K-Kids helps young people become leaders through service. In big and small ways, K-Kids change the world around them. But the most significant change happens in the kids themselves. A K-Kids club gives members opportunities to develop social skills and build self-esteem through community service, advocacy, and fundraising.

The K-Kids Activity Book is a great way for you to introduce the social and emotional skills that will help students become more self-aware so they can strengthen their connections with others.

Try these fun activities with your K-Kids. Bring along some scissors and encourage club members to take apart, cut, and fold the pages of this book to create useful resources.
Here’s a fun way to learn the pledge. Split the pledge into small parts and write each part on a piece of paper.

As a K-Kid
I promise to serve
My neighborhood and my school
I will show respect
Toward my environment
And I will try
To make the world
A better place in which to live.

Give each K-Kids member a slip of paper. Begin by lining up everyone in the correct order and asking each person to recite his or her part of the pledge. Everyone will hear the correct version.

Now have some fun. Mix up the pieces and distribute them. Instruct members to organize themselves so that each part of the pledge is recited in the correct order. Let those without paper pitch in and help.
Split K-Kids members into four groups, and ask each group to create a poster using one of the K-Kids core values below. Share an example to get members thinking. Display finished posters in your school.

- **Character building:** The ability to do the right thing, even when it might be the unpopular choice.
- **Leadership:** The ability to listen, communicate, serve and guide others.
- **Inclusiveness:** Accepting and welcoming differences in other people.
- **Caring:** The act of being concerned about or interested in other people or situations.

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Sharing the strategy for planning a service project will get K-Kids members thinking. Ask club members to write each of the seven service project steps below on a separate sheet of paper.

1. Decide who to help
2. Decide on the type of project (Serve, Donate, Advocate)
3. Form a team
4. Ask questions
5. Plan the project
6. Reflect
7. Evaluate

Post the steps at the front of the room in random order. Ask club members to organize the steps to show how the planning process works. As members post each step, ask them to share why one step comes before another. Encourage the group to discuss the process.

More great resources for project planning are available [online](#).
Power of Nice cards

Middle section

Start a movement
Your K-Kids club can start a kindness movement throughout the school. Decide which week to concentrate on being kind to others and pass out the Power of Nice Cards during this time.

Display posters
Create posters promoting the Power of Nice campaign. The posters should encourage others to keep the movement going by being nice and passing on the Power of Nice cards.

Power of Nice Journal
K-Kids club members might want to keep a Power of Nice journal, making note of changes they notice in classmates because of the Power of Nice campaign. This is a great way reflect and evaluate the success of this project.

Mini-resource book & calendar

During one of the first meetings, ask club members to pull out the center section of the K-Kids activity book and create a mini-resource book.

When folded one way, it’s a handy mini-resource book with information about what happens during a club meeting. When folded the other way, it’s a calendar with room to track service hours.

Not sure how to fold the booklet?

Watch this YouTube video and learn how easy it is to make this mini-book. You’ll need a pair of scissors and a little patience.
What’s inside the mini-resource book?

Pledge
This will help kids learn to recite the pledge.

Meeting checklist
This will help members understand what happens at a club meeting.

Service
Break K-Kids members into groups to discuss each service area on this page. After discussion, ask each group to share its findings.

Contests
Ask K-Kids members to complete the matching game on the contest page. Then talk about the K-Kids contests and find out if club members want to participate. Download the Contest Booklet.

Reflection
You can help K-Kids process feelings they experience after participating in a community service project by leading members through the reflection process. Reflection questions are included on this page. Here’s a handout you can give to members to help them with the reflection process.

Memory keeper activity
Encourage K-Kids members to collect caring memories about their K-Kids experience by making memory keepers. This is a great activity to lead at one of your first club meetings.

Good listeners
Here’s a fun activity K-Kids members can do to help in understanding the concept of listening.

Mirror, mirror
Break K-Kids members into pairs. One person is the person looking into the mirror and the other person is the mirror image. Whatever the person looking in the mirror does, the mirror image imitates. After a few minutes, have the K-Kids swap roles.

Ask members to share how doing this exercise is like listening. Let club members share. Now ask one member from the pair to practice listening skills noted in the resource book while the other tells a story. Ask members to switch roles again.

