

# Service Project Guide

As one of our tenets, service is something we as Circle K members should have engraved as part of our everyday lives! It's also a great way to get other members hooked on how many people you can reach with service through Circle K. What makes the Circle K organization stand out from all the rest is the amount of fun and fellowship you experience when doing service with all the members in your club, division, district and all over the world! So here are a few fun ideas that are categorized by ease of completion for both in-meeting and community activities. Hope you have a great time spreading joy and kindness on your campus and in your community this service year. :)

## In-Meeting

LEVEL: EASY

### Bookmarks

Children are often in hospitals for long periods of time with nothing to do. Brighten up their day by creating various things for them, such as bookmarks and activity books (see: Activity Books under In-Meeting Difficult)! Choose heavy card-stock paper or regular computer paper. Cut the paper whichever size you want, but a bookmark is usually 2-3 inches wide and nothing more than 6 inches in length. Then, decorate the bookmark with markers, stickers, glitter or whatever materials you want to use!

### Healing Stones

Help a patient self-heal by creating healing stones and donating them to hospitals. First, purchase clear aquarium gemstones. Then, place a piece of paper under the gemstone and cut the paper to the size of the gemstone. Next, decorate the piece of paper on both sides with encouraging words, such as "Hope". Finally, using clear stick glue, glue one side of the paper to the gemstone.

### Don't Let Them Slip

You can use puff paint to decorate the bottoms of socks and then donate them to a nursing home or hospital. Which resident or patient couldn't use a little warmth and more traction on those cold, slick floors?

### Chew Toys

Have an old shirt that you don't need anymore? Besides donating the old shirt, you can get creative and make toys for dogs in shelters (just make sure that the shelter are willingly to accept these toys)

First, start with an old shirt that you don't want anymore (maybe that shirt you accidentally stained?). Next, cut 2-3 inch wide slits at the base of your shirt. Then, rip along the slits for strip of fabric. Gather the various shirt strips and tie them together at one end. Divide your shirt into third and braid them together. Finally, tie the other end together.

### Decorate Lunch Bags

In addition to receiving the hot portion of the meal in a tray, Meals on Wheels recipients get the cold portion in a lunch bag. Add life to their meals by decorating lunch bags! Simply buy paper lunch bags and use your creativity, crayons, markers, stickers, or any art materials you have on hand.

### Cookie Monster

Bake several batches of cookies (or buy them) and decorate them in class and deliver them to a soup kitchen or homeless shelter especially nice for Valentine's Day or Mother's day at a Women's shelter.

### Decorate pumpkins

Decorate pumpkins for Halloween and distribute them to nursing homes.

## **Make Hygiene Kits For The Homeless**

There is no group in greater need of help than the homeless. Apart from giving them financial assistance, there is another way you can make a difference and involve your friends and family: provide hygiene kits for the shelters to distribute. You can collect small hotel samples or purchase travel sized items or items in bulk and divide them to complete the kits. Reach out in your neighborhood, at your school and get the community involved.

## **Reading wherever you are!**

Make a book on tape to contribute a local daycare center--or pediatric patients.

## **Crayon and Marker Drive**

Kids in the hospital use lots of art supplies! Children use Crayola crayons (small packs of 4 or 8 crayons work best), Crayola markers (bold, thin, washable, Color Wonder), Crayola colored pencils and construction paper. All supplies must be new.

## **Be a Buddy, Not a Bully**

Make be a buddy not a bully bracelets or pins to give out on campus or give them to nearby Key Clubs. In return, ask them to sign a card or square sheet you make to pledge to treat all people with kindness. You can also do this for students against violence and treating everyone fairly for the LGBT community.

## **Making Cards**

You can make many different kinds of cards for example; for the military and send to operation gratitude, for the fire department during 9/11, for valentines day and send to senior citizens, birthday cards for children in SOS shelters, cards for holidays such as Easter and send to homeless shelters. It's good to have construction paper, markers (theyr the easiest to write with and also draw and color with), stickers with the themes for what you are writing for, and provide your members with sample things to say when writing cards. Be sure to screen ALL cards before they are sent out to make sure they are all appropriate and respectful.

## **The New Kid**

Work with your members to make a "New Student" guide to your town that includes your favorite parks, a map of the neighborhood, and fun things to do.

## **Rocks and Kindness Mix**

Collect as many rocks as you can paint them, then paint a heart of a different color on them. Then have your members take them back outside and put them everywhere. You can always write #chooseCKI on the back as well!

## **Miracle Minute**

At your next meeting, divisional or district event, you can host a Miracle minute. For sixty crazy seconds, blare your favorite music and make your way through the crowd to collect pocket change, etc. After one minute, count the donations and announce the amount you were able to raise. Remember to advertise heavily before the dance or event, and consider having a reward (like extending dance time or providing extra food or candy) if the crowd reaches a sufficient benchmark.

