

# Take Our Daughters And Sons To Work® Foundation

## Elementary School Activity Guide



### Sparkling Moments

*a · ha mo · ment*

*noun; a moment of sudden insight or discovery*





# Planning Tips

Whether you work for a large corporation, own a small business, police the streets, or teach at a University, you can impact children's lives by exposing them to new ideas and opportunities.

The most successful days are creative and productive. Think about what makes your company unique, and most importantly use your resources!

Below are tips to help make your day a success:

- **Students can learn from every employee and department**  
Ask employees from every level and department within the organization to share their work experiences and encourage girls and boys to ask questions. For example, ask the payroll department to demonstrate how employees get paid, explain why deductions are taken out, how time off is factored in, etc.
- **Keep activities short**  
Interactive activities that are 45 to 55 minutes in length are best.
- **A recommendation for girls and boys ages 8-18**  
Younger students may have a shorter attention span during activities; they also may function better broken into participants close to the same age
- **Introduce students to technology**  
Show girls and boys how important technology is to your business. Schedule time for them to work on computers or other office equipment. For example, let them view your website and see how business is conducted through the site or have them participate in a conference call with another office that is participating in the program.
- **Talk to school officials about Take Our Daughters and Sons to Work**  
Work with your child's teachers to let them know that he or she will spend the day doing educational activities at work.
- **Complete the enclosed Activity Log and the Take Our Daughters and Sons to Work Day Evaluation Form.**  
Students can take these forms back to school to demonstrate their participation in the educational activities at your work place.

- **Keep Students Safe**

Provide adequate safety and protective gear for girls and boys. Be sure to have a range of sizes available.

- **Take Our Daughters and Sons to Work activities should** introduce participants to the vast range of potential job opportunities, while asking children to consider how their future work will fit into their overall lives. The major goal for the activities is to encourage girls and boys to think about how their dreams for the future-both for their work and family lives-can be achieved. For example, if they plan to have a career that requires them to travel or work a night shift, who will take care of things at home? The activities are meant to be fun, allow for lots of conversation, and engage girls and boys in thinking about work and home life in ways they may never have before.

- **Ice Breaker Activities may help to set the tone for the day**

A few samples are provided below:

- **Conversation Cafe:**

Children should be asked, "What do you want to change in the world?" This activity goes a step further and asks young participants to consider their future work roles. Will you work indoors or outside? Will you travel? Will your job be fascinating or difficult? The children will also think through what they want their home lives to be like. Do you envision your home in the city, suburbs, or country? Do you plan to have a pet?

- **Imagining the Future:**

Through a dynamic problem-solving activity, children will build awareness of how they might approach the challenges of managing work and family life. Participants will be asked to find solutions for problems like whether to work late to finish an important project or attend your child's school play.

- **Ask the Adults:**

This activity turns young people into reporters and gives them the opportunity to interview adults about their experiences in managing work and home life. It will be interesting to see how adults' answers compare to the young participants' ideas!

# Parental Authorization

(Parent/Guardian must complete and give to the accompanying adult if it is not the parent or some school systems require them to be turned into home room teacher.)

I/We, the undersigned, grant our son/daughter \_\_\_\_\_ permission  
(Name of Student)

to participate in an out-of-school educational activity as part of the Take Our Daughters and Sons to Work® Day.

Should a medical emergency arise while my son/daughter is participating in this field trip, the accompanying adult or I will be responsible for initiating medical treatment. I give permission for immediate treatment as required in the judgment of the attending physician.

If there are any changes to the information provided herein, it is the parent's responsibility to provide the updated information.

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date

## Special Note

Parents/Guardians of students that are participating in the Take Our Daughters and Sons to Work® Day event should fill-in an Excused Absence Form if your school needs it.





## Did You Know?

- In 2015, 39 million employed Americans participated in **Take Our Daughters And Sons To Work<sup>®</sup> Day**.
- Almost 82 percent of adults aware of **Take Our Daughters And Sons To Work<sup>®</sup> Day** believe that the day is an educational experience for participating youth.
- 3 million Companies participated in **Take Our Daughters And Sons To Work<sup>®</sup> Day** in 20145.
- In 1991-1992, the Ms. Foundation began discussion of the research finding that young women's loss of self-esteem was one of the reasons they were making poor life choices and were not doing well in school.
- That same year educators in the five boroughs of NYC noticed the patterns for young women was: lack of self-esteem, poor class attendance, and low expectations for jobs.
- The educators contacted the Ms. Foundation with their concerns. A pilot program was set up in one of the boroughs of New York City after Gloria Steinem and Marie Wilson met with child development experts and educators.
- During the event, their professional mentors asked participating young women a focus questions: "If you could grow up to be anything what would it be?"

- At the end of the pilot program the participating young women concluded that they must stay in school, pass their grades, and work on their self-esteem.
- *AP's Parade Magazine's* editor, Walter Anderson, having heard about the pilot program, interviewed Ms. Steinem in September 1991, and the one-day local events went national. The first Take Our Daughters To Work® Day was held on April 28, 1998. (It was decided to celebrate the Day on the 4<sup>th</sup> Thursday of April.)
- In 2002, it was decided that young men could benefit from being part of the program, and they were added to the program, and the focus was broadened to work, life, family, and community.
- In 2007, the program transitioned into Take Our Daughters And Sons To Work Foundation. Carolyn McKecuen, who had worked with the Take Our Daughters To Work for fourteen years, was named President of the Foundation, with headquarters in Elizabeth City, NC.
- This past year, 2014, over 39 million youth and adults participated in the activities in three million workplaces throughout the United States.

