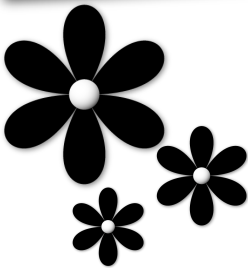
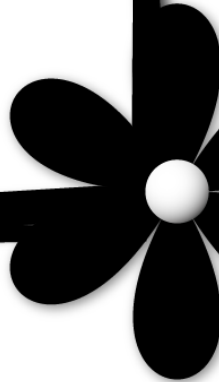
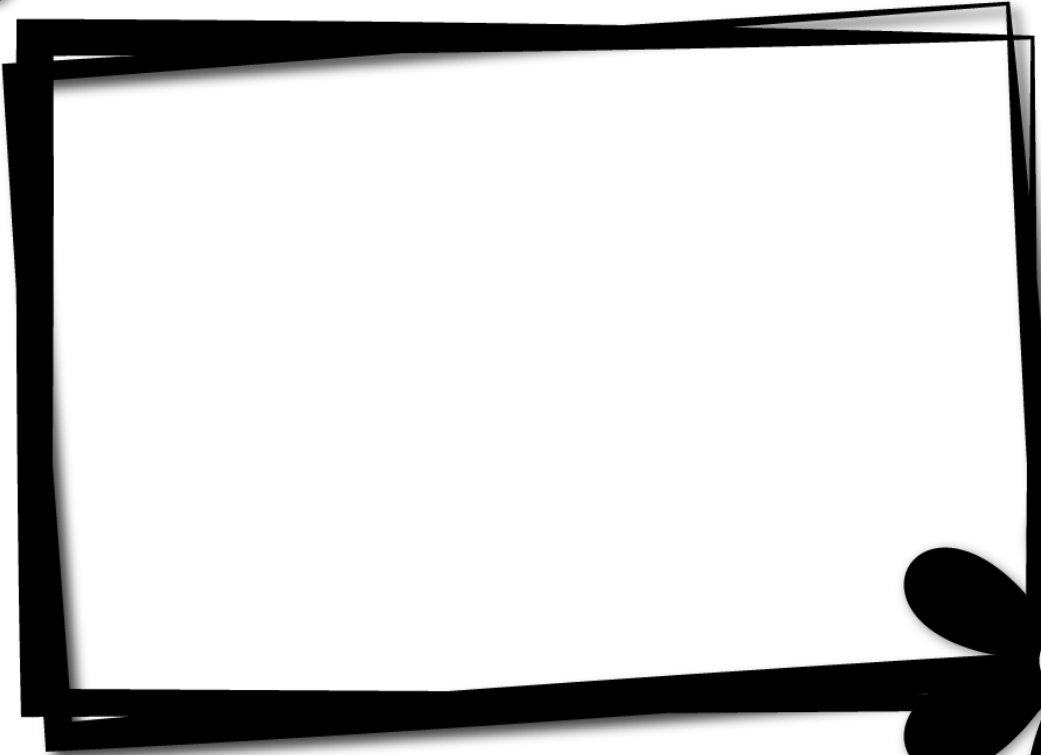
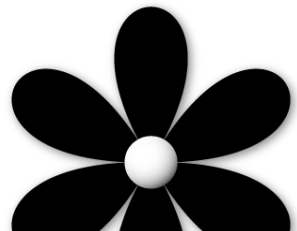


My awesome Aktion Club year!



Me smiling at  
what's ahead!





# Finding my passion



## Things I enjoy

**Favorite hobbies**

**Favorite sports**

**Favorite crafts**

**Favorite books/comics**

**Favorite movies**

**Favorite games**

## Things I care about

**Place a check next to all the things you care about below. Think about how you can connect what you love to do with what you care about.**

\_\_\_\_ **Kids**

\_\_\_\_ **Older people**

\_\_\_\_ **Veterans**

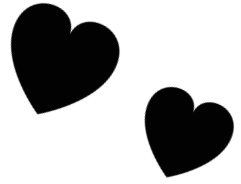
\_\_\_\_ **Animals**

\_\_\_\_ **The environment**

\_\_\_\_ **The homeless**

**Based on what I love and care about, what are ways I can help make my community kind, caring, and a happy place to be?**

**Idea 1**

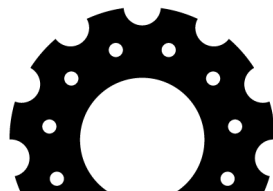
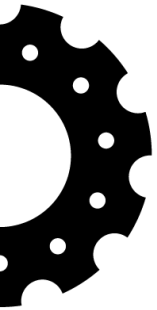
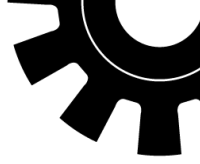
A large, white, rounded rectangular box with a black border, designed for writing. It contains four horizontal black lines for text entry.

