simple demonstration:

1. bowl, egg, and egg beater
2. hole puncher and paper
3. shoe and lace
4. stapler and 2 pieces of paper
5. hammer, nail, and piece of wood
6. bolt and nut
7. needle, thread, and fabric
8. picture and picture frame
9. notebook paper and notebook
10. paper and pencil

Each club member is to select one bag. Allow a few minutes' planning time, then give each member 3 minutes to describe what the items are and show the group how to use them. Members may have paper to write down what they want to say. After the preparation time, each member gives his or her demonstration. As demonstrations are given, encourage group members to give positive comments.

If time permits, allow members to select a partner and give another demonstration together. This encourages teamwork and cooperation, and it pools the knowledge of two people.

## **REFLECT:**

1. Did the members have sufficient information and time to prepare their demonstrations?
2. What other things could be added to make these presentations better?
3. What can be gained from demonstrations?

## **APPLY:**

Demonstrations are an excellent way to learn and practice communication skills like planning, decision making, problem solving, and of course speaking in front of a group. Encourage project groups to prepare demonstrations and share them at senior citizen centers or retirement homes or for classmates at school.



# Character Connection: Communications

**Activity:** Making the Perfect Visual Workshop

## **DO:**

This activity encourages you to put into practice what you have learned in your communications program and also to share that information with other 4-H members. This is a great way to show others you care for and respect them.

Plan a workshop – maybe before or after your regular 4-H club meeting – that will help members of your club make great posters and visuals for the demonstrations they plan to present at a local event or the county fair. Use the information that is provided in the Communications Toolkit project literature beginning on page 55. Be sure to have supplies on hand, and encourage others to bring supplies that are specific to their demonstration.

Be sure to help members with using large letters and limiting the number of words on the poster.

## **REFLECT:**

1. How did it feel to teach others what you have learned?
2. What was their reaction to your help?
3. Is this something you would consider doing another time? What would you change about the workshop?

## **APPLY:**

The skills you are learning in the communications project can be used in so many ways to help your friends and community. Maybe your project group can offer to make the signs for an upcoming school or community event.



# Character Connection: Communications

**Activity:** On-line Safety

## **DO:**

We live in an electronic world with many possibilities for communicating with people all over the world. E-mail and social networking sites can seem so private – a good way to visit with your friends – but they can also be very public. It is very important to understand how to be safe and still enjoy all these advanced forms of communication. Help your classmates or club members stay safe while using these modes of communication. Start with the information that is found in the Communications Toolkit and expand your knowledge by searching for information of using on-line technology safely. The Safety Rules for Online Time in the project materials is a good place to start. Add other suggestions to this list, such as only inviting people you know to your social networking site. Share your list at the next club meeting and ask others to add their suggestions.

## **REFLECT:**

1. Why do you think this activity was suggested?
2. Had you really taken time to think about your on-line safety before taking this project?
3. What was the reaction of other club members to this activity?

## **APPLY:**

You may feel your parents are overprotective of you and way too concerned about your use of the internet and worldwide web. Remember, part of becoming a person of character is to give others (your parents in this case) the opportunity to tell you why they are concerned and then you also should listen, really listen, to others' points of view. What other things do you and your parents disagree on? Don't forget you have 4-H leaders who are willing to listen to your point of view, too, and they may help you understand others' points of view.





## Making the Character Connection with...

### Companion Animals

#### Amphibians & Reptiles

Level 1 Amphibians and Reptiles 611

#### Cats

Level 1 Purr-fect Pals 177

Level 2 Climbing Up 178

Level 3 Leaping Forward 179

#### Dogs

Level 1 Wiggles and Wags 171

Level 2 Canine Connection 172

Level 3 Leading the Pack 173

#### Horses

Levels 1 – 4 Horse 141-144

Horseless horse 148

Horse Judging 149

#### Veterinary Science

Level 1 From Airedales to Zebras 191

Level 2 All Systems Go! 192

Level 3 On the Cutting Edge 193

Being a person of good character means you follow the Six Pillars of Character<sup>SM</sup> everyday. Taking care of small animals requires a lot of patience and responsibility.

While you are completing your small animal project think of all the ways you can demonstrate good character. Daily feeding and grooming show you are responsible and that you respect the needs of your animal. You may not see how your project can demonstrate character, but take a moment to think of a way it might relate. You may have the opportunity to exhibit your animal in a competitive show. Following the rules and being willing to learn from the experience rather than focusing on winning shows people you are working on bettering yourself. Anytime you show you have to understand and follow a set of rules (fairness and responsibility) and you need to be willing to show your animal love and care no matter the outcome. All of these are opportunities to demonstrate qualities of good character; it's up to you to make sure you are living and showing your animals by the Six Pillars of Character<sup>SM</sup>.

Projects in this Connection have been grouped because they have related information. There may not be an activity for every project listed however at least one of the activities can be adapted for each project. Be creative; let this be a stepping stone for many ways of teaching character.

#### This Character Connection contains:

- **Explanation of how the Six Pillars of Character<sup>SM</sup> relate to the Companion Animal projects.**
- **Activities suggesting how to demonstrate good character while enhancing your knowledge of Companion Animals.**
- **Questions to help you think of other ways to demonstrate good character in everyday life.**

# Character Connection: Companion Animals

Trustworthiness	Responsibility	Caring
<ul style="list-style-type: none"> <li>✓ Only exhibit animals you raised and trained yourself</li> <li>✓ Show your animal that they can trust you to do what's in their best interest</li> <li>✓ Be on time to shows so everyone can start on time</li> <li>✓ Enter in the proper weight class and age category for your animal</li> </ul>	<ul style="list-style-type: none"> <li>✓ Do your part in raising your animals</li> <li>✓ Make sure you have all of your supplies ready to go so you have everything you need to show</li> <li>✓ Try to pay for your own supplies to prove that you can care for your animal</li> </ul>	<ul style="list-style-type: none"> <li>✓ Do your chores to help your animals stay healthy and happy</li> <li>✓ Reward your animals with praise and treats no matter how they perform in shows</li> <li>✓ Keep animals' surroundings properly maintained</li> </ul>
Respect	Fairness	Citizenship
<ul style="list-style-type: none"> <li>✓ Take care of other's animals too; remember each animal is a pet to someone</li> <li>✓ Show appreciation to those who help you complete your projects</li> <li>✓ Always congratulate the winner of the show, no matter how you place</li> </ul>	<ul style="list-style-type: none"> <li>✓ Make sure you raise your animal with help from mom and dad only when you need it</li> <li>✓ Follow all rules for entering and showing in competitions</li> <li>✓ Never punish your animal for a poor showing</li> </ul>	<ul style="list-style-type: none"> <li>✓ Find ways to use your animal for good in your community</li> <li>✓ Follow the rules, no matter how unfair they may seem</li> <li>✓ Teach others what you know</li> <li>✓ Be open to learning from others</li> </ul>

# Character Connection: Companion Animals

**Activity:** Know the Rules

## **DO:**

One of the most fun parts of raising a companion animal is having the opportunity to show your animal at local and state competitions. Every show you enter has different rules and regulations and you can help your fellow 4-H members keep track of all the different rules. Make a list of the competitions members of your 4-H club usually enter: your county fair, the state fair, and breed association shows. Once you have your list start finding the rules and regulations for the contests. You can find information about your county fair from your county extension office, state fair regulations in the state fair rule book and rules for associations on their websites. Go through the rules and make note of the rules that are specific to that show,. There may be different weight, age, gender, breed qualifications to enter. There may also be different rules about when you can arrive to a show and what you are allowed to bring with you.

For each competition make a list of "Important Facts." Create a book of rules for your club and county members to use. Make sure to include the registration forms for each, contact information so participants can get answers to questions and your list of rules and regulations for each contest. Share your book with club members so everyone will know how they can participate too.

## **REFLECT:**

1. What was the biggest difficulty for you when putting together the rule book?
2. Why do you think each competition has a different set of rules?
3. How do you think you can impact others' experiences by making sure they know all the rules first?
4. How does it make you feel to know your club members will be starting off knowing the rules? How do you feel knowing you may have made it possible for others to participate in shows they didn't know about?

## **APPLY:**

A major part of exhibiting small animals is knowing the rules and being willing to follow them. By putting together a rule book for other participants in your small animal project you ensure that everyone has the same information. A major part of playing fair is making sure everyone starts on the same page. This means that by helping everyone know and understand the rules before entering a competition, you showed that you care about making competitions as fair as possible. Next time you have a new member join your club or project area help them understand how 4-H and other competitions work so they too will know what to expect when entering a show.



# Character Connection: Companion Animals

**Activity:** A Day at the Shelter

## **DO:**

Your small animal is no doubt very special to you. Throughout your small animal unit you have learned about what steps you can take to help keep animals happy and healthy. Unfortunately, there are many animals still looking for a loving home. Spend a day volunteering at a humane society or animal shelter. Contact your local shelter to set up a day to volunteer. Many shelters are run by volunteers who would enjoy having more helping hands. Let them know you want to help bathe the animals and spend time playing with them. Show the animals you care about them by giving them the attention they need to grow.

After your day at the shelter make sure to write a thank you note to the volunteers who help take care of the animals everyday. Let them know that you appreciate them allowing you to come in and help.

## **REFLECT:**

1. What kind of animals did you see at the shelter? What does this tell you about the animals that end up here?
2. How can you help to get more people involved in volunteer work?
3. How did seeing the animals and taking care of them make you feel? Did you think of anything else you could do to help?
4. What would you say to someone wanting to adopt a pet? Would you suggest finding one at the shelter you worked with?

## **APPLY:**

Animals cannot take care of themselves. This is why shelters and adoption organizations are so important. After volunteering you probably have a better understanding of why adopting pets can be so rewarding. At home you give your pet lots of love and care, but don't forget about the animals still waiting for the perfect home. When you think about your experience volunteering at the shelter think about what else you can do to show pets how much you care about them. Take care of animals; remember pets can't take care of their needs themselves.

**Expand on this Activity:** While at the shelter take pictures of the animals looking for homes. Make a book of information about the animals and their pictures to present at your next club meeting.

Help other members of your club see that adopting an animal is as rewarding as buying one from a breeder or pet store.





# Character Connection: Companion Animals

**Activity:** Pet Smarts

## **DO:**

Getting a pet can be a fun and exciting time for a family. Now that you know more about taking care of animals, you probably know that every pet isn't right for every family. Get together with members of the other companion animal projects (Amphibians, Cats, Dairy Goats, Dogs and Horses) to create a matching game for your 4-H club families. Ask individual project units to come up with ten traits that a family would need in order to best fit that type of animal. These traits could include: no small children, a big backyard, home all the time, or live in a city. Then, at your next 4-H club meeting, have each family write out four traits that describe their family. Create a game to help your 4-H families match with what type of companion animal would make the best pet for their family.

After your matching game, make sure you ask the families if they agree with their matches. If they do not, find out why. Maybe they have other tips on how to take care of certain pets.

## **REFLECT:**

1. What did you learn about the other companion animal projects?
2. Did you find out more about other types of animals your family might want to consider as pets?
3. How does it make you feel to know you are helping match families to the perfect pet?
4. How do you think your presentation/game will influence pets and families?

## **APPLY:**

Matching pets to owners can be a rewarding way to help people pick the right animal for their family. Just like understanding the rules of a contest you enter, it is also important to know how to care for a pet before bringing it into your home. It is your responsibility as a pet owner to make sure you have animals you can care for and meet the needs of. Now that you have taken a companion animals 4-H project you can help other families pick the perfect pet. As responsible pet owners, help these families learn about what they need to keep their pets happy and what pet personality best matches their family. Remember, it's not just matching the type of pet a family wants that's important, it's also their ability to make an informed, responsible decision in choosing an animal.



# Character Connection: Companion Animals

**Activity:** Therapy Animals

## **DO:**

Cats, dogs and horses all make great therapy animals. Use your companion animal for good by training your pet to be a therapy animal. Therapy animals are trained to be relaxed around groups of people and to obey their owners in new situations. Any animal used for therapy can be used in nursing homes, hospitals, schools and retirement homes to brighten the day of the residents. Contact your local therapy animal organization to find out what you need to do to train your animal to work in therapy. As you train your animal, keep in mind that it will be responsible for making others happy and showing them that people in the community care for them.

After you train your pet, find a local nursing home, day care, school, or hospital that will allow you and your pet to visit. As you share your animal with others, talk to them about why you chose to train your animal for use in therapy. Listen to their stories about why they appreciate your gesture and what your visits mean to them. Set up a schedule with the organization when you can bring your animal back and share more time with the residents and students.

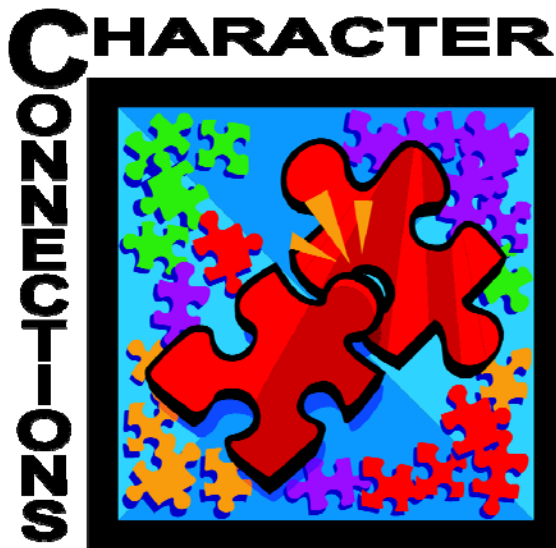
## **REFLECT:**

1. How does sharing your animals with others, particularly those who are sick and elderly, make you feel?
2. What did you notice about your pet while you were volunteering?
3. Can you think of other ways you and your pet can make a difference in your community?

## **APPLY:**

Therapy animals have been proven to help people who are sick feel better and recover faster. Almost everyone enjoys having animals around and being around new environments and people is good for your pet. Now that your pet is a therapy animal, what are some other ways you and your pet can help in your community? Pets are also used for search and rescue and to catch people breaking the law. Next time you have the opportunity to try something new with your animal, remember that sharing your animal with others shows them you care about both them and your pet.





Making the Character Connection with...

## Environmental Sciences

Level 1 Eco-Wonders 913

Level 2 Eco-Adventures 914

Level 3 Eco-Actions 915

### Conservation

Conservation 911

### Forestry

Level 1 Forestry 931

Level 2 Forestry 932

Level 3 Forestry 933

### Geology

Geology 941

### Wildlife

Wildlife 724

Being a person of good character means you follow the Six Pillars of Character<sup>SM</sup> every day. Taking care of the environment requires you to be responsible; perhaps you will coordinate a earth clean up day (Caring and Respect) or you may decide to build environmentally friendly trails in your community (Citizenship). You may even decide to give a presentation on what people can do to help keep the earth clean for both animals and people. Each of these are ways you can show others you are proud of learning about the environment and that you are proud to be a person of good character.

Projects in this Connection have been grouped because they have related information. There may not be an activity for every project listed however at least one of the activities can be adapted for each project. Be creative; let this be a stepping stone for many ways of teaching character.