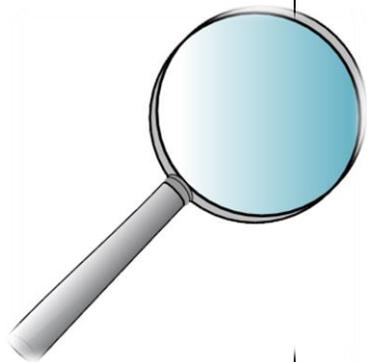
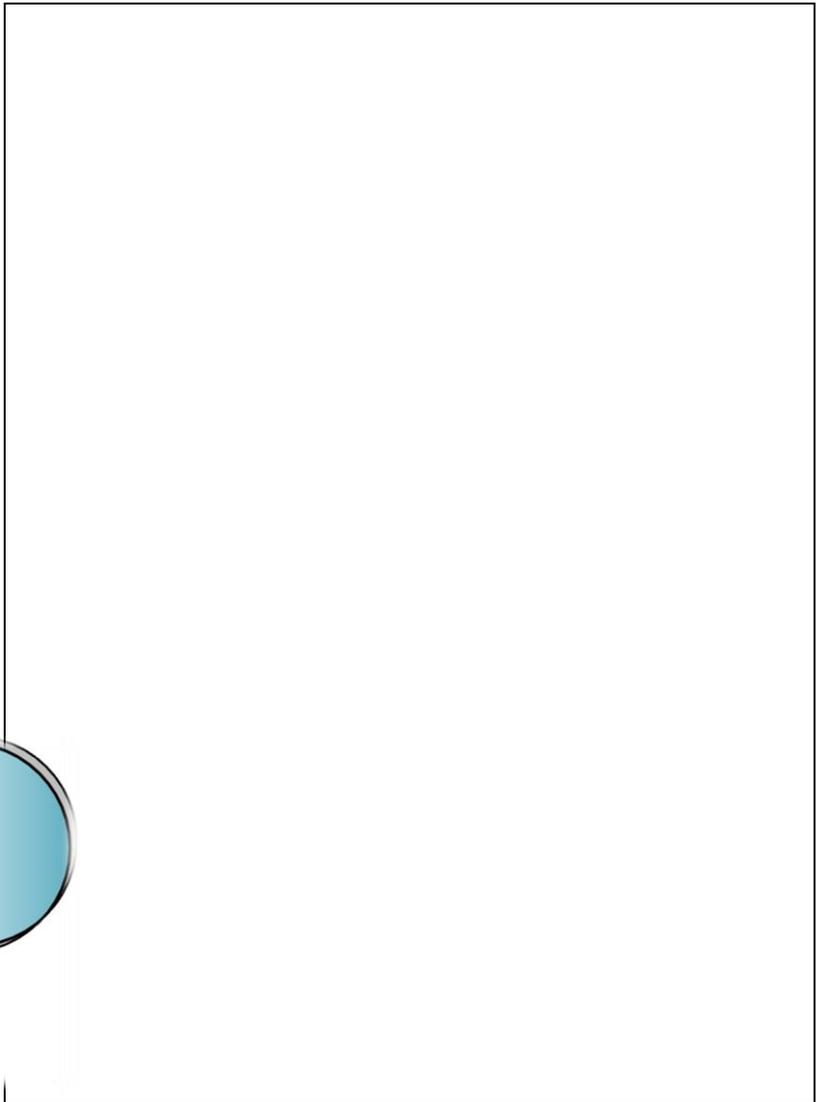
# Who Do You Think You Are?

When you look in a mirror, who do you see? You, Obviously! But how do you see yourself? Are you more likely to focus on, your strengths or on your limitations? Our thinking powerfully influences how we feel about ourselves. It's as if our thoughts are a magnifying glass, increasing whatever we focus on- so it is really important to focus on the positive!

Write your first and last name vertically in the box below. Use the letters to write words that describe your positive qualities.

*Here's an example:*

**S**ociable  
**A**rtistic  
**M**usical  
**J**okey  
**O**pen minded  
**N**uts about science  
**E**nthusiastic  
**S**omeone you can count on



