

Countdown Chapter 7

Human Development



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Family Relations and Human Development

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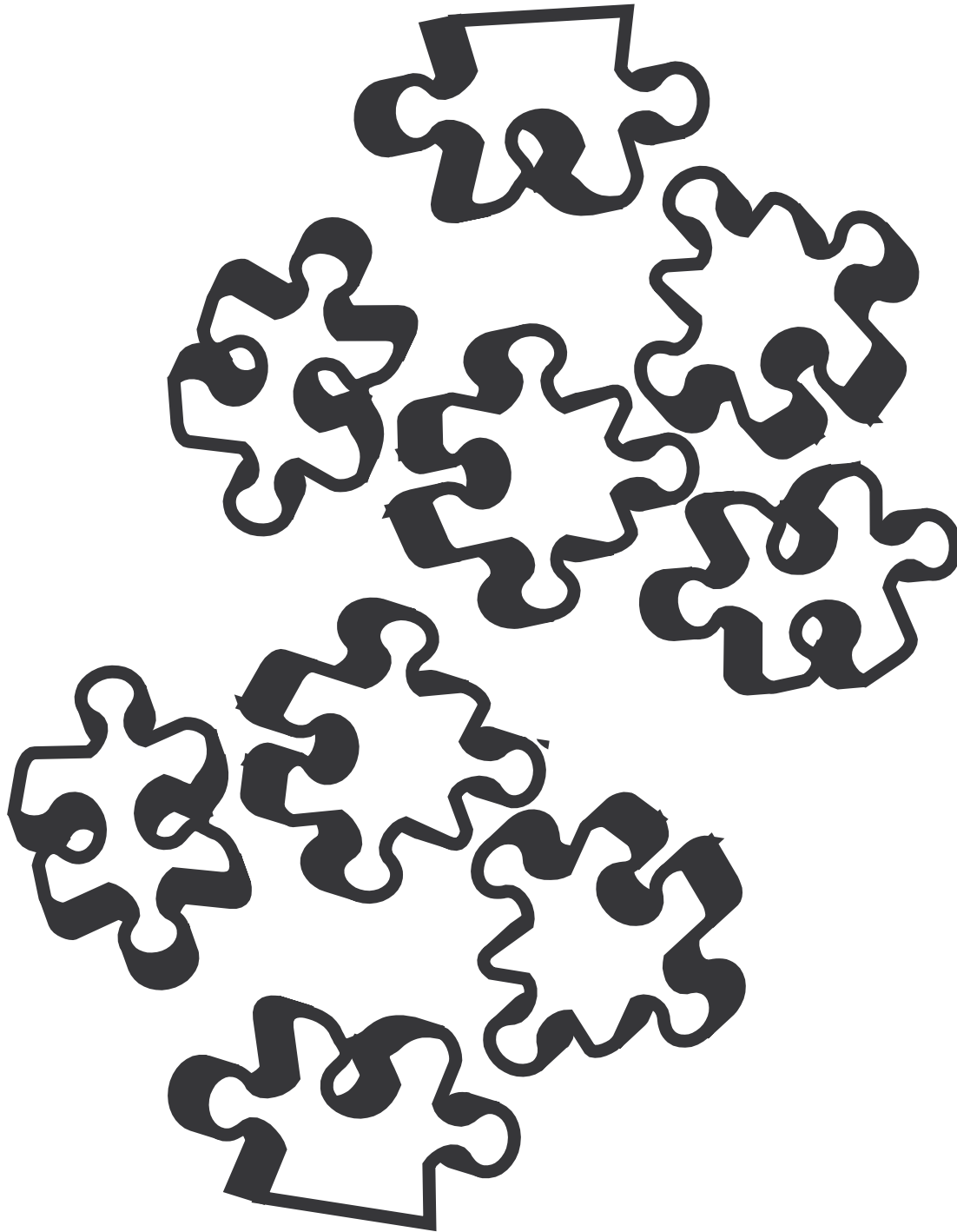
Who Are You?

List at least one characteristic that describes you and the people in your life in each of the nine puzzle pieces. Then share your completed puzzle with a partner.

Listing

In this activity you will:

- learn about who you are and the people in your life.
- develop self-understanding skills.



