



Kids Can Club™ Guidelines

Hi, new Kids Can Club kids (and parents)! These guidelines can get you started.

1. Ask friends from your neighborhood, school, and other activities to join your Kids Can Club. Start with a few friends—a small club is easier at first!
2. Talk to members' parents about the Club. Ask if they'll take turns being the **Club Coach**. Club Coaches will:
 - Help your Club make decisions about Helping Missions.
 - Help you talk to other grown-ups who are involved in the Missions. (*Example: If your club wants to help at an animal shelter, your Club Coach will call the shelter with you to find out its rules.*)
 - Make sure all members' parents say "OK" to Helping Missions.
 - Participate in Helping Missions with you.
 - Know when and where where your Club meets and make sure you get yummy meeting snacks!
3. Schedule your Club's meetings and start every meeting with the Kids Can Club Pledge. After the Pledge, do Clementine's Belly Breaths so you can think calmly and clearly.
4. At your meetings, talk about helping ideas with your members and Coach! To find ideas:
 - Look on KidsCanClub.com.
 - Talk to your teachers, your parents, your activity instructors.
 - Look carefully around your neighborhood and school to see where help is needed.
5. Choose a Mission! Do the Mission! Talk about the Mission! Make sure to "log" your mission...
 - How and whom you helped...
 - When the mission was completed, how long it lasted, what members participated...
 - What was fun and challenging about it...any other thoughts and feelings you have.
 - How you plan to stay in touch with those you helped.
6. After your Kids Can Club has completed 6 Missions, complete and submit the "Missions Complete" form on KidsCanClub.com. Your Club can download a **Thank You Reward!**