

LEVEL ▶ Pre-K

TRAIL TO KNOWING ME

PROJECT ▶ MY FAMILY AND ME

PURPOSE ▶ Children learn about themselves and their roles in their families.

MEETING PLANS ▶

My Family
I Am One of a Kind
I'm Growing Everyday
Feelings

YOUTH OUTCOMES ▶

- Meets developmental milestones for his or her age.
- Expresses feelings and emotions in a positive way.
- Is willing to engage in personal growth activities.
- Has a sense of value as a person.
- Is aware of other's feelings.
- Listens when others speak.
- Is aware that each person is part of a larger group.
- Works and plays cooperatively.

**REQUIREMENTS FOR EARNING
A RECOGNITION ITEM ▶**

When children complete each meeting plan, they each receive sticker #D00017 from the project to place on their recognition charts.

TIPS FOR GROUP LEADERS ▶

- Be a good listener. Remind the children to be good listeners, too.
- Accept the children's contributions in a positive way. All children have different values and skills.
- Encourage empathy; encourage children to be kind and helpful to each other.
- Involve children in setting up and cleaning up activities.
- Sometimes the children will think of new ways to expand an activity. They will want to explore and discover. Encourage them and help facilitate a time to continue with their ideas.
- Keep activities and explanations at a level that children can understand.
- Go over safety rules before doing an activity.
- Respect and be sensitive to the various kinds of families in which children live.
- When the children are asked to pretend, describe the situation clearly so they can understand it.

Distribute this project overview to each activity leader who will be involved in this project.

MEETING PLAN ▶ MY FAMILY**PROJECT ▶ MY FAMILY AND ME****LEVEL ▶** Pre-K**PURPOSE ▶** Children learn about the family unit and their roles within the family.**OPENING ▶** Choose from the suggestions on page 129 or develop one of your own.**MATERIALS ▶** Magazines, scissors, glue stick, construction paper, markers or crayons, stapler. Optional: pictures of people, pets, etc., access to a computer scanner and printer.**PREPARATION ▶** Cut windows and doors in construction paper for each member. Be sure to only cut on three sides, leaving a “flap” to create windows and doors. These are the “houses.” Place each “house” over a plain sheet of construction paper and trace around the edges of the doors and windows.**ACTIVITIES ▶****What is Family?**

Talk about the number of siblings, pets, etc., within each child’s family. Talk about some of the different kinds of families, such as single-parent families with only one dad/mom and families with stepchildren.

The Family Home

Provide children with picture cut outs of people, pets, furniture, etc., from magazines. (An alternative would be to scan photos that each child brings from home and cut those out.) Give each child a sheet of paper with doors and windows outlined. Have children glue pictures of their family members into the spaces provided. Explain that these are their houses and their families and that

these pictures are seen through a door or window. When children are ready, have them put glue on the empty areas of the paper. Help each child press his or her “house” into place. Let children decorate the outside of the house. Children can peek inside by folding back the flaps on the doors and windows.

Family Book

Fold a few sheets of paper in half to make a book. Ask children to draw pictures of their families on the front of the book. On each page of the book, have the children draw something they like to do with their families. Ask the children to tell you about their drawings and write a few words on each page from their descriptions. Remove any blank pages and staple along the fold.

PLAYBACK: POINTS TO REINFORCE ▶

- What is family?
- What do you like best about your family?
- What special things do you do for your family?

CLOSING ▶ Choose one from the suggestions on page 129 or develop one of your own.

MEETING PLAN ▶ I AM ONE OF A KIND

PROJECT ▶ MY FAMILY AND ME

LEVEL ▶ Pre-K

PURPOSE ▶ Children see themselves and others as special and unique people.

OPENING ▶ Choose from the suggestions on page 129 or develop one of your own.

MATERIALS ▶ Washable ink pad or finger paints, markers, magnifying glass, soap and water or baby wipes, several pieces of colored tissue or construction paper, glue, 8 1/2" x 11" paper.

ACTIVITIES ▶

Hand Printing

Create a print of each child's hand on a separate piece of paper. Write the child's name and the date on each paper for his or her parent(s). Let the children look at the swirls, lines and whorls of their handprints using magnifying glasses. Talk about what makes each child unique.

One of a Kind

Have the children sit in a circle. Explain that you are going to make a picture. Begin tearing or cutting pieces of paper into different sizes and shapes. Glue several pieces together to make a picture or a design.

When finished, ask the children if they have ever seen a picture that looks exactly like this. Explain that there is not another one like it and that is what makes it special. Explain that each one of them is special because there is no one exactly like him or her.

Let the children make their own torn-paper pictures. After they have finished, display their pictures. Encourage the children to give their pictures to people who are special to them (family members, friends, teachers, etc.).

Difference Game

Have the children line up. (If you have a small area inside, go outside.) Give the following commands quickly to make the game more fun.