# Making Your Dreams Mean Business

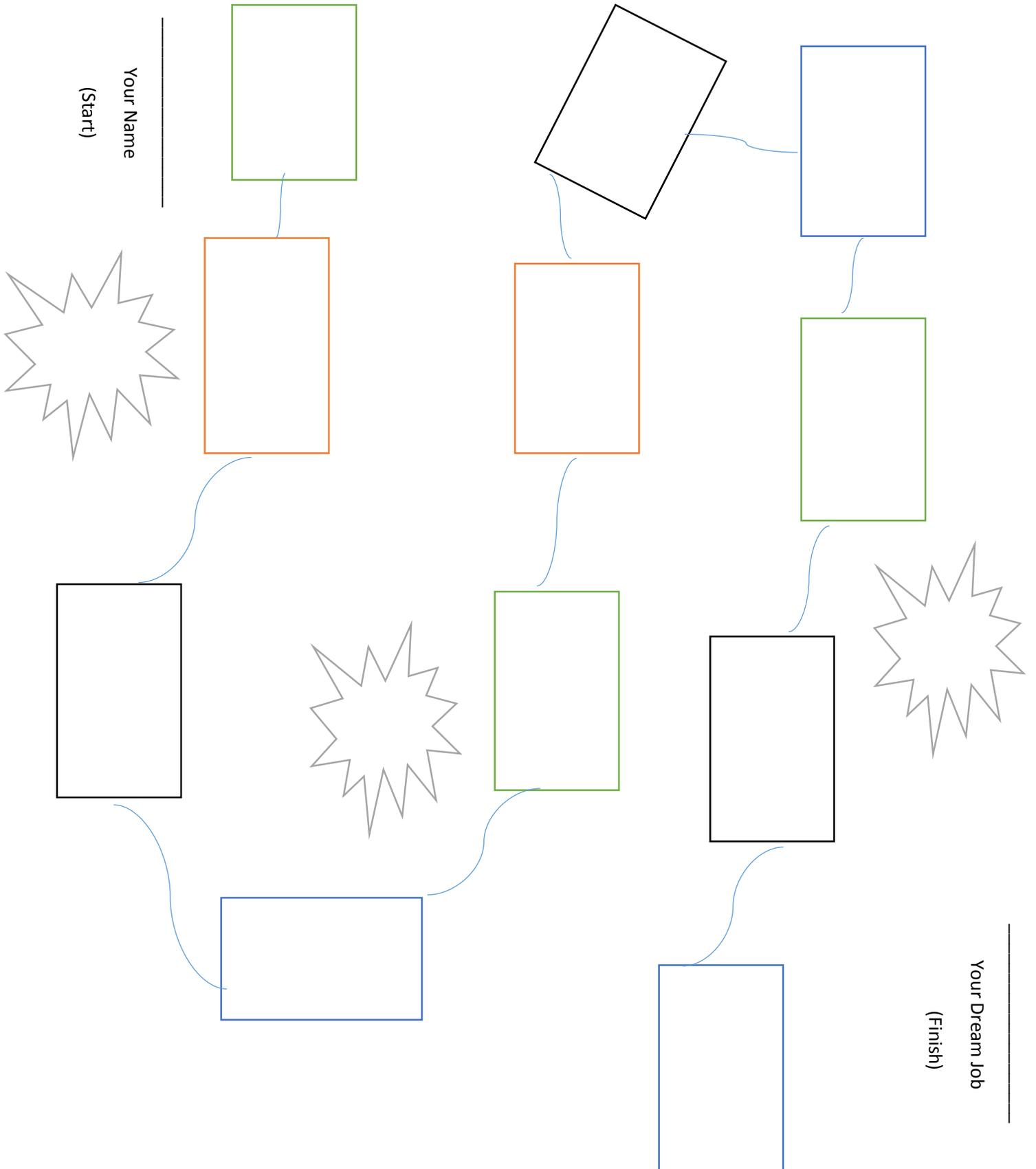
What job do you dream of doing when you grow up? You might dream of being a chef, pilot, electrician, artist, symphony conductor, surgeon, college professor, photographer, fire fighter, you name it! Whatever your dream, do you know what it will take to make it come true? In other words, do you know how to get from here to there?

When you set off on any journey, it's wise to have a map in hand to help you chart your way. Fill in the "dream map" below. Start by writing your name at the start and your dream job at the finish. Then fill in the squares and triangles. The squares are stepping stones that take you where you want to go. The triangles are stumbling blocks that trip you up and get in your way: avoid them at all costs!

Here is a list of possible Stepping Stones and Stumbling Blocks. You can choose from this list and/or come up with examples of your own.

Do homework	Do drugs	Talk on the phone all night	Take courses in math and science	Break the law, land in jail
Select a college	Graduate from high school	Study	Find a mentor	Get terribly sick
Watch tons of TV	Dog eats homework	Lean on friends	Earn money for college	Apply to college
Get thrown out of college for cheating	Talk to someone doing the job that interest me	Break a leg	Get special training	Eat well and exercise
Finish middle school	Drive drunk	Do research about this job	Graduate from high school	Do summer work similar to dream job

# My Dream Map



# From Good Girls to Great Women

How many great American women do you know about? Take this matching quiz to find out.

- \_\_\_1. Clara Barton  
(1821-1912)
  - \_\_\_2. Juliette Gordon Low  
(1860-1927)
  - \_\_\_3. Harriet Tubman  
(1820-1913)
  - \_\_\_4. Mae C. Jemison  
(1956-)
  - \_\_\_5. Wilma Mankiller  
(1945-2010)
  - \_\_\_6. Maya Lin  
(1959-)
  - \_\_\_7. Sandra Day O'Conner  
(1930-)
  - \_\_\_8. Susan B. Anthony  
(1820-1906)
  - \_\_\_9. Martha Graham  
(1894-1991)
  - \_\_\_10. Candy Lightner  
(1946-)
  - \_\_\_11. Dian Fossey  
(1932-1985)
  - \_\_\_12. Antonia Novello  
(1944-)
- a. As a girl, I was passionate about animals. I became a primatologist and in my memoir *Gorillas in the Mist* I tell about living with gorillas in Africa and battling their poachers-illegal animal hunters.
  - b. When I voted in 1872 presidential election, I was arrested and fined \$100 (a lot of money then!). I organized a huge campaign that eventually won women the right to vote. I was the first woman to be depicted on U.S. Currency: a dollar coin.
  - c. I knew I wanted to be a doctor all my life, particularly since I had a serious illness as a child and teenager. In 1990 I became the first woman and the first Latina Surgeon General of the United States.
  - d. I recently retired as the first female justice on the Supreme Court of the United States. I am also a mom with three sons
  - e. During the Civil War, even though nurses weren't allowed on the battlefields, I went anyway to help the wounded and dying soldiers. I later founded the American Red Cross.
  - f. In 1992, I became the first African- American woman to enter space on the crew of the Space Shuttle Endeavor. I earned an undergraduate degree in chemical engineering, went to medical school, and served in the Peace Corps too.
  - g. In 1980, after my 13-year-old daughter was killed by a drunk driver, I fought for stricter drunk driving laws and founded MADD, Mothers Against Drunk Driving. MADD now has chapters in all 50 states.
  - h. I was one of the 20<sup>th</sup> century's most famous choreographers and modern dancers. In 1929, I started my own dance company in New York City, named after myself.
  - i. I was chief of the Cherokee Nation of Oklahoma and the first woman in modern history to lead a major Native American tribe.
  - j. I was a runaway slave and became a "conductor" on the Underground Railroad that helped lead slaves to freedom. During the Civil War, I served as a soldier, spy and nurse for the Union army.
  - k. I am an artist and architect. When I was in college, I won a national contest (beating 1,420 other people) to design the Vietnam Veterans Memorial in Washington, D.C. I also designed the Civil Rights Memorial in Montgomery, Alabama.
  - l. Known as "Daisy", I established the first troop of Girl Guides in 1912 in my home town of Savannah, Georgia. Thanks to my hard work and enthusiasm, this grew into Girl Scouts of America.