**This Character Connection contains:**

- **Explanation of how the Six Pillars of Character relate to Environmental Sciences**
- **Activities suggesting how to demonstrate good character while enhancing your understanding of Environmental Sciences**
- **Questions to help you think of other ways to demonstrate good character everyday.**

CHARACTER COUNTS! and the Six Pillars of Character are service marks of the CHARACTER COUNTS! Coalition, a project of the Josephson Institute of Ethics. [www.charactercounts.org](http://www.charactercounts.org)

## Character Connection: Environmental Sciences

Trustworthiness	Responsibility	Caring
<ul style="list-style-type: none"> <li>✓ Do what you say you will do</li> <li>✓ Only report on animals and plants you have observed</li> <li>✓ Stand up for what you believe is right</li> </ul>	<ul style="list-style-type: none"> <li>✓ Respect Mother Nature</li> <li>✓ Clean up your community</li> <li>✓ Teach others about taking care of the environment</li> <li>✓ Think of ways to make your environment better for everyone</li> </ul>	<ul style="list-style-type: none"> <li>✓ Help keep animal and plant environments clean and safe for all the inhabitants</li> <li>✓ Be thankful of those who give their time to you</li> <li>✓ Give everyone equal chances when playing games or giving demonstrations</li> </ul>
Respect	Fairness	Citizenship
<ul style="list-style-type: none"> <li>✓ Observe from a safe distance -don't interfere with animal and plant habitats</li> <li>✓ Return natural items to nature once you have recorded your findings</li> <li>✓ Don't take or use property without the permission of the owner or Conservation Agent</li> <li>✓ Be tolerant of new ideas</li> </ul>	<ul style="list-style-type: none"> <li>✓ Share resources with others</li> <li>✓ Allow everyone to experience outdoor areas equally</li> <li>✓ Share your space with the wildlife living around you</li> </ul>	<ul style="list-style-type: none"> <li>✓ Take care of the world and community you live in</li> <li>✓ Recycle</li> <li>✓ Conserve water and electricity</li> <li>✓ Try adopting a pet rather than spending money on one that has a good chance of finding a different home</li> </ul>

# Character Connection: Environmental Sciences

**Activity:** Watershed

Supplies: 6 squirt bottles filled with: Liquid Dish Soap, Cooking Oil, Vinegar, Baking Soda, Water with yellow food coloring and clean water

Tarp or large trash bag

Rock or heavy piece of wood

## **DO:**

The impact of humans on the environment is something you have learned a lot about in your environmental issues 4-H project. Spread the news of protecting your environment by taking a few minutes to educate your 4-H club and classrooms at your school about environmental impact. Use the following script to explain how watershed's work in your community:

Have the participants of your activity sit with their knees up, covered with a tarp or large trash bag. Place the rock or heavy piece of wood in the middle of the tarp to create a valley in the tarp.

*We are going to pretend that this tarp is Farmer John's new farm he bought in \_\_\_\_\_ (your town). Farmer John is very excited about his new venture and wants to plant crops and put 100 head of cattle on his new farm. Before he can do this Farmer John needs to plow the fields to get them ready for planting. Unfortunately, Farmer John has a very old tractor and it broke down as he was plowing. **Ask:** What happens when an old tractor breaks down? It leaks oil. **Squirt the Cooking Oil over the "hills" of the tarp.** Farmer John isn't too concerned about his tractor so he leaves it in the fields and continues on building his new farm. The next day it rains, **spray clean water all over the tarp making sure to send the oil into the "valley"**. After the rain clears Farmer John decides to spread fertilizer on his newly planted crops. **Spread baking soda over the "hills"**. The bad thing about the fertilizer he choose is that it's the wrong time of year to fertilize and the next day rains move in again. Unfortunately, this time they move in from \_\_\_\_\_ (closest big city to your town) and the mixture of the pollutants in the air create acid rain. **Squirt the "hills" with vinegar.** Farmer John decides it's time to get his old tractor out of the fields before he moves his cattle in. He goes out to the field and hauls his new tractor in. **Ask:** What would you do if your tractor was old and dirty from sitting in the field? Clean it. **Squirt dish soap on the "hills"**. And, unfortunately it's still the rainy season and Farmer John's farm gets hit with a huge rain storm. **Spray clean water over the "hills" moving all of the soap and other pollutants into the "valley"**. Finally, the rain has cleared up and Farmer John can move his cattle in. **Ask:** What do cattle do a lot? Go to the bathroom. That's right, **spray the yellow water over the hills. One final rain with clean water.***

## **Source:**

**Ask the group:** What happened to Farmer John's land? Where did all of the pollutants go? Why? Do you know what this is called?

Talk to your group about watersheds and the importance of keeping your impact on the environment as small as possible.

## REFLECT:

1. How does it make you feel to know that you understand the importance of keeping your environment clean? Do you think you have helped your peers learn about what they can do to minimize their impact?
2. What does it mean to you to educate others?
3. What types of things can you do to minimize your daily impact? Do you think responsible people understand these things and try to do them? Why or Why Not?
4. Did this presentation help you better understand your role in your club and community?

## APPLY:

Today it seems nearly impossible to educate everyone on minimizing their impact on the environment. Each of us influences the environment each time we choose to throw away a recyclable or unknowingly dump chemicals into local streams. Help to minimize this impact by helping educate people about issues that are important to you. Being a person of good character means you share what you value and feel strongly about. Stick to your beliefs and others will appreciate you sharing what you know with them. Remember that you can't always change everyone's habits, but next time you have the opportunity, share something that can change your community with someone and eventually you will see results.

**Expand on this Activity:** Visit your local water treatment plant to find out more about keeping water in your community clean. Check out your state's Department of Health to find out if there are any waste dumps or sewage drain-off points near your community that negatively impact the quality of your water and the safety of the animals and plants in the area.



# Character Connection: Environmental Sciences

**Activity:** Clean a Stream

## DO:

Use what you know about environmental safety and ethics to work towards a cleaner community. Find an organization in your area that works to help keep your community clean. Check with your local parks department or contact the state Department of Conservation to find out about clean-up days in your area. Invite your 4-H club to help in a stream or park clean up day. If the day goes well, talk as a club about adopting a section of your state's highway system. You will be responsible for cleaning up your section of the highway once a month to help keep your community clean. By doing this, you will be able to educate your 4-H club about the environmental issues you have learned about in your project and help keep your community safe for animals and plants.

## REFLECT:

1. How does it make you feel when you see litter in your local streams and parks? Have you ever thought about helping to clean it up before?
2. What feelings did you experience while you were cleaning? Were they all positive feelings?
3. Did this activity help you think of other times you could have helped someone but passed up the chance because you weren't sure how to help?
4. Can you think of other ways you can use your knowledge about the environment to help your community?

## APPLY:

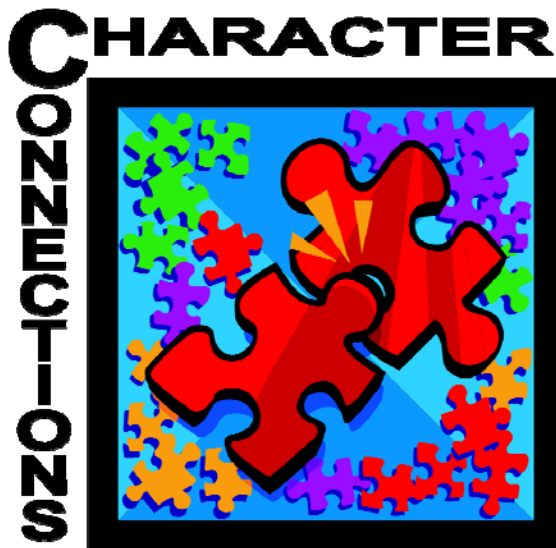
Bringing up environmental issues helps remind your community how important it is to take care of the world around you. While you are cleaning up your adopted stream or highway think about other ways you can positively impact your environment. Every time you work towards a cleaner community you are demonstrating good citizenship and responsibility for yourself and the actions of others. When you change the way people think and act around you, you help your community move in a positive direction.

**Expand on this Activity:** Join a local Stream Team. These teams work all year to keep local waterways clear of debris. You will learn about water quality and how people influence the water in your area. Invite your club or a group of your friends to join and make cleaning up your community something fun to do.

Expand your impact around the globe. Put together a fundraiser to help you adopt a rainforest.



Check the internet for organizations that accept donations to help preserve rainforests and choose one that you would like to donate money to. Make sure you help people understand the importance of keeping not only your community clean, but also doing the same for the rainforests around the world.



Making the Character Connection with...

## Financial Champions

### Consumer Savvy

Level 1 The Consumer in Me 431

Level 2 Consumer Wise 432

Level 3 Consumer Roadmap 433

### Entrepreneurship

### Financial Education

Level 1 Money FUNdamentals 421

Level 2 Money Matters 422

Being a person of good character means you follow the Six Pillars of Character<sup>SM</sup> every day. When you signed up for a Consumer Savvy, Financial Education or Entrepreneurship you probably knew you would be learning about the importance of making sound financial decisions and understanding what role money plays in our society. By showing an interest in this you also show that you want to be a responsible citizen who has learned to make good choices. Throughout your project you will have multiple opportunities to share what you are learning with others. You will help these people become better educated citizens and help them to make informed decisions. Your project will also teach you the importance of taking action and standing up for what you believe to be right (Citizenship and Responsibility). As you work through your project think about the ways being a responsible consumer relates to being a person of good character. As you begin to make the connections between consumer and character remember to demonstrate the traits of both a smart consumer and a person of good character.

Projects in this Connection have been grouped because they have related information. There may not be an activity for every project listed however at least one of the activities can be adapted for each project. Be creative; let this be a stepping stone for many ways of teaching character.

### This Character Connection contains:

- Explanation of how the Six Pillars of Character relate to the Financial Champions projects.
- Activities on how you can demonstrate good character while practicing skills of a smart consumer.
- Questions to help you think of other ways to demonstrate good character in your everyday life.



# Character Connection: Financial Champions

Trustworthiness	Responsibility	Caring
<ul style="list-style-type: none"> <li>✓ Follow rules for family and school internet use</li> <li>✓ Be honest about what you are spending your money on</li> </ul>	<ul style="list-style-type: none"> <li>✓ Learn about budgeting so you can create a budget for your family</li> <li>✓ Earn extra money through chores- don't just expect your parents to give you money</li> <li>✓ Learn about ways to save money</li> </ul>	<ul style="list-style-type: none"> <li>✓ Remember that people have different attitudes about money</li> <li>✓ Be sympathetic towards everyone's social and economical status</li> <li>✓ Take your responsibility seriously</li> </ul>
Respect	Fairness	Citizenship
<ul style="list-style-type: none"> <li>✓ Appreciate the amount of money your parents decide you should get as an allowance</li> <li>✓ Learn about different cultures and their currency</li> </ul>	<ul style="list-style-type: none"> <li>✓ Compare prices to get the best deal</li> <li>✓ Judge products based on their merit, not on brand names or price</li> <li>✓ Be open-minded</li> </ul>	<ul style="list-style-type: none"> <li>✓ Be proactive; if you see wrongdoing in your community take action</li> <li>✓ Compare costs in your area to share information about goods with your community</li> <li>✓ Learn about good internet use and find out what sites are appropriate for young people</li> </ul>

# Character Connection: Financial Champions

**Activity:** Step into Their Shoes

## DO:

It's time to think about the ways each person in your community lives. You have learned in your project that people live with different financial abilities. With your project group split up into four different groups:

1. *Upper Income:* You are a lawyer in your town with 2 children and a spouse. Both you and your spouse work long hours and often only spend time as a family 2-3 hours a week. You live in a prestigious neighborhood and own two luxury vehicles, all of which are almost paid for in full. Both of your children attend private school 30 minutes from your home. Your family yearly income exceeds \$200,000.
2. *Middle Income:* You are a Nurse and are married to a high school teacher. You have 3 children and are still paying off school loans. Two of your children are Seniors in high school and are applying for college. Your family yearly income is \$90,000.
3. *Lower Income:* You recently starting working evenings at a local department store after your spouse gets home from working as a car mechanic. During the day you care for your 3 children. Your family yearly income is \$30,000. I would drop this income to 28,000

With your group plan out a family budget for a one month period. When planning what you will spend money on, consider the issues each family may have. Consider child care, food, car payments, mortgage payments, house cleaning services, pets, entertainment, memberships to clubs and bills.

After developing your budget, make a pro/con list for this economic class. As a group, discuss both aspects of living this lifestyle. Share what you have learned about this economic class with your project group.

## REFLECT:

1. How do you feel now that you know more about all economic classes?
2. What are your reactions to what you have learned?
3. Can you think of ways to show respect to people who are different from you?

## APPLY:

Showing others you understand their situation is called sympathy empathy. Being empathetic to other's situations in life lets your peers see that you are more concerned with the character of a person than their material goods and economic status. By participating in this activity you hopefully gained respect for all people, as you now understand that everyone makes sacrifices and hard decisions in life, no matter their economic status. Next time you see someone that may come from different economic means from you, think of this activity and think of a way to show them that you respect them, no matter how different they may be.



# Character Connection: Financial Champions

**Activity:** Start a Business for a Scholarship

## **DO:**

Think of a business that you could start in your community. Every community has audiences for different types of businesses. Using what you know about entrepreneurship and consumer behaviors design a business you think would work in your community. You may want to start small with a store at your local 4-H club or maybe you can set up a booth at your local fair. Whatever you decide set aside part of your proceeds to start a scholarship. Decide how much of your profits you can donate. Remember to consider your net profit, or the amount of money you have after you buy your goods and pay your bills. From this, determine how much money you would like to set aside.

After determining what percent of your profits will go towards a scholarship determine what scholarship fund you would like to donate to. Your county 4-H Extension Council may have a scholarship fund for 4-H members in your area. You may also want to consider donating to Kids Helping Kids, the national 4-H fund that gives to 4-Hers in need. Or you and other project area members can create a scholarship to be given specifically to someone in your club. Remember, scholarships can be given to help out a family having hard times, to help 4-H members pay for their project materials, or for educational use.

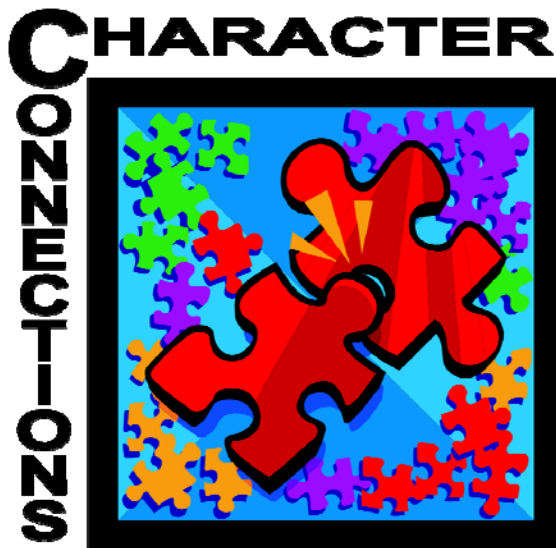
## **REFLECT:**

1. How do you feel about raising money to help other 4-Hers?
2. What did you learn about scholarship funds during this activity? Did you learn anything you can use when applying for scholarships yourself?
3. How do you think your generosity affects the recipients of your profits?
4. What do you think about generosity, showing others you care, and raising money to help your community?

## **APPLY:**

Scholarship funds have many purposes, and donating your hard earned profits shows that you are a person of good character. By donating the profits of your business you have showed that you are a caring citizen of your community. You have also demonstrated trustworthiness and responsibility by following through on your promise to the scholarship fund. Keep in mind that every time you hear about someone receiving a grant or scholarship it is because someone gave generously of their money. Next time you think about applying for a scholarship try to come up with a way you can give back to the organization in the future. Remember, when you volunteer you are demonstrating many of the traits of a person of good character.





