

January 2021 Leadership Corner

K-Kids <kkids@kiwanis.org>

Wed 1/20/2021 11:07 AM

To: Lisa Pyron <lpyron@kiwanis.org>



January 20, 2021



JANUARY MONTHLY UPDATE

Check out the new K-Kids website

The [K-Kids website](#) received a face-lift and is now up and running. The website is an ever changing, evolving project that will improve with your input. After reviewing the new website platform, share your thoughts to make it even better. Email lpyron@kiwanis.org with suggestions.

January virtual district administrator meeting

Let's get together **Tuesday, January 26, 2021, at 5 p.m. or 8 p.m. EST** to discuss K-Kids club retention and growth strategies. We'll also talk about the upcoming K-Kids club advisor virtual training session and review new resources. Write down proposed discussion topics and [respond to this survey](#) by **January 23, 2021**.

Possible topics to consider: Partnering with Key Club district leaders to help with club growth; utilizing Terrific Kids and BUG to introduce Kiwanis at a school; developing a campaign to engage Kiwanis clubs as K-Kids sponsors.



NEW YEAR, NEW KITS

A new year brings new opportunities for K-Kids to serve. [The latest kit](#) will guide your club to reflect on its service and plan for the rest of the school year. Use [this kit's](#) discussion questions to identify where your club can make the most impact.

Whether you use the entire meeting kit or pick your favorite activities, the virtual meeting kits can help your club continue to meet regularly and serve in person or virtually. Try [previous kits](#) on our website and look for new kits to come each month, including:

- Happiness awareness.
- Global health challenges.
- Club officer elections.
- Schoolwide kindness campaign.
- Joint school-community final project.
- Review of year of service and planning.
- End-of-year celebration.

K-Kids clubs around the world continue to serve. Let's join together and encourage each other to do great work. After your next club meeting, post a picture of your latest project using #KKidsMeets for a chance to be featured on social media and inspire clubs like yours to keep serving!

Thank you for continuing to support your K-Kids. Please [give us your feedback](#) on these kits so we can continue developing student leaders and members who serve others.

For questions or more information, email slp@kiwanis.org.

[GET STARTED](#)

WELCOME TO THE K-KIDS FAMILY

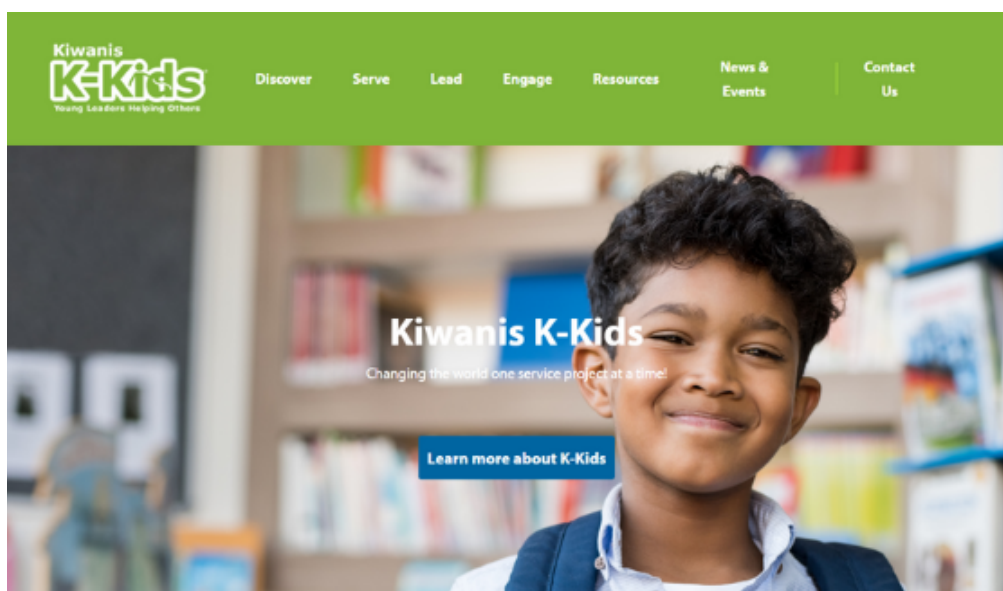
We're growing our family one club at a time! Here are the newly chartered K-Kids clubs for December and early January.

- Red Mountain Ranch Elementary, Mesa, Arizona, Southwest District
- Cainta, Rizal, San Isidro, Rizal, Philippine Luzon District
- Boys and Girls Club of the Valley, Phoenix, Arizona, Southwest District



FEBRUARY CLUB ADVISOR VIRTUAL TRAINING

Join Kiwanis K-Kids staff on **Thursday evening, February 4, 2021**, to review helpful tools to guide your club. We'll also discuss creative ways to engage club members in meaningful service during this challenging time. You will receive an invitation closer to the date. To facilitate busy schedules, two meeting times will be offered: 5 p.m. EST and 8 p.m. EST.

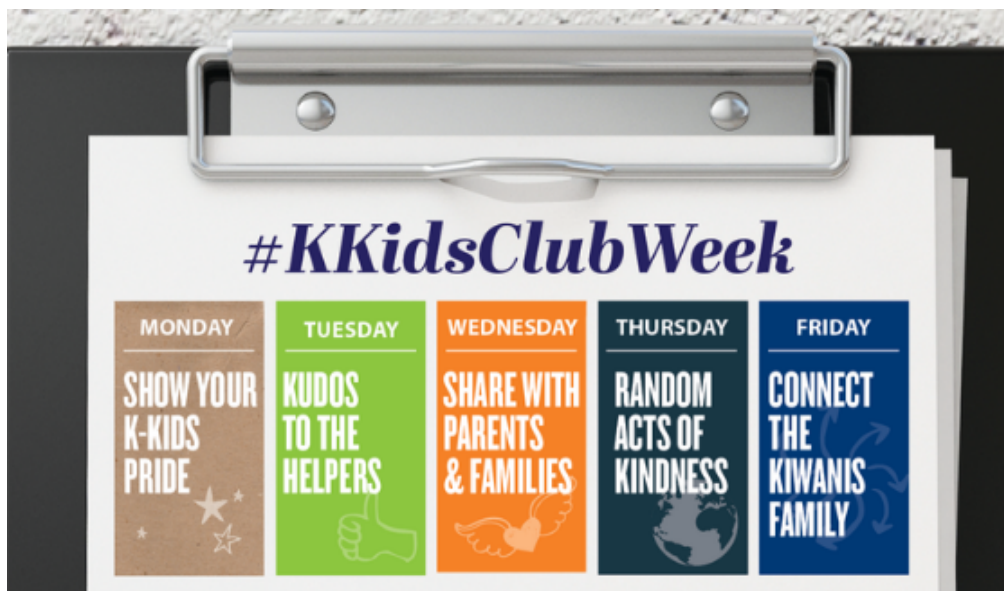


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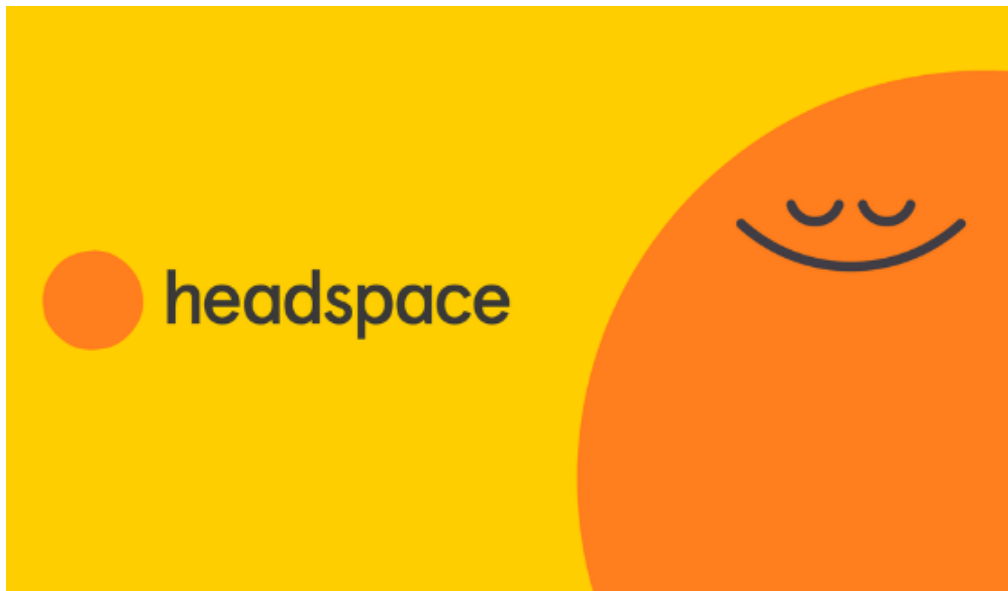
CLICK NOW



GET READY FOR K-KIDS WEEK

Give K-Kids the opportunity to show their community what K-Kids is truly about: service. Take part in K-Kids Week, February 15-19. Plan a fun activity for each day of the week and use K-Kids social media graphics to post about the good work your club is doing.

GET STARTED



DE-STRESS — DISCOVER HEADSPACE

As we begin 2021, why not welcome the year with presence and ease? Check out Netflix's newest programming in partnership with Headspace. "Headspace Guide to Meditation" is an eight-episode introduction to different methods of meditation and making meditation part of your everyday life. If you have Netflix, check out this series. You can also download the Headspace app.

GET STARTED



HOW KIDS CAN BENEFIT FROM MINDFULNESS TRAINING

2021 is here and many are looking for new ways to manage stress, especially in kids and teens.

[READ MORE](#)



DRAW YOUR WAY TO BETTER HEALTH

Regular exercise helps relieve stress and ensures that the body and brain work at peak performance. Sticking to a workout schedule can be challenging. If we integrate exercise into each day, it becomes part of our routine. Here are links to exercise resources and a fun drawing/coloring tool to track progress. Encourage club members to participate with the approval of a parent or guardian and incorporate an exercise/drawing challenge. Better yet, club members can get the entire family involved.

Check out these resources:

- [HelpGuide](#) to exercise for adults.
- [Exercises for kids](#).
- [Cosmic Kids Yoga](#).
- [Easy fitness tracker](#).



IMPORTANT DATES TO REMEMBER

January

21: Kiwanis' 106th birthday

February

15-19: [K-Kids Week](#)

March

15-19: [Builders Club Week](#)

20: [International Day of Happiness](#)

April

7: Kiwanis Children's Fund 82nd anniversary

22: [Earth Day's 51st anniversary](#)

30: Annual Achievement Report due

May

4-8: Teacher Appreciation Week

Miss a K-Kids monthly newsletter? Check out the [archive of past newsletters](#).

2/12/2021

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