

Completed the action?
If so, tick it off.

I apologised.

I made sure that everyone could participate.

I thought before I talked or acted.

I got involved.

I respected our rules.

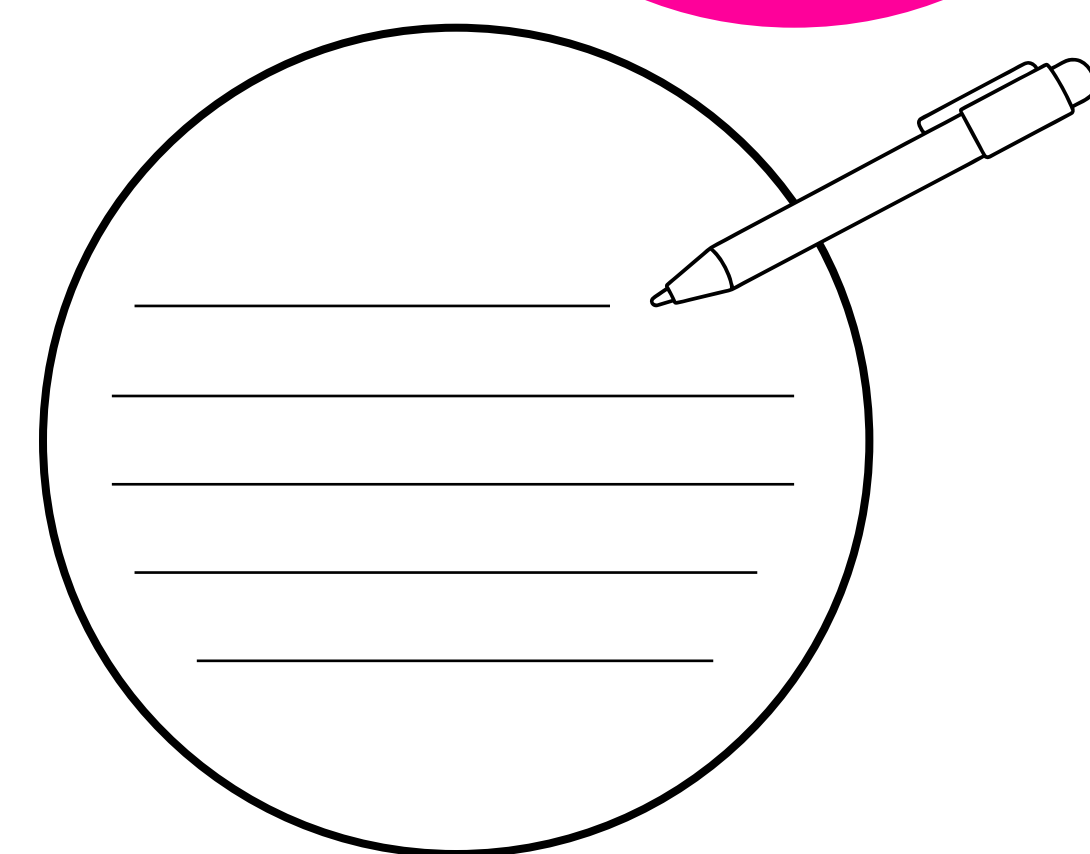
I have committed myself to a cause.

I asked questions.

I voted.

I helped someone.

What have I done for democracy lately?



Nothing.

I gave my opinion.

I listened.

I raised an issue with the class council or children's committee.

I was fair.

I supported my friends.

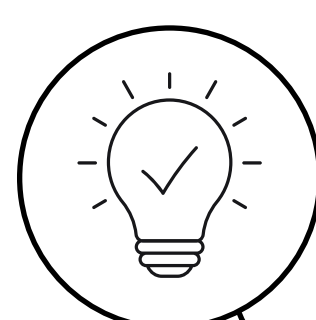
I argued without being violent.

I expressed a new idea.

I took responsibility.

I stood up against an injustice.

zpb
Fondation Zentrum für politisch Bildung



Democracy also thrives thanks to your commitment – during elections, in associations... Go for it!

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DE / EN / FR

What have I done for democracy lately?

Quick Start

Children discover where democracy takes place in everyday life and reflect on their actions. They form and express their opinions and learn where they can take responsibility.

The poster can be used in primary school and in non-formal education (e.g. *maison relais*).

This is how it works:

Introduce the poster to the children, read the statements together and provide further explanations if necessary.

Option 1: Finding examples

During the discussion, the children look for an example for each statement. They talk about their everyday lives and this way democracy becomes concrete and easier to understand.

Option 2: Quick vote

Hand out green and yellow stickers for the children to stick onto the poster. They stick green dots on the things they're already good at and yellow dots on the things they still need to work on.

Option 3: My goal – Our goal

Together with the children, use the actions listed on the poster to choose a daily or weekly goal that they'd like to practice. They can choose a goal as a class or individually. This helps them realise that democracy starts on a small scale.