## Making the Character Connection with...

### Foods/Nutrition

Level A Fun with Food 551

Level B Six Easy Bites 552

Level C Tasty Tidbits 553

Level D You're the Chef 554

Level E Foodworks 555

#### Breads

Level 1 Breads 581

Level 2 Bread 582

Level 3 Breads 583

#### Cakes

Level 1 Cake Decorating 361

Level 2 Cake Decorating 362

Level 3 Cake Decorating 363

#### Dairy Foods

Level 1 Dairy Foods 555

#### Food Preservation

Level 1 Food Preservation 571

#### International Foods

Level 1 International Foods 557

Level 2 International Foods 558

#### Meats

Level 1 Country Cured Hams 115

Being a person of good character means you follow the Six Pillars of Character<sup>SM</sup> every day. In your Foods/Nutrition projects you will learn about making healthy foods, choosing the right foods from your grocery store and how you can make special treats for your friends and family.

It may seem like cooking and learning about nutrition doesn't have much to do with being a person of character, but think of some of the ways they might be related. Every time you bake or cook a snack for a friend you are showing them you care.

Learning about what foods are best for your body helps you to take care of yourself and live a healthy life (Responsibility and Respect). You can also use your newly learned skills to provide food for local fundraisers and organizational meetings (Trustworthiness). Every time you learn something new about nutrition think about how being a person of good character relates to what you have learned.

Projects in this Connection have been grouped because they have related information. There may not be an activity for every project listed however at least one of the activities can be adapted for each project. Be creative; let this be a stepping stone for many ways of teaching character.

#### This Character Connection contains:

- **Explanation of the Six Pillars of Character.**
- **Explanation of how the Six Pillars of Character relate to your Foods/Nutrition project.**
- **Activities on how you can demonstrate good character while practicing your food skills.**
- **Questions to help you think of ways to demonstrate good character every day.**

# Character Connection: Foods/Nutrition

Trustworthiness	Responsibility	Caring
<ul style="list-style-type: none"> <li>✓Tell the truth, take credit for the foods you make</li> <li>✓Always deliver foods you've promised to someone on time</li> <li>✓Follow recipes and remember that it's ok to start over if you make a mistake</li> </ul>	<ul style="list-style-type: none"> <li>✓Learn about ways you can keep your body healthy</li> <li>✓Understand the importance of following recipes and measuring correctly</li> <li>✓Don't rush- give yourself plenty of time to make your exhibits</li> </ul>	<ul style="list-style-type: none"> <li>✓Accept judges' decisions at art shows and fairs</li> <li>✓Share your goods with others</li> <li>✓Show others you are concerned with their health and nutrition</li> </ul>
Respect	Fairness	Citizenship
<ul style="list-style-type: none"> <li>✓Be accountable to your project group, leader and self</li> <li>✓Look at your recipes and change them if you are cooking for someone with food allergies</li> <li>✓Always try to better your skills- try new things!</li> <li>✓Try foods from different cultures, even if they are not something you would usually eat</li> </ul>	<ul style="list-style-type: none"> <li>✓Allow everyone time to use materials and workspaces</li> <li>✓Don't judge people based on their products, only judge them on their character</li> <li>✓Be tolerant if something doesn't turn out the way you expected</li> </ul>	<ul style="list-style-type: none"> <li>✓Volunteer to donate your skills and products to community functions</li> <li>✓Plan events that showcase your talents and provide treats to others</li> <li>✓Learn about poverty and how you can impact others</li> </ul>

# Character Connection: Foods/Nutrition

**Activity:** Sugar High

You have learned about sugar and how it doesn't give us much nutrition when we eat it. Becoming overweight from eating a lot of sugar and fat is a problem that can keep us from being able to do activities we like. Being overweight can also make us very unhealthy. We are responsible for our bodies and must make the right choices about what we eat and how we live. Cutting down on sugar and fat is one way to not gain weight; exercise and physical activity are other great ways.

## **DO:**

With your family, decide upon a family activity timeline showing the different activities you can do over a month. Use a calendar page for the current month so you can start on your exercise plan right away! Be sure your plan covers at least 30 days, so you may need two calendar pages depending on when you start. Allow each family member to name their top two favorite forms of physical activity. (Remember, video games and watching TV are not physical activities.) Be sure you include each person's favorite activity at least once per month. Plan an activity for a minimum of three to four days per week.

Share your plan with other members of your Nutrition project. Talk about what activities you chose and why you think they are healthy options.

Put your plan into action! Each day your family succeeds in its activity plan, mark the day with a star. Keep your plans going throughout the year and think of ways you can improve your performance over time.

## **REFLECT:**

1. How did you decide what activities to add to your plan?
2. Do you prefer doing the same activities each week, or adding new different things into your plan? Why?
3. How do you think your family feels about you changing your physical activity plan?
4. Do you feel like you are healthier now that you are using your plan?

## **APPLY:**

Respecting our bodies and caring about our families is a way we can make sure we can stay healthy and happy for many years. Though it doesn't always seem like you are showing respect just by doing something healthy, remember that others will see that we care about friends and families and want to be healthy for them too. The healthier you are, the more likely you will be able to enjoy family functions and time you spend with friends. Each time you see someone doing something that makes them healthier, make sure you congratulate them and thank them for taking care of their bodies.



# Character Connection: Foods/Nutrition

**Activity:** Cultural Cuisine

## **DO:**

Americans love to eat food from different cultures. You have learned about different cultures and their cuisine. Think of your favorite foods that have their origins from different areas of the world. Share these with other project members. Chart the similarities and differences between the countries you have learned about and other countries from which your favorite foods come.

Now that you understand some of the similarities and differences between different cultures cuisines, pick a country to learn more about. Pretend you are going to live in this country for a short time. Make a list of things you find that you do like and don't like about your new country. Dress up in clothing from this country and share what you found with your 4-H club or classroom. Make sure you make a food from this country to share with the audience as well.

## **REFLECT:**

1. What does your chart tell us about different cultures? How is the United States similar and different from these other countries?
2. How might you adjust the things you found that you don't like about other countries to make them things that you do like?
3. Do you think the things you don't like about other cultures are things you are afraid of? Why or Why not?
4. How does it make you feel to learn about how countries are all different?

## **APPLY:**

Tolerance and acceptance are important traits to have, especially in the culturally diverse country we live in. Now that you know a little more about another country, think of other ways you can help people try new things and break down preconceptions they may have about another culture. Often we fear the things we don't know much about, but those fears go away when we understand why people and places are different from us and our communities. Next time you hear someone say something negative about another culture, remind them that everyone is different. Even though we don't always have to agree or like everything about each other, we should always be respectful and tolerant of others' viewpoints.



# Character Connection: Foods/Nutrition

**Activity:** Caring Cookbook

## **DO:**

In your project you have learned about planning meals that include a variety of different tastes, textures and colors. When we plan meals it is important to think about who we are cooking for. Thinking about others and what they like is very important. Have each person in your project group think of a food that they think everyone would like. Try to use some of the new cooking techniques you've learned and try to stay on a budget that everyone can afford. Once you have each decided on a food, type each recipe up just like it would be in a cookbook. Put all of your recipes together and create a 4-H project cookbook.

Once your cookbook is complete with all of your tasty recipes share your recipes with your community. Select one meal from the cookbook and assemble the required ingredients in a basket. Ask the director of the local food bank to locate a family in need to receive the basket and your cookbook.

## **REFLECT:**

1. What does helping members in your community mean to you?
2. How do you think your gift will impact the family that receives your basket and cookbook?
3. How do you think little gestures like your basket can help change your community?
4. Think about other ways to show caring to others with your nutrition project.

## **APPLY:**

Giving back to others who may be having a hard time shows that we are caring citizens who want to make others' days just a little brighter. By making your cookbook you were able to think about all of the skills you've learned and contribute to your community. There are a lot of other ways you can use what you do everyday, like cooking, to help others. As you go through your everyday routine, think of ways you can use your everyday activities to help others out.

**Expand on this activity:** Brighten the day of others who have helped you with your 4-H projects over the year. With your project group plan a meal from your cookbook to fix for your family and friends who support you. At the end of the Summer County 4-H Fair cook a feast for everyone to enjoy. Make sure everyone knows that you appreciate their help and are looking forward to another great 4-H year.





# Character Connection: Foods/Nutrition

**Activity:** Fight BAC in your school kitchen  
Visit: [www.fightbac.org](http://www.fightbac.org)

## DO:

It is the responsibility of a cook to ensure foods are properly prepared, cooked and served safely. Many times a cook has to ensure cooking temperatures are safe, surfaces are clean and foods are free from foodborne pathogens. Take a tour of your school's kitchen to see what the cooks there do to keep the food you eat every day safe. Make sure you look for signs reminding the staff to wash their hands to avoid cross-contamination. Visit the above website to get copies of experiments you can do in the kitchen. Make sure you take any suggestions you may have to increase safety and cleanliness to your school's principle.

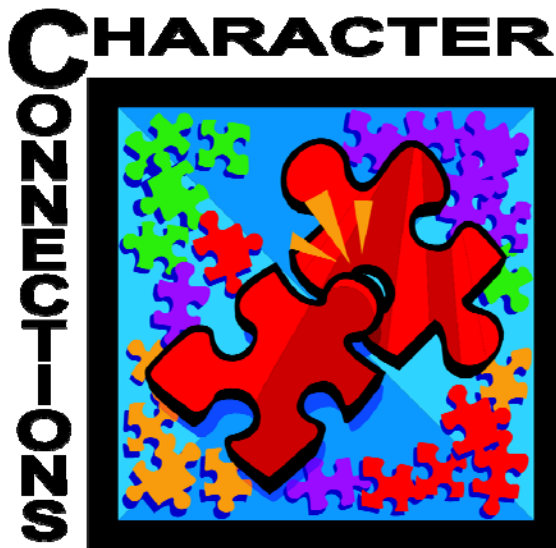
## REFLECT:

1. How do you think your school's kitchen staff feels about keeping your food safe?
2. Do you think your kitchen staff will appreciate your suggestions? Why or Why Not?
3. How does it make you feel to know what your school does to "Fight BAC"? Are you happy with what you saw?

## APPLY:

Fighting against foodborne illness is just one of the many tasks your school's kitchen staff takes care of every day. They work to keep you safe and healthy because they care about your health and your future. Learning about bacteria in the kitchen helps you to take the information you've learned and ensure that all of the kitchens that prepare food for you are clean and safe. It is your responsibility to make sure your community is abiding by rules and regulations. If you don't act on what you see, you cannot change the way things work. Next time you see something you want to change, find a way to let someone in charge know that things could be just a little better for you and your peers.





## Making the Character Connection with...

### Horticulture

#### Entomology

Level 1 Creepy Crawles 921

Level 2 What's Bugging You 922

Level 3 Dragons, Houses and Other Flies 923

#### Gardening

Level A See Them Sprout 971

Level B Let's Get Growing 972

Level C Take Your Pick 973

Level D Growing Profit 974

#### Horticulture

Level 1 Horticulture 961

Level 2 Horticulture 962

Level 3 Horticulture 963

#### Soybeans

Level 1 Soybeans 982

Being a person of good character means you follow the Six Pillars of Character<sup>SM</sup> every day. Taking care of a garden requires you to be responsible; perhaps you will give your produce to friends or family (Caring and Respect), or you may decide to sell some of your produce and set a fair price (Fairness and Citizenship). You may even decide to enter your produce at a local fair where you will compete against others while following rules and respecting the judge's decision. When you study the insects that surround your environment you have the opportunity to share how important these animals are with others. Each of these are ways you can show others you are proud of the produce you have grown and insects you have learned about and that you are proud to be a person of good character.

Projects in this Connection have been grouped because they have related information. There may not be an activity for every project listed however at least one of the activities can be adapted for each project. Be creative; let this be a stepping stone for many ways of teaching character.

#### In this character lesson you will find:

- Explanation of the Six Pillars of Character.
- Explanation of how the Six Pillars of Character relate to your Horticulture projects.
- Activities on how you can demonstrate good character while practicing your Horticulture skills.
- Questions to help you think of other ways to demonstrate good character every day.

# Character Connection: Horticulture

Trustworthiness	Responsibility	Caring
<ul style="list-style-type: none"> <li>✓ Always be honest with your project leader.</li> <li>✓ If someone asks if you have taken care of your garden - weeding, hoeing and watering - tell them the truth.</li> <li>✓ It's OK to have family members help; it makes the project more fun!</li> </ul>	<ul style="list-style-type: none"> <li>✓ Respect Mother Nature</li> <li>✓ Provide proper. nourishment to the soil by applying nutrients like fertilizer.</li> <li>✓ Return produce to the earth through composting.</li> <li>✓ Understand others may not enjoy every type of produce that you grow.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Share what you have grown with others.</li> <li>✓ Birds and insects like to eat leftovers from your garden and can help keep your garden healthy.</li> <li>✓ Think of ways to share your produce with people who may not have fresh food to eat.</li> </ul>
Respect	Fairness	Citizenship
<ul style="list-style-type: none"> <li>✓ Don't let produce stay on the vine too long.</li> <li>✓ Remember that you chose this project; you have the responsibility to grow the best product possible.</li> <li>✓ Are others counting on you? If you have promised someone produce, remember to get it to them on time and in good condition.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Don't charge others unrealistically high prices for your product. Remember they are helping you by testing your vegetables and telling you what you can improve.</li> <li>✓ Learn the rules of your local fairs and farmers markets so you know what to expect when you enter and sell.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Grow a garden in community space to see what it's like for people who don't have their own gardens.</li> <li>✓ Keep your garden space neat and clean</li> <li>✓ Share what you know about insects; help others see the benefit of having them around</li> </ul>

# Character Connection: Gardening

**Activity:** Visit A Soup Kitchen

## DO:

Visit your local soup kitchen to help serve meals to those in need in your community. Many of these kitchens will allow you to donate the produce you have grown. In doing so, you will be able to see the direct way your care and responsibility in growing your fruits and vegetables can help someone else. Showing others you care about them is very important, and sharing something homegrown is one very special way to show you care.

- While at the soup kitchen, talk with the other people serving the meals. Why do they choose to help out? Do they see the contribution as a way to show others they care?
- Talk to the people receiving the meals. Share with them about the process of growing and caring for your produce and donating it to the soup kitchen. How does this contribution make these people feel?
- Find out what everyone liked best about their meals; maybe this can help you decide what to grow next year!

## REFLECT:

1. Has anyone ever showed you they cared by sharing something personal/homemade/homegrown?
2. How does it make you feel to be able to share something that you have spent so much time caring for? Does it make you feel good to be able to show them you care as well?
3. Did this activity help you think of other times you could have helped someone but passed up the chance because you weren't sure how to help?

## APPLY:

Reaching out a helping hand is so important, particularly when others are in need. We often don't realize how appreciative someone might be of us showing we care and sharing with them something homegrown and heartfelt. Take the time to show someone in need that you care, and both you and they will take something from the experience.

**Expand on this Activity:** Visit a local food bank to see how produce grown around the world is bundled and handed out to those in need in your community. These food banks will let you help out in many different ways and you can see how just a little bit of caring can really help out. Remember to offer some of your produce; if they cannot accept fresh produce think of other ways you could donate - maybe a produce sale to benefit the food bank!



# Character Connection: Gardening

**Activity:** Know What You're Growing

Supplies: World Map, Stickers, Produce Labels

How often do you look at a food and wonder what part of the world it grew in, what nutrients it needed to grow or how many days it took to cultivate before you take the first bite? It isn't very often that we take the time to think about the foods we eat, but now that you're growing your own garden it's time to take a closer look. It's your responsibility to ensure the foods you eat are safe and have been put through practices you agree with. Being a responsible gardener means knowing what your plants need to be healthy, and being a responsible consumer means knowing all about the history of the foods you eat. As you start to cultivate your own interest in foods, start to learn about the foods you eat.

