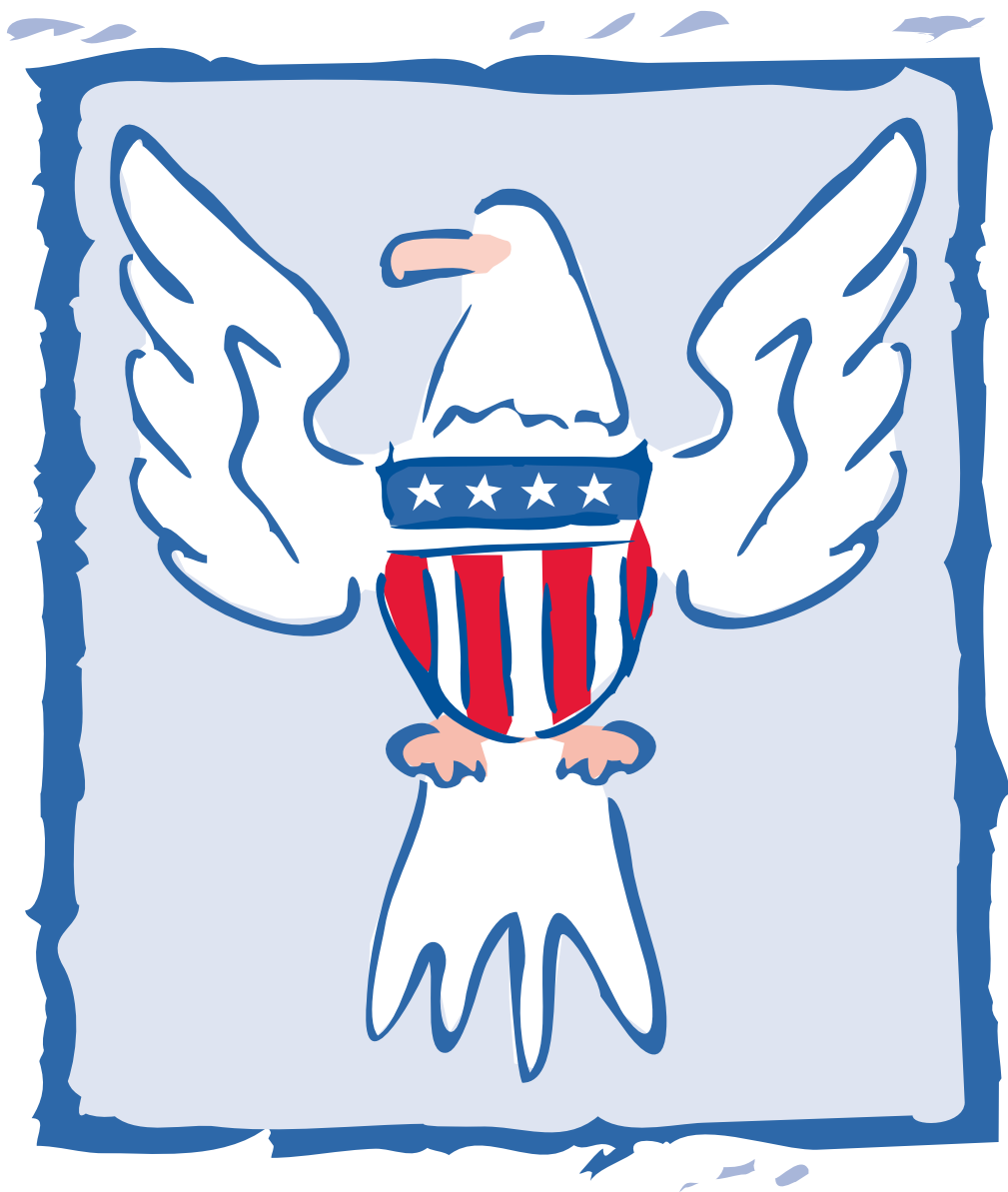


My American Journal



Dear Student,

Welcome to your American Journal! You are about to begin an interesting and exciting project. In this journal you can write about yourself, your family and friends, and the things that interest you, as well as your hobbies, hopes, and dreams.

When you dream, dream big. Ask yourself questions: What kind of person am I now? What do I want to be when I grow up? How can I make my dreams come true? How can I help someone in need?