# From Good Boys to Great Man

How many great American men do you know about? Take this matching quiz to find out.

\_\_\_1. John Quincy Adams  
(1767-1848)

\_\_\_2. Matthew Henson  
(1866-1955)

\_\_\_3. Jesse Owens  
(1913-1980)

\_\_\_4. Stan Lee  
(1944-)

\_\_\_5. Bill Gates  
(1955-)

\_\_\_6. Sherman Alexie  
(1966-)

\_\_\_7. Kiril Kulish  
(1994-)

\_\_\_8. Martin Luther King  
(1929-1968)

\_\_\_9. Herman Melville  
(1819-1891)

\_\_\_10. Ralph Nader  
(1934-)

\_\_\_11. Enrico Fermi  
(1901-1954)

\_\_\_12. Thurgood Marshall  
(1908-1993)

a. Ran the 100-yard dash in 11 second, ran the 220-yard dash in 20.7 seconds, and competed in the 1936 Olympics earning the United States 4 medals.

b. An American Indian author that received a Washington State Arts Commission Fellowship.

c. American Civil Rights Campaigner

d. He helped develop the quantum theory and build the atomic bomb.

e. Served as secretary of state to President Monroe, later becoming President himself. As a House of Representative member worked to abolish slavery.

f. Wrote *Moby Dick*, and although it was not received well he became known as the American Shakespeare.

g. Started his writing career as an obituary writer, then in 1941 became the editor in chief of *Timely Comics* (later named *Marvel Comics*)

h. Helped *George W. Bush* win his presidential election. Also helped the automobile industry increase their safety standards.

i. A lawyer and a Supreme Court justice. He worked to help the civil-rights revolution.

j. First African- American to reach the North Pole. He was not given immediate recognition of this accomplishment but did receive recognition before he died.

k. Created tic-tac-toe as his first computer program at age 13. Went on to create the *Traf-O-Data* while in high school. Later founded the Microsoft company and became the youngest Billionaire at age 32.

l. One of the 3 *Billy Elliot* Boys for the United States Broadway production in 2008.

## Years of Work toward a Lifetime of Confidence

Everybody agrees that it's good to be self-confident. But what does this mean exactly? According to the dictionary, self-confidence is "a feeling of trust in one's abilities, qualities, and judgment." With self-confidence, it's easier to take a risk, try something new, and to stay true to yourself in the face of peer pressure.

Take this quiz to find out how confident you are today. Read the statements and circle your answer, either 1, 2, or 3.

	Always	Sometimes	Rarely
1. I set positive goals for myself.	1	2	3
2. I am able to accept criticism without getting upset.	1	2	3
3. I let people know what I think and feel, even if I'm angry or in disagreement with someone else.	1	2	3
4. I ask for help when I need it.	1	2	3
5. I don't worry about what other people think of me.	1	2	3
6. I like meeting new people.	1	2	3
7. I believe I am a valuable friend.	1	2	3
8. If I make a mistake, I admit it and try to learn from it.	1	2	3
9. I like trying new things- a sport, food, game, a new language, etc.	1	2	3
10. In general, I am happy with myself.	1	2	3
11. I am happy when something good happens to a friend.	1	2	3
12. I know I can make a positive difference in this world in my own unique way.	1	2	3
13. I tend to see the good in any situation.	1	2	3

**Add up all the circled numbers. TOTAL SCORE: \_\_\_\_\_**

# Years of Work toward a Lifetime of Confidence

## Continued....

**If you scored between 13 and 18:** You got it! Go out and do great things today. Help boost someone else's confidence too- encourage their dreams or pay them a compliment.

**If you scored between 19 and 25:** Keep focusing on your positive qualities, trust in yourself, and take time to develop both old and new interests.

**If you scored between 26 and 32:** Try something new today- bring a friend along for support (and fun). Write down the positive qualities you admire in one of your favorite people, then develop these qualities for yourself.