## **DO:**

Take a good look at the labels on the produce you eat everyday. Can you find where your potatoes, green beans, corn, apples and strawberries are grown? Use your stickers to mark the places on the world map where your food is grown. Does all of your food come from the same continent, country, city? What does the location tell you about the foods you eat? Is it possible for you to grow every type of produce in your 4-H garden? Cut out pictures from magazines or ads of foods and place them on the map where they can be grown.

Now that you know where your food is coming from, take a look at the other information on the produce label. Arrange a meeting with your club's foods project group; these members can help you read food labels and help you figure out what nutrients are in your products, whether they are organic and what part of the world they are from. A responsible consumer understands the products they are eating and knows about the product's growing process. Can you think of things that might be different about the produce you buy and that you grow? Note these differences on your map, making sure to state which you think you would prefer for each difference.

## **REFLECT:**

1. Have you ever given any thought to where your food is grown before?
2. What does it mean to you to have produce that is homegrown or "Made in the USA"?
3. What types of things can you control in your home garden that you cannot control in major farming operations? Do these things matter to you?
4. Did this activity help you think about growing more or different foods in your own garden rather than buying them from another source?

## **APPLY:**

Today it seems nearly impossible to think one family could grow everything they eat. No matter where you get your food from - if you grow it in your 4-H project, if you buy it from a local farmer, or if you go to the local grocery store - it is your responsibility to know where your food is coming from. Taking responsibility for what you eat puts you in control and helps you to help others make decisions about what the best products are to buy and eat.



# Character Connection: Gardening

**Activity:** Use Everything You Grow

## **DO:**

Using everything you grow in some way is an important way of giving back to nature and showing that you are a responsible citizen. We often forget about using things like banana peels, apple rinds and vegetable peels, but all of these things can be reused and recycled. With your project group, set up a recycling plan for your unused produce. Plan a way to reuse all of your peels, rinds and uneaten fruits and vegetables. Have each person be responsible for a different week in the project year; you can each help each other remember not to throw out useable items, but reuse them in a good and helpful way.

During your week try to think of a different way to recycle the produce; every week there could be a different use for what you don't think you can use. Here are some ideas to get you started:

- This week there is just way too much to eat before it goes bad. Let's take the extra to the local nursing home and give it away to the residents.
- Let's use all of the food peels from bananas, zucchini, squash and oranges to create a collage on recycling to show our 4-H club.
- This week we will have a competition to see who can waste the least amount of food. Each member will weigh their food waste and at the end of the week we will see who wastes the least amount of food. The winner gets to choose any produce from any member's garden to take home and prepare for their family.

## **REFLECT:**

1. Have you ever thought about recycling before? When and where have you heard the terms recycling and reusing before?
2. How does recycling benefit your community?
3. Do you think growing your own produce makes you more responsible for making sure you recycle vegetables and fruits properly?
4. Does your family already have some type of compost or recycling at home? If so, how do you divide the responsibilities? If not, can you see your family using this at home?

## **APPLY:**

Recycling and giving back to nature is one very important way to show that you are thinking about the world around you. Showing citizenship means taking care of your surroundings and doing your best to better the world you live in. By recycling you are helping to decrease the waste and increase the productivity of your garden. Don't just stop at produce; remember to find other things around the house and in your community to recycle and reuse.



# Character Connection: Entomology

**Activity:** Bee Friendly

## **DO:**

There are many people who fear insects and do not understand the everyday purposes these tiny animals serve. Now that you have learned more about different insects and their contribution to the environments they live in, share your knowledge with younger 4-Hers or students in your school. Talk with your 4-H Clover Kids leader or the teachers of the kindergarten and first grade classrooms at your school. Tell them you would like to bring in some of the specimens you have collected and share with their students some of the important purposes these insects serve. When you plan your speech, make sure you include some of the interesting facts you have learned in your project and share your coolest specimens with these students. Make sure you help these younger 4-H members or students understand why they should not be afraid when an insect lands on their shoulder. Give them some tips on what to do to keep insects away and allow them to live happily in their natural habitat.

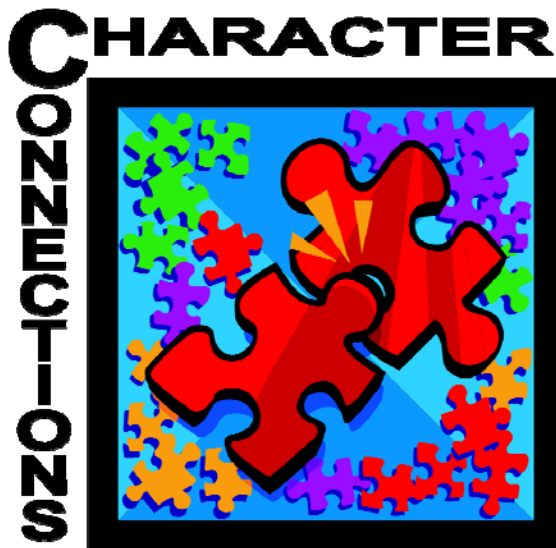
## **REFLECT:**

1. Do you remember ever being afraid of insects? What could someone have said to you to help you not fear these animals?
2. What feelings do you have when you present in front of a group of people? Does it make it easier when your audience is younger than you?
3. How do you think this younger audience looks at you, someone older but still close in age to them?
4. What did you learn from your presentation that will help you in future demonstrations or talks?

## **APPLY:**

One of the best people to teach young people about a topic is someone close to their age that knows a lot about the topic. As someone close in age to your audience you helped them see how cool it is to learn about insects and that you do not have to be an adult to learn about something new. As a mentor for your audience you showed them that you are willing to give them your time and knowledge, a great example of caring and responsibility. As an older 4-H member you have the responsibility to help Clover Kids and younger kids stay excited about all the projects they can take in 4-H. Think about all of your other 4-H projects. Can you think of ways to share what you have learned in these projects too? Remember that every time you can share something new with a group of people you are showing what a responsible and caring person you are.





Making the Character Connection with...

## Healthy Lifestyles

### Bicycle Adventures

Level 1 bicycling for Fun 731

Level 2 Wheels in Motion 732

### Health

Health and First Aid in Action 771

Staying Healthy 772

Keeping Fit 773

### Lifetime Sports

Bowling 711

Golf 712

### Sport Fishing

Level 1 Take the Bait 725

Level Reel in the Fish 726

Level 3 Cast Into the Future 727

Being a person of good character means exhibiting the Six Pillars of Character<sup>SM</sup> in everyday activities. Learning how to live a healthy life is an important way to ensure you will be a healthy contributing member of your community for years to come.

As you learn more about Healthy Lifestyles think of all the ways you can relate what you learn to traits associated with good character. You will learn different skills that you can use to stay healthy and prevent injury. You will also learn about different lifestyle sports that you can participate in now while you are young and later in life. Can you imagine how much better your life will be if you find a sport you enjoy that can be done throughout your life? Just like healthy living, showing good character is another way to show people you want to be the best "you" possible. As you work through your project think of all the ways being a person of good character relates to being a person focused on living a healthy life.

Projects in this Connection have been grouped because they have related information. There may not be an activity for every project listed however at least one of the activities can be adapted for each project. Be creative; let this be a stepping stone for many ways of teaching character.

### This Character Connection contains:

- **Explanation of the Six Pillars of Character**
- **Explanation of how the Six Pillars of Character relate to the Healthy Lifestyles projects.**
- **Activities suggesting how to demonstrate good character while enhancing your knowledge of the Healthy Lifestyles.**
- **Questions to help you think of other ways to demonstrate good character in everyday life.**



# Character Connection: Healthy Lifestyles

Trustworthiness	Responsibility	Caring
<ul style="list-style-type: none"> <li>✓ Only take what you are entitled to</li> <li>✓ Return any equipment you borrow, rent or use</li> <li>✓ Be on time to activities so everyone can start on time</li> <li>✓ Only take your share of your catch or use your allotted time with the fields, trails or facilities</li> </ul>	<ul style="list-style-type: none"> <li>✓ Learn how you can be the healthiest "you" possible</li> <li>✓ Try out different activities to see what works best for you</li> <li>✓ Set goals for your project and work hard to meet those goals</li> <li>✓ Spread your work out over the entire project year so you get the best possible results</li> </ul>	<ul style="list-style-type: none"> <li>✓ Take responsibility for your own body; making sure you do everything you can to take care of yourself</li> <li>✓ Help friends and family understand how to live a healthy lifestyle</li> <li>✓ Give friends and family support when they are making changes in their lives</li> </ul>
Respect	Fairness	Citizenship
<ul style="list-style-type: none"> <li>✓ Thank people for allowing you to borrow equipment, and make sure you take care of the equipment you borrowed</li> <li>✓ Always treat others the way you want to be treated, especially during disagreements</li> <li>✓ Always tell competitors good job after an event</li> </ul>	<ul style="list-style-type: none"> <li>✓ Treat all people of all ability levels with respect</li> <li>✓ Only judge people on their character, not on their physical ability</li> <li>✓ Take turns when playing games and sports</li> </ul>	<ul style="list-style-type: none"> <li>✓ Volunteer to help out with community wellness events</li> <li>✓ Always play by the rules</li> <li>✓ Listen to the rules and obey what project leaders and coaches tell you</li> <li>✓ Think of ways to promote healthy living in your community</li> </ul>

# Character Connection: Healthy Lifestyles

**Activity:** Healthy Living Fair

## **DO:**

Sharing what you know is one of the best ways to help others make changes in their lives. Now that you have learned all about healthy living, including first aid skills, nutrition, and fitness, you can share what you know with others. Set up a health fair for your club or other group in your community. Have individual booths for each of the major skills or areas of information you have learned about. Each member of your project area can be in charge of planning and setting up a table for a specific area of interest. Some of you may want to demonstrate first aid skills, someone else can show examples of healthy foods and another member can demonstrate or explain how to stay fit. Be sure to prepare handouts for each area so everyone who visits your health fair will have information to take home.

## **REFLECT:**

1. Was it easy to share the information that you have learned in your project? What made it easy or hard?
2. How do you think you can help the people who visited your health fair implement your ideas into their lives?
3. How does it make you feel to know that you are helping other people change their lives for the better? How do you think it makes them feel?
4. With your project group brainstorm other ways you can share something you know with others.

## **APPLY:**

Sharing what we know with others helps to show we care and want everyone to be the best possible they can be. When we set up things like a health fair we show that we are responsible, can be trusted to do what we say and can fairly divide work to be done. Every time we work with a group to accomplish a goal we show these qualities. Next time you are asked to be a part of a team, think about how you can show others that you are caring, responsible and trustworthy.

**Expand on this Activity:** Focus on Step 3, Leadership and Citizenship Activities, in your Health project book. Look at the ideas your book gives for bringing healthy living to your community. As the book suggests, try to choose 2 of the ideas or create your own activity to help members of your club and community live a healthy life.



# Character Connection: Healthy Lifestyles

**Activity:** Prepare Your Club

## **DO:**

First Aid is a very important set of skills that can be used to help others when they are injured. The best way to make sure you and your friends will be taken care of if they get hurt is to help prepare everyone around you. Help your club be prepared by researching, buying and putting together a club first aid kit. From what you have learned, decide what materials should be included in a first aid kit. Then go to your local drug store and put together a first aid kit to be kept with your 4-H club leader. Present this kit to your club leader and ask them to allow you to show a few simple first aid techniques at your next meeting. If they agree, share your first aid kit with your club and give them some tips on what to do if there is an emergency. Make sure to share anything you learned that you thought was very interesting or useful.

## **REFLECT:**

1. Have you ever been able to share something you know with others before? How does it make you feel to know that you are helping your club to be prepared?
2. Has there ever been a time when you wanted or needed help from someone else? What could you have done to find someone to help you?
3. Do you think people are more willing to take risks if they know they are safe? How does your first aid kit help your 4-H club feel safe?
4. What other ways do you think you can help out your club?

## **APPLY:**

Helping to prepare for an emergency or accident shows others that we think ahead. When we show that we are ready in case something does happen, others will see how responsible we are. By sharing our knowledge and advice with others people will see us as responsible members of the community. Anytime we can make our community better we show others they can depend on us. Next time someone asks for your advice remember that they trust you to help them the best way you know how. When this happens, think of the advice you gave your club members and how you helped prepare your club by creating a first aid kit.

**Expand on this Activity:** As a project group prepare first aid kits for each of the project area leaders to keep with them during project meetings. This is a great way to make sure your 4-H club is always prepared with the materials they need in case of an emergency or injury.



# Character Connection: Healthy Lifestyles

**Activity:** Charity Tournament

## **DO:**

Living a healthy life includes becoming active in many different lifetime sports and activities including: sport fishing, bowling and bicycling. Helping others to see that these activities are both fun and good for you helps others to live more a more healthy life. As a project group, coordinate a charity event that will introduce your project area to your club and help raise money for a charity you care about. This event can be a bike-a-thon, a bowling or fishing tournament or a golf tournament. Each of these can be set up to allow people the chance to try out the sport. As a group, determine who will be in charge of each of the following areas:

- Marketing- Making signs and letting people know about your charity and your event
- Logistics- Coordinating times and locations with your locations and volunteers
- Finances- Be in charge of taking registration and money
- Charity- Someone to coordinate donations to your charity

## **REFLECT:**

1. Is this the first time you have done something for charity? Share your other experiences with giving to charity with your club and other members of your project.
2. Do you think more people focused on the charity during your event or just having a good time? What does this tell you about how easy it is to have fun and give back to your community?
3. Why did you choose your charity? What set them apart from other organizations you could have donated to?
4. How does it make you feel to know that you can have fun while doing something good for a charity and for members of your community?

## **APPLY:**

Donating to charity is a great way to share what we have with others who may be less fortunate. Coordinating an event that incorporates fun and charity is a great way to get your entire community involved. A lot of times people want to donate to charity but don't know how to. You've helped people not only give what they can, but also given them an opportunity to participate in something that promotes healthy living. We can help people learn to respect their bodies and be responsible members of the community by doing something like a bike-a-thon or sporting tournament. Next time someone suggests volunteering or donating to a charity think of ways to make it fun and creative so it will appeal to more people.



# Character Connection: Healthy Lifestyles

**Activity:** Patrolling for Safety

## **DO:**

Many community police forces sponsor bike and child seat safety days. Now that you have learned about the importance of riding bikes safely, you can help your local police department with their bike safety day. Contact a member of your local police department (try starting with your school's resource or D.A.R.E officer) to find out if your community sponsors a bike safety day. If they do, volunteer to help educate your peers on the importance of riding a bike that is safe and the right size for you, wearing a helmet and always riding with a friend or parent. You can also help your police officers by helping them get donations of bike helmets and safety equipment and helping them set up before and clean up after the event.

If your community does not have a bike safety day, work with your local police department to set one up in your area. You might want to travel to a nearby town's event to get some ideas of what information people most need about bike safety.

