



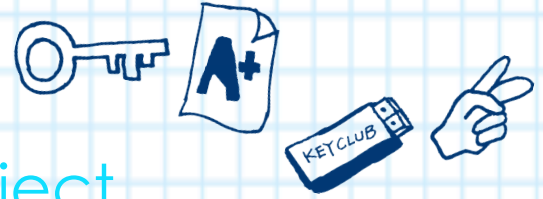
# CAPES

## Character Advancement Programs



**2013-2014  
Governor's Project  
Service Booklet**

# Character Advancement Programs?



CAPES is the Governor's Project.

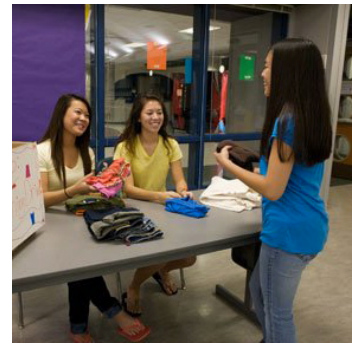
Through the three main objectives of the service project, more communities will be transformed worldwide with the help of each and every Key Clubber.

CAPES aims to show Key Clubbers the superhero they can truly be with the core values of leadership, caring, inclusiveness, citizenship, sportsmanship, and scholarship.

**Educate** – Ensure that all Key Club members are aware of the large service organization they constitute, as well as what it stands for. By helping Key Clubbers understand the meaning of Key Club membership, character will be built and leadership developed. Each member will appreciate and uphold the objects of Key Club International.

**Promote** – Demonstrate the objects of Key Club international through service, encouraging character growth of the youth in homes, schools, and communities. Key Club members will discover the servant leader within themselves by performing acts of service in their communities.

**Become** - Key Clubbers today will uncover the superheroes of tomorrow by actively illustrating the values and objects of Key Club International. Caring and competent service leaders will carry out the mission of serving the children of the world.



# + Organizations

## Suggested by the Governor

- **Let's Spread Hope**

This is a simple project that can be done at any Key Club meeting. By making cards for child cancer patients, your club is spreading hope to those who need it most. Put a twist on it and go visit a hospital to deliver these messages of hope.

- **St. Jude's Research Hospital**

The mission of St. Jude Children's Research Hospital is to advance cures, and means of prevention, for

pediatric

catastrophic diseases through research and treatment. As you can imagine this can a very scary situation for children and their families. By visiting these children, or volunteering for this organization you can help spread awareness and show the community the importance of caring.



- **Aktion Club** The only service club for adults with disabilities, Aktion Club instills a passion for service amongst club

# Organizations (con'd)

members. This branch of our Kiwanis family is a perfect opportunity to not only service our community, but to also build lasting friendships with its members. We encourage you to teach moral lessons to both the Aktion Club members as well as individuals in your community. Help to educate the general population about adults with disabilities and how they too have learned social ethics.

- **Big Brothers Big Sisters**

Focusing on the nurturing and betterment of children in surrounding communities, Big Brothers and Big Sisters aims to build a relationship with a child in order to provide them with insight and guidance. We encourage you to get involved with the child by establishing in them moral principles that will guide them to make the right choice in the future.

- **Bring Up Grades**

A Kiwanis program that encourages kids to reach high academic achievements in their curriculum, it is

strongly encouraged to help these young individuals learn valuable lessons such as: proper organization, study skills, and dedication ethics.

- **Builders Club**

Emphasizing leadership skills development, improvement of self-esteem, increase of civic engagement and education on life lessons, Builders Club is centered on adolescents attending middle school. We encourage you to guide these adolescents in such a critical time period of their lives. By becoming role models to these individuals you will see a brighter future of good ethics in these kids.

- **Terrific Kids**

Terrific kids is a student recognition program that promotes character throughout elementary schools. "Terrific" is an acronym that stands for: Thoughtful, Enthusiastic, Respectful, Responsible, Inclusive, Friendly, Inquisitive and Capable. We encourage you to use this Kiwanis Family character program to educate elementary school students



# + Organizations (con'd)

about the importance of true character. With this program you can promote Key Club, a passion for service, and build character in the

- **K-Kids**

A Kiwanis student leadership program concerned with building character amongst kids attending elementary school, participate in the developmental process of these kids. By becoming a part of their lives you can make sure they have ethical and moral lessons instilled within them.