**Idea 2**

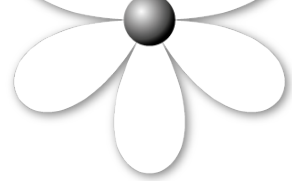
A large, white, rounded rectangular box with a black border, designed for writing. It contains four horizontal black lines for text entry.

# My future self

**What does the future you look like? Cut out photos from magazines and paste them on this page to create a collage of your future self. Will you live in the city or country? Will you have pets? What kind of work will you do? How will you help others in your community? When you're finished, look at it from time to time and imagine doing what you see in your future. This will help you get to where you want to be – your future self!**



# Spreading happiness



**Write down acts of kindness you can do during the next four weeks for your friends, family and mentors. Now spread happiness by doing these acts of kindness. Notice changes in yourself and others.**

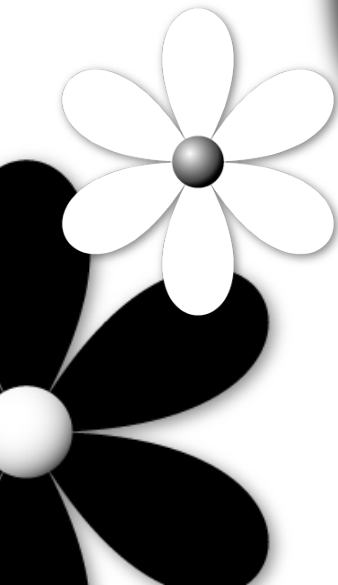
## **Friends**

A white rounded rectangular box with a black border, containing four horizontal lines for writing.

## **Family**

A white rounded rectangular box with a black border, containing four horizontal lines for writing.

## **A mentor**

A white rounded rectangular box with a black border, containing four horizontal lines for writing.

# Reflection

**How did doing acts of kindness for others impact how individuals responded to you? How did they respond differently?**

**How did doing acts of kindness for others make you feel?**

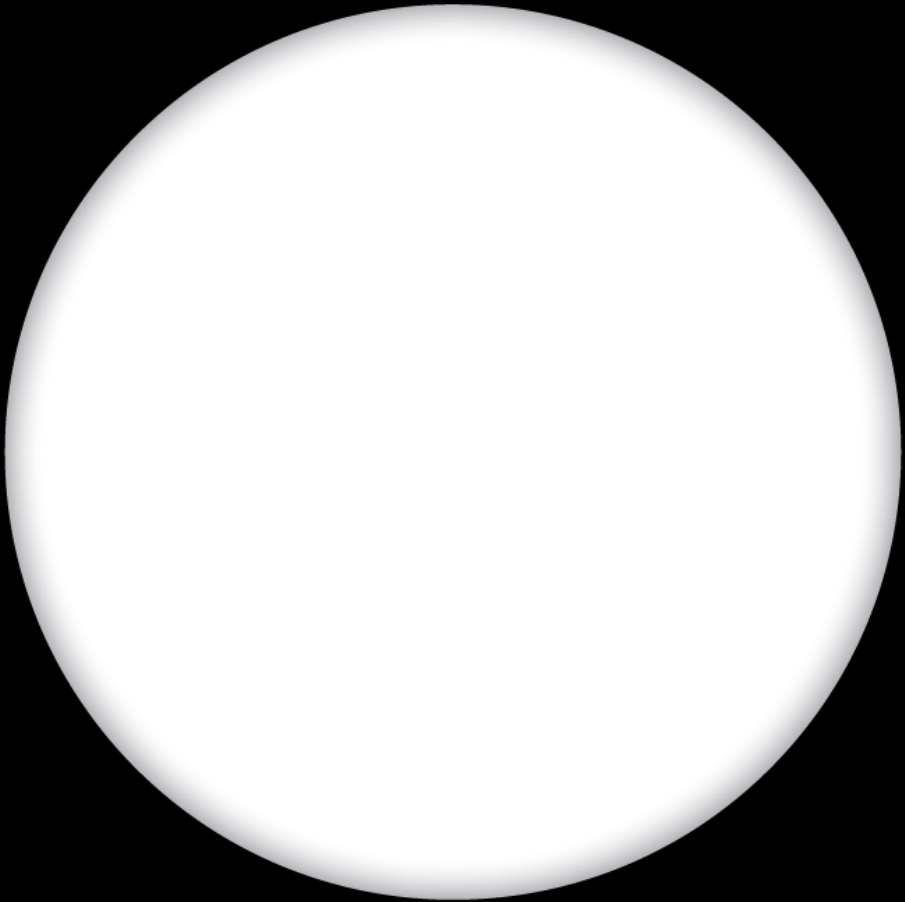
**How did doing this exercise change the way you might do things in the future?**