Fun links
These are kid-friendly pages on the K-Kids website about service projects, fundraising ideas, leadership, bully prevention and contests. You’ll also find printable resources to help educate K-Kids members about these topics.
This activity calls for a pair of scissors and some creative folding. It’s a fortune teller with a purpose - a way to share acts of kindness and get others involved.

Select a week for K-Kids members to share their fortune tellers with others while in the lunch room. Other students are encouraged to follow through by selecting good deeds. K-Kids members can also select good deeds by letting someone else work the fortune teller. The fortune teller includes eight good deeds.

1. Sit with someone who’s eating alone.
2. At recess, invite someone new to play.
3. Help a teacher.
4. Thank someone who deserves it.
5. Open the door for someone.
6. Pick up trash around your school.
7. Help a classmate with homework.
8. Take time to listen to a little kid.

After one week of using the fortune teller gather at a club meeting and talk about changes members notice. Use the reflection questions in the mini resource book to guide the group through discussion.

Not sure how to fold a fortune teller? Watch this video.

Encouraging K-Kids members to participate in the Kiwanis Eliminate Project is a great way to teach members about the importance of serving, donating and advocating. Members will have a chance to do all three.

1. Serve – Hands on helping
2. Donate – Fundraising and philanthropy
3. Advocate – Building awareness

Amazing online resources make it easy to plan a school-wide project. Members will have fun, earn special recognition, and save lives of mothers and babies. Mark your calendar!

October
Participate in Trick-or-Treat for UNICEF (Earn a banner patch.)

May
Participate in K-Kids Eliminate Week (Use the online toolkit.)

What is the Eliminate Project? Maternal and neonatal tetanus, also known as MNT, is a disease that kills nine babies every minute. K-Kids is working with Kiwanis and UNICEF to get rid of MNT.
This activity is an introduction to mindfulness. Mindfulness is “The awareness that emerges through paying attention on purpose, in the present moment, without judgment as the experience unfolds moment-by-moment.”

Benefits of practicing mindfulness include: improved memory, focus and emotional regulation.

Take a few moments to lead K-Kids members through the scripted reflections on page 6.

Speak softly and slowly. Instruct participants to sit in a chair, with a straight back, feet on the floor, with palms facing down and resting in the lap.

Reflection exercises help students relax, focus attention and regulate emotion. When a student feels calm he or she is better able to learn.

More mindfulness exercises are available here.

K-Kids can use their senses to be more aware and better connected to others and their needs. Conduct this sensory activity to get K-Kids thinking.

Sensory activity
Ask each K-Kids member to create a chart on a piece of paper listing the senses. Review the sample chart below.

<table>
<thead>
<tr>
<th>See</th>
<th>Smell</th>
<th>Hear</th>
<th>Feel</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trees</td>
<td>Flowers</td>
<td>Car engines</td>
<td>Wind on my face</td>
</tr>
<tr>
<td>Concrete</td>
<td>Smoke from a fire</td>
<td>Birds</td>
<td>Heat of the sun</td>
</tr>
<tr>
<td>Kids</td>
<td>Food</td>
<td>Dog barking</td>
<td>Water from a sprinkler</td>
</tr>
</tbody>
</table>

Take the group for a walk outside and ask members to write down what they see, smell, hear, and feel. At the conclusion of the walk gather everyone in one location to share. Use the reflection questions below to lead discussion.

Reflection questions
- Which sense did you use the most?
- Which sense did you use the least?
- How do senses work together to help us perceive our world?
- How would you cope if one sense was taken away?

More sensory resources
More great sensory activities are available at: 5 Senses Activities

The K-Kids poster reminds members to pay attention with all their senses, each and every day!
Encourage K-Kids members to go to the back cover of the Activity Book and write information in the blanks of the letter to family members.

The following information is needed to fill in the blank spaces.

- Name of the K-Kids club
- Name of the sponsoring Kiwanis Club
- Name of the Kiwanis advisor
- K-Kids club meeting day of the week and time
- Name of the faculty advisor

Ask each K-Kids member to take this letter home and share information about the K-Kids club with his or her family.

Family members will find more helpful resources at www.k-kids.org/parent.

Helpful website pages

The Member activities page is under the LEAD tab.

The Social and Emotional Learning page is under the RESOURCES tab.

Key Club International program of Kiwanis International

www.kkids.org