

# AWESOME ADVOCATE

A toolkit for kids about growing your values, creating early voting habits,  
and using your voice.



THIS TOOLKIT'S

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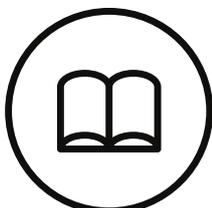
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Educator Approved



PsyD Approved

Let's start with talking about

# VALUES

Values reflect what is important to us and what we believe to be right. They include both what you cherish (such as family and friendships) and what type of person you think it is important to be (such as compassionate, caring, and treating people equally). We learn values and beliefs from our family, friends, community, and the books we read and what we watch.





## ALL ABOUT MY VALUES

NAME:

DATE:

**DIG DEEP TO FIND YOUR VALUES!**

Name one person you admire. List two things you like about that person.

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What three qualities do you love in a friend, coach, parent, or teacher?

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What are the most important things your teachers have taught you?

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What do you feel thankful for today?

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Name \_\_\_\_\_

Date \_\_\_\_\_

Age \_\_\_\_\_

Here is a list of some common core values.

## CIRCLE 5 VALUES THAT MEAN SOMETHING TO YOU:

Advocacy	Effort	Joy	Respect
Attitude	Empathy	Kindness	Responsibility
Calmness	Fairness	Learning	Peace
Caring	Family	Love	Sincerity
Compassion	Friendships	Loyalty	Sportsmanship
Cooperation	Fun	Making a Difference	Thoughtfulness
Courage	Gratitude	Reliability	Trustworthiness
Courtesy	Honesty	Resilience	Unselfishness

Fill this box with words or doodles to show ways or places that you can practice and grow your values.





NAME:

DATE:

DIG DEEP TO FIND YOUR VALUES!

- WHO IS YOUR BEST FRIEND AND WHY?

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- WHOM DO YOU ADMIRE? LIST THREE OF THAT PERSON'S ADMIRABLE QUALITIES.

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- WHAT DO YOU THINK IS THE MOST IMPORTANT QUALITY A PERSON CAN HAVE?

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- DESCRIBE AN INCIDENT FROM WHICH YOU LEARNED A LESSON "THE HARD WAY."

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Name \_\_\_\_\_

Date \_\_\_\_\_

Age \_\_\_\_\_

Here is a list of common core values.

**CIRCLE ALL OF THE VALUES THAT MEAN SOMETHING TO YOU:**

Acceptance	Curiosity	Initiative	Relationships
Accountability	Daring	Intelligence	Reliability
Achievement	Decisiveness	Joy	Resilience
Adventure	Dedication	Kindness	Respect
Advocacy	Diversity	Knowledge	Responsibility
Ambition	Effort	Leadership	Risk Taking
Appreciation	Empathy	Learning	Safety
Attitude	Encouragement	Love	Stability
Calmness	Enthusiasm	Loyalty	Simplicity
Caring	Fairness	Making a Difference	Sincerity
Challenge	Family	Mindfulness	Sportsmanship
Charity	Friendships	Motivation	Stability
Cheerfulness	Flexibility	Optimism	Teamwork
Cleverness	Fun	Open-Mindedness	Thankfulness
Commitment	Gratitude	Originality	Thoughtfulness
Compassion	Growth	Passion	Traditionalism
Cooperation	Health	Peace	Trustworthiness
Collaboration	Honesty	Perseverance	Understanding
Consistency	Humility	Power	Usefulness
Courage	Inclusiveness	Punctuality	Unselfishness
Courtesy	Independence	Quality	Vision
Creativity	Integrity	Recognition	Warmth

Name \_\_\_\_\_

Date \_\_\_\_\_

Age \_\_\_\_\_

# MY VALUES LOG

Now take the values you circled above, pick your top five favorites and write each one into its own column.

These are your five core values. Your five core values are a great place to start working on your growth mindset and help you practice thoughtful communication skills.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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**OUT OF YOUR 5 VALUES, PICK ONE THAT MOST REPRESENTS YOU, AND EXPLAIN WHY.**

Lined writing area with a red margin line on the left side.

We have core values, too.

