

Creating TeRRiFiC Youth

Responsibility

Responsibility Guidelines to Live By:

- Be reliable and do what you say you will do.
- Do your personal best.
- Keep trying. Stick to it. Meet your responsibilities even when they are difficult to do.
- Finish your work before you play.
- Consider how results will affect yourself and others. Be accountable.
- Clean up your own messes.



The Help-Out Habit

Encourage family members to help out in small ways around the house. When appreciation is received for the small jobs done, the person will take pride in doing a good job. Plus, by working together on projects, everyone gets in the habit of "cooperating". Below are some projects that can be shared by all ages.

- ☺ Help with dinner.
- ☺ Take care of the pets.
- ☺ Water the plants.
- ☺ Put away their clothes.

Quote

"When a man points a finger at someone else, he should remember that four of his fingers are pointing at himself." – Louis Nizer

Which of these Examples Shows Responsibility?

Yes No Sue picked up her toys when she was finished playing with them.

Yes No Tom forgot to feed his dog before going to school for the day.

Yes No Bob saved money from his allowance each week to buy Christmas gifts for his family.

Yes No Wes always remembers to show his parents all of his school papers.

Yes No Tara cleaned her room once a week without being reminded.



Responsibility Activity

Habits are Hard to Break

Have two children hold a pencil in front of them about a foot apart. Wind some thread around both pencils one time. Ask the children to break the thread by pulling the sticks apart. Repeat but wind the thread 2 times, then 5 times and then 10 times. Keep adding more thread until it cannot be broken by pulling the pencils apart. Explain that habits are like the thread.

- Bad habits (not brushing your teeth, leaving toys out, not doing chores, talking back) are easy to break if caught in the beginning stages. But, they are harder to break the more we repeat them.
- Good habits (brushing your teeth, making your bed every day, telling the truth, putting away your toys) are strengthened each time they are practiced.

Another "hands-on" way to discuss habits is to go out to your flower bed and "pull weeds". You will need weeds at different stages of growth.

- When weeds first sprout, they are young, small and easy to pull out.
- As weeds grow, they become harder and harder to pull out.
- A very mature weed will be extremely hard to pull out. Sometimes you need to use a tool to pull it out.

Discussion Ideas:

- What is an example of a good habit that you have? When did it first become a habit?
- Do you know someone who has developed some bad habits? Do you think the person can break them? How?
- Make a list of habits that need to be improved by the whole family, discuss them, and plan to work on one each month.

Books to Read



- "Strega Nona" By Tomie de Paola.
- "The Little Red Hen" by Paul Galdone.
- "The Tortoise and the Hare: An Aesop Fable."
- "The Berenstain Bears and the Blame Game" By Stan and Jan Berenstain.



Extension - 4-H Youth
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For Other TeRRiFiC Youth Fact Sheets / Activities, contact:
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