## **REFLECT:**

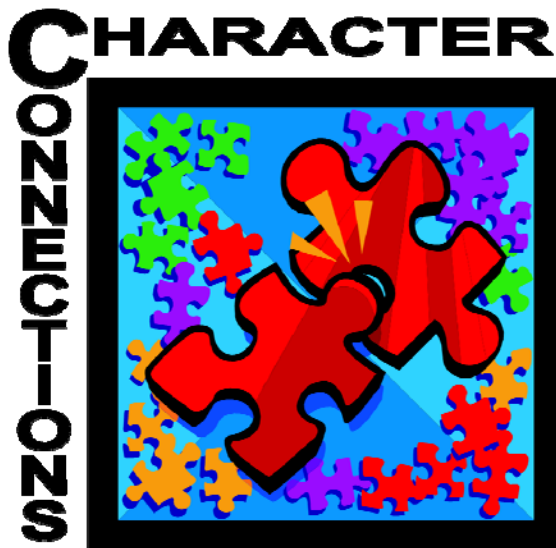
1. How did you support your local police department with bike safety day? Can you think of other times they might need or want you to volunteer to help them?
2. What benefits do you think come from educating your community on safety?
3. What other kinds of events do you think your community would benefit from? Are there other events you could help to plan that would also educate people while they are having fun?

## **APPLY:**

A bike safety day provides information about safe riding to parents and their children. By helping parents know their children are safe you are showing how much you care about your peers. This event also demonstrates how important you think safety is and your desire to make your community a safe place to live. Next time you have the opportunity to share information about safety, think of the benefits of having everyone in your community educated and using safe practices. You will show that you can be responsible enough to carry out an event and caring enough to make sure your community is a safe place to grow up.

**Expand on this activity:** End your event with a group bike ride on local trails. Promote living a healthy lifestyle by ensuring everyone understands how bike riding is good for their bodies.





Making the Character Connection with...

## Industrial Technology

### Electricity

Level 1 Magic of Electricity 831

Level 2 Investigating Electricity 832

Level 3 Wired for Power 833

Level 4 Entering Electronics 834

### Small Engines

Level 1 Small Engines 851

Level 2 Small Engines 852

Level 3 Small Engines 853

### Welding

Level 1 Welding 846

### Woodworking

Level 1 Measuring Up 871

Level 2 Making the Cut 872

Level 3 Nailing it Together 873

Level 4 Finishing it Up 874

Being a person of good character means you try your best to follow the Six Pillars of Character<sup>SM</sup> every day. As you work through your Industrial Arts projects think of all the ways being a person of character relates. You will learn about the importance of safety and how you can make your workspace safer by following specific rules. You have chosen Industrial Arts projects because you enjoy building and creating new things. As you finish your projects you will find many uses for what you have created. Think about how your projects could brighten the day of someone else or how sharing your talents with a friend would make them feel. After each of your project meetings think of ways you can show others you are a person of good character by using your knowledge of Industrial Arts and the products you have created.

Projects in this Connection have been grouped because they have related information. There may not be an activity for every project listed however at least one of the activities can be adapted for each project. Be creative; let this be a stepping stone for many ways of teaching character.

### This Character Connection contains:

- **Explanation of how the Six Pillars of Character relate to the Industrial Technology projects.**
- **Activities suggesting how to demonstrate good character while enhancing your knowledge.**
- **Questions to help you think of other ways to demonstrate good character in everyday life.**

# Character Connection: Industrial Technology

Trustworthiness	Responsibility	Caring
<ul style="list-style-type: none"> <li>✓ Be dependable when working with dangerous equipment</li> <li>✓ Be honest with your project leader and your teammates</li> <li>✓ Only use equipment you have been trained to use</li> <li>✓ Show off your talents-choose to build from scratch not using kits or pre-assembled projects</li> </ul>	<ul style="list-style-type: none"> <li>✓ Learn safety procedures for all equipment you use</li> <li>✓ Be prepared with the materials you need to complete your projects</li> <li>✓ Listen carefully to the instructions of your leaders</li> <li>✓ Do your part when working in groups</li> </ul>	<ul style="list-style-type: none"> <li>✓ Be willing to help friends even if you are competing against them</li> <li>✓ Thank leaders and facilitators that help you with your project</li> <li>✓ Share your tools and supplies if someone else runs low or is having trouble</li> </ul>
Respect	Fairness	Citizenship
<ul style="list-style-type: none"> <li>✓ Don't judge people based on the quality of their projects remember that everyone has tried their best</li> <li>✓ Show care and respect for everyone's projects</li> <li>✓ Treat others' projects the way you want your project treated</li> </ul>	<ul style="list-style-type: none"> <li>✓ Take turns using the equipment so everyone has equal time building and constructing</li> <li>✓ Follow specifications and guidelines for your project</li> <li>✓ Allow everyone access to the same materials</li> </ul>	<ul style="list-style-type: none"> <li>✓ Always clean up your workspaces and messes left behind by others</li> <li>✓ Share your talents by building something that you can donate or give as a gift</li> <li>✓ Don't use any supplies that are not allowed</li> <li>✓ Create waste free environments and think of ways to better your community and environment by using your skills</li> </ul>

# Character Connection: Industrial Technology

**Activity:** Share the Safety

## DO:

Arc Welding and other Industrial Arts project areas can be very dangerous if the proper safety guidelines are not followed. You have learned all about the importance of safety and helping to keep your workspace free from clutter and other safety hazards. More than likely you are not the only person who uses the workspaces, especially if you are working in a school or industrial shop. Show others who use the space that you care about their safety and about helping make the equipment last longer. Create signs for the shop with safety slogans that are easy to remember. Draw pictures and write out the important safety guidelines that should be followed. Make sure you hang your signs in safe places where they will be out of the way and not a safety hazard.

## REFLECT:

1. Was it easy to remember all of the safety guidelines you have learned? Which ones were the most difficult for you to think about?
2. Have you ever seen a time when a reminder safety sign has been helpful? If not, can you think of times when a reminder might be necessary?
3. Think about times when you have seen a safety hazard when working. What is your first response? Do you think people want to be reminded of safety rules?

## APPLY:

Showing others we care about safety is an important part of being a responsible and caring participant in the Industrial Arts. Sometimes it may seem like because you are younger or less experienced you cannot speak up if you see a safety rule being broken. Think about what someone might say if you pointed out that they were in a dangerous situation. When someone points this out to you, are you mad, or are you grateful that they cared about your safety and the quality of your project? Sometimes we are afraid to speak up around adults or our friends, but remember that when safety is involved you are really showing them you care about them by helping them stay as safe as possible. Hanging your safety signs are one way to show that you are responsible and caring but remember not to stop there; always look out for the safety of others in their workspaces and in other areas of their life.

**Expand on this Activity:** Help others with their projects by creating signs that show the important steps in the building process. This will serve as a friendly reminder to other 4-Hers that following the steps and not taking shortcuts helps to create the best possible project.





# Character Connection: Industrial Technology

**Activity:** Woodworking for a Good Cause

## DO:

Woodworking products are a great gift and can enhance the quality of life for many people. You have learned how to build many products that others can use, including napkin holders, bird houses, foot stools, bookcases and chairs. Each of these projects could change someone's life by helping them to store items or by making a hard task just a little bit easier. As a project group pick one of the items that all of your members feel comfortable building. After choosing the project, set a goal for how many you want to create and who you are going to donate these projects to. If you are building birdhouses you can volunteer to hang them up in a local park. Take your napkin holders to a local VFW hall so your project can sit on each table and be used by local veterans. Chairs, stools and bookcases can be used by your neighborhood nursing home to help make everyday tasks a little easier for its residents. Make sure you hand deliver all of your projects and speak with the people whose lives you are enriching by sharing your woodworking skills.

## REFLECT:

1. When are some other times you have been asked to work in a team? How does it make you feel to work in team situations rather than being in competition with one another?
2. How does it make you feel to know you are donating your skills?
3. Can you think of another time you have been able to share your skills or projects with others? Share your experiences volunteering with your project group.
4. How do you think it makes others feel to know you are sharing your talents with them? Brainstorm as a group the people you think were most influenced by you sharing your projects. Are there specific people you met or stories you heard about someone enjoying what you made?

## APPLY:

Sharing our talents with others is an important part of being caring. When we share these skills and projects with our community it shows we are citizens who want to enhance the community in which we live. Even though a birdhouse may not seem like a big contribution to your community, someone will look at what you have made and know that you are doing all you can to make the world a better place to live. Remember that as a 4-Her you pledge to make your club, community and world a better place, and by sharing you skills that is what you are doing. Next time you want to make a difference, try sharing a talent or project you have made with someone.

**Expand on this Activity:** Volunteering is another great way to show off your woodworking and other Industrial Arts skills. Spend a Saturday helping an organization build and repair fences or volunteer to do some welding at a local not-for-profit organization. Many organizations need this type of maintenance help and would be very appreciative of you sharing your time and talents.



# Character Connection: Industrial Technology

**Activity:** Employee's Day Off

## **DO:**

You have learned about types of wood, fasteners for building, building joints, tools and building a project from start to finish. We all have people who we turn to in our local hardware stores to give us advice and help us pick out the supplies we need. These people often remember our names and know that each year when our project starts we will be in to get more advice and start a new project. Show these people you appreciate their help by giving them a day off. Talk with the manager of your local hardware store to coordinate a day that you and your project leaders can volunteer to work in the store while those people that have helped you with your projects enjoy an appreciation party. Set up a party in the store or at a nearby location to show these people that they have helped you be the best you can be. Make sure to include letters of appreciation and tokens of your appreciation.

Showing these people your appreciation is important, but so is volunteering to help out your local store. Share what you have learned with the customers of the hardware store and see if you can help them pick out what they need for their projects. You will be amazed at how many questions you can answer and the customers will be impressed with all of your woodworking knowledge. Even though you now know a lot about woodworking and which types of materials are best, make sure you ask an expert if you are not quite sure of answer to a customer's question.

## **REFLECT:**

How does it make you feel to show appreciation to people who have helped you? How do you think these people feel when you tell them how much you appreciate their time and talents? Can you think of other times when showing someone you appreciate them has also given you the opportunity to share your skills?

Brainstorm other times when you could share your knowledge in your community. Make sure these are realistic and something you would be willing to do.

## **APPLY:**

Showing appreciation is an important part of being a caring and respectful person. There are people everyday who help us make decisions. School teachers, project leaders, youth group leaders, and members of our community spend their time and talents helping us become the best we can be. Next time someone helps you by giving you advice or helping you make an important decision remember to thank them. A thank you is a great way to show you appreciation. If it is someone who spends a lot of time helping you think of other ways to give back to them and show them that you are grateful for all of their help.



# Character Connection: Industrial Technology

**Activity:** Making Your Home Energy Efficient

## **DO:**

Being a responsible citizen means doing your part in making your piece of the world the best it can be. Conserving energy is an important aspect of learning about electricity. Now that you know a little more about electricity in your home you can become an advocate for making every home in your community energy efficient. As a project group research ways to make a home more energy efficient, including how much money a family can save by making a few small changes. Think about where energy escapes from your home and ways to use less electricity and natural resources in the home. After making a list of these energy efficient ideas visit your local hardware store to find out how much each of your ideas cost. Develop a plan for making a home energy efficient for under \$50.00. Share your ideas with your family, 4-H club and classroom at school. Volunteer to help anyone who wants to create a more energy efficient home develop a plan and add the items to their home.

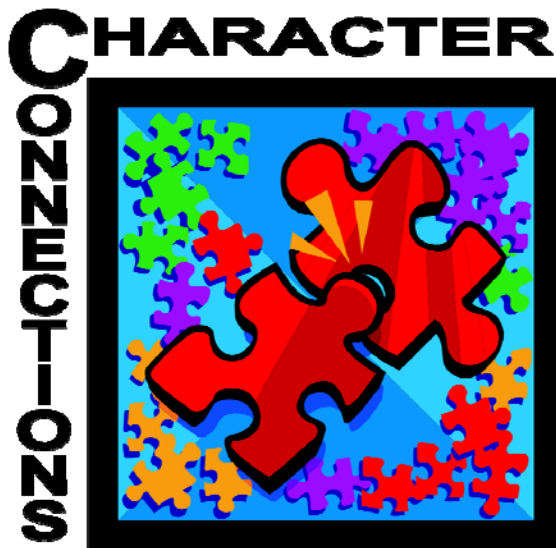
## **REFLECT:**

1. How much energy and money can you save your community if you share your knowledge with others? Do you think your community would appreciate your willingness to help better the environment?
2. Brainstorm with your project group other things involved in electricity that could benefit the lives of others. How does what you have learned so far influence every member of your community?
3. How does it make you feel to know you are helping to preserve natural resources for generations to come?
4. Can you see the benefit of changing people's minds about how they use electricity and other natural resources? What will this do for the future of the world?

## **APPLY:**

Conserving the world's natural resources is one way to show your community that you are a good citizen working to better everyone's life now and in the future. By helping each person in your club save money and natural resources you are bettering the quality of life of so many people. Making homes energy efficient is just one way to conserve natural resources and make the world a better place. Next time you learn something that you think might impact the world share it with your parents or another adult. Have them help you develop a plan for your idea and continue to share your knowledge about creating a better world with your community.





## Making the Character Connection with...

### Leadership

Level 1 Pathways to Leadership 271

Level 2 Building Personal Leadership 272

Level 3 Leadership for Life 261

Level 4 Leading Into the Future 262

Being a person of good character means you follow the Six Pillars of Character<sup>SM</sup> every day. By choosing to take a Leadership project you are showing that you want to help your community become the best it can

be. You have learned about many characteristics of leaders and different activities you can do to show leadership. You may have the opportunity to volunteer in your community (Citizenship) or help someone in need (Caring). When you act as a leader you are responsible for making sure your team members have the information they need and understand their individual roles (Responsibility). No matter what your role in a group, you can show leadership through your behaviors. As you work through your Leadership project, remember that people of good character often become great leaders. Think of ways you can demonstrate your knowledge of leadership while also demonstrating the characteristics of a person of good character.