- **Beyond Words**

This project is about spreading gratitude throughout your life and those around you. Gratitude has been recognized as one of the most powerful emotions. To do this, your club will order 5-10 gratitude rings. Each member will have a ring, each time you look at the ring you have to think of something you are grateful for. The idea is to bring more positive thought to yourself. Once you are in the habit of being grateful for everything you have, you give the ring to someone else in your community and tell them how it works. The idea is to create a more

grateful community with all the teenagers and adults in your community.

- **Anti-Bullying Programs**

By working with your local elementary/middle schools with Anti-Bullying programs, your club is teaching children the importance of being kind to one another. If children are taught strong morals such as these at a young age, we can create a more socially aware generation of people.

- **Random Acts of Kindness Cards**

By organizing a random act of kindness campaign in your community you can teach people the value of kindness and generosity. Have cards made and have them passed along as each people do something kind for those around them. Create goals for your club and have a start and end date for the project.

- **The 8 Keys of Excellence**

The 8 Keys of Excellence character education program guides young people toward

# + Organizations (con'd)

a positive future full of confidence, motivation, creativity, team work, leadership and valuable life principles. Learn more at [8keys.org](http://8keys.org)

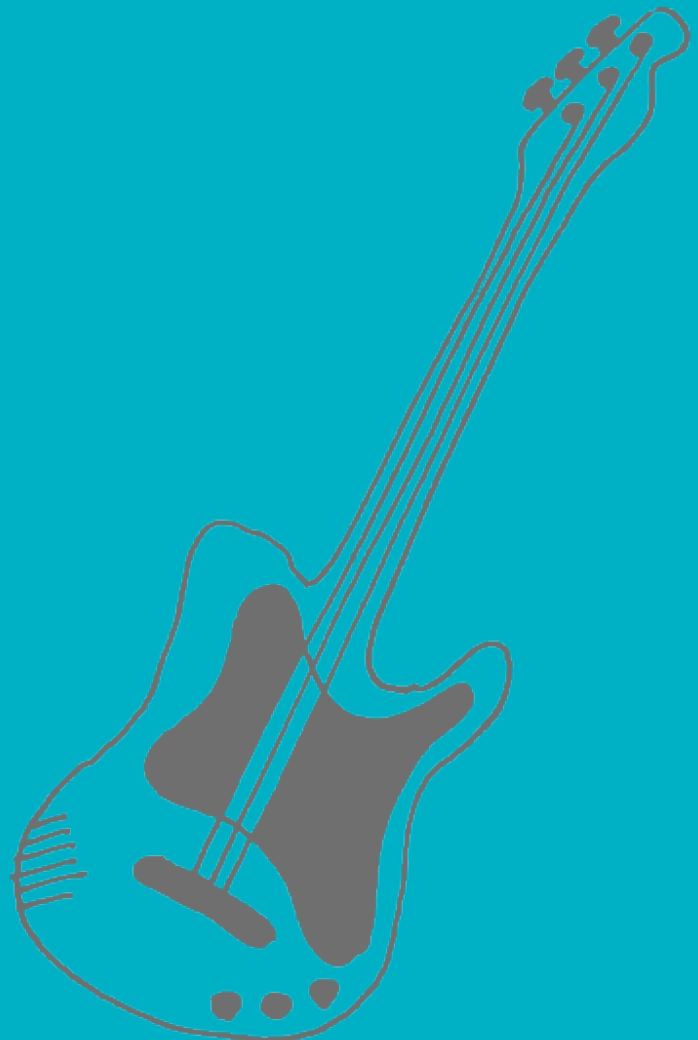
- **Challenge Day “If you really knew me”**

The Challenge Day mission is to provide youth and their communities with experiential programs that demonstrate the possibility of love and connection through the celebration of diversity, truth, and full expression. This is something you can organize in your high school. This is a way to break down the barriers that separate teenagers to create a more united school. Learn more at [challengeday.org](http://challengeday.org)

- **Women in Distress**

A national accredited organization with a main mission to stop domestic violence abuse for everyone through intervention, education and advocacy, Women In Distress allows you to help these women and their families in their struggle for a better future. Motivate these women to be

strong for their families as well as teaching them how to interact with others. Leadership skills and communication skills are essential for these women to enter the world with qualifications; assisting them with these skills will help them succeed.