# KINDNESS

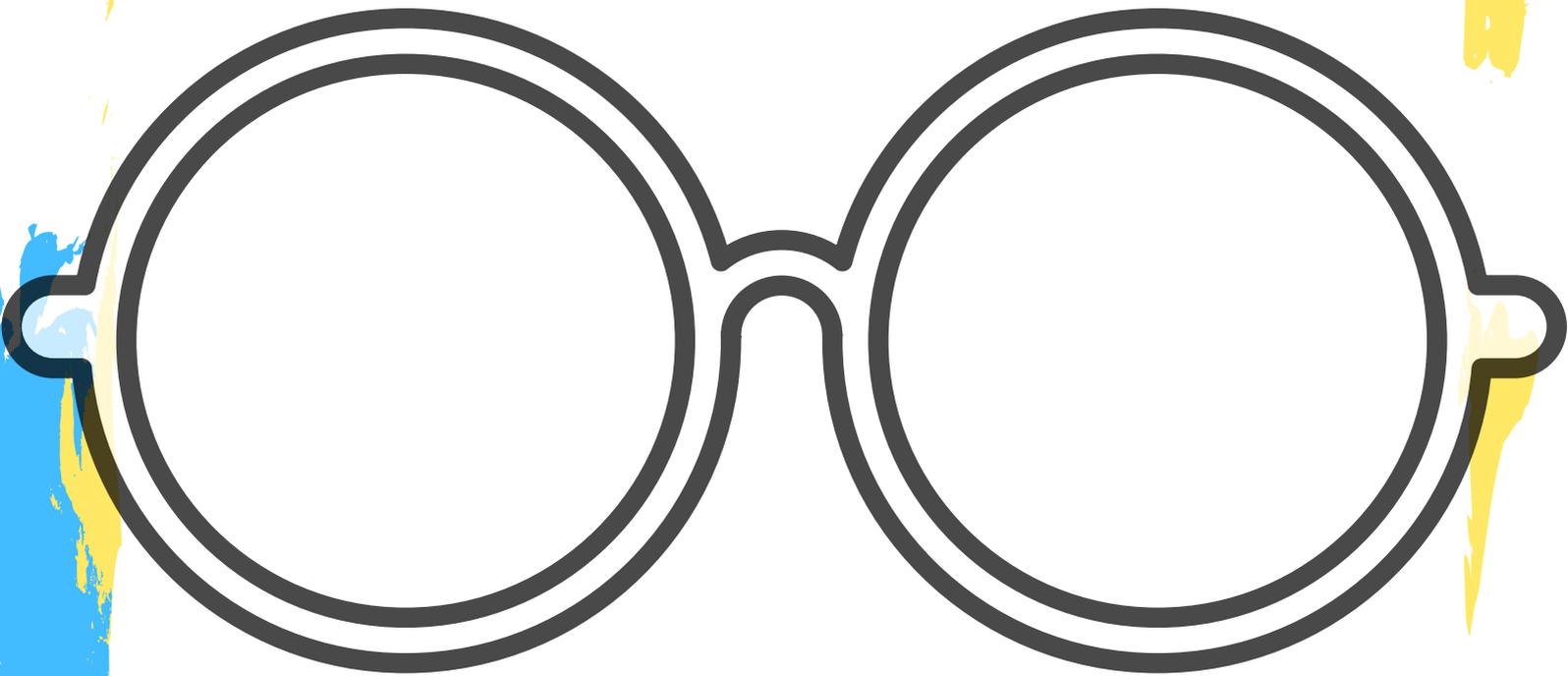
Not just individual people have a set of values. Businesses, sports teams, and organizations establish values that are important to their operations to guide their team members to make better choices for the people they serve.

Inlight Institute is a nonprofit organization, and we have core values, too. Our main, main, main core value is kindness! Did you know kindness is contagious?



# KINDNESS

sketch kindness from your view



Write a value you like in each box and include a doodle

K

I

N

D

# Resume

create a resume focusing on your kindness

**Name:**

KINDNESS AMBASSADOR

## Self-Portrait

### ABOUT ME

I am

### SKILLS AND EXPERTISE

My skills are

### VALUES

The values that guide me are

## CARING AND HELPING EXPERIENCE

**JOB TITLE:**

Organization:

Dates:

Tasks And Roles:

**JOB TITLE:**

Organization:

Dates:

Tasks and Roles:

## ACTS OF KINDNESS

**ACTION:**

Date:

Description:

**ACTION:**

Date:

Description:

Let's talk about:

# TALKING

Sharing your opinions with others can be enlightening and healthy when it is done with kindness and respect. Disagreeing is also healthy. Listening to opinions that are different from yours can help you advocate for what's important to you. Positive conversations can lead to good teamwork and motivate people to help out.