#### This Character Connection contains:

- **Explanation of how the Six Pillars of Character relate to your Leadership project.**
- **Activities on how you can demonstrate good character while practicing your Leadership skills.**
- **Questions to help you think of other ways to demonstrate good character in your everyday life.**

# Character Connection: Leadership

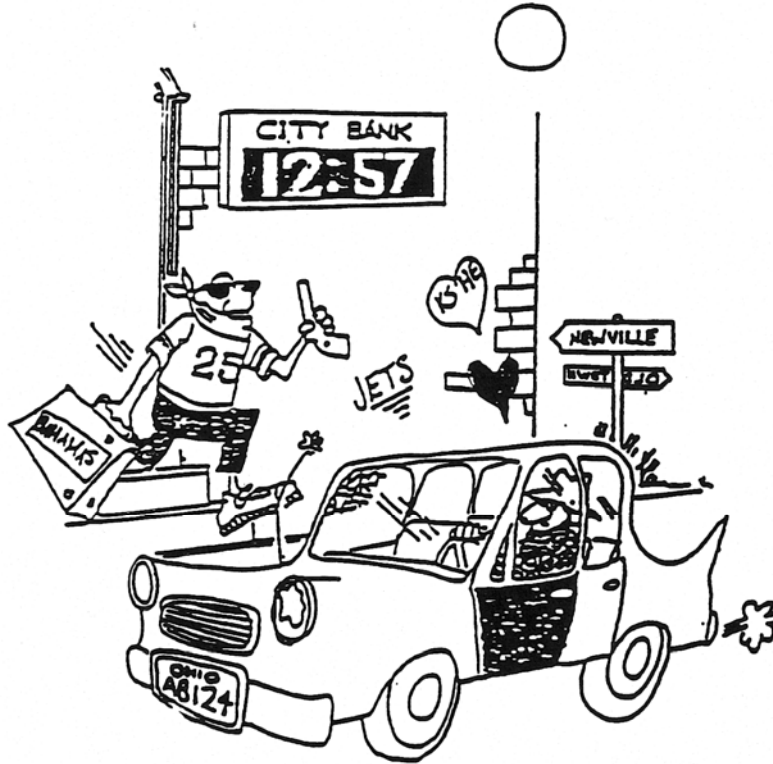
Trustworthiness	Responsibility	Caring
<ul style="list-style-type: none"> <li>✓ Be on time to group activities</li> <li>✓ Always give plenty of notice if your plans and availability change</li> <li>✓ Be dependable and help out to make sure your group performs its best</li> </ul>	<ul style="list-style-type: none"> <li>✓ Be prepared with the supplies you need</li> <li>✓ Take charge and lead what you say you will - don't fall back on others</li> <li>✓ Plan Ahead! Be prepared in case things don't go the way you plan</li> </ul>	<ul style="list-style-type: none"> <li>✓ Share what you have learned with others</li> <li>✓ Help out whenever you can</li> <li>✓ Put forth your best effort</li> <li>✓ Be thankful of your leaders and those who allow you to lead their groups</li> </ul>
Respect	Fairness	Citizenship
<ul style="list-style-type: none"> <li>✓ Treat younger participants the way you want them to treat you</li> <li>✓ Show that you respect leaders and participants</li> <li>✓ Resolve disagreements in the group before or after an event. Never involve people in a disagreement who are not involved</li> </ul>	<ul style="list-style-type: none"> <li>✓ Be a group player</li> <li>✓ Lead only what you are in charge of. Give everyone a chance to show their skills</li> <li>✓ Be willing to assist others when they are in charge</li> <li>✓ Be open-minded when helping out with things you don't know much about</li> </ul>	<ul style="list-style-type: none"> <li>✓ Volunteer</li> <li>✓ Organize events that will benefit your community and club</li> <li>✓ Show others the importance of having both leaders and followers</li> </ul>

# Character Connection: Leadership

**Activity:** Just the Facts

**DO:**

Use this activity in a 4-H meeting or project meeting or with a group of friends. Imagine that you are any eyewitness to the following event. Study this sketch. You will be given a short time to observe the facts. When you are told to stop, turn the sketch over, turn to the person next to you, and describe what you saw – tell him or her "all the facts." That person should tell the next person, and so on, until the last person gives a report to the whole group.



**REFLECT:**

1. What was your first reaction to this activity – did you think it would be easy or hard?
2. Did it turn out the way you thought it would?
3. How does this activity relate to your leadership project and to character?

**APPLY:**

Being in leadership positions means we must make decisions based on facts, which means relying on the Six Pillars of Character. Can you think of times when you have made a decision based on what you perceived as fact to later find out it wasn't true? How does this affect your credibility with others who look to you as a leader?



# Character Connection: Leadership

**Activity:** My Favorite Teacher

**DO:**

Have individuals pair up with someone different.

Exchange stories about your favorite teachers. Remember two or three teachers who were really special. Take the time to describe your favorite teacher: looks, actions, ways of teaching, and special things that made him or her a good teacher. Discuss those things that are about the same among the reports, and why they are important in a good teacher.

**REFLECT:**

1. What things do the good teachers have in common?
2. Which of these good things is most important?
3. How can you expect teachers to develop these skills?
4. When you teach someone a new skill, do you use any special skills or techniques your favorite teacher uses?
5. How does this activity relate to the leadership project?
6. Did any of the traits you talked about have to do with character? How?

**APPLY:**

Much of what we learn and how we behave we learned from someone else. It's called role modeling. When you serve in leadership roles, there will be others looking to you as a model for how they want to act and solve problems. People are also watching you and how you make decisions of character. Think about the people you have looked up to and tried to model. What was it about that person that you definitely want to pass along to others?



# Character Connection: Leadership

**Activity:** Words of Confidence

## **DO:**

As you have developed your leadership skills, there have been others who have helped you develop the confidence to stand before a group, make difficult decisions, or work to help everyone feel a part of the group. These people have helped you feel confident. In this activity, those in your leadership project are going to help club members build confidence for each other. One way we can build confidence is to recognize positive things about other people and tell them what these are.

At your next 4-H club meeting, give everyone a paper plate and masking tape and ask that they attach the plate to their back. Explain to the group that you are going to give them a set amount of time. In that time frame you would like for them to go to other members and write one positive characteristic about each person on the plate. Encourage them to write something positive on everyone's plate. Provide them suggestions like *great smile, good at organizing, helps others*, etc.

When time is up have everyone remove the plate from their back and take a few minutes to read what others have written. If you have time you can ask everyone to share one characteristic that was written on their plate that is particularly meaningful to them.

## **REFLECT:**

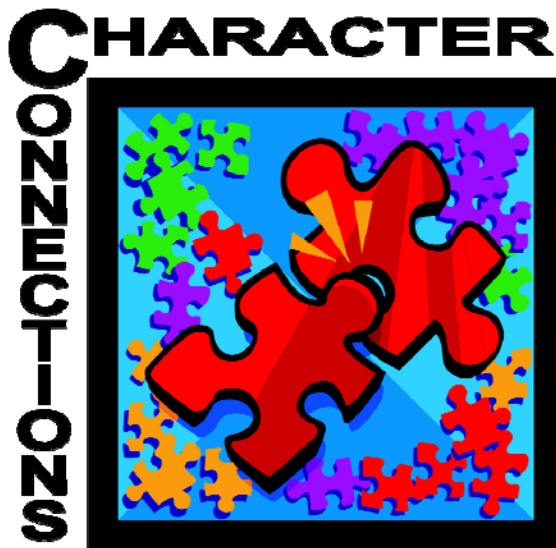
1. Was this an easy activity to plan and prepare for?
2. Is it always necessary to plan big awards events in order to share good things with others?
3. How did this activity make you feel?
4. How did others respond to this activity?

## **APPLY:**

As someone in a leadership position it is important to make others feel that they are important and that they have meaningful things to contribute. Just taking time to say a kind word to someone can make a big difference. Be sure to remember the very youngest 4-H members and help them build confidence at an early age. Taking time to care about others is an important leadership trait.







## Making the Character Connection with...

### Production Livestock

#### Beef

Level 1 Beef 121

#### Dairy

Level 1 Mooving Ahead 132

Level 2 Rising to the Top 133

#### Dairy Goats

Level 1 Getting Your Goat 136

Level 2 Stepping Out 137

Level 3 Showing the Way 138

#### Meat Goats

Level 1 Meat Goats 139

#### Poultry

Level 1 Poultry 151

Level 2 Poultry 152

#### Rabbits

Level 1 Rabbits 111

Level 2 Rabbits 112

Level 3 Rabbits 113

#### Sheep

Level 1 Sheet 161

#### Swine

Level 1 Swine 181

Being a person of good character means you follow the Six Pillars of Character<sup>SM</sup> every day. Taking care of animals requires a lot of patience and responsibility. While you are completing your livestock project think of all the ways you can demonstrate good character. You may not see how your project can demonstrate character, but take a moment to think of a way it might relate. You may have the opportunity to exhibit your livestock in a competitive show. Following the rules and being willing to learn from the experience rather than focusing on winning shows a people you are working on bettering yourself. Any time you show you have to understand and follow a set of rules (Fairness and Responsibility) and you need to be willing to show your animal love and care no matter the outcome. All of these are opportunities to demonstrate qualities of good character; it's up to you to make sure you are living and showing your animals by the Six Pillars of Character.

Projects in this Connection have been grouped because they have related information. There may not be an activity for every project listed however at least one of the activities can be adapted for each project. Be creative; let this be a stepping stone for many ways of teaching character.

#### This Character Connection contains:

- Explanation of how the Six Pillars of Character relate to the Production Livestock projects.
- Activities suggesting how to demonstrate good character while enhancing your knowledge of Livestock.
- Questions to help you think of other ways to demonstrate good character in everyday life.

# Character Connection: Production Livestock

Trustworthiness	Responsibility	Caring
<ul style="list-style-type: none"> <li>✓ Show only animals you have raised and trained</li> <li>✓ Follow the rules of the competition</li> <li>✓ Only use approved products for show</li> <li>✓ Always enter and show the same animals and in the correct classes</li> </ul>	<ul style="list-style-type: none"> <li>✓ Meet all obligations to sales centers and buyers</li> <li>✓ Set a good example for other showmen</li> <li>✓ Work hard and don't quit if results don't turn out the way you want</li> <li>✓ Get your entries in on time</li> </ul>	<ul style="list-style-type: none"> <li>✓ Show consideration for other's livestock</li> <li>✓ Help less experienced showmen practice before competitions</li> <li>✓ Thank people who help you care for your livestock</li> </ul>
Respect	Fairness	Citizenship
<ul style="list-style-type: none"> <li>✓ Judge other participants on their character not on the quality of their livestock</li> <li>✓ Be understanding of other's viewpoints</li> <li>✓ Always be courteous in show rings</li> </ul>	<ul style="list-style-type: none"> <li>✓ Use only stall space paid for and assigned to you</li> <li>✓ Follow the rules set by the organization running the show</li> <li>✓ Don't question consequences if they are a result of your choices</li> </ul>	<ul style="list-style-type: none"> <li>✓ Learn the rules and make sure you and others follow them</li> <li>✓ Do what's best for everyone</li> <li>✓ Protect the environment by disposing of waste according to law</li> <li>✓ Be open to learning from others</li> </ul>

# Character Connection: Production Livestock

**Activity:** Know the Rules

## **DO:**

One of the main reasons you probably chose to enroll in a Livestock project is the opportunity to show your animal at local and state competitions. Every show you enter has different rules and regulations and you can help your fellow 4-H members keep track of all the different rules. Make a list of the competitions members of your 4-H club usually enter; your county fair, the state fair, and breed association shows. Once you have your list start finding the rules and regulations for the contests. You can find your information about your county fair from your county extension office, state fair regulations in the state fair rule book and rules for associations on their websites. Go through the rules and make note of the rules that are specific to that show, or different from other shows. There may be different weight, age, gender, breed qualifications to enter. There may also be different rules about when you can arrive to a show and what you are allowed to bring with you.

For each competition make a list of "Important Facts". Create a book of rules for your club and county members to use. Make sure to include the registration forms for each, contact information so participants can get answers to questions and your list of rules and regulations for each contest. Share your book with club members so everyone will know how they can participate too.

## **REFLECT:**

1. What was the biggest difficulty for you when putting together the rule book?
2. Why do you think each competition has a different set of rules?
3. How do you think you can impact other's experiences just by making sure they know all the rules first?
4. How does it make you feel to know your club members will be starting off knowing the rules? How do you feel knowing you may have made it possible for other's to participate in shows they didn't know about?

## **APPLY:**

A major part of exhibiting livestock is knowing the rules and being willing to follow them. By putting together a rule book for other participants in livestock projects you ensure that everyone has the same information. A major part of playing fair is making sure everyone starts on the same page. This means that by helping everyone know and understand the rules before entering a competition, you showed that you care about making competitions as fair as possible. Next time you have a new member join your club or project area help them understand how 4-H and other competitions work so they too will know what to expect when entering a show.



# Character Connection: Production Livestock

**Activity:** Know Your Beef/Pork/Lamb

## **DO:**

It's time for you to show others that you know more about your animals than just how to care for them. Because you raise livestock, you probably know about the process of getting animals from farm to kitchen. With the members of other livestock projects in your club (Swine, Sheep, Beef, Dairy, Goats) plan a matching game to educate members of your 4-H club about how animals make it to their dinner plates. With the members of your project area, create a list of the process your animal has to go through from show-ring to food products. Make sure to include every step in the process. Then, with the members of the other livestock projects facilitate your matching game at your next club meeting. To play the game, first write the steps out on individual pieces of paper. Then, mix up the steps for each animal type. Make sure you have all of the project groups mixed in together. Have your club members figure out the order for each animal. As they go through the game give them more information about each step. Most importantly, help them gain a respect for the process of getting their food and help them to see how many people are involved in the process. Also stress the importance of being grateful for what we have, and not judging people on what they choose to eat.

## **REFLECT:**

1. How does it make you feel to be a leader in your club?
2. How else can you help others understand how much work it takes for them to go to the grocery store and buy meats and dairy products?
3. Do you think you have changed anyone's minds or attitudes about livestock projects?
4. What would you say to someone wanting to raise livestock? What would they need to know about showing and selling animals?
5. How do you use the money you earn from showing and selling livestock? How else might someone use this money?

## **APPLY:**

People who raise livestock often have a difficult task, showing an animal one day and selling it the next. Educating people on why you do this is a way to help them see how their food makes it to their homes. Helping people to be grateful for what they have shows that you want others to respect what others do to make this possible for them.

Educating your club members also means that you understand the importance of helping people make their own decisions, but making sure they have all the information they need to do so.



Now, every time you sit down to eat an animal product, consider learning more about the people who do so much to make that moment possible. Showing respect for these people is an important character trait, particularly when you yourself want acknowledgment for your work in raising livestock.

# Character Connection: Production Livestock

**Activity:** Therapy Animals

## **DO:**

Cats, dogs and horses all make great therapy animals. Use your companion animal for good by training your pet to be a therapy animal. Therapy animals are trained to be relaxed around groups of people and to obey their owners in new situations. Any animal used for therapy can be used in nursing homes, hospitals, schools and retirement homes to brighten the day of the residents. Contact your local therapy animal organization to find out what you need to train your animal to work in therapy. As you train your animal, keep in mind that it will be responsible for making others happy and showing them that people in the community care for them.

After you train your pet, find a local nursing home, day care, school, or hospital that will allow you and your pet to visit. As you share your animal with others, talk to them about why you chose to train your animal for use in therapy. Listen to their stories about why they appreciate your gesture, and what your visits mean to them. Set up a schedule with the organization of when you can bring your animal back and share more with the residents and students.

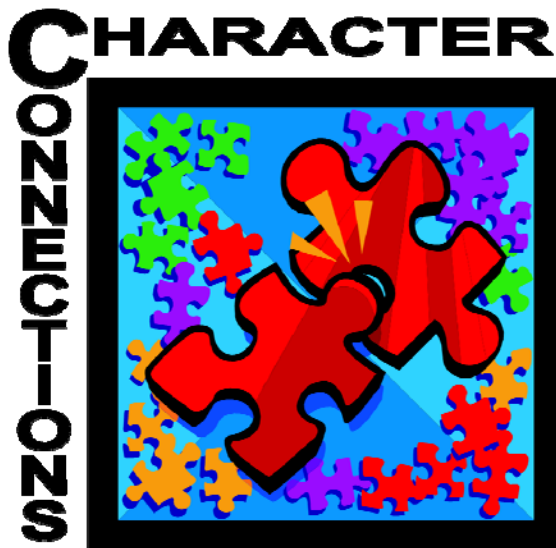
## **REFLECT:**

1. How does sharing your animals with others, particularly those who are sick and elderly make you feel?
2. What did you notice about your pet when it was volunteering?
3. Can you think of other ways you and your pet can make a difference in your community?

## **APPLY:**

Therapy animals have been proven to help people who are sick feel better and recover faster. Everyone enjoys having animals around and being around new environments and people is good for your pet. Now that your pet is a therapy animal, what are some other ways you and your pet can do good in your community. Pets are also used for search and rescue and to catch people breaking the law. Next time you have the opportunity to try something new with your animal, remember that sharing your animal with others shows them you care about both them and your pet.





Making the Character Connection with...