We are counting on you to do your very best in school, lend a helping hand to others, and always work toward your goals. Doing so will help you succeed. Whether you are at home or in school, with family or with friends, your future depends on you! Every day you have opportunities to make decisions and do things that will determine who you will become and how far you will go. Your job is to make good choices and reach for your dreams.

Learn and help your mind grow by reading as much as you can every day. Reading is the secret to your greatest success and will give you pleasure all of your life. The better you become at reading, the better you will do in school and the more opportunities you will create for yourself. When you enjoy books, you always have a friend by your side, ready to go with you on the most interesting adventures.

This journal is about the American story, and you are part of that story. As you read this book and add to it, you will learn more about yourself, your community, your country, and the world. Write on!

With best wishes,

A handwritten signature in cursive script, appearing to read 'Laura Bush'.

Laura Bush



My American Journal

Name _____

Home Address _____

City/State/Zip _____

Date _____

School _____



Proud to Be an American



"Our loyalty to American democracy and freedom is born of pride, appreciation, and understanding of our country. We are loyal to America, our fellow citizens, and these ideals."
~ President George W. Bush



I am proud to be an American because _____

I can show my patriotism by _____

I live in the United States and I have the freedom to _____

and _____



These freedoms make me feel _____

Supporting my country is important because _____

*“America is a great force for freedom and prosperity.
Yet our greatness is not measured in power or luxuries,
but by who we are and how we treat one another.
So we strive to be a compassionate, decent, hopeful society.”*

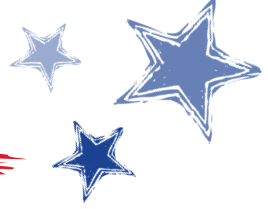
~ President George W. Bush



Some of my favorite things about the United States are _____



Citizenship



“As your generation takes its place in the world, you must make this decision: Will you be a spectator, or a good citizen? To make a difference in this world, you must be involved. By serving a higher calling you’ll make your life richer and build a more hopeful future for our world.”

~ President George W. Bush

I am an American citizen and I live in _____

My mayor is _____

and he or she has been serving our community for _____ years.

The state I live in is _____

My governor is _____

My state motto is _____

and my state bird is _____

My state flower is _____

and my state tree is _____

My state flag looks like:



My senators are _____
and _____

My representative is _____

They help my state by _____

I think it is important for people to vote because _____

I will be able to vote in _____ years.

I can be a good citizen by _____

It is important for me to be involved in my community because _____

**You can learn more about our
government and being a good citizen
by visiting the following websites:**

www.whitehouse.gov/kids

www.house.gov

www.senate.gov

www.supremecourtus.gov



My Family and Friends



*“Strong families make a strong America.”
~ President George W. Bush*

I have _____ people in my family. Their names are _____

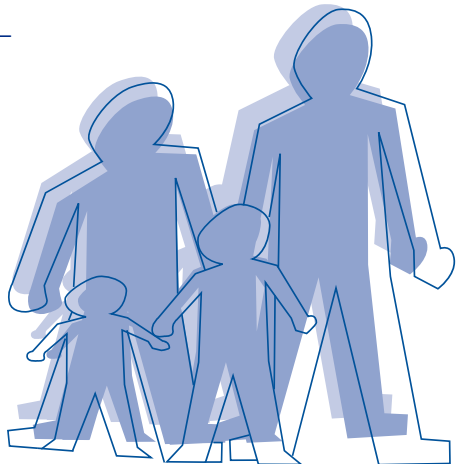
My favorite relatives are _____

I was born in _____, and my parents were born in

Some members of my family live in _____

I enjoy spending time with my family when we _____

I help my family when I _____

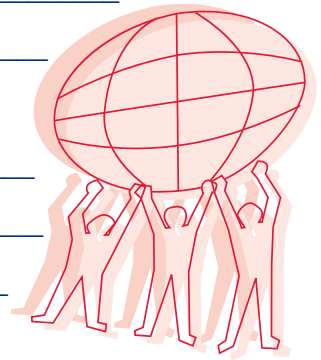


Special holidays we celebrate in my family are _____

My best friends are _____

because _____

When I am with my friends, we like to _____




I am a good friend when I _____

_____ is my mentor and we have fun when we

My mentor has taught me _____

Community Service



“The greatest strength of America is the heart and soul of the American people. Every time a volunteer reaches out to a neighbor in need, our Nation grows stronger and more hopeful.”
~ President George W. Bush

