



**Two Hands Two Hearts!**

## Challenge Guidelines

1. This challenge is for boys and girls between the ages of 8 and 12.
2. You will have the support of an adult who will act as your guide and help you with the challenge.
3. There are five stages to this challenge.
4. All kids will have the opportunity to show what they have accomplished for their families and friends to see!
5. Have fun!

Be sure to watch for more of Will's Amazing Challenges coming soon...

Great things are possible if you believe!

### Suggested Materials

- ▶ Poster board, construction paper, cardboard
- ▶ Popsicle sticks, clay
- ▶ Crayons, markers, glue, glitter

## Two Hands

Using your own two hands; make something that shows your friends, your teachers and your parents something about you that is important to you. What qualities or interests do you possess that make you the person you are or want to be? Using construction paper, Popsicle sticks, clay or other materials available to you, create something that illustrates these things.

Perhaps you are an artist, a songwriter or a dancer deep down inside. Perhaps you want to be a builder, a teacher or an inventor and have dreams that you want to make come true. Are you someone's good friend, a pet lover, a person who cares about the environment?

Here are some examples:

1. A snow boarder made out of clay
2. A piano and bench created from construction paper with a Popsicle stick person sitting on the bench
3. A drawing of you with dogs and cats, birds and horses
4. A sculpture of you with an outstretched hand

### Suggested Materials

- ▶ Construction paper, stationary
- ▶ Crayons, markers, pens or pencils
- ▶ Index Cards

## Two Hearts

Think of someone you know who needs encouragement; someone who is sad or discouraged; someone who could use a friend.

For this leg of the challenge, you may do one of two things:

1. You may make a card and write words of encouragement that you will give to this person or
2. You may perform an act of kindness for him or her

If you decide to make a card, create and decorate your card and write your message of encouragement.

If you chose to do something nice for someone, please think for a moment of the person you will help and what you will do. Please write the person's name on one side of an index card and what you will do for him or her on the other. Please put a date on your card and sign your name.

### The Person I will Help

His or her name:

### The Action I will Take

I will...

### Suggested Materials

- ▶ Notebook, cardboard, lined paper, construction paper
- ▶ Crayons, markers, pens or pencils

## Two Days

For two full days, do the best you can at everything you do. Whether you are at school or at home; studying for a math quiz or playing ball with your friends, do the very best you can.

Please create a journal to record your experiences.

You can make your handmade booklet out of cardboard or construction paper and put sheets of paper inside or you can decorate the cover of a notebook and use the notebook for your journal.

Be sure to put your name on the cover or somewhere inside your journal.

Using your senses, tell us what it was like to do your very best.

What did you see?

What did you hear?

How did you feel?

What did the people around you say or do?

## Suggested Materials

- ▶ Index cards
- ▶ Pens or pencils

## Two Dreams

A dream for you and a dream for the world.

Thinking back to the first leg of the challenge; to what is important to you and to who you are as an individual, what is your dream? What are two things you can do to make your dream come true?

### My Dream

I want to be a great dancer when I grow up.

### My Action Plan

1. I will take dance lessons.
2. I will do my best at my recital.

What is your dream for the world or for another person in your world? What can YOU do to make your dreams come true?

### My Dream for the World

I wish that there would be no more pollution.

### My Action Plan

1. I will plant a tree.
2. I will help my mom recycle newspapers and plastic bottles.

## Suggested Materials

- ▶ Paper
- ▶ Pens or pencils
- ▶ Video camera

## **Two Four Six Eight** **What did you appreciate?**

You are coming to the end of the Challenge and you have accomplished a great deal. You have created something that illustrates the qualities and interests you possess. You have sent words of encouragement to another person or performed an act of kindness. For two days, you have tried to do the best that you can. You have thought about and written a dream for you and a dream for the world and recorded action steps you can take to make these dreams come true.

We want to hear from you.

***What did you learn about yourself?***

***What did you learn about someone else?***

***What did you appreciate most about participating in this challenge?***

Please share your answers to these questions with your group. We encourage you to make a short video to record what you have learned.

Great things are possible if you believe!



## About Will!

**Will is the kid that can! His message is simple yet powerful:**

**think it. live it.™**

**Great things are possible if you believe!**

Will was “born” when Margot Rutledge was looking for a way to communicate a message of hope to kids. In 2004, Margot founded KidsWin, a non-profit organization, to help children believe deep down inside that who they are and what they do matters and to help them believe that great things are possible for them. She wanted to create with a slogan that captured the essence of KidsWin and the ***S.T.A.R. Teens*** program; something such as Nike’s “Just do it.”

Again and again, she tried to think of what that would be: “If you can think it, you can have it,” “We become what we think about”. All were too long and certainly would not make a good slogan. One day, when she was driving home with her son Luke (14 at the time), she asked him for his opinion.

He paused for no longer than three seconds and said, “Think it, Live it!” Margot was astonished, not only because her son was able to come up with a slogan that absolutely captures the message, but that he understood what KidsWin is all about. He got it! He had a look on his face that said, “This is so obvious,” and he said, “Mom, if you have a big goal and you can see it in your mind; if you believe you can do it and set goals and work hard, you can have what you see in your mind.” Wow!

We wanted to create a character to spread the word and we wanted this to be for kids, created by kids; so we asked Will H., Luke’s friend and an exceptionally talented artist, for some ideas. On October 5, 2008, **Will** was born. His mission is to spread the word to kids that great things are possible for them if they believe.

**Every child has the Will-power to win!**

Our mission is to help all children feel included, valued and capable. To learn more, visit [www.kidswin.org](http://www.kidswin.org) or contact [mrutledge@kidswin.org](mailto:mrutledge@kidswin.org).

## Coaching Suggestions

1. Set the expectation that we are all achievers and have within us the ability to achieve great things; often more than we believe is possible for us.
2. Focus on the children. Ask questions. Listen carefully. Give encouragement over and over again.
3. Watch closely for things the children have done well or have tried to do. Look for opportunities to identify something that each child has done well and tell him or her. Talk directly to the child. Speak in the first person. For example: "What I like about what you did was..." or "I notice you are working very hard at..."
4. When a child makes an effort or tries something new, show him by your gestures and expressions that you applaud his efforts. Give her the "thumbs up" Smile. Congratulate the child for trying.
5. Hold no preconceptions. Children must believe that you believe in them. You MUST believe in their ability to succeed.
6. Recognize incremental improvements and build on the strengths of each of the children. In this environment, children flourish!

## Recommendations for an Amazing Challenge

Everyday, recognize a child for something good that he or she has done or for progress made. Perhaps post a picture of the child along with a written acknowledgement.

When all participating children have completed the challenge, write a note card to each child acknowledging a strength you see in them. Be specific. Look them directly in the eye, say their name and tell them what you wrote. Hand them the card.