# A Word from the Governor

The theme of CAPES revolves around the idea of teaching values in the community. Although every person has their own personal values, there are a few common values that we as Key Club members are supposed to exemplify.

We have our core values: Caring, Leadership, Inclusiveness, and Character Building. We also have our objects, which are a more detailed description of what it means to be a Key Club member.

These values and objects are the foundation of our organization. This is what makes Key Club different from the hundreds of other service organizations. We are not just people doing service; we are servant leaders who should be the role models to everyone in our community. You should be proud to be a Key Club because you are someone who has pledged to uphold values and objects within your community.

Again, the ideas in this booklet are just to guide you, there are hundreds more service projects that would qualify as CAPES. If you have any general questions about my project or want to know if your project falls under CAPES, feel free to email me at any time, [governortrina@floridakeyclub.com](mailto:governortrina@floridakeyclub.com).

Thank you for being superheroes of service!

Trina Sessions



# Leadership



**Character Camps:** Volunteer at a children's camp and teach by example, demonstrating qualities that constitute a good leader. For example, teach students to be accepting of other children by playing a game that promotes inclusiveness and teamwork. Emphasize to the students the importance of clarity and effective self-expression to avoid miscommunications and arguments.



**Leadership Lessons:** Spend time with students at an after-school program such as after-care at a school, Boys and Girls Club, or YMCA. Play leadership building exercises such as tossing a ball around and asking each student to list a quality of a good leader when they catch it.



**Builders Club and K-Kids:** Volunteer at a local Builders Club or K-Kids program and talk to the children about what it means to grow up as a leader in the Kiwanis family. Convey to them the importance of being life-long leaders.



# Inclusiveness

**Open Arms** It is the responsibility of older students to train younger students. For example, juniors and seniors train the sophomores on how to be hospitable to the incoming freshmen and parents at events such as orientation and open house. This can also be done with 8th graders teaching 7th graders how to welcome the 6th graders. Teaching a younger audience to be welcoming to the outside provides the foundation for inclusiveness in the coming years of either middle school or high school.



**Make a New Buddy** This program will require people to engage with one another. They are required to spend some time with someone they don't generally spend time with. For example, once a month, a system could be set up where at every lunch period people are required to sit with people with whom they do not usually sit.



**Together We Unite** Key Club members should work with their Builder Clubs to help the Aktion Club. In the process, they should teach the younger children that someone's age or mental ability does not define them. This gives Key Club members the opportunity to serve with people of all ages and abilities.



**Youth Give Back to Elders** Key Club values the importance of giving back to one's community. The community we currently live in was created by our elders and it is now in our hands to improve it and to give back. Key Club members could take members of their local Builder's Club to visit a nursing home. Here they could talk to the elders about how the community was in their youth and what they did to improve it. The point of this exercise is to show the children the power of service and how it shaped today's world.



# Caring



**Three Generations of Caring** Set up a system in which elementary and middle school students can partner with a Key Club buddy to visit a nursing home or retirement community. With the help of the older student, the children will be able to learn how to care for

**"Slumber Party"** Invite a group of students to come spend time with children in the pediatric ward of a local hospital. As these children often miss out on typical childhood experiences such as pajama parties, you could make the visit "slumber party" themed and ask visitors to wear pajamas and bring movies and popcorn.