I help my community by _____

One time I volunteered to _____

It made me feel _____

I can help others in many ways. I could help my neighbor by _____

I could help take care of my neighborhood by _____

I could help someone younger than I am by _____

I could help someone older than I am by _____

At school, my class could help others by _____

I think it is important to volunteer and help others because _____

**For more information on volunteering
please visit the USA Freedom Corps website at
www.usafreedomcorpskids.gov**



My Favorite Books



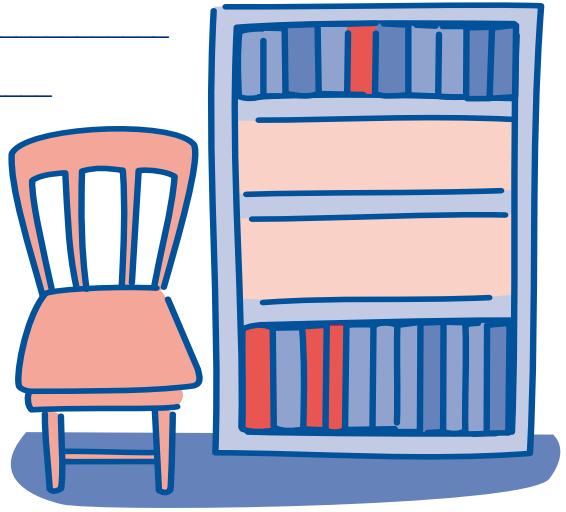
*“Reading is the gateway to educational excellence.
By developing your reading skills, you can succeed in school and in life.”
~ President George W. Bush*

My favorite book is _____

The author is _____

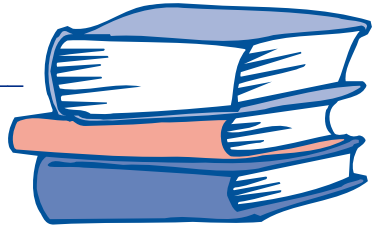
My favorite character is _____

I like this character because _____



My favorite part of the book
tells about _____

I like this part because _____



I like to read because _____

I would like to read a book about _____

My favorite section of the library has books about _____

Some of my other favorite books are _____

“I encourage you to read as much as you can and develop a love for literature. Reading helps prepare you for every grade in school and later for college. The more you read, the better you will do on all your work, the more you will know, and the more opportunities you will create for yourself.”

~ Mrs. Laura Bush

For a list of favorite books please visit

www.whitehouse.gov/firstlady/initiatives/familyfavorites.html

My Favorite Athletic Activities



“As you grow, athletic activities will teach you important life lessons and help prepare you for the opportunities ahead. Sports are a way for young Americans to meet new friends, discover the value of teamwork, discipline, and patience, and learn to win and lose with respect for others.

Sports and physical activities can be a great chance to get outdoors and enjoy memorable experiences with family and friends.”

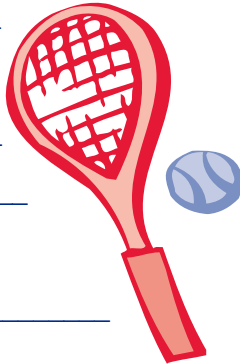
~ President George W. Bush

Athletic activities I enjoy are _____

and _____

I enjoy them because _____

One of my athletic goals is _____



I can achieve this goal by _____

Physical fitness is important because _____

I like to exercise because it makes me feel _____

My favorite athlete is _____

and he/she plays _____



I like him/her because _____

My favorite sports team is _____

because _____

They also help their community and others by _____

If I could go to any sporting event, it would be _____

because _____



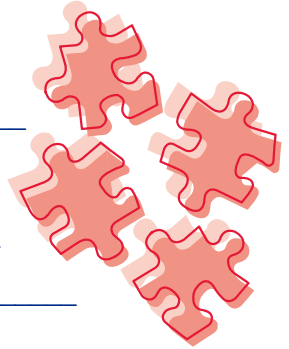
**For more information on fitness please visit the
President's Council on Physical Fitness website at
www.presidentschallenge.org**

