

# Kiwanis® TERRIFIC KIDS



## PARENT/ GUARDIAN INFO



### What is Terrific Kids?

Terrific Kids is a character-building program that recognizes students for making good decisions and working toward goals. Students work with their teacher and a “goal buddy” to set their goal and come up with actions they can take each week to achieve success.

All students can participate in Terrific Kids and be goal buddies. When participants achieve their goal, the entire class celebrates and recognizes their achievement. A sponsor handles the cost of the celebration. The sponsor is often a local Kiwanis club. Kiwanis International is a volunteer organization whose mission is to serve the children of the world. Learn more at [kiwanis.org](http://kiwanis.org).

### How you can support your student's success?

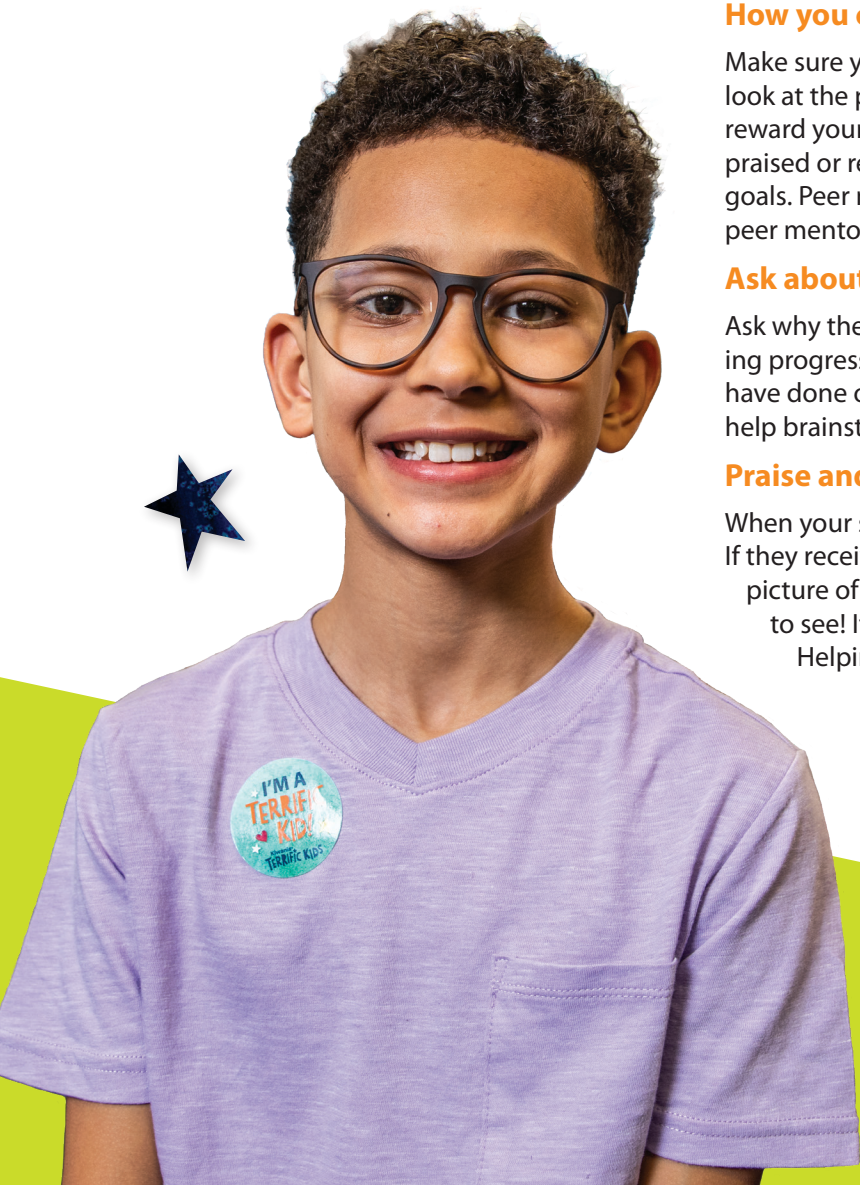
Make sure your student understands the program. The teacher will look at the progress your student makes toward a goal and can also reward your student for their efforts. In fact, your student may also be praised or rewarded for supporting other children for reaching their goals. Peer mentoring is a key part of Terrific Kids. Studies show that peer mentoring builds confidence, empathy and self-compassion.

### Ask about your student's goals.

Ask why they chose a particular goal. Find out whether they are making progress. Share examples from your own life regarding what you have done or seen others do to achieve goals. If your student is stuck, help brainstorm other things they can try.

### Praise and recognize your student.

When your student makes progress toward their goal, praise them. If they receive recognition that can be displayed, display it. Take a picture of your student — and post it on social media for people to see! If their goal buddy makes progress, recognize that too. Helping peers succeed is a sign of compassion and caring.



## Help them when they are not recognized.

Sometimes kids struggle with their goals. Help them understand that failure can be motivating. Teaching your student to persevere is a skill that will help them throughout life. Ask what they might do to achieve a different outcome in the next grading period. Tell them how proud you are of the effort they've made, and remind them of something they are good at doing.

## Help teachers recognize more kids.

Teachers work with limited budgets. If you want to help defray costs, ask the teacher what other support or Terrific Kids items the class might need. You can find many items at [kiwanis.org/store](http://kiwanis.org/store).

# TIPS & TRICKS TO HELP THEM FOCUS

- 1. Make a list.** Help your student list the things they need to get done and let them cross them off as they finish them.
- 2. Move before studying.** The brain likes it when the body moves. Before your student sits down to study, encourage them to do something active like take a short walk or ride their bike.
- 3. Turn off electronic devices.** Outside distractions make it hard for kids to focus.
- 4. Give them a break.** Every 20 to 30 minutes, have them get up and do a few jumping jacks, grab a glass of water or walk around your house. Short breaks recharge the brain's ability to focus.

Kiwaniis  
**TERRIFIC KIDS** NAME \_\_\_\_\_  
**GOAL PLANNER**

MY GOAL

MY ACTION

1. \_\_\_\_\_  
Did this action help you achieve your goal?  YES  NO

2. \_\_\_\_\_  
Did this action help you achieve your goal?  YES  NO

3. \_\_\_\_\_  
Did this action help you achieve your goal?  YES  NO

Download more goal planners at [kkids.org/terrifickids](http://kkids.org/terrifickids).



**Kiwanis**

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