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Meeting My Needs

Using the column headings in the chart below, list some of the ways human needs are fulfilled or met. Add pictures of other ways you meet these needs. Look in magazines, catalogs, or newspapers for small pictures. Share what you listed and pictured with a partner.

Listing
In this activity you will:
<ul style="list-style-type: none"> • learn about your physical, social, and emotional needs. • develop social interaction and communication skills.

Meeting My Needs				
<i>Hunger, Thirst</i>	<i>Safety</i>	<i>Love and Belonging</i>	<i>Recognition, Respect of Others and Self Respect</i>	<i>Doing My Best</i>

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Needs and Wants

Circle the **N** if it is something you think you **need**; the **W** if it is primarily something you **want**; the **H** if it is something you already **have**.

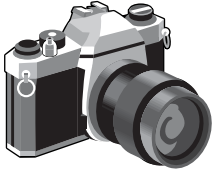










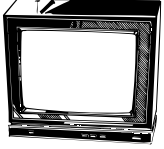

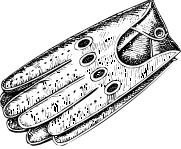
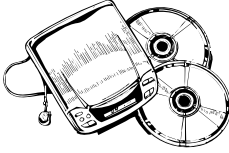

Circle the number that best shows how you would react to the item. That is, 1, you'd stop to look at it, 2, you'd look at and buy it or, 3, you'd ask your parents to buy it for you.

If the item is one that does not interest you and you wouldn't even look at it, don't mark anything. Discuss your answers with a partner.

Decision-Making

In this activity you will:

- learn about differences between your wants and needs.
- develop decision making and analyzing information skills.
- think about things you need, want, or have.

<p>N W H</p>  <p>1 2 3</p>	<p>N W H</p>  <p>1 2 3</p>	<p>N W H</p>  <p>1 2 3</p>	<p>N W H</p>  <p>1 2 3</p>
<p>N W H</p>  <p>1 2 3</p>	<p>N W H</p>  <p>1 2 3</p>	<p>N W H</p>  <p>1 2 3</p>	<p>N W H</p>  <p>1 2 3</p>
<p>N W H</p>  <p>1 2 3</p>	<p>N W H</p>  <p>1 2 3</p>	<p>N W H</p>  <p>1 2 3</p>	<p>N W H</p>  <p>1 2 3</p>
<p>N W H</p>  <p>1 2 3</p>	<p>N W H</p>  <p>1 2 3</p>	<p>N W H</p>  <p>1 2 3</p>	<p>N W H</p>  <p>1 2 3</p>

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"Who Are You?" Interview

Do this activity with a partner. Have your friend act like a television reporter and interview you. To set an atmosphere of reality, he or she may want to begin by saying, "This is _____ reporting for 4-H news in _____, Ohio. Today, we are here to interview _____, a local member of our community." After your partner is finished, conduct an interview with him or her.

Interviewing

In this activity you will:

- learn how to interview others.
- develop social interaction and communication skills.

Suggested Interview Questions

1. How old are you?
2. If you could be any age, what age would you like to be?
3. Did you go on vacation this year?
4. If you could go anywhere in the world next year, where would you go?
5. Do you have a pet? What kind?
6. What kind of work do you want to do when you are older?
7. Do you think you will go to college?
8. Do you like to be teased by other people?
9. Do you ever tease other people?
10. Would you want to be president of the United States? Why or why not?
11. Would you like to live in a city, in a small town, or on a farm? Why?
12. If you had \$100 cash, what would you do with it?
13. Do you ever get mail? From whom do you get mail?
14. What's a good 4-H member? Are you a good 4-H member?
15. If you could live anywhere in the world, where would you live? Why?
16. When you are sitting with a group of your friends, do you usually talk or listen?
17. Can you usually get your friends to do what you want?
18. What could we do to get more of your friends into 4-H?
19. Will you be a cigarette smoker? Why or why not?
20. What size is your family? Do you wish you had a larger or smaller family, or is your family just the right size?
21. Do you feel that you do your best work all of the time?
22. Who should do the work on a 4-H project? What is the purpose of 4-H projects?
23. Is it harder to win or to lose? Why?
24. Do you like to compete in contests?
25. How many years do you plan to be in 4-H? Why?
26. What is leadership?
27. Have you ever been a leader? What did you do?