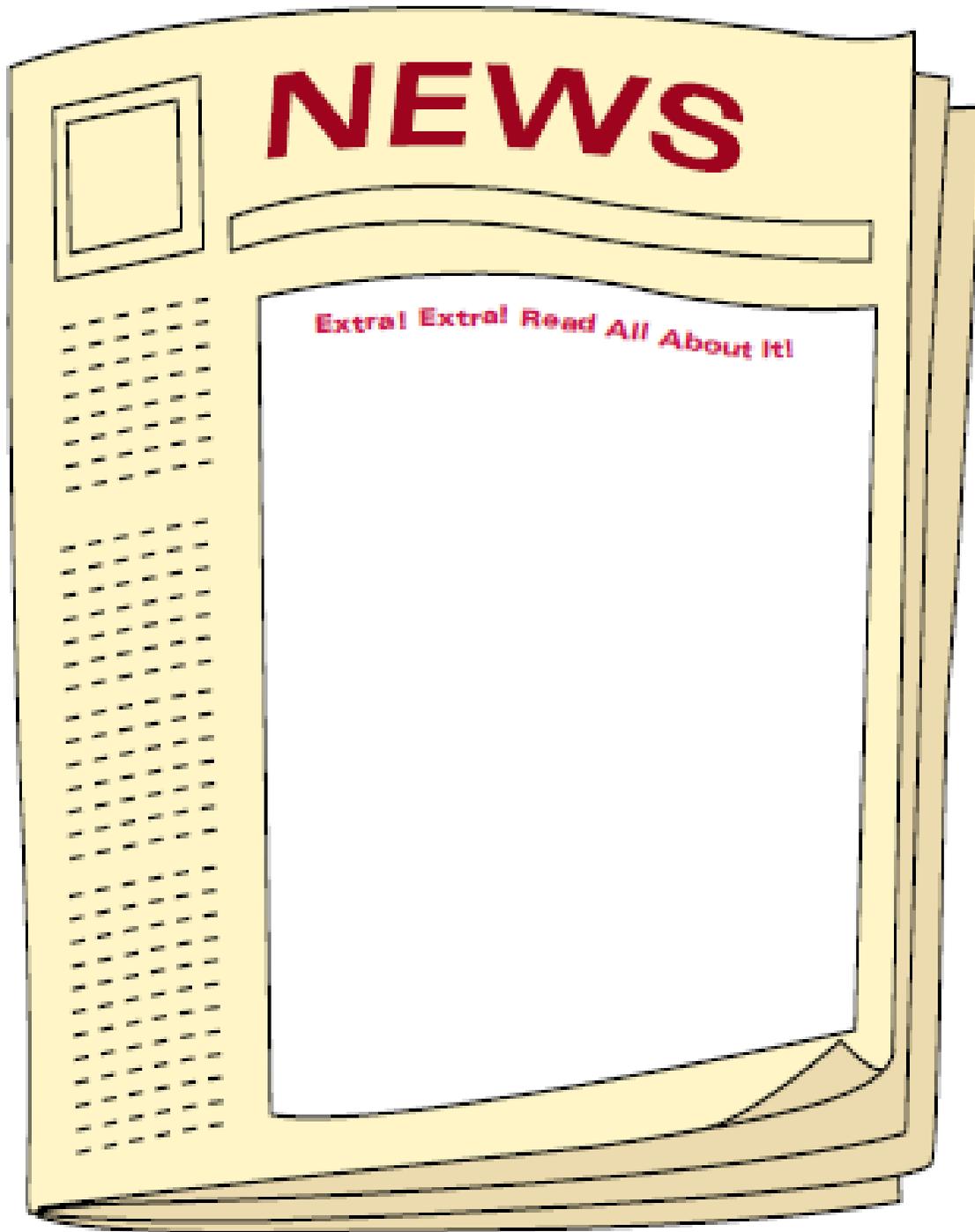
**If you scored between 33 and 39:** You could use a confidence boost! Talk to an adult you trust about what is special about you. Do a good deed for someone else and notice how this makes you feel.





# The Future Is Me

In the space below, draw or write a news story featuring you and something you hope to accomplish someday. For Example: "Sarah Stein is the First Woman to Pitch in the Major Leagues!" or "Pedro Lopez, Brain Researcher, Discovers Cure for Autism!"



# Free To Be You and Me

Have you heard *Free to Be You and Me*? The songs and stories on this CD, first produced in 1972, question gender stereotypes- Who says boys can't play with dolls? Who says girls can't compete or run like the wind? - And send the message that you can be and do anything in your life, whether you're a boy or a girl.

We've come a long way since the 1970s. Today women can be lawyers and men can stay home and take care of children-and not be looked down upon. Even so, many people still have strong opinions about the roles males and females should play in society. Do you?

Take this quiz with a friend or family member and compare your answers. You may be surprised by what you think! *Circle the Agree or Disagree that indicates your opinion.*

- |  |       |          |
|--|-------|----------|
| 1. A woman can be just as effective a President as a man.  | Agree | Disagree |
| 2. Boys need to be athletic to be popular.                 | Agree | Disagree |
| 3. I feel free to be who I am in school.                   | Agree | Disagree |
| 4. Boys are better than girls in most sports.              | Agree | Disagree |
| 5. Men make better bosses than women.                      | Agree | Disagree |
| 6. Women are better than men at taking care of children.   | Agree | Disagree |
| 7. I feel free to be who I am in my family.                | Agree | Disagree |
| 8. Girls need to be pretty to be popular.                  | Agree | Disagree |
| 9. Men are better than women at working and earning money. | Agree | Disagree |
| 10. Girls are more in touch with their feelings than boys. | Agree | Disagree |
| 11. Boys and men shouldn't cry in public.                  | Agree | Disagree |
| 12. I feel free to be who I am with my friends.            | Agree | Disagree |

# Change the Way the World Works

You are an advice columnist for a city newspaper. When something gets out of balance in a person's home life, work life, or both, they write to you for advice. Everybody loves reading what you have to say. Your answers are always wise, creative, and often funny too.

Read the following letters. What's your advice? Write your responses on a separate page.

Ask \_\_\_\_\_(Your first name)

\_\_\_\_\_ Keeps Families Working & Playing!

Dear \_\_\_\_\_,

I've noticed that you gets lots of letters from parents whose kids play sports. I'm a mom and I play sports too. I've been captain of a local volleyball team for 5 years. My 10-year-old daughter Amy loves acting and has a part in the school play. Here's the problem: My team has a championship playoff on the opening night of the play! I've told Amy that her dad will come to the first night and I will come the next, but she's upset. What do you think I should do? My team needs me and so does my daughter.

Sincerely, Team Player

Dear \_\_\_\_\_,

I'm a lawyer. My father is very old and lives several hours away from here. Next week he has to go to the hospital for surgery and the doctor says he shouldn't go home alone. There aren't any other family member's nearby, so dad needs me to stay with him for a few days while he recuperates. Normally, I'd be happy to do this, but next week I have to argue an important case in district court. What should I do?