**Caring for Critters** Take a group of individuals (of any age group) to a local animal rescue shelter to volunteer. Animal rescue

**Caring through Cleaning** Take a group of younger children to work on an environmental-based project in order to teach them the value of taking care of the environment. Such projects include

**Driven to Care** Set up a book and/or school supplies drive in an elementary or middle school. Work with the students to collect materials for students who lack such supplies. Emphasize the importance of providing resources for individuals who do not have



# Citizenship



**Growing Good Citizenship** A crucial aspect of citizenship is giving back to the community. Key Club members could work with younger kids to help plant a community garden. Not only will this be a wonderful addition to their community, but it could also be



**A Play of Kind Acts** Spend the day with young children and teach them how to put on a play that showcases the characteristics of being a good citizen. While they are having fun putting on the play, the children would also be learning how to be good citizens.



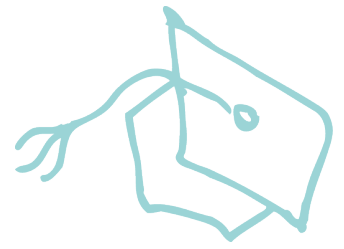
**The Buddy System** Take a younger person under your wing for a certain period of time and teach them all you can about being a better person. This can be done in various ways and with various individuals (neighbor, younger classmates, etc.).



**A Good Deed Workshop** Hold monthly workshops for kids, where parents are invited to learn ways of teaching kids on being good citizens. It can be taught in different ways whether it be involving presentations, activities, etc. This would be a great way to engage



# Scholarship



Visit preschools to read: Let's face it, kids over the age of 7 don't like reading, but when they are still young you can teach them better habits. Reading to a group of preschoolers in an eccentric way can show them that reading is fun and enjoyable. They will have a better chance of picking a book up when they are older and do the same thing that you did. Also you might get a lot of little smiles and hugs.



Volunteer in or start a study habits program: I believe that everyone is smart; it's just that not all people know how to bring it out. Study habits are important; making flash cards can be the difference between passing and failing grades. Start a group that teaches kids how to study, and help them create good habits they can use for the rest of their lives.



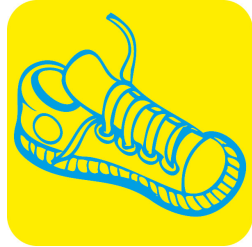
Directly tutor kids with poor grades: It can be hard to pay attention in a room with 25 or more other kids so sometimes a kid just needs some 1 on 1 time. Giving one or two students personal attention at a time and teaching them how to study or teaching them how to do something is impactful and helping, especially if the students are struggling and craving help.



Employ in the BUG program: BUG stands for (Bring Up Grades) The BUG program is a Kiwanis led program that focuses on bettering academic performances in children that are struggling. The goal is to bring up the student's GPA by 0.5 of a point by the end of the quarter. If successful the student is invited to a pizza of ice cream party as a reward. Contact your sponsoring Kiwanis for more information on this project.



# Sportsmanship



**Don't restrict sportsmanship to sports:** The definition given above mentions nothing about sports, so why should we restrict sportsmanship to sports alone. Go to schools or daycares and talk about sportsmanship, or show it in a way that doesn't seem conventional. Take this as an example: play a board game and intentionally lose. For the next 10 minutes act like a sore loser. When your opponent is clearly annoyed say to them "It's annoying isn't it?" Instead of just talking about sportsmanship you can show the lack thereof to show why it is so important.

**Volunteer at a summer camp or daycare:** In an area full of hyper and active children, there will be plenty of opportunities to show sportsmanship (among other lessons). If you are consistently present, your opinion and acts will be noted as the children get to know you. This will make your lesson all the more impactful. This is possibly the best way to teach sportsmanship.

**Organize a field day:** Nothing teaches a large mass of children sportsmanship more than putting a ton of them together to play games all day; however this field day should have a twist. You should set up a staff of strict referees or officials and actually call out things like a real game or event. When the day is over reward the children that best exemplified sportsmanship.

**Play with Kids:** Actions speak more than words, so why don't you take a large group of volunteers to an elementary school to play games with the students. Show your good sportsmanship, it may not seem like much but when an older person is showing such traits they are easily picked up. If necessary say something to a student or volunteer who is being a bad sport.

**+ "No matter how big or how small, we are all superheroes.**



**Everyone can find a way to change the world a little bit at a time."**

-Trina Sessions, Governor of the Florida District of Key Club International