- Stomp your foot if you are wearing the color blue.
- Turn around two times if you have brown eyes.
- Take two giant steps if you are happy.
- Touch your toes two times if your eyes are blue.
- Sit down and stand up if you have blond hair.
- Reach up high if you have black hair.
- Shake hands with a friend if you have curly hair.
- Hop like a frog if you wear glasses.
- Touch your knee if you like Camp Fire.

Ask the children to help you create more commands for the game. After the game, point out that some of them are alike in some ways and different in others. The world wouldn't be very interesting if they were all alike!

PLAYBACK: POINTS TO REINFORCE ▶

- What makes you special?
- What do you like best about yourself?
- What makes your Camp Fire group special?

CLOSING ▶ Choose one from the suggestions on page 129 or develop one of your own.

**MEETING PLAN ▶ I'M GROWING
EVERYDAY**
PROJECT ▶ MY FAMILY AND ME
LEVEL ▶ Pre-K
PURPOSE ▶ Children learn to be proud of their personal qualities and reflect on the changes that have occurred since they were babies.

OPENING ▶ Choose from the suggestions on page 129 or develop one of your own.

MATERIALS ▶ Baby pictures of the children in the group, Plaster of Paris or play dough, paper plates, pen or pencil, paper clips, rulers, scale.

PREPARATION ▶ Prior to this meeting, send a note home to parents asking them to send baby pictures with the children to this meeting.

ACTIVITIES ▶
Babies

Have the children bring baby pictures of themselves. Look at the pictures and talk about how much they have grown. Talk about the changes in their appearance and things that they are able to do now that they could not when they were babies.

Handprints

Using either play dough or Plaster of Paris, give each child some of the dough/plaster to flatten on a paper plate. Write children's names on their plates and help them make imprints of their hands in the dough. Unbend a paperclip and place one end in the back of the dough to use as a hanger. When the dough/plaster is firm, scratch the children's names and date in the back, or let dry completely and write their names with a permanent marker. Be sure to dispose of left over Plaster of Paris in a trash receptacle, or otherwise it may clog your plumbing permanently.

My, How You've Grown

Measure the height of each child. Teach them this song and corresponding actions:

I'm stretching very tall (a)
And now I'm very small (b)
Now tall (a)
Now small (b)
Now I'm a tiny ball. (c)

Actions: a) Squatting position to standing, b) back to squatting, c) curl into a ball.

PLAYBACK: POINTS TO REINFORCE ▶

- What can you do now that you could not as a baby?

CLOSING ▶ Choose one from the suggestions on page 129 or develop one of your own.

MEETING PLAN ▶ FEELINGS

PROJECT ▶ MY FAMILY AND ME

LEVEL ▶ Pre-K

PURPOSE ▶ Children begin to understand their feelings in a variety of situations.

OPENING ▶ Choose from the suggestions on page 129 or develop one of your own.

MATERIALS ▶ Favorite toys of the children in the group.

PREPARATION ▶ Prior to this meeting, send a note home with the children asking the parents to send their child's favorite toy with them to this meeting.

ACTIVITIES ▶

Laugh Breaks

Have the children close their eyes. Give them a few minutes to relax. Read them a simple story that is funny or tell them a short joke. Let them laugh out loud for a while. Ask them how laughing out loud makes them feel.

Happy Object

Ask that each child bring an object from home that makes him or her happy. Let the children share what they brought and why these objects make them happy. Ask the following questions:

- What does it feel like to be happy?
- How can you tell if you are happy?
- What other things make you happy?

Let's Pretend

Have the children act out the following feelings. Encourage them to use facial expressions, body movements and various sounds. Let them help you think of other animals and feelings to act out.

- Angry like a gorilla
- Proud as a peacock
- Happy as a bird
- Mean as a bear
- Silly as a puppy
- Sad as a lost kitten
- Frightened as a deer
- Fierce as a lion

PLAYBACK: POINTS TO REINFORCE ▶

- What makes you feel better when you are scared?
- What makes you feel better when you are angry?

CLOSING ▶ Choose one from the suggestions on page 129 or develop one of your own.

FAMILY TAKE-HOME PAGE

“My Family and Me” is a project on the Trail to Knowing Me that teaches children about themselves and their roles in their families. As a result of the project, Camp Fire hopes your child:

- Meets developmental milestones for his or her age.
- Expresses feelings and emotions in a positive way.
- Is willing to engage in personal growth activities.
- Has a sense of value as a person.
- Is aware of other’s feelings.
- Listens when others speak.
- Is aware that each person is part of a larger group.
- Works and plays cooperatively.

AT HOME ▶

Something Special

Talk about how family members help and care for each other. Draw a picture with your child showing a time when a family member did something special. What made the event so special? How was the person thanked for what he or she did?

Family Award

Work with your child to make and design an award for a family member who did something special. It can be a ribbon made out of paper, a picture or a homemade card. Plan how you will present the award to the family member.