## Outdoor Adventures

Level 1 Hiking Trails 761

Level 2 Camping Adventures 762

Level 3 Backpacking Expeditions 763

Being a person of good character means you follow the Six Pillars of Character<sup>SM</sup> every day. This project will show you how to interact with nature and become more capable of being outdoors alone. As you work through your project think about ways Outdoor Adventures relate to being a person of good

character. You will learn about respecting nature by always using only what is available to you. You may also need to remind others in your community to keep their campsites clean and safe (Respect and Responsibility). You may even have the opportunity to lead a group of friends or family on a camping trip (Caring). No matter what skill you are able to exhibit think about how you can show that you are not only learning about the outdoors but also trying to be a person of good character.

**In this character lesson you will find:**

- **Explanation of the Six Pillars of Character.**
- **Explanation of how the Six Pillars of character relate to your Outdoor Adventures project.**
- **Activities on how you can demonstrate good character while practicing your Outdoor Adventure skills.**
- **Questions to help you think of other ways you can demonstrate good character in your life.**

# Character Connection: Outdoor Adventure

Trustworthiness	Respect	Responsibility
<ul style="list-style-type: none"> <li>✓Always go where you say you will be.</li> <li>✓Don't wander off the trails.</li> <li>✓Remember that wild flowers and animals are there for enjoyment of everyone, don't pick them or take them if a park ranger or leader has told you not to.</li> <li>✓Be Dependable- Carry your own pack!</li> </ul>	<ul style="list-style-type: none"> <li>✓Don't quit if it gets too hard; remember you made a commitment to do your best.</li> <li>✓Set goals you know you and your group can accomplish</li> <li>✓Set a good example for less experienced outdoors people.</li> </ul>	<ul style="list-style-type: none"> <li>✓Forgive others for their shortcomings.</li> <li>✓Be thankful for people who lead your hikes and adventures.</li> <li>✓Help people in need, even if they are not part of your group.</li> <li>✓Clean up after your group and any other trash you see.</li> </ul>
Fairness	Caring	Citizenship
<ul style="list-style-type: none"> <li>✓Respect Mother Nature</li> <li>✓Move at the pace of your group's slowest person</li> <li>✓Choose places to camp based on the good of the group.</li> <li>✓Take good care of the property and land around you</li> </ul>	<ul style="list-style-type: none"> <li>✓Make decisions as a group, don't make up your mind before hearing everyone's ideas.</li> <li>✓Be open-minded about trails and campsites.</li> <li>✓Treat everyone equally.</li> <li>✓Make decisions based on information and past knowledge.</li> </ul>	<ul style="list-style-type: none"> <li>✓Be a good citizen; clean up your camping area and keep your area safe from outdoor hazards</li> <li>✓Obey the laws of the area you are in</li> <li>✓Take the time to learn the rules and guidelines of the area you are in.</li> <li>✓Volunteer to help clean up your favorite outdoor areas.</li> </ul>

# Character Connection: Outdoor Adventures

**Activity:** Take Only Pictures, Leave Only Footprints

Supplies: 20-30 man-made objects

## DO:

You have learned to observe whatever “Leave No Trace” practices are being used in your local outdoor areas. Now it’s time to help others think about things they can do to respect nature and ensure that the areas they visit are better when they leave than when they arrived. Plan this activity for a local youth organization, school group or even your Clover Kids group.

Place the man-made objects you have collected in a wooded area. Make sure some of the objects are easy to see and some of them are more difficult. Have the group walk through the area just as if they were walking on a trail to see how many of the objects they can see and/or identify by name. Talk with them about the importance of picking up trash they see in nature, even if it isn’t theirs. Remind them that you want to keep your community clean for years to come, and everyone can do their part to be a respectful, responsible citizen.

## REFLECT:

1. What was it like for you to share your knowledge about the outdoors with others?
2. Do you think this activity will make you and those you taught more likely to observe nature more closely? Why or why not?
3. Can you think of another time when being observant is important?

## APPLY:

Leaving no trace of our presence in nature allows everyone to enjoy the sights and sounds without being reminded of those who have visited before them. Cleaning up after ourselves and protecting our campsites from hazards also helps keep disasters from happening. By showing that we have respect for nature, we show that we care about our earth and want there to be outdoor areas for people to enjoy for years to come. Remember to respect the world around you, even if it means going out of your way to pick up someone else’s trash or teaching someone else how important it is to be observant of their environment.

**Expand on this Activity:** With the same group, talk about how life has changed with the introduction of cars, internet, trains, etc. Have the group sit outside, close their eyes and identify what sounds they hear. Many will probably hear things like cars and people. As a group discuss what you would hear if you were 100 miles from any city or town.





# Character Connection: Outdoor Adventures

**Activity:** Share the Load

**DO:**

There is a lot of stuff to carry for an overnight camping trip and often one or two people get stuck carrying the bulk of the load. For your next camping trip, get together with the members of your group to plan out how you will divide up the responsibility. Being responsible for your own things is important, but showing responsibility for the group's needs and items is also important. As a group, fill out a chart like the one below to help decide who will carry which items to help divide the load. This will also help you think about what you really need to bring and what you can leave behind.

DAY 1	Mark	Mary	Barbara	John	Dustin
AM	Tent	Extra Water	Food	Pots and Pans	Matches/Fire Starting Supplies
PM	Tent	Food	Extra Water	Matches/Fire Starting Supplies	Pots and Pans
<b>DAY 2</b>					
AM	Trash	Tent	Pots and Pans	Uneaten Food	Any Extra Supplies
PM	Return Home	Return Home	Return Home	Return Home	Return Home

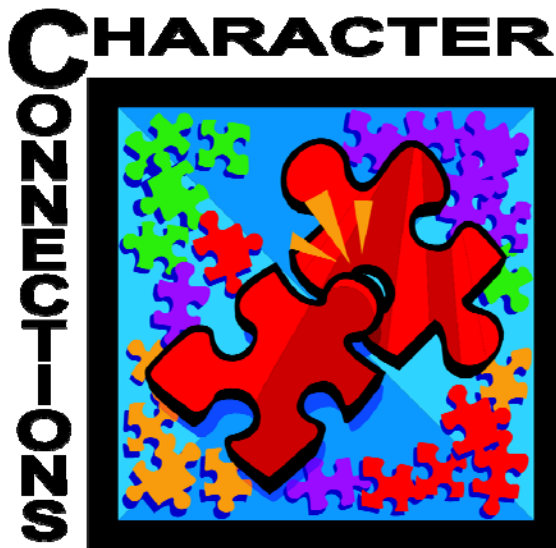
**REFLECT:**

1. Has your group ever shared the load before? Who usually carries the group items?
2. Can you think of other times you have shared the load with a group?
3. What benefits do you see from showing your group and your adult leaders that you are a responsible member of the group willing to help?

**APPLY:**

Taking responsibility for you and your group can help your group succeed and help you to become a more active participant. Being responsible helps others see that you are willing to help however you can and shows them you are able to be trusted with more details and responsibility. Responsibility doesn't stop with your group; think of all the other ways you can show people you are responsible. Maybe you can remember all of your lessons on respecting nature and lead a clean up hike during your campout, or you can offer to watch your younger sibling for your parents one afternoon. You can show responsibility in all parts of your life, and the more you do the more people will want to trust you with details and information.





Making the Character Connection with...

## Photography

Level 1 Adventures with Your Camera-A 351  
Level 2 Adventures with Your Camera-B 352

Being a person of good character means you follow the Six Pillars of Character<sup>SM</sup> every day. In the Photography project you will learn about the technology behind cameras, new and old, and learn how to set up and take beautiful pictures. It may seem like your photographs don't have much to do with being a person of character but take a moment

to think of some ways it might relate. Show someone you care by sharing your photographs with them or capture important family events in a photo story for your family to enjoy for years to come. You may want to show your skills by teaching others about photography (Caring and Responsibility). If you enter your photographs in an art show or your local fair, you should understand the rules and be willing to accept the judges' rulings (Fairness). All of these situations give you a way to show you are a person of character; it's up to you to make sure you are following the Six Pillars of Character and displaying behaviors of a person of character.

**This Character Connection contains:**

- **Explanation of the Six Pillars of Character.**
- **Explanation of how the Six Pillars of Character relate to your Photography project.**
- **Activities on how you can demonstrate good character while practicing your Photography skills.**
- **Questions to help you think of ways to demonstrate good character every day.**

# Character Connection: Photography

Trustworthiness	Respect	Responsibility
<ul style="list-style-type: none"> <li>✓Tell the truth; never say you took photographs if you didn't.</li> <li>✓Keep your promises.</li> <li>✓Be dependable; make sure people can count on you to be there each time!</li> </ul>	<ul style="list-style-type: none"> <li>✓Be accountable to your project group, leader and self.</li> <li>✓Set an example for future photographers that would make you and your parents proud.</li> <li>✓Put in your best effort - do work you are proud of.</li> </ul>	<ul style="list-style-type: none"> <li>✓Be forgiving - Pictures won't always come out the way you want, but don't take it out on your subjects.</li> <li>✓Understand when plans change.</li> <li>✓Allow subjects to choose their own poses and themes.</li> </ul>
Fairness	Caring	Citizenship
<ul style="list-style-type: none"> <li>✓Show respect for the subjects of your photographs - don't make them do anything you wouldn't do.</li> <li>✓Don't judge the work of other photographers.</li> <li>✓Be tolerant of subjects and situations.</li> </ul>	<ul style="list-style-type: none"> <li>✓Accept judges' decisions at art shows and fairs.</li> <li>✓Let others practice at the same position, lighting and setting as you have.</li> <li>✓Help others learn; it doesn't always have to be competition.</li> </ul>	<ul style="list-style-type: none"> <li>✓Volunteer to take pictures for someone who may not have a photograph of themselves.</li> <li>✓Share patriotic photos at a local event.</li> <li>✓Learn about photo-journalism and how photographs are an important part of world news</li> </ul>

# Character Connection: Photography

**Activity:** Patriotic Pictures

## **DO:**

Take the skills you have learned about distance, color and composition and take a series of patriotic pictures. These pictures can be pictures of flags, American heroes, people volunteering or anything you think your community would see as patriotic. Try using your different techniques so each of your pictures is unique. Take these photographs to a local VFW Hall or hospital and share them with someone who has served their country. It is important to spend time giving back to those who have given so much to us. Show these people that you honor and respect what they have done for you by sharing part of your project with them. Talk with some of these people about what it was like to take your pictures. Ask them questions about how it felt to serve their country and what it is like for them today. Maybe they can give you some ideas on things they consider patriotic that might make great pictures.

Do this as a project group by assigning each member one specific patriotic theme. Maybe one person will take 5 pictures of flags while another person will photograph only monuments. This will give you each the chance to focus your photography skills and learn about using your different techniques on the same type of object.

## **REFLECT:**

1. Have you ever thought about the people who give service to their country?
2. How did it make you feel to be able to share with others your photographs and experiences in taking them?
3. Can you think of another time you have shared personal experiences with someone else? How does it make you feel to hear others' personal experiences?

## **APPLY:**

Giving back to your community and those who serve your community helps others see your commitment to respecting others and being a good citizen. By focusing on patriotic pictures you could show respect for Veterans, but there are many other things you could chose to photograph and share. The important thing is to think of someone that you would like to honor and find a way to show them you are thinking of them. Photography is a great way to do that. Next time you want to show respect for someone take a photograph for them and share your experiences with them.



# Character Connection: Photography

**Activity:** Family Photos

## DO:

Now that you know the ins and outs of photography, you can use your skills to help others capture important moments in their lives. Offer your photographic skills to a member of your family. Volunteer to take photographs for an important event or something they wouldn't have thought of photographing on their own. Make sure you capture all of the important events and some moments that are funny, serious and unpredictable. By showing you have paid attention to details such as preserving their memories you can demonstrate that you are a caring person with their best interest in mind. Being a caring individual means allowing them to choose the event that you photograph and taking the pictures that they feel will best help them capture the memories. Remember to help them journal about the event, adding in your comments about what it was like to watch, what the day was like and how the person appeared to feel. In the future it will be very special that they have such a complete picture of their special day.

## REFLECT:

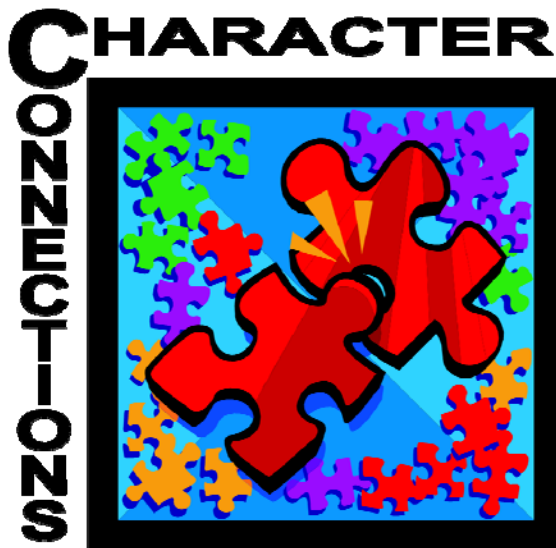
1. What other types of volunteering have you done?
2. How do you think it made your family member feel when you volunteered to capture their day for them? How did their response make you feel?
3. Can you think of other ways you could help your family or community with your photography skills?
4. How did it make you feel to talk to your family member about spending a special day with them?

## APPLY:

Showing someone you care about them isn't always about large gestures. By helping your family member capture an important moment, you are able to show that you care about their memories and enjoyment of an event. At the same time you improve your photography skills. Think about other ways you can share things with people in a caring way. Maybe you can share time, talents or thoughts with others. Next time someone has a special day, offer a hand in making it just a little more special for them. They will see how caring you are and you will feel great that you were able to help.

**Expand on this Activity:** Set up a family photo session just like in a photography studio. Set up the poses and take formal family photographs. Take the time to sit down with your family and journal about the year the photo was taken. How old was everyone? What kinds of things did you like to do as a family? What movies, games and sports teams were most popular? In years to come you'll be amazed at how different things will be. Make a family scrapbook of all your family photos from each year.





Making the Character Connection with...

## Theatre Arts

Level 1 Play the Role 251

Level 2 Become a Puppeteer! 252

Level 3 Set the Stage 253

Being a person of good character means you follow the Six Pillars of Character<sup>SM</sup> every day. You will be learning about many different aspects of theatre, from the basics to developing a puppet show and finally learning about theatre technology. As you work through these projects think of all the ways you can

show you are a person of character. During the project someone may ask you to prepare a skit on an important topic and you can show them you are responsible enough to take your skit seriously and perform to the best of your ability. You might also get the chance to cheer someone up by performing for them (Caring). The amount of time and energy you put into preparing also shows people that you respect what you are doing and are serious about your project. Every part of the performance is important, from lighting technician to actor, everyone must be involved and interested in giving the best effort. No matter what opportunities for performance arise throughout your project there will be many ways to show others what you have learned and to show them you are a person of good character.