## **Decorate Placemats**

Positive Placemats are an easy and fun way to make an impact on an elderly person receiving a meal from Meals on Wheels. You can make these during the school day, over the weekend with your family or any time you and your child feel like making a difference in the life of another person.

### *Materials*

A large (12- x 18-inch) sheet of construction paper  
Fun, happy, and upbeat stickers  
Nontoxic markers or crayons

### *Directions*

1. First, write happy and inspiring messages in the middle of each placemat. Not sure what to write? Some cheerful examples:
  - a. Thinking of you!
  - b. Enjoy your meal!
  - c. Hope this puts a smile on your face!
2. Now, decorate around the words with the stickers, crayons and markers. And don't forget to sign at the bottom!
3. While your members are decorating the placemat, teach them about the Meals on Wheels program.
4. Once the placemats are finished, find out how to mail them to the Meals on Wheels program near you, where they'll be laminated and delivered with

## No-sew fleece blankets

Numerous organizations would gladly accept blanket donations, such as hospitals, nursing homes, and homeless shelters. Project Linus and Binky Patrol are always looking to accept no-sew blankets. How to:

1. Choose any two pieces of fleece fabric. The same size fabric will be easier, but two different sizes can still work.
2. Put one piece of fabric on top of the other.
3. If your fabric is the same size, align all edges. If not, align one edge and trim out the rest so all edges are even
4. On both pieces of fabric, cut a 5-inch square around all of the corners.
5. On both pieces of fabric, cut 5-inch deep fringes on all of the sides. The width of the fringes should be wider than your finger.
6. Using both fabrics, make a knot with each fringe to "join" the two fabrics. The knot is called an overhand knot, or the same knot you would use to tie a balloon. Make sure the knots are at the base of the fringe, so that the two fabrics are secure.

## Cat Toys for Animal Shelter

You need different colors of felt, shape them into feathers, attach to a jingle bell by a jump ring and 1 yard length of rope, and knot both ends of the cord to prevent fraying.

Cut out two round or teardrop pieces (you can find many templates online) of cloth or scrap fabric. Make each the same size. Draw a face on the first piece of cloth to look like a mouse. Sew half of the mouse, then put the stuffing inside. Add a jingle bell before you finish sewing up the mouse. If you think your cat would like it better if it was attached to a string, go ahead.

## Activity Books

Choose an age range and research 6-8 activities that a child will enjoy working on (these activities can range from crossword puzzles, coloring pages, comic strips to mad-libs.) Create a cover with "My Activity Book" and leave a line that says "Name" for his/her name. Finally, print these pages together on computer paper and bind them.

## Create "We Care" Packages

During the holidays and on birthdays, meal recipients are given a special goodie bag to say, "We care."

1. Place contents in a shoe box or gift bag.
2. Cushion contents with bright tissue or wrapping paper to make it more festive. Fill the bag or box with new, unopened, labeled items from this list:
  1. Sharpened pencils, pens, highlighters or Post-It notes
  2. Stationery, notecards, stamped envelopes
  3. Sports socks and/or slippers
  4. Magnifying glasses
  5. Small first-aid kits
  6. Puzzle books (large print is helpful)
  7. Potholders, jar top grippers, or other useful kitchen supplies
  8. Shampoo, conditioner, mouthwash, lotion, deodorant, cotton balls, Q-tips, tissues
  9. Toothbrushes and/or toothpaste
  10. Sewing kits
  11. Combs/brushes (packaged), nail clippers, emery boards
3. Enclose a cheery card if you'd like, with a general greeting such as "Happy Birthday," "Thinking of You" or "Best Wishes." And don't forget to sign your name! E-mail [info@meals-on-wheels.com](mailto:info@meals-on-wheels.com) or call 612.623.3363 with any questions or to find out where to deliver your completed projects.

## Paracord bracelets

Paracord (parachute cord) is a lightweight nylon rope originally used in the suspension lines of US parachutes during World War II. Once in the field, paratroopers found this cord useful for many other tasks. Paracord survival bracelets are worn around the world. You can find step by step picture instructions online. You can either project them on a screen during your meeting or print them out for everyone to have. You can ship it to:

Operation Gratitude/California Army National Guard  
17330 Victory Boulevard  
Van Nuys, CA 91406  
Attn: Rich Hernandez

# Community Projects

GROUP SIZE: SMALL

## Lend a helping hand

Show an act of kindness by offering to rake leaves/ shovel snow for your neighbors!

## Clean-ups

Local parks and beach staffs are always searching for volunteers to clean up the area. Get in contact with a nearby park/beach and ask if they are looking for volunteers!

### Walks

During the fall and spring, there are numerous runs/walks to participate in such as Light the Walk, JDRF Walk, Making Strides Against Breast Cancer, and AIDS Walk. Look online for an event near your campus and you will be able to register to walk.

## Become the storybook lady or man

Volunteer at your local library or community center and read children's classics. Liven up story time even more when you dress the part. Choose a tiara, hat, clown nose or animal ears.