Sincerely, Dutiful Daughter

Dear \_\_\_\_\_,

My wife and I are young architects and just had our first child. We both took 3 months off from work to care for our baby boy. Our maternity and paternity leaves are about to end, so it's time to find childcare and head back to work. I'm considering taking a year off to be a stay-at-home Dad. My wife thinks it's a good idea, but my brother thinks it will hurt my career. He says future hiring managers won't take me seriously as a committed architect. What should I do? I don't want to lose ground in my career and I don't want to miss a minute of my son's first year.

Sincerely, Dad Committed to Work & Family

Dear \_\_\_\_\_,

I'm an emergency room nurse. I love my work, but it's very stressful. I treat accident victims and very sick people all day long and don't have a minute to sit down. My wife finishes work earlier than me, so she picks up the kids from after school and makes dinner. She'd like me to help the kids with homework and bedtime, but I'm so stressed out and tired after work that I'm not much help. My wife says I don't pull my weight at home and that my kids deserve better. She's right but I don't know how to change things. Your advice?

Sincerely, Nurse Needs a Nurse

Dear \_\_\_\_\_,

I'm a single mom who works two jobs to put food on the table for me and my two kids who are 7 and 9. All my life I've dreamed of owning a catering company. I just got accepted to a competitive two-year college program that will teach me how to start and run my own business. This is the opportunity I've been waiting for! I even received a full scholarship. It all sounds perfect; however classes meet four evenings a week, so I won't get to see my kids on those nights. Their grandmother has agreed to babysit for them, but she's pressuring me to postpone school for 5 years until the kids are older and more independent. I want to do what's best for my kids and what's best for my future. What do you advise? Should I go to school now or wait?

Sincerely, Fork in the Road

Dear \_\_\_\_\_,

I'm an administrative assistant at a successful medical research company. I'm committed to my job and work late into the evenings. My company just opened a lab in partnership with the local high school so we can mentor students interested in science careers and give something back to the community. I like this idea! Here's the problem: My boss has asked me to volunteer 5 hours a month to coordinate the mentoring program. I don't have a single extra minute in my day! This would mean coming in earlier or staying even later without any extra pay. How can I say "no" without giving the message that I'm not supportive of the company?

Sincerely, Stretched Thin

# A New Generation at Work

You are a member of a new generation that is growing up to change the world for the better. Peer into your future, 20 years from today. What do you see? What change will you be creating? Draw your future in the boxes below. Don't forget to title your drawings!

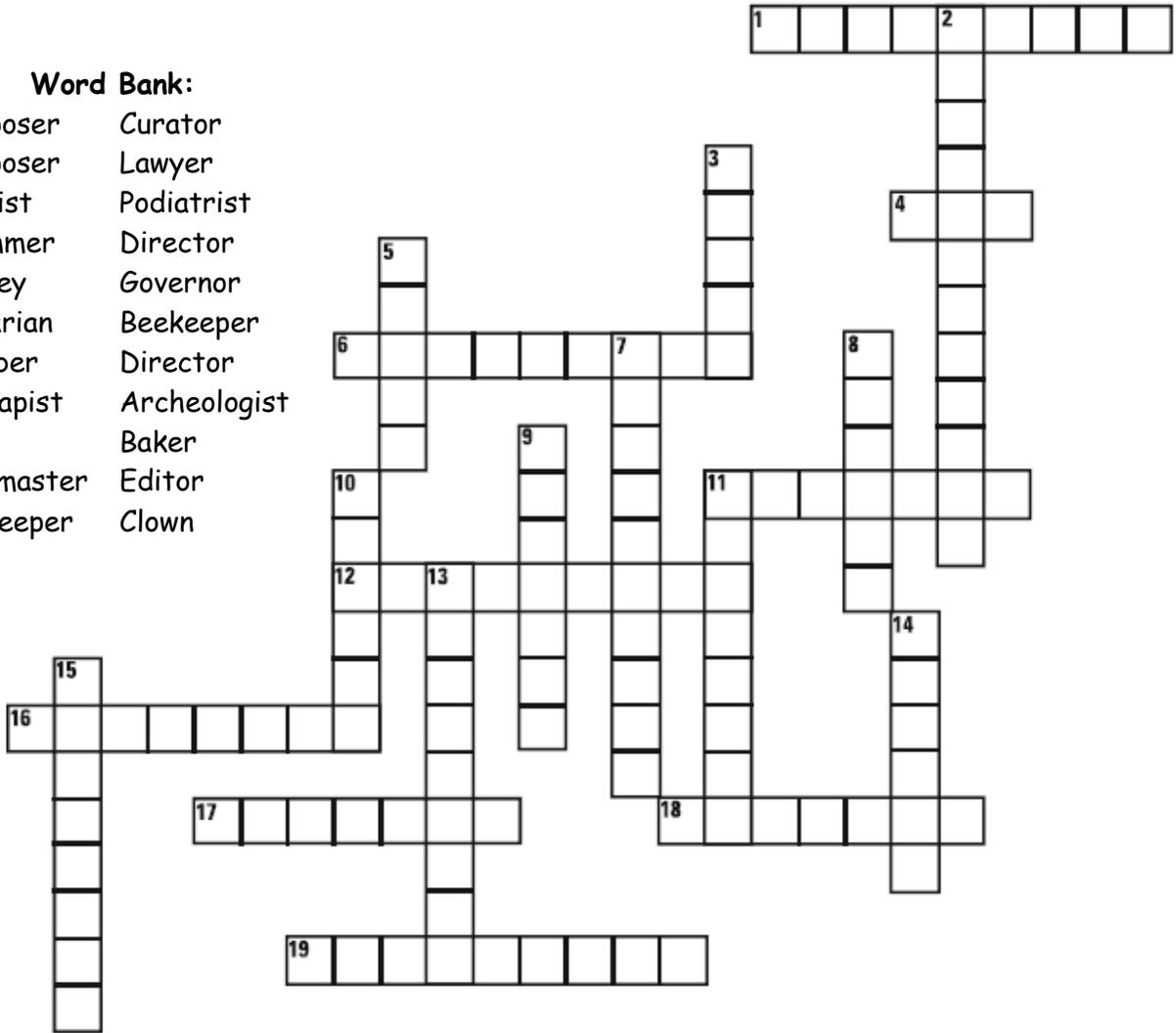
<b>ME AT WORK</b>	<b>ME IN THE COMMUNITY</b>
<p>Draw yourself at work, changing things for the better.</p>	<p>Draw yourself in the community, changing things for the better.</p>
<p><b>Questions to ask yourself before you draw:</b>            20 years from today, what kind of work will you do?            Where do you work? What does your workplace look like? Who else works with you?</p>	<p><b>Questions to ask yourself before you draw:</b>            20 years from today, what kind of community will you live in? What does it look like? Who else lives there? What kind of things will you be doing to change this community for the better?</p>

