

# KidPOWERteam



## *Meeting Handbook*

...and Idea Book

[www.kidpowerteam.com](http://www.kidpowerteam.com)

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# INTRODUCTION

Kid Power Team was created by West Coast Fund Raising as a tool to reach children with a positive message. As you explore our website and materials you'll see that kids can start their own team, with a great goal, to make the world a better place.

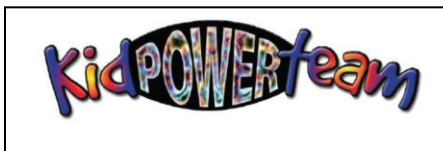
West Coast Fund Raising has touched the lives of millions of children over the past 25 years. With each of our programs, we included positive messages to the children. We have been very successful in implementing programs such as..“Bully Free Zone”, “Simple Acts of Care and Kindness” and more.

However, in order to make a long lasting difference, we created the “Kid Power Team” where kids can create their own mini-team and utilize their skills and gifts to truly make a positive difference in their school, community, and their world.

We hope that you will support our efforts by encouraging, not just the children who go to the schools who use West Coast Fund Raising, but to children everywhere to participate. Then...together, we can all help to make a difference.

Sincerely,

The Team at West Coast Fund Raising  
[www.kidsarefirst.com](http://www.kidsarefirst.com)



# WHY START A KID POWER TEAM?

This is a very good question. So why would anyone want to start a "Kid Power Team?" Well, let's start at the beginning and talk about why we need these teams. I want to ask you just a few questions.

1. Have you ever felt left out? (been uninvited from a birthday party or told you couldn't play with the other kids)
2. Have you ever felt bad if you couldn't do something as well as other kids do?
3. Have you ever been called a bad name?
4. Has another kid been mean to you?
5. Did you ever feel lonely if your best friend wasn't at school that day?
6. Did you ever feel like you can't make a difference by yourself?

If you answered "Yes" to any of these questions, then I think you may see why forming a team is important. Here are the great reasons why...

1. Team members always look out for each other (like a brother or sister would)
2. Your team can work together to show other kids how to do the "Pledge". By setting a good example you will encourage other kids to do the same.
3. By living the "Pledge" in your life, you will make a positive difference in other people's lives.
4. You can make new friends.
5. You can make your school, your community and your world a better place.
6. It's fun!

# THE KID POWER TEAM PLEDGE

The "Pledge" is the heart and soul of the Kid Power Team. If everyone were to do and live the "Pledge" everyday, our world would be an incredible place. By being part of the Kid Power Team means that you live by the "Pledge". This "Pledge" gives your team and YOU Kid Power! Are you ready to take the "Pledge"?

**CARE** with concern and friendship

**ENCOURAGE** others to do their best

**SHARE** with friends and family

**GIVE** respect and courtesy

**HELP** when and where I can

**BE** a **BUDDY** not a bully



**\*\*Be sure to recite the Kid Power Team Pledge at each of your meetings.\*\***

[www.kidpowerteam.com](http://www.kidpowerteam.com)

# GETTING STARTED

It's time to get started and begin forming your team. Are you excited yet? This is going to be a lot of fun for you. Remember, you are part of one BIG team of all kids, but it's fun to break up into smaller mini-teams so that you can meet and do activities together. Follow the steps below and you'll be sure to have a successful team.

## **Step 1 - Cut out or Download your membership card.**

The membership card is located on your prize flyer (if your school ran the fundraiser with West Coast Fund Raising) OR on [www.kidpowerteam.com](http://www.kidpowerteam.com) . It may be a good idea to take your card to a place to get it laminated, that way it will last longer. Don't forget to sign your card and put your name on it.

## **Step 2 - Finding Team Members**

Start forming your team. All you have to do is ask. Show your membership card so that the kids can see a little bit of what being on a Kid Power Team is all about. Try asking kids you know from...

- ❖ School
- ❖ Church
- ❖ Sports Teams
- ❖ Scouts
- ❖ Any Outside Activities you are involved in
- ❖ Family

You can ask pretty much anyone you know. Reach out and ask a kid that you aren't really friends with, maybe you'll make a new friend.

Remember that in the pledge it says to "Be a Buddy not a bully", so don't leave anyone out that may want to join.

### **Step 3 - Finding a Location for Your Meeting**

Your team can meet at any location really. But you need to pick a set place and make sure that you have permission from a parent or teacher. It can be at your house, the school, a church or even during lunch on the playground at recess. Be sure to plan enough time for your meeting and let all team members know the date, time and location of the meeting.

### **Step 4 - Find a Parent or Teacher Sponsor**

All teams must have a parent or teacher who is supervising the team meetings and activities. Please ask an adult to help guide you. They may even be able to help you make flyers, find team members, find a location and of course help with the activities you may want to do.

# IDEAS FOR MEETINGS

Now that you have your meeting place, your membership cards, your parent or teacher sponsor and your location set up, it's time to plan your meetings. You can make your meetings whatever you want them to be, just as long as you discuss parts of the pledge and what you can do to implement them. Here are some ideas for your meetings.

- ❖ Make an agenda for your meeting
- ❖ Assign someone to bring a snack and trade off who brings it each time.
- ❖ Assign jobs to yourself and your teammates. You may want to have a president, vice president, secretary, committee members,

etc. It's important for EVERYONE to have a job of some sort though. We don't want anyone to feel left out.