Discussion

Discuss the following questions with your partner.

1. How were you honest about your answers?
2. In what way were the questions about values harder to answer?
3. How do you think answering value questions will help you later?
4. How can we show that people's opinions are important?

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“Who Are You?” Advertisement

Each person has many parts. There is a physical part—the color of one’s hair, whether an individual is short or tall. There is a psychological part, which includes how one feels—such as happy or sad, and, how a person thinks, what someone likes to do. There is also a social part—the roles and relationships one has with other people, such as son, daughter, friend, or fellow 4-H member.

Make an advertisement about yourself in the space below. Look through magazines, newspapers, etc., to find words or pictures that describe or advertise you. Glue the words or pictures in the space.

Listing

In this activity you will:

- learn about the many aspects of yourself—physical, psychological, and social.
- develop self-understanding skills.

Discuss the following questions with a partner.

1. What things are most important about yourself that you had to include?
2. What things did you want to leave out?
3. How did you show your feelings?
4. What did this tell you about yourself?

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The Whisper Game

1. Using the space below, prepare a written message of about 10 to 15 words.
2. Gather together the group who will be playing the “whisper game.” It could be your family or a group of friends from school or your club.
3. The first person should whisper the message to the next person so no one else can see or hear the first message.
4. Each person repeats the message to the person next to him or her.
5. The last person should repeat the message aloud.

Experiment

In this activity you will:

- learn how real world communication is often inaccurate and difficult.
- develop communication skills.

Answer these questions with the person next to you.

1. How did the message change?
2. What caused the message to change?
3. Are there times when messages get changed in daily life?
4. Is there anything you can do to keep messages from getting changed?

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My Most Important People

Drawing/Values

In this activity you will:

- learn about the significant people in your life and why they are important.
- develop self-understanding skills.

Draw a sketch of at least three important people in your life. List one reason why each is important to you.

Name: _____

Why Important: _____

Name: _____

Why Important: _____

Name: _____

Why Important: _____

Discuss your answers to the following questions with one or two other members of your group.

1. Have the people on your list always been important to you?
2. Which people were important to you at other times in your life?
3. Why have your important people changed?
4. In whose life are you an important person?
5. Why are you important to that person?

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Making Decisions

Place an "X" in the space that shows the way you make decisions.

Decision-Making

In this activity you will:

- learn about the process of making decisions.
- develop decision-making skills.
- consider how you make decisions.

	I think it through carefully.	I give it some thought.	I don't stop to think.
1. Spending money on a bike.			
2. Making friends.			
3. Choosing hobbies.			
4. Buying clothes.			
5. Getting along with my friends.			
6. Joining clubs, teams, or activities.			
7. What to eat for lunch.			

How do you make decisions? Discuss your answers with the person sitting next to you.

1. Most of the time are you a thoughtful decision maker?
2. What other decisions do you make each day?
3. What decisions does your partner make each day?
4. Which are important to your partner?
5. Which are unimportant?
6. Which decisions are important to you?
7. Which are unimportant to you?

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Cooperating

Make a group of four people. If you have more than four people playing, you may need more than one group.

Each group is to make a machine, with each member becoming a moving part. Have the parts use sounds, move about, and work at different heights. Examples of machines are a lawn mower, vacuum cleaner, or record player. If you have more than one group, have those not in the group performing guess what the machine does.

Discuss with a partner the part you played in the machine.

1. Describe how the machine would work if your part were missing.
2. Describe how you felt being a part of a group that made a machine.
3. How is it similar to a machine when a group does a job together?

Role-Playing

In this activity you will:

- learn how to work and interact with others.
- develop social interaction and collaboration skills.

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What Do You Like?

Do this activity with a partner.

Talk about things you enjoy doing. When you have finished that subject, spend five minutes talking about people you like. Write your ideas on paper first and then talk about what you have written. Ask your partner to share his or her likes and favorite people.

Discuss the following questions with your partner.