My Favorite Hobbies



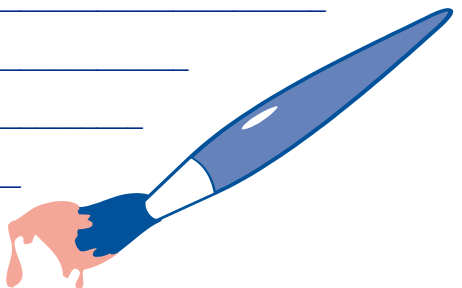
*“A hobby can be a great way to have fun,
improve your skills, and share an interest with others.”
~ Mrs. Laura Bush*

One of my favorite hobbies is _____



I enjoy working on this hobby because it makes me feel _____

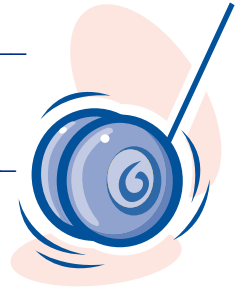
And I learn how to _____



This is a hobby I can share with _____

Some of my other favorite hobbies are _____

A new hobby I would like to learn is _____



I could learn more about this hobby by talking to _____

And by reading _____

Support for Our Troops



*“Before history is written in books, it is written in courage—
the courage of honorable soldiers, the courage of oppressed peoples,
the courage of free nations in difficult tasks. Our generation is fortunate
to live in a time of courage. And we are proud to serve in freedom’s cause.”*

~ President George W. Bush

*The Army, Marines, Navy, Air Force, and Coast Guard make up our Armed Forces.
These brave troops protect our country and help extend freedom around the world.*

I am grateful for our troops because _____





I can show my support for our troops by _____

One thing I would like to know about our troops is _____



My friends and family can support our troops by _____

My community can help our troops and their families by _____



Visit the www.americasupportsyou.mil website for ideas about how you can support our troops.



My School



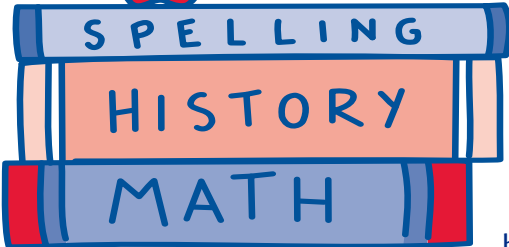
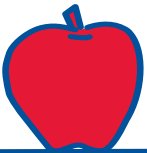
“School is central to your life. You learn the knowledge and the skills you will need to become an intelligent and successful adult. You also learn to respect yourself and to respect others, and to be responsible for the choices you make in life.”

~ Mrs. Laura Bush

The name of my school is _____

One of my favorite teachers is _____

because _____



My favorite subject is _____

because _____



I also like to learn about _____

Some day I want to be _____

I will need to learn how to _____

_____ to achieve this goal.

People at my school, in my community, and in my family can help me. Some of these people are _____

and _____

They can help me by _____

My Favorite Places Around the World

*“Mutual understanding and respect among people
help advance freedom and peace around the world.”
~ President George W. Bush*

President and Mrs. Bush have traveled to many places around the world, visiting other countries in North America, South America, Europe, Asia, Africa, and Australia.

My favorite place to visit is _____

I enjoy it because _____



If I could go anywhere in the world, I would go to

because _____

While there, I would like to try foods like _____

and I would like to see interesting sights like _____

If I could visit three places in the United States, I would go to _____

and _____

While visiting these places I would like to see _____

and _____

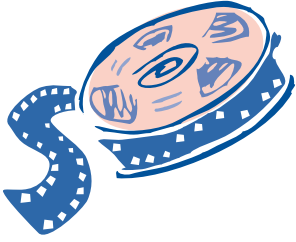
I like to visit new and different places because _____



“Our young people need to know how magnificent our world and our country are, and to be outside and experience nature.”