## Spa Day

Hold a spa day at a nearby nursing home for residents: paint their nails and do their hair and make-up.

## Alex's Lemonade Stand: Fighting Childhood Cancer One Cup at a Time!

Alex passed away from Cancer at the age of eight--however share her vision and give children the opportunity to engage in hosting an Alex's Lemonade Stand event.

This is a project that kids, parents and educators can register on their own and receive resources and materials for the event. The Alex's Lemonade Stand Foundation has raised over \$50 million dollars since Alex's initial stand-- much of this money comes from kids who hold stands in her honor.

## Pennies for Popsicles

Collect pennies and then provide popsicles for a kids' homeless shelter. They'll love it! One program collected 19,447 pennies. A lot of popsicles!

## Anti-smoking campaign

Present an anti-smoking campaign in cooperation with your local cancer society chapter. It provides literature and speakers while you provide the organization!

### National bread day

Bake bread on National Bread Day in November and deliver to the hungry, homeless.



# Community Projects

GROUP SIZE: LARGE

## Pop Collection Tab

Organizations such as Pull Tabs for Charity and Ronald McDonald House collect recycled soda pop tabs. Tell club members to collect/bring empty soda cans and save all the tabs to donate!

## Community Beautification

Call your city officials or local volunteer office and ask if anyone in neighborhoods near your campus need their businesses or homes repaired or repainted.

## Caroling

For the holidays like Christmas or valentines day, go caroling, bring (easy-to-eat) treats, or just go and visit senior citizens.

## Clothing Donation

Collect gently used clothing and donate them to a shelter.

## Food Drive

Collect donated canned goods and donate them to a food bank.

## Special Olympics

For student athletes, a great way to give back to others is to volunteer at a Special Olympics event. There are hundreds of Special Olympics offices around the world, and all of them need volunteers at various times during the year. Find the Special Olympics office nearest your home. Teens can help out at the actual sporting events as well as get involved in Special Olympics Project UNIFY.

## Nursing Homes

Nursing homes are a great place to volunteer because there are many activities you can do with senior citizens! You can organize a game night with games like Bingo or just go to talk and keep them company.

## Meals

Volunteer at a soup kitchen, homeless shelter, or participate in a Ronald McDonald nearby your school in order to cook food for families with their children in hospitals.

## Holiday Gift Wrapping

Wrap gifts during the holidays for Barnes and Noble to raise money for a specific cause.

## Ding Dong Ditch

Secretly rake leaves or shovel snow for a neighbor in need. Then to make it fun for everyone leave a Circle K Card at their door (you can write in it what Circle K is and why you helped them out) ring their doorbell and DITCH!

## Paint trash barrels

In line with a cleanup campaign, paint all the campus trash barrels in the school's colors and print the name of your Circle K Club on it.

Acts of Kindness:

This is a fun way to start of the year, all members can be involved and doing a lot of these things can be fun and can also encourage fellowship! This get's Circle K's name out there on your campus and in your community by showing people what we are really about! Live to Serve, Love to Serve!!!

1. Ding dong ditch! {you put a box of ding dongs on a friend's doorstep, ring the doorbell, and RUN!}
2. Write a letter to someone who made a difference in your life that you haven't see in a while. Yes, on real paper. No, not an e-mail. Compose a real life piece of snail mail and send it to someone.
3. Create and print some inspirational flyers to hang in your dorm or on campus. You could use quotes on kindness or motivational reminders, google for ideas.
4. Leave quarters on laundry machines or taped to vending machines for the next person who comes along.
5. If you're buying Christmas gifts, support businesses in your local community. If you do buy online, check out stores like Sevenly that donate part of their proceeds to charity.
6. Leave a thank you card for someone who works on campus. It may be a janitor, a faculty member, someone in financial aid, anyone who

has helped make students lives better. You can always sign it from the bottom saying –(College Name) Circle K. How great would that be to do for the president or deans of your University?!

7. Put sticky notes with positive slogans on the mirrors in your bathrooms.
8. Give out free balloons or candy in your students dining halls or commuter lounge, attach a small card with something nice on it.

9. Have a high-five Friday, and give out encouraging high-fives to students. You can also have a big posterboard and as other students to write encouraging words for other students and sign their name! Don't forget to wear your Circle K Swag
10. Buy some lottery tickets and hand them out!
11. Give out free coffee, hot chocolate or lemonade
12. SMILE A LOT!!!

## Service Project Websites

[CreatetheGood.org](http://CreatetheGood.org)

[DoSomething.org](http://DoSomething.org)

[Operationgratitude.org](http://Operationgratitude.org)

[Give2thetroops.org](http://Give2thetroops.org)

[Justserve.orgserve.org](http://Justserve.orgserve.org)

[Nextstepu.com](http://Nextstepu.com)

[Randomactsofkindness.org](http://Randomactsofkindness.org)



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