### In this character lesson you will find:

- **Explanation of the Six Pillars of Character.**
- **Explanation of how the Six Pillars of Character relate to your Theatre Arts project.**
- **Activities on how you can demonstrate good character while practicing your Theatre Arts skills.**
- **Questions to help you think of other ways to demonstrate good character in your everyday life.**

# Character Connection: Theatre Arts

Trustworthiness	Responsibility	Caring
<ul style="list-style-type: none"> <li>✓ Always give productive criticism of your fellow actors; never say anything that is untrue or hurtful</li> <li>✓ Don't decide at the last minute that you don't want to be involved; remember everyone is counting on you to do your part.</li> <li>✓ Be dependable and help out to make sure your performance is the best possible</li> </ul>	<ul style="list-style-type: none"> <li>✓ Be on time to practices and performances</li> <li>✓ Do what you say you will do; don't try to give the work load to someone else</li> <li>✓ Help everyone else too! Without everyone your performance wouldn't be able to happen</li> <li>✓ Take time to learn about the technology you are using</li> </ul>	<ul style="list-style-type: none"> <li>✓ Share what you have learned with others</li> <li>✓ Go out of your way to perform for a local group of young people of elderly</li> <li>✓ Put in your best effort</li> <li>✓ Be thankful of your fellow project members and of everyone that makes your performances possible</li> </ul>
Respect	Fairness	Citizenship
<ul style="list-style-type: none"> <li>✓ Respect everyone's differences and be sure to portray all of your characters with respect.</li> <li>✓ Tackle serious issues with confidence and respect all sides.</li> <li>✓ Resolve disagreements off the set or stage.</li> <li>✓ Understand that everyone has different talents, respect the choices people make about the jobs they would like to do.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Make sure everyone has the chance to try everything they are interested in.</li> <li>✓ Take turns being the lead role; that way everyone shares the work.</li> <li>✓ Listen to everyone's ideas before making a group decision.</li> <li>✓ Be open-minded when choosing scripts and theatre jobs; it may not sound like what you want to do at first, but it may work out in the end.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Care about your group's goals and help the group reach them.</li> <li>✓ Do what is best for the common good of your group and your community.</li> <li>✓ Share important information with your community through theatre.</li> <li>✓ Offer your skills to organizations in your community.</li> </ul>

# Character Connection: Theatre Arts

**Activity:** Showing Respect with Puppets

## DO:

It's time to plan an around the world puppet show for your 4-H club or other community group. You have already learned how to design different types of puppets and how to perform with these puppets; now it's time to think about the cultures from which your puppets could come. With your project group write a puppet play using characters from around the world. Each person can make a puppet to portray a different country or culture. Research your country to learn about appropriate dress, hair styles, jewelry, makeup, etc. that your puppet should have. Also try to learn a few native words that you could include in your play.

Now that you know culturally specific details about your puppet, come together as a group and write the script. Make sure to include information about each country and interactions between the puppets to show how everyone is different. Showing that everyone is different, but can still respect each other and live happily together should be the goal of your play! After your play is written have fun creating your puppet in any style you like; just remember all of the information you have learned and make it as authentic as possible.

## REFLECT:

1. Has there ever been a time where you have seen someone from a different culture and didn't understand their dress, etc.? How did you react? If not, how do you think you would react to this situation?
2. How would it make you feel to visit another country, have everyone look at you and ask you about your nationality?
3. Can you think of other ways to show respect for other cultures through Theatre Arts?

## APPLY:

Showing respect for other cultures is one way we can continue to live together and help one another understand our differences and similarities. Learning about another country is a great way to expand your mind and find out new information. By performing with puppets you can share what you learn with others, helping them to better understand and respect other cultures. You don't always have to include puppets of other cultures in your plays, but remember when you do it is very important to respect their culture enough to learn about it and portray the puppet in the correct way.

**Expand on this Activity:** Invite an International 4-H Youth Exchange (IFYE) participant to join in your skit to help describe their culture or the country they visited on their exchange. If you have an international participant in your area, center your skit around their country, using native dress, food and customs within your skit. Remember to help this person understand that you want to learn more about their country and are interested in sharing what you learn with others.





# Character Connection: Theatre Arts

**Activity:** Caring Commercials

## **DO:**

Plan a night of "Caring Commercials" for the program at an upcoming 4-H meeting. Have members of your 4-H club participate in groups to create commercials that demonstrate caring in different ways. Remember to remind them that caring is shown by being thankful, considerate and compassionate for everyone. Create different scenarios for each of the groups and give them 3-5 minutes to create their skit. Have them perform for the group to give them an idea of what Theatre Arts is all about. Here are some ideas for scenarios to get you started:

- You see an elderly woman walking across the street with three bags of groceries almost dropping them all
- A small child is wandering around the department store crying
- Your teacher stays after school every day to help you with your math homework
- Your mom lets you go out to a movie you really want to see, even though it is family night

If the group is doing well with these skits, have them try out different techniques you learned in your project like Improvisation, Pantomime, Role Playing and Creative Movement.

## **REFLECT:**

1. What was it like for you to lead the group?
2. Were you surprised at the actions any of the groups chose?
3. What does it mean to you to show someone that you care about them?
4. Did this activity help you think of times when you could have showed someone a little more caring, but maybe didn't notice the opportunity?

## **APPLY:**

Showing you care is very important, but sometimes it takes some experience to feel comfortable being thankful, compassionate and forgiving. By practicing with skits you can think about what you would do if a specific situation arose which will help you show caring when a situation does arise. Helping your friends see how important caring is shows them you care about them and those around them. You have already displayed caring behaviors by planning and implementing this activity; just remember how much fun this was next time a chance to be caring comes up.



# Character Connection: Theatre Arts

**Activity:** Respecting Your Role in the Theatre

Supplies: Masks, Mannequins, large sheets of paper and markers

## DO:

Understanding how a character feels is an important part of being in theatre, but understanding and respecting your role is just as important. Sometimes in theatre we get wrapped up in who's the star of the show and who is going to direct, but every person is important to making a performance possible. On a mask, mannequin or large sheet of paper with an outline of your body start writing down ways that you have contributed to a recent performance. Remember that things you may not consider important may have really helped someone else out. As you write things on your likeness, start thinking about things you could do in the future. Write these things down too.

Think about these things as you start your brainstorm:

- Did you help someone learn their lines?
- Have you put in extra time at practices?
- Did you volunteer to run the light or sound board for rehearsals?
- Did you learn something new so you could be a better performer/technician?
- Did you create something special for the performance?
- Did you feel like you contributed?

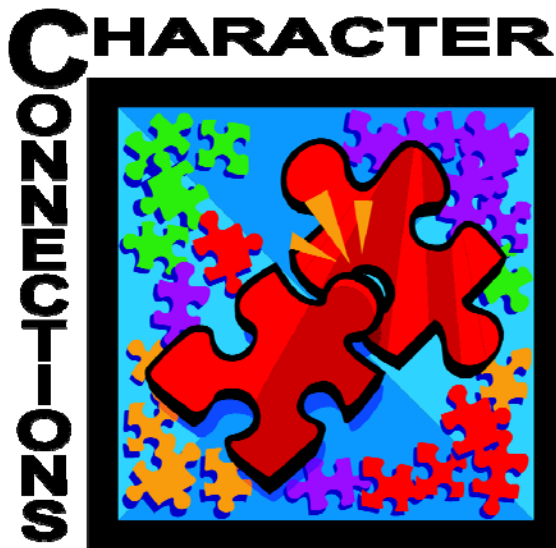
## REFLECT:

1. Have you ever considered your role in the performances before?
2. Do you see how respecting yourself helps others respect you? How?
3. How can you use the idea of showing you respect yourself in other areas of your life? (school, sports, home)

## APPLY:

Remember it isn't always about the lead role or director spot; every person makes contributions, and respecting yourself and what you have done is one way to help make the performance the best it can be. You have already begun to think about what you can do to make your group successful; just don't forget to always consider how you too can be a successful member of the group. A performance could not be done without the hard work of everyone involved; think about your contributions at your next performance. Maybe you will want to take on a different role so you can experience and respect what someone else went through last time.





Making the Character Connection with...

## Workforce Preparation

Wild Over Work

Being a person of good character means you follow the Six Pillars of Character<sup>SM</sup> every day. It may be hard to imagine, but practicing the Six Pillars now is preparing you for being a person of character in the workplace. Using the Six Pillars as a guide for big decisions you make is only a start. It is important to consider each pillar in all of the decisions you make.

You've heard "practice makes perfect." That is certainly true when you take time to think about the Six Pillars on both big and small decisions. The practice makes it easier to make tough decisions in the future. Good decision-making and problem solving skills show others that you really are someone to count on. In this project you will explore many career options. The activities here ask you to think about the character traits that are particularly important to specific careers.

### This Character Connection contains:

- **Explanation of the Six Pillars of Character.**
- **Explanation of how the Six Pillars of Character relate to the Wild Over Work project.**
- **Activities suggesting how demonstrating good character will help to prepare you for the workforce.**
- **Questions to help you think of other ways to demonstrate good character in everyday life.**

# Character Connection: Workforce Preparation

Trustworthiness	Responsibility	Caring
<ul style="list-style-type: none"> <li>✓ Be honest with others; be someone they can trust</li> <li>✓ Keep confidences; never reveal private information and honor a person's right to privacy</li> <li>✓ Be honest, reliable, and ethical</li> <li>✓ Refuse to lie, cheat, deceive, manipulate, exploit, or take advantage of others</li> <li>✓ Build confidence between yourself and others</li> </ul>	<ul style="list-style-type: none"> <li>✓ Do what you say you will do; be where you say you will be</li> <li>✓ Take pride in your work - pay attention to detail, pursue excellence, and be prepared</li> <li>✓ Follow instructions</li> <li>✓ Persevere and get the job done</li> <li>✓ Manage time and resources wisely</li> <li>✓ Don't promise more than you can provide</li> <li>✓ Set realistic goals and strive diligently to achieve them</li> </ul>	<ul style="list-style-type: none"> <li>✓ Demonstrate a positive attitude</li> <li>✓ Show kindness and sensitivity to the feelings of others</li> <li>✓ Express gratitude</li> <li>✓ Take time to help others</li> <li>✓ Do quality work and attend to details</li> <li>✓ Be a team player</li> <li>✓ Take time to talk to people face-to-face about issues</li> <li>✓ Evaluate work performance accurately</li> </ul>
Respect	Fairness	Citizenship
<ul style="list-style-type: none"> <li>✓ Value everyone's opinions and ideas</li> <li>✓ Treat others with courtesy, honor, and respect</li> <li>✓ Build mutual respect and long-term relationships by listening to and communicating openly with others</li> <li>✓ Be friendly and cooperative</li> <li>✓ Be open to and accept instruction or correction</li> <li>✓ Use good manners; be courteous and polite</li> </ul>	<ul style="list-style-type: none"> <li>✓ Allow everyone to speak before making group decisions</li> <li>✓ Be consistent and accurate in recording information</li> <li>✓ Promote and model a positive attitude</li> <li>✓ Be free of bias; remain open-minded; be just</li> <li>✓ Use only your share of available resources and equipment</li> <li>✓ Share knowledge, ideas, and skills with others</li> </ul>	<ul style="list-style-type: none"> <li>✓ Be a volunteer; help out whenever you can</li> <li>✓ Play by the rules of your local clubs and fairs</li> <li>✓ Show initiative by being helpful, resourceful, cooperative, and supportive</li> <li>✓ Demonstrate a positive and enthusiastic work attitude</li> <li>✓ Take care of equipment and resources</li> </ul>

# Character Connection: Workforce Preparation

**Activity:** Careers and Character

## **DO:**

Identify three careers that you are particularly interested in. Do some research on the internet to see what the qualifications are for that career and what it takes to be successful in that position. Then interview at least one person in each of your three chosen careers. Ask them how they selected the career, what qualifications they had to have, what they particularly like about their career, and whether there are things they don't like about their career. Explain the Six Pillars of Character to each of the individuals and ask them which Pillars of Character are most important in their job and why. Make a collage or notebook that you can share with others.

## **REFLECT:**

1. What did you learn from individuals who work in the career field you were exploring?
2. Did they tell you things about the job that surprised you?
3. Based on the three interviews, is there one particular Pillar of Character that seems most important in the workplace?
4. How did you share this information with others?

## **APPLY:**

While this activity was particularly planned around character, what else did you learn about the careers you selected? Are there special skills you need to have? Are you getting any of those skills in your 4-H projects or are there projects you could take that would help you develop those skills? What were the skills you used to complete this activity (communications, decision-making, etc.)? How could you change this activity to learn about other things that you are interested in?



# Character Connection: Workforce Preparation

**Activity:** People in Our Community Scavenger Hunt

## **DO:**

Plan a scavenger hunt for other members of your club. Never heard of a scavenger hunt? Here's how it works. Divide your project group or club into teams. Set a time to find as many things as possible on the list you give them. The team with the most items from the list at the end of that time wins.

Because safety is a big part of character, there are a few rules to follow:

1. Work with your project leader to identify other 4-H volunteers who are willing to help. You may need transportation for the teams, or if the groups walk there should be at least one adult with each group and adults stationed at or near the locations on the list.
2. Be sure to ask the owner's permission before you borrow something on the list.
3. Be sure to return anything you borrow!

Here are some suggestions for your list of items to find:

1. Get a signature of a police officer and a sentence that tells the most difficult part of his/her job.
2. Visit a store owner and learn how they got started in their business. Get a business card or signature from the owner.
3. Visit the Chamber of Commerce or talk with a business owner who is a chamber member to learn what the local chamber does in the community. Ask for something that shows you have talked about the chamber.

These are only suggestions. Be creative and add other items to your list. You should have 10 or 15 items listed.

## **REFLECT:**

1. This activity requires lots of planning and organization. Was it worth it?
2. How can you use what you have learned to plan other events – not necessarily scavenger hunts?
3. Have you had other experiences in planning events where you faced similar challenges?

## **APPLY:**

This activity particularly emphasized citizenship (learning about and becoming involved in your community), responsibility (doing your part of the planning and organization), and respect (being respectful to community leaders). How can what you learned in this activity be applied to other things you do in your Workforce Preparation project? How does it relate to other activities that are not 4-H related?



# Character Connection: Workforce Preparation

**Activity:** Can Do It Crew

## DO:

The Can Do It Crew activity is great for your project group or club. It lists jobs that members can do as a fundraiser or service to community project. Create posters for each member of the group advertising some type of work they can help with, or make a poster that advertises the work. Here is an example.

**Let us Help You!**

John, Bob and Lisa from the Can Do 4-H Club want to help you with:  
Spring clean up jobs  
Lawn mowing  
Leaf racking

Work time frame:  
Saturday morning (9 – noon) in May.

Fee:  
To schedule contact:

**Let us Help You!**

Wash windows  
Bake cookies  
Do your grocery shopping

Work time frame:  
Saturday morning (9 – noon) in May.

Fee:  
To schedule contact:

## REFLECT:

1. Was it difficult to determine whether this should be a fundraising or service project?
2. Was everyone in your club or project willing to help?
3. Did everyone who agreed to help fulfill their obligation?
4. How did this activity make you feel?

## APPLY:

Think of all the ways you showed good character in this activity. Are there other things you can do for your community that will help show others you and your friends are people of character? Why is citizenship such an important Pillar of Character?



**Character Connections: Curriculum Supplement for 4-H Project Materials** was written by Jennifer Williams Sorenson as a Masters of Adult Education project. Jennifer is a Josephson Institute of Ethics Character Development Seminar graduate and former Missouri 4-H character education trainer.



**Missouri 4-H Center for  
Youth Development**

*Equal opportunity is and shall be provided to all participants in Extension programs and activities, and for all employees and applicants for employment on the basis of their demonstrated ability and competence without discrimination on the basis of their race, color, religion, sex, sexual orientation, national origin, age, disability or status as a Vietnam-era veteran. This policy shall not be interpreted in such a manner as to violate the legal rights of religious organizations or military organizations associated with the armed forces of the United States of America.*