**What I'll do differently for my friends.**

**What I'll do differently for my family.**

**What I'll do differently for those who mentor me.**

# Your true colors



*Let your true colors show. Write your response to each of the items below in the color of ink noted. Write in the circle above in any direction or angle to create a collage of colorful words. Looking at your true colors when feeling upset, or unsure will help you feel happy, confident and ready to take on any challenge.*

*Blue ink: 5 people who care about me.*

*Red ink: 5 things I'm really good at doing.*

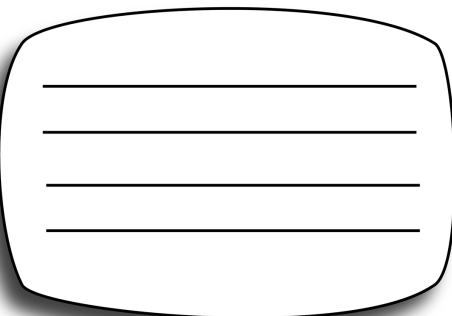
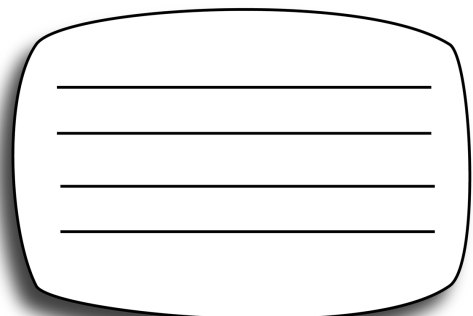
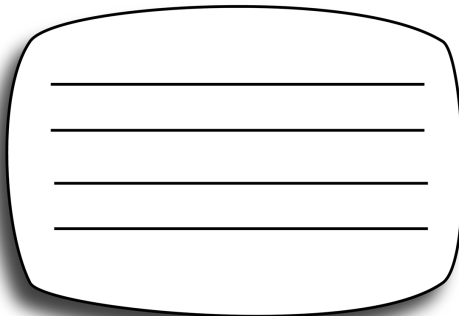
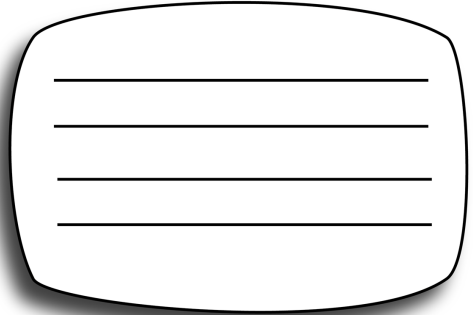
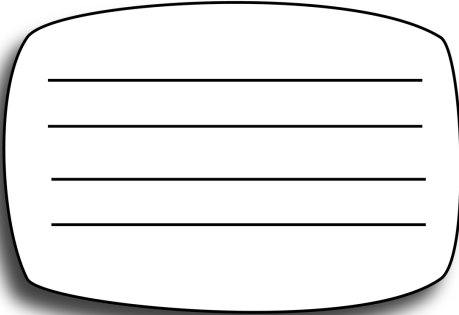
*Green ink: 5 things that make me happy.*