1. What things do you enjoy doing that your partner also enjoyed?

2. How did some of the things you enjoyed relate to the people you like?

3. What things do you have in common with your partner, and/or the people you like?

Discussion

In this activity you will:

- learn about things and people you like and things and people a partner likes.
- develop communication and self-understanding skills.

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Physical Fitness Fun

Being physically fit makes everything else in life more enjoyable and better. When you are physically healthy, you think more clearly, feel more energetic, and are happier about yourself.

The best way to stay or get physically fit is to get the heart pumping faster than it does when you are sitting down.

Try some fun activities to increase your heart rate. (Check your pulse before starting by placing two fingers on the right side of the neck below the chin, then check after.)

1. Do jumping jacks.
2. Squat down then jump into the air.
3. Hold arms out extended perpendicularly from body. Try holding them for a minute. Is it easier to do when you are thinking about something other than what you are doing?
4. Pretend to climb a ladder in place. Don't forget to use both arms and legs.
5. Run in place.

Physical Activity

In this activity you will:

- learn about the importance of physical fitness.
- learn physical activity skills.

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Roles and Relationships

The real you! Who are you? It is both *who* you are and *what* you are.

You find clues to *who* and *what* in the things you do and in the people around you.

The things you do are called *roles*. The way you get along with people and how you happen to know them are called *relationships*.

Let's look at some examples of roles and relationships for Tina and Caleb:

The things they *do* are clues to some of their *roles*:

Caleb swims. He is a swimmer.

Tina dances. She is a dancer.

Another clue to their *roles* comes from *who* they are:

Caleb is a boy. He is a son.

Tina is a girl. She is a sister.

Another clue comes from the people Caleb and Tina know:

Tina has an aunt. Tina is a niece.

Caleb has a teacher. Caleb is a student.

When you see these clues to who you are and what you do, you can put them together with the people you know. This makes it easy to see the roles and the relationships with others.

Let's look at more example of roles and relationships for Caleb and Tina. Match each role with a relationship.

Matching

In this activity you will:

- learn about roles and relationships in your life.
- develop self-understanding and analyzing skills.
- identify various roles and relationships.

Roles and Relationships		Roles and Relationships	
Tina is a(n)	She has a relationship with	Caleb is a(n)	He has a relationship with
dancer	grandparent	singer in a choir	niece or nephew
American	teacher	uncle	4-H members
granddaughter	brother or sister	son	employer
student	dance members	4-H'er	pet
sister	parent	employee	grandparent
daughter	other U.S. citizens	student	choir members
niece	team members	pet owner	parent
ball player	aunt or uncle	grandson	school

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Matching—Key

In this activity you will:

- learn about roles and relationships in your life.
- develop self-understanding and analyzing skills.
- identify various roles and relationships.

Roles and Relationships

Tina is a(n)

She has a relationship with

dancer	grandparent
American	teacher
granddaughter	brother or sister
student	dance members
sister	parent
daughter	other U.S. citizens
niece	team members
ball player	aunt or uncle

Roles and Relationships

Caleb is a(n)

He has a relationship with

singer in a choir	niece or nephew
uncle	4-H members
son	employer
4-H'er	pet
employee	grandparent
student	choir members
pet owner	parent
grandson	school

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Living With Others

The journey through life is not made alone. It is made with other people. One of the most important things we learn as we move through life is how to see the other side. Getting along with others occurs when we stop and think of the other person's point of view.

There are three keys in getting to know someone else: courtesy, awareness, and thoughtfulness. These keys can become habits that will help you be happier and help those you are with be glad you are there!

Courtesy is not just manners, but consideration for others. Saying "thank you" is a courtesy which often means: "I like you, you're a nice person."

List other ways we can communicate courtesy.

Awareness is looking, listening, seeing, and feeling the world around you and showing others you care about the things you see, hear, and feel. For example: speaking to the new boy who is shy or visiting the lady next door who is lonely.

List other ways you can show you are aware and care about other people.

Listing

In this activity you will:

- learn how to communicate and be aware of others.
- develop communication and awareness skills.

Thoughtfulness is remembering to think before speaking or acting. It is also thinking about ways to show others you care about them. For example: not interrupting someone else when they are talking or being quiet when someone is on the telephone.

List things you do to show you are thoughtful of others.

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