2015-16 K-Kids Contest Themes

**Individual participation**

**Speech**
Empathy is the ability to understand and share the feelings of another person. Explain how your participation in K-Kids has helped you develop empathy and why the ability to empathize with others is important.

**Essay**
Select one K-Kids Core Value you feel you live the most vibrantly. Share how living your life in this way makes a difference in the way you view yourself and relate to others. Also share how this makes a difference in how other people view and relate to you.

**Core values**
- **Caring:** Showing concern, being kind, sharing, helping and giving.
- **Inclusiveness:** Welcoming differences in others and inviting all to join the fun.
- **Leadership:** Guiding others and setting a good example.
- **Character building:** Doing the right thing even though it might not be popular.

**Poster**
Create a poster showing the cycle of service. Illustrate how one kind, thoughtful act can start a chain reaction in which one person receives help, and then passes on his or her good fortune.

**Kiwanis International Foundation Leadership Award**

*K-Kids members are nominated for this recognition*

Any K-Kids member can be nominated for the Kiwanis International Foundation Leadership Award. The member is recognized for demonstrating outstanding leadership abilities.

**Club/group participation**

**Picture book**
New research now says that Happiness is something people can learn by conducting specific practices. Use resources at [www.keyclub.org/projecthappiness](http://www.keyclub.org/projecthappiness) to learn what people can do to rewire the brain for happiness. Use the information to create a picture book for elementary students that explains what happiness is and includes examples of activities that will increase happiness.

*More happiness resources: 10 ways to add more happiness to your life*

**Scrapbook**
Work together with fellow club members to make a scrapbook that shows your club’s service in your school and community.

**Club Single Service**
Work together with fellow members to describe the club’s best service project for the current year. Club members are asked to write about the following: the need the club addressed, the planning process, how the project was implemented, the final result, how the club gained public awareness and how the members were impacted.