

MUSEUM KIDS

@ HOME

FEATURED THIS MONTH:

Historic Picnic – Week 1

L&A Kids Who Care – Week 2

Playdate – Week 3

Summer Fun – Week 4

April and May programs
are also available online at
www.CountyMuseum.ca



L&A KIDS WHO CARE

This week we are challenging our local youth to make our community a better place. There are so many organizations that impact our daily life without us even realizing it.

For example if you love to play at the park, you can thank the Rotary Club of Napanee.

Do you love to go to Touch the Trucks, you can thank Lennox and Addington Resources for Children.

Or do you enjoy going for walks along Conservation Park or out for a paddle along the Napanee River? L&A Stewardship Council are one of the groups that can be thanked for that, keeping our waterways and plants safe.

This week we would love to see our L&A Kids Who Care find a way to give back to their community in a way that is meaningful to you! This will not only make you proud, but will inspire friends and family to do something too!

For more information on this community group you can visit <https://lennox-addington.on.ca/kids-who-care>.

Day 1: Think of what is meaningful to you. Whether you love to play sports, cook, create art, play an instrument, help animals, do you have a friend or family member who is faced with additional challenges that you want to help.

This week I am going to use an example of a nature and animal loving individual.

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Day 2: Ask your parents, or reach out to us to find an organization that matches what you are passionate about. This is what you can donate your funds or creations to. By linking your kindness project to something that is meaningful to you, you will be more committed to the cause and the impact you are having. We can all be a part of the solution!

I am going to choose Sandy Pines Wildlife Centre as my recipient.

Here are a list of some of the local organizations in Lennox and Addington County that could use our support!

- Sandy Pines Wildlife Centre
- Community Kitten Rescue
- Alzheimers Society
- Lennox and Addington Dialysis Unit
- Napanee Rotary Club
- Heart and Stroke Foundation
- Lennox and Addington Resources for Children



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If you are raising money, remember you are making a difference if you raise \$5 or \$500. The point is you are giving your time and energy to help someone or something other than you in the community.

When you first start volunteering somewhere they may ask you to help by doing things that will teach you about the facility. Keep going and they will give you more responsibility.

Day 3: Decide if you are wanting to raise money, or raise awareness. Not everything needs to be about funding. You can help organizations or groups by helping to share their message too!

For my example I'm going to give a few options:

Fundraising: I love art so I am going to do some paintings of wildlife and sell them. All of the money I raise is going to be donated to Sandy Pines Wildlife.

Giving time: I want to volunteer my time to help Sandy Pines. They shared that they need newspaper and pine cones for the animals. We shared on social media that we are looking to collect these items for the animals and that we would go around to collect them.

Helping Hands: I am going to contact Sandy Pines and ask them what they need help with at their facility. I can go help cuddle baby animals, or clean animal pens, or help to make posters to share the needs they have.

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It is a great idea to set a goal, to know what you are working towards, and when you have reached it! Not only will it help you to feel accomplished when you reach it, but also to help understand how much work it took to achieve that goal. Talk with your parents about what is realistic, which means a goal that you can work towards without it being overwhelming.

Day 4: Set a goal, or a plan of what you would like to do or how much you would like to raise. Make signs, posters, or write a message that can be shared on social media of who you are helping, why you want to help and what you will be doing.

As you are sharing your plan and starting to either collect donations, or raising awareness be positive and excited about what you are doing. This will help to inspire others to follow your lead!

For my example:

I am going to set a goal of raising \$50 to give to Sandy Pines Wildlife Centre. To raise this money I am going to paint pictures and ask for donations or for people to buy a picture. The paintings are going to be \$5 each, so I will need to paint and sell 10 pieces of art. I have to put in \$10 of my own money to buy frames for each painting.

When I am selling my paintings I will also ask if people would like to make a donation as well. This may help me go over my goal!

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WHO CARE

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Next time you are in the community, playing sports, enjoying a special event at school or hear about someone or something that could use some help think of the non-profit organizations that are in our community and are making a difference in our daily lives.

By you helping and being a part of the solution, you are spreading kindness and compassion to the world around you. We could all use more kindness in our life, and you can be the change.

Step 5: Have fun, be proud of what you are doing no matter the result and remember every act of kindness makes a difference in this world! Just a smile can change a life.

The organization that you are helping will be so grateful for your support. If you are doing something on your own, for example building a pollinator garden at home, or picking up garbage, or painting rocks to leave around town, these are also very important!

Remember, find something that is meaningful to you, and then think about how you could help. Have fun, these moments of giving back will stay with you for your entire life. We are proud of you too! Thanks for making our community a better place.

Here are a few examples of ways you can help:

- If you like sports, you can volunteer to help coach
- If you like art, you can offer free paint lessons to kids in your community
- If your grandparents live in a nursing home, bring cookies during a visit and play games with the residents.
- If you love birds, make bird houses to sell and donate the profits to a sanctuary.