- ❖ Discuss issues and things in your school and community that you may be able to help improve.
- ❖ Plan any outside activities that you would like to do.
- ❖ Plan your meeting schedule so everyone will know when the meetings are.
- ❖ Discuss getting new members and any rules your team has.

### **Sample Schedule For A Meeting**

3:30 p.m. - Team members arrive at location, greet your team and welcome the members to the meeting.

3:40 p.m. - The President will call the meeting to order and the Secretary will read the minutes (notes) from the last meeting to remind everyone what went on at the last meeting.

3:50 p.m. - Discuss what kinds of things your team would like to accomplish, what goals do you have?

- a. Do you want to make your school a bully free zone? What can your team do to make that happen?
- b. Do you want to make sure everyone has a buddy? What can you do at school to make that happen?
- c. Do you want to encourage the kids at your school to be kinder to each other?

These are just a few examples. Look at your "Pledge" it will give you clues.

4:10 p.m. - Decide what project you would like to do and then make a plan on how to accomplish that. Assign jobs to everyone. (making posters, talking to a teacher, etc.)

4:30 p.m. - Make sure everyone knows when the next meeting is and then it's time for...snacks and fun! The meeting is adjourned and now it's time to have some fun social time. Great job!

This meeting agenda was just one example. Your meeting may be shorter or longer depending on what you decide. The idea is to always work together as a team and live by the "Pledge".

# activities and ideas

Let's break down the "Pledge" into categories so that you can brainstorm about what activities you would like to do with your team.

## **CARE** with concern and friendship

- a. Visit a retirement home and meet the senior citizens. Show them that even kids "CARE" about them.
- b. Go to a children's hospital and volunteer to play with the kids who are sick.
- c. Find the kids at school who have a hard time making friends, and be friends with them.
- d. When someone trips in front of you, find out if they are ok instead of laughing.



## **ENCOURAGE** others to do their best

- a. Be a good sport, encourage your classmates and friends to do their best.
- b. Always compliment others on how well they are doing.

## **SHARE** with friends and family

- a. Collect donations of toys and take them to the toy drive around the holidays.

- b. Adopt a family and make a special holiday for them if they are in need.
- c. Share part of your lunch with a kid who doesn't have a lunch.
- d. Do a jacket donation program. Ask families to donate old jackets so that people who don't have a jacket can be warm through the winter.
- e. Go through your old toys and give them to children who don't have toys.

**GIVE** with respect and courtesy

- a. Respect your environment by doing a recycling drive of plastic bottles, cans, etc. Give the money to a charity that you support.
- b. Give your time; volunteer to help with a charity.

**HELP** when and where I can

- a. Ask your teacher or parent if you can help them with anything.
- b. Offer to help your neighbors. (rake leaves, mow the lawn, etc.)
- c. Offer to help carry things if you see someone having a hard time.

**BE a BUDDY** not a bully

- a. Start a buddy program at your school to help kids who have a hard time making friends.
- b. Make sure every kid has someone to play with on the playground.
- c. Stand up for kids that are being bullied.
- d. If you see someone being bullied, tell a teacher.
- e. Talk to your teacher about creating a "Bully Free Zone" in your school.



# FINDING OTHER TEAMS

You can connect safely with other teams by going to our website at: [www.kidpowerteam.com](http://www.kidpowerteam.com) . Just click on "Teams Across America" and share ideas with other teams. Remember we are all one BIG team and can work together to make the world a better place. Parents...no need to worry, this is a moderated site where profanity is filtered.

## a NOTE TO PARENTS AND TEACHERS

We hope that you can see the value in this Kid Power Team concept. You are really the key to helping these kids be successful in their teams. We wanted you to have some real statistics to really stress the importance of a character education program at home and at school. Did you know that...?

- ❖ 120,000 children stay home from school every day because they are afraid of being bullied.
- ❖ Perpetrators and victims of bullying are at a significantly higher risk of depression, suicidal ideation and criminal behavior (including violence).
- ❖ Bullying is the 3rd largest cause of teen suicide.
- ❖ Suicide is the 3rd leading cause of death in teens.



At West Coast Fund Raising, we really have strived each year to provide programs to enhance our fundraising programs to give positive messages to kids. The topics of bullying and suicide hit too close to home for some families, including ours. That's why we feel a duty to do

our part to educate and encourage kids to help our world be a more welcoming place for all.

Please encourage the children and help them be successful in their Kid Power Team. On the website: [www.kidpowerteam.com](http://www.kidpowerteam.com) we have included a downloadable award certificate that the teachers can award to children in their class that are living by the "Pledge". Feel free to use those as often as you like, kids need to be recognized and given that positive reinforcement. If you have any ideas or questions, please contact us at: [info@kidpowerteam.com](mailto:info@kidpowerteam.com). Thank you for your support.

# resources

West Coast Fund Raising  
220 Deining Circle  
Corona, CA 92880  
1-800-500-3310  
[www.kidsarefirst.com](http://www.kidsarefirst.com)



S.A.C.K. Foundation  
Simple Acts of Care and Kindness  
World Kindness Youth Conference  
Kinder Kids Club for Schools  
[www.simpleacts.org](http://www.simpleacts.org)



Grandma Rose  
Books and resources on bullying and teasing, late bloomers and more.  
[www.grandmarose.com](http://www.grandmarose.com)