Always try to be mindful of sensitivities around topics by respecting people's different values to find common ground.

Let's explore some tips.



# Knowledge is Power

**Meaningful conversations  
require knowledge.**

## **How do we learn about most issues?**

A lot of information we get comes from some form of media (social media, blogs, TV, newspaper, radio, websites, and advertisements.) The media is very powerful because it can influence what and how we think. Don't assume that everything is right. Learn to think for yourself.



## **Ways you can grow your knowledge:**

Read books and newspapers.

Have healthy conversations and debates with others.

Ask family, teachers, and friends what they know.

The more you explore, listen, and think, the more you'll know!



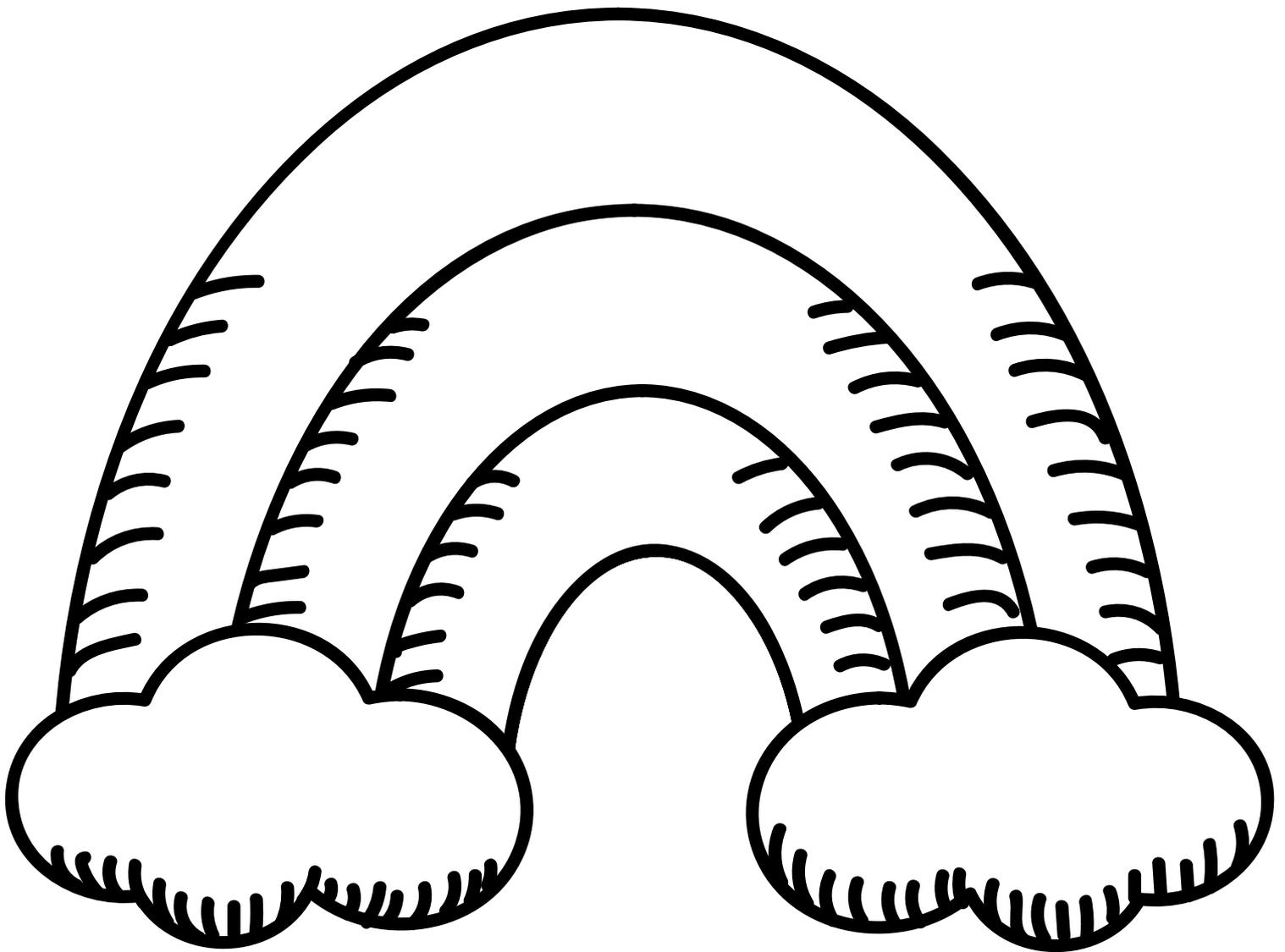
Do you think we can always believe everything we hear and read?