# Today's Vision, Tomorrow's Reality

What work do you picture yourself doing in the future? The possibilities are endless! Complete this crossword puzzle to learn about just a few of them.

## Word Bank:

- |           |              |
|-----------|--------------|
| Composer  | Curator      |
| Composer  | Lawyer       |
| Dentist   | Podiatrist   |
| Drummer   | Director     |
| Jockey    | Governor     |
| Librarian | Beekeeper    |
| Plumber   | Director     |
| Therapist | Archeologist |
| Vet       | Baker        |
| Webmaster | Editor       |
| Zookeeper | Clown        |



## Across:

1. I help people solve personal problems
4. Bring your sick cat, dog or iguana to me
6. I tend lions, tigers and bears, oh my!
11. I'm all about teeth
12. I make and maintain the Web site
16. I write music for symphony orchestras
17. Call me when the faucets are dripping
18. I use sticks to play my instrument
19. Books and information are my specialty

## Down:

2. I dig for dinosaur bones and other artifacts
3. I get up early to make pastry and bread
5. I make you laugh at the circus
7. I'm a foot doctor
8. I help writers with punctuation and words
9. I'm in charge of the art in a museum
10. I argue cases before a judge and jury
11. I organize and instruct actors on the stage
13. I deal in hives and honey
14. I race thoroughbred horses
15. I am the leader of a state

# Sharing Power and Possibility

Whatever work you want to do when you grow up-whether you want to become an actor, an architect, an acrobat, or even the president-one thing's certain: you'll be a lot more successful, and have a lot more fun, if you know how to work well with others.

In the box of letters below are words that relate to sharing and working well with others. The words are spelled in lots of ways: left to right, right to left, up to down, down to up, and diagonally. Using a continuous line, circle the consecutive letters which spell a quality. Some of the words may cross each other and use the same letter.

**Do your best to have:** goodwill, gusto, humor, integrity, morale, patience, rapport

**Try to be:** efficient, fair, friendly, generous, helpful, honest, kindhearted, reliable

**Don't forget to:** appreciate, brainstorm, collaborate, compromise, congratulate, cooperate, discuss, explain, laugh, lead, learn, listen, negotiate, persuade, praise, reassure, rely, respect, share, support, understand

E E N M X D P O U Y D V S F Q G N R U K V T V T D  
L T T I O C N V F L E S I A R P G C G L H B J L E  
N C A A A R R T W D N D U N D E R S T A N D L R T  
K A P L R L A A W N S B O W H A C N T K M I F A R  
K K Q E U O P L I E P N P U V S G K Q Z W J S P A  
R C L S R T B X E I X Z M R H F F X O D S J S P E  
J E O U B S A A E R Z O V A R O L A O W Z G Q O H  
G Z S V F M U R L F R W R S S V A O B M L W X R D  
U I H P G P V A G L U E H L X B G J Z H C A V T N  
S N P A E V L H D N O C O M P R O M I S E V J K I  
T T V R N C O E R E O C N R A E L N L I N L F E K  
O E W R E N T E H D X C B R A I N S T O R M C S G  
P G E R E L A M I N E T S I L R A A C D U N U C P  
D R V S L S I S R X N U I K W J R G R W E O O Q C  
M I T Q S B C A V K N L Y X Y T O E N I R O Z F O  
S T B U G U X S B S U P P O R T L H T E P B F P H  
J Y R V S P E F S L Q Z J D G Y X A N E O E Z Q H  
I E Y S V O B M O N E W G X U J P E R U I F S H I  
A P P R E C I A T E F D F H A Z G A L D K F H R U  
N E G O T I A T E H L A J R Y O T T E N W I T Q N  
Y L Z W G X R N K M C E I U I E P Q A R D C I H N  
O J S Z E Y Z N R C R Y D R P N P W D V E I E Z E  
C Q X R B N L W J F Q L A U G H S X V O A E X Z M  
C M G F L U I X X F Y R Z B S A K W J Z Y N C F Y  
O T W M S J D L U L G L E T J I C G E I E T A X Y

# Shaping the Future

The future isn't as far away as you might think! The future gets shaped by the decisions you make and the actions you take today. Follow the 5 steps below and decide what actions you'd like to take today to shape your future tomorrow...

Step 1: Read down the left hand column and check all of the communities you belong to.

Step 2: Write the name of each community on the space provided. If you belong to any other communities, write these down under "Others".

Step 3: Star (\*) communities where you play an active role: you help out, you speak up when something seems unfair, you care about others in the community, etc.

Step 4: Read down the left-hand column and ask this question about every community: "In my opinion, is there anything that needs changing for the better in this community?" If "yes", circle the name of the community.

Step 5: Write in the right-hand column the name of three of the "circled" communities and describe one thing that needs changing for the better in each.