~ Mrs. Laura Bush

More of My Favorites



*“The study of the arts and humanities gives children the chance to be extraordinary—the power to be themselves.”
~ Mrs. Laura Bush*



My favorite type of music is _____

I enjoy listening to music when I am _____

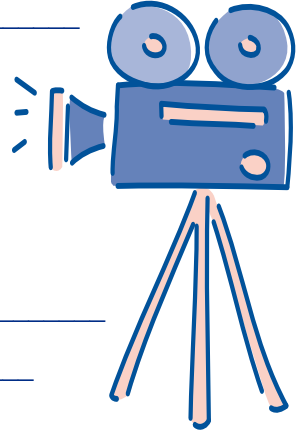
My favorite bands and singers are _____

because _____

Some of my favorite songs are _____

My favorite movies are _____

because _____



If I could be a character in a movie, I would be _____

My favorite games are _____

I enjoy them because _____

My Favorite Foods

*“Good nutrition can improve your ability to concentrate and help you succeed in the classroom.”
~ President George W. Bush*



Egg Salad à la George



6 eggs

Whole wheat or white bread

Mayonnaise

Salt and pepper

Place eggs in room temperature water to cover by 1 inch. Bring water to boil and let boil about 10 minutes until eggs are hard cooked. Run cold water over eggs to cool. Drain, peel, and chop eggs. Place finely chopped eggs in a bowl and mix with just enough mayonnaise to moisten. Season with salt and pepper. Serve as a sandwich spread on whole wheat or white bread.

My favorite food is _____

I like it because _____

Some other foods I also enjoy are _____

and _____

An unusual food I have eaten is _____

When I eat healthy foods, I feel _____

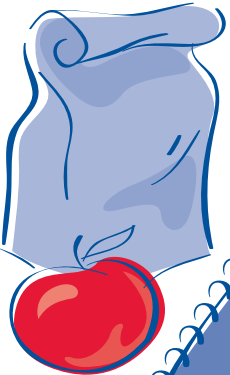
Eating healthy foods is important because _____

Times my family likes to eat together are _____

and we talk about _____

My favorite holiday meal is _____

During this holiday meal my family, friends, and I talk about _____



I enjoy cooking with other people. Some of the people I like to cook with are _____

Pets

*President and Mrs. Bush have two dogs,
Barney and Miss Beazley. They also have a cat, Willie.*

I have a pet _____

and his or her name is _____



My pet and I like to play _____

My pet is a good friend because _____

I help take care of my pet by _____

Some types of pets can help people by _____

Volunteer activities I'd like to do with my pet to serve others in the community are

I don't have a pet, but if I did, I would have a _____

and his or her name would be _____

It is important to take care of animals because _____



Blessings in My Life

*"We are grateful for the bounty and opportunity of our land.
We are grateful for our liberty."
~ President George W. Bush*

I am grateful for _____

because _____

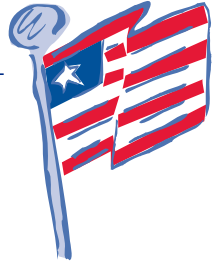


I am grateful for my ability to _____

because by using this talent I can _____

and I can help _____

I am grateful to live in a country where I can _____



I am fortunate because I have the freedom to _____

One of my dreams for when I grow up is to _____

This dream is important to me because _____

I can help make my dream come true by _____



“In America, if you’re willing to work hard and make sacrifices, to give your goal your all, you can succeed beyond what you might have ever imagined.”

~ Mrs. Laura Bush



Dear Student,

We hope you've enjoyed writing down your thoughts and dreams and learning about our great country. We'd like to leave you with a few important lessons:

Listen to the adults who love you. You may not always agree with them, but they have your best interest at heart and have the advantage of life experience.

Always remember where you come from and what you believe. A strong life is built on strong beliefs and a solid understanding of the difference between right and wrong.

In the years ahead you will find that many in your community, especially those younger than you, look to you as an example of conduct and leadership. For your sake, and the sake of our country, always strive to be a person of strong principles and character.

Your life will grow in meaning when you serve a cause greater than yourself. Take time every day to serve others, in your home, in your school, and in your community. You can help change America for the better, one kindness at a time.

You are a source of great hope for our future, and our Nation is counting on you. Continue to make right choices in life; continue to set high standards; continue to be a leader. When you follow your heart and are true to your values, there is no limit to what you can achieve for yourself and for our country.

Sincerely,

A handwritten signature in blue ink, appearing to read "George". The signature is fluid and cursive, with a large initial "G" and a long, sweeping underline.A handwritten signature in blue ink, appearing to read "Laura Bush". The signature is cursive and elegant, with a large initial "L" and a long, sweeping underline.



The White House
1600 Pennsylvania Avenue, N.W.
Washington, DC 20500
www.whitehouse.gov