circle **YES** or **NO**

# Practice Asking Why

**Dig deeper for more colorful answers to gain knowledge.**

1. Think of a question you have and write it inside the band of the rainbow.
2. Have an adult help you find the answers.



Sample Question 1: Why do rainbows have colors?

Sample Question 2: When do you see rainbows?

Sample Question 3: Do rainbows always have the same colors?

Name \_\_\_\_\_

Date \_\_\_\_\_

Age \_\_\_\_\_

# MY QUESTIONS LOG

**By practicing to ask "why," we can grow our knowledge and increase our brainpower.**

Use this log to start with one question you have about a topic - any topic, you pick! Continue asking yourself 4 follow-up questions. Note your source.

**EXAMPLE: WHICH OCEAN IS THE SALTIEST?**

The Atlantic Ocean is the saltiest. It is about 3.5% Source: Weather.gov

**WHY IS THE OCEAN SALTY?**

Rocks on land have salt. Acidic rain erodes rocks and the rain/rock mix creates a salty runoff into the ocean. Also, there are hydrothermal fluids that vent from the ocean floor.

Source: NOAA.gov

**WHAT IS ACIDIC RAIN?**

Human pollutants release sulfur dioxide and nitrogen oxide into the air that rises so high it combines with our rain (and snow, sleet, and fog). Human pollution comes from the exhaust from cars and fossil fuels from power plants. Source: EPA.gov

**WILL THIS MAKE THE OCEAN SALTIER?**

Yes and maybe eventually No. The Atlantic ocean is slightly saltier than usual, more acidic, and warmer. But, scientists are worried it will get less saltier overtime as the glaciers melt.

Glaciers are fresh water! ClimateKids.Nasa.Gov

**WILL JOB DOES SALT HAVE IN THE OCEAN AND WHY IS MORE/LESS SALT A PROBLEM?**

Salt affects currents. The Great Ocean Conveyor Belt carries warmer, less salty water from the equator to the poles, and colder, saltier water from the poles back toward the equator. This might make the North Atlantic stop warming and Europe get colder. ClimateKids.Nasa.Gov

**USE THE QUESTION PROCESS ABOVE TO DEVELOP A VIEWPOINT ON THE TOPIC THAT YOU CAN SHARE.**

My viewpoint is that.....

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---



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Name \_\_\_\_\_

Date \_\_\_\_\_

Age \_\_\_\_\_

# MY QUESTIONS LOG

**By practicing to ask "why," we can grow our knowledge and increase our brainpower.**

Use this log to start with one question you have about a topic - any topic, you pick! Continue asking yourself 4 follow-up questions. Note your source.

QUESTION 1:

QUESTION 2:

QUESTION 3:

QUESTION 4:

QUESTION 5:

**USE THE QUESTION PROCESS ABOVE TO DEVELOP A VIEWPOINT ON THE TOPIC THAT YOU CAN SHARE.**

My viewpoint is that.....

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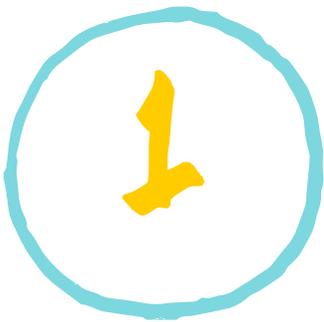
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# Share Your View

**A view is your perspective or way of seeing things. It combines your values and knowledge. Sharing is important to maintain an informed variety of viewpoints which makes a healthy democracy.**



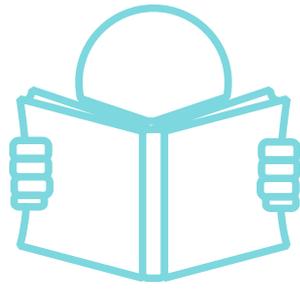