## I Am A Part of Many Communities...

A planet: \_\_\_\_\_

A country: \_\_\_\_\_

A state: \_\_\_\_\_

A town: \_\_\_\_\_

A neighborhood: \_\_\_\_\_

A street: \_\_\_\_\_

A family/families: \_\_\_\_\_

A school: \_\_\_\_\_

Sports team(s): \_\_\_\_\_

\_\_\_\_\_

Music group(s): \_\_\_\_\_

Clubs/activities: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Place of worship: \_\_\_\_\_

Others: \_\_\_\_\_

\_\_\_\_\_

## If I could change things for the better in 3 communities, this is what I'd change...

### Community 1

This needs changing for the better

### Community 2

This needs changing for the better

### Community 3

This needs changing for the better

# When You Were My Age

Use this sheet to interview your parent or guardian about their own career choice.

## When you were my age:

1. What was your favorite school subject?
2. What did you like to do best during your free time?
3. Was there anything that you did particularly well?
4. What career did you have in mind?
5. Did you follow that career path? If not, what changed your mind?
6. Were there any obstacles to following your career path?
7. Did your parents have specific ideas about what career you should choose?

8. Who helped you make your career decisions?
  
  
  
  
  
  
  
  
  
  
9. Were your choices different because you were male/female?
  
  
  
  
  
  
  
  
  
  
10. What did you learn in high school that you feel has helped you the most?
  
  
  
  
  
  
  
  
  
  
11. Did you change your mind about career choices?
  
  
  
  
  
  
  
  
  
  
12. Would you like to change your present career?
  
  
  
  
  
  
  
  
  
  
13. Why did you choose the career you are presently in?
  
  
  
  
  
  
  
  
  
  
14. Were you a good student?
  
  
  
  
  
  
  
  
  
  
15. Did you participate in sports?

# Modern Day Superheroes

Draw a line to match each modern day superhero to their work environments. Have participants choose one as their modern day superhero. Then have them tell the group why they chose the superhero they did.



# Careers in Your Community

Identify the following occupations in your community. Write your answers on the lines provided using the word bank provided on the next page.

I perform a very delicate heart operation. \_\_\_\_\_

I arrest a dangerous criminal suspect. \_\_\_\_\_

I design buildings. \_\_\_\_\_

I sell someone glasses. \_\_\_\_\_

I write programs for computers. \_\_\_\_\_

I repair a car. \_\_\_\_\_

I am sometimes chased by the meanest dog in the neighborhood. \_\_\_\_\_

I paint pictures. \_\_\_\_\_

I take care of animals and keep them healthy. \_\_\_\_\_

I paint houses. \_\_\_\_\_

I model the clothes you are wearing. \_\_\_\_\_

I thread needles. \_\_\_\_\_

I take x-rays of patients. \_\_\_\_\_

I take pictures for magazines and newspapers. \_\_\_\_\_

I look at the planets with my telescope. \_\_\_\_\_

I help patients with their foot problems. \_\_\_\_\_

I fly airplanes. \_\_\_\_\_

I drive a big semi-truck. \_\_\_\_\_

I help direct traffic. \_\_\_\_\_

I fill prescriptions. \_\_\_\_\_

I have knowledge of school subjects. \_\_\_\_\_

I write articles for newspapers and magazines. \_\_\_\_\_

I know how to fix teeth. \_\_\_\_\_

I can put out a big fire. \_\_\_\_\_

I can take a case to court. \_\_\_\_\_

**Word Bank**

Cardiologist	Police Officer	Architect	Optometrist
Program Designer	Mechanic	Mail Man	Artist
Veterinarian	Painter	Model	Seamstress
X-Ray Technicians	Photographer	Scientist	Podiatrist
Pilot	Truck Driver	Traffic Director	Pharmacist
Teacher	Journalist	Dentist	Firefighter
Lawyer			

Write which of their careers you would like to have:

Think about why would like to have those careers.

Your group leader might ask the group to discuss their choices.

# **Directions for Completing the Take Our Daughters And Sons To Work<sup>®</sup> Day Assignment**

Please use the forms (Take Our Daughters and Sons to Work<sup>®</sup> Day Activity Log and the Post-Take Our Daughter And Sons To Work Day Evaluation Form) to document the activities that you participated in on Take Our Daughters And Sons To Work<sup>®</sup> Day. Include the time, activity and the adult who supervised you while involved in the activity. A sample has been completed for you.



# Take Our Daughters And Sons To Work Day®

## Evaluation Form

Your Name \_\_\_\_\_ Date \_\_\_\_\_

Name of Company \_\_\_\_\_

Fill in the blanks. Share your answers at home with your family.

1. This is the most unusual or surprising thing I saw:

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2. One job I saw was:

---

---

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3. The job helps people because:

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---

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4. The following school work will help in doing this job:

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---

5. This is an example of an important work habit:

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6. This is an example of a team project I learned about at the work-site visit:

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7. Of all the jobs I saw, I think I would be best at:

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# Take Our Daughters And Sons To Work Day®

## Program Form

Let us know what you think about the Take Our Daughters And Sons To Work® program and you may appear on our Website. Please answer the following questions and mail this form to the address below.

1. What did you learn on Take Our Daughters And Sons To Work Day?
2. Finish this sentence: I love Take Our Daughters And Sons To Work Day because...
3. What did you learn about your parent/sponsor?
4. Finish these sentences:  
My future work...  
  
My future family...  
  
My future community...
5. What do you think it would be like to work and take care of a family?
6. What company or organization did you attend and what did you learn about the workplace?

Full Name \_\_\_\_\_

Parent/Sponsor Name \_\_\_\_\_

Parent/Sponsor Phone Number \_\_\_\_\_

E-mail Address \_\_\_\_\_

Email To: [todaytw@mindspring.com](mailto:todaytw@mindspring.com)