*Black ink: 5 things that make me feel calm.*

*Pink ink: 5 things others like about me.*

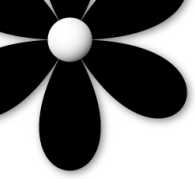
## **I'm grateful for .....**

*List all the things for which you feel grateful.*

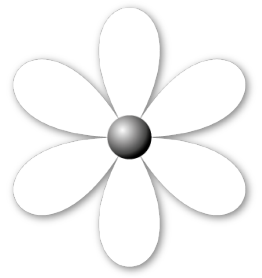


**Notice how you feel after listing all the things for which you feel grateful. You can get this wonderful warm feeling at any time by doing this exercise. Use it to boost confidence and elevate your mood.**





## **My Aktion Club experiece**



*My favorite service project so far.*

*Something new I learned about myself.*

*A new skill I developed.*

*Something new I learned about my community.*

*Something new I learned about the world.*

*Print, cut and give one of the following messages to anyone you see spreading kindness. Recognize this Do Gooder!*



**I noticed !  
You're making a difference!  
Thanks for spreading  
kindness and helping  
others feel special.**



**I noticed !  
You're a do gooder! Thanks  
for spreading kindness and  
helping others feel special.**



**I noticed !  
You're a community hero!  
Thanks for spreading  
kindness and helping  
others feel special.**



**I noticed ! Wow!  
You're making a difference!  
Thanks for spreading  
kindness and helping  
others feel special.**

*Draw portraits of the people and/or pets who support and guide you. Think of who it is that helps you to be the very best version of you.*



**My best friend.**



**A family member.**



**My pet.**



**My favorite teacher.**



**A mentor.**

# My weekly goals

*Make copies of this page so you can write goals for each week of the year. Setting goals each week will help you accomplish more. Setting goals in the areas below will help you feel happier.*

**Write goal 1 here.**

**Write goal 2 here.**

**Have fun.**

**Write down two activities you'll do this week that bring you joy and happiness.**

**Get moving.**

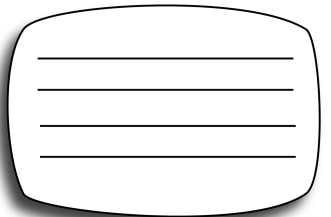
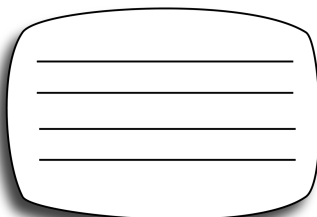
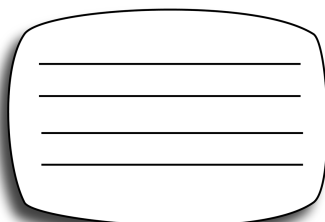
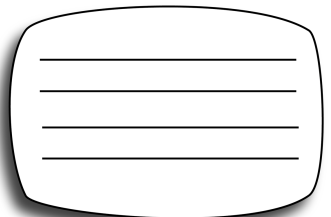
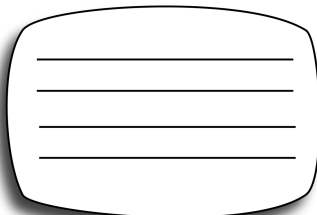
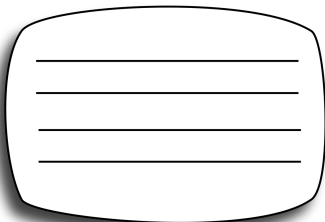
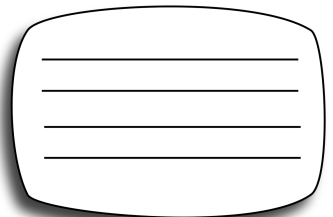
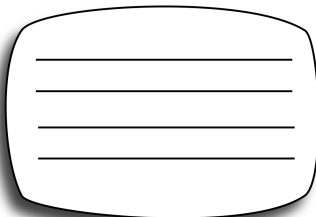
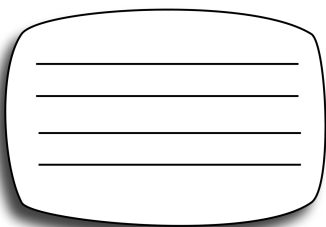
**Write down two forms of exercise you'll do during the week. Spend 30 minutes doing each one.**

**Be thoughtful.**

**Write down two ways you can help family or friends during the week and do them.**

# Worries be gone.....

*The human brain is amazing. It can think about lots of thoughts all at once. It allows us to day dream, to plan ahead, to think about the past and to imagine and create amazing stories. The brain is also good at thinking the same thoughts over and over and sometimes they aren't positive, happy thoughts, but worries. Worries about what didn't happen or worries about what might happen. Let's clear our mind of all the worries we have and create space for positive thoughts. Use the space below to write down your worries. Once they are written on the page, let them go. If you want to, crumple this page and throw it away after writing your worries, as a way to let them go.*



# Spirit of Adventure



**Being adventurous means you're willing and able to step outside your comfort zone. To be more adventurous, do three things:**

- 1. Be open to the unknown.**
- 2. Don't be afraid to fail.**
- 3. Take action.**

**This activity will help you find your sense of adventure. You'll learn how to feel more comfortable challenging yourself and discovering who the real 'you' is.**

**Print the following sheet and cut into individual cards. When finished, you'll have a deck of adventure cards. Turn the cards face down and mix them up. Select one card each day and do the activity printed on the card.**

**Go through the entire deck of cards. Doing these activities will provide practice at facing the unknown, welcoming failure, and persevering even though it may not be as much fun as you hoped.**

**At the end of the day answer the reflection questions on the activity card.**

**Part your hair on the opposite side today.**

**Reflection: Did it feel strange parting your hair this way? Did anyone notice? Would you do this again?**

**Ask a family member to select your outfit for the day.**

**Reflection: Was the outfit odd? Did you wear it anyway? Did others notice? How did this feel?**

**Wear mismatched socks one day.**

**Reflection: Did anyone notice? How did this feel?**

**Pick a library book to read that you wouldn't normally select.**

**Reflection: Did you like the story? Did this surprise you?**

**Let your best friend pick out what you'll eat for lunch today.**

**Reflection: Did you like what your friend selected? Did you try a new food?**

**Play a board game you've never played.**

**Reflection: Was it fun learning a new game? Would you play this game again?**

**Listen to a different radio station or different type of music than you usually do.**

**Reflection: Do you like the new music? Would you listen to this type of music again?**

**Compliment the first person you see. Give a genuine compliment.**

**Reflection: Was it difficult saying something? Did the person respond positively?**

**Complete your bedtime routine backwards. Start with what you usually do last, first.**

**Reflection: What did it feel like changing things up and doing this differently?**

**Smile at everyone you see today.**

**Reflection: Was it difficult smiling all day? Did it make you feel happier? Would you do this again?**

**Watch a new television program, something you wouldn't normally select.**

**Reflection: Did you like the program? What was the best thing about it?**

**Sit with someone you don't know. Introduce yourself.**

**Reflection: Was it difficult approaching someone new? Did you enjoy meeting a new person?**



# Adventure and Leadership

**Developing a sense of adventure is important because leadership requires the ability to step forward when the easier choice is to stand still.**

**Think about your role in your club. What is one skill that will help you grow as a leader?**

**Write your goal in the center of the target. This will help you remember to focus on it so you can accomplish your goal.**



# My Role Models

Think about who you look up to in your life. This can be a parent, an older sibling, a coach, or other mentor.

*Who are your role models?*

---

*How did you meet them?*

---

*Who are they to you?*

---

*Why do you admire them?*

---

*What makes them a great leader?*

---

*What is one thing they have taught you?*

---

*What would you teach them?*

---

# Difference Makers

If you want to make a difference in the world, there's no place better to start than with you. Below are ideas for you to do random acts of kindness in your community. Look through them all and set a goal to try one each day.

*Pay for  
someone  
else's  
lunch.*

*Donate old  
items to  
charity.*

*Compliment  
someone on  
their hair.*

*Leave a nice  
note in a  
book.*

*Write your  
mentor a  
thank you  
note.*

*Invite a new  
friend for an  
activity.*

*Make your  
parent a thank  
you card.*

*Share a  
snack with  
a friend.*

*Do an extra  
chore around  
the house.*

# Be Proactive

Aktion Club helps members build character. This means doing the right thing, even when it might be the unpopular choice. Being proactive is about taking responsibility for your actions and staying in control of your emotions. Think about how you might respond to the examples below and why it's important to be proactive more than reactive.

## Example

## Reactive

## Proactive

*A club  
member yells  
at me.*

*I did not  
complete an  
important  
task.*

*I made a  
mistake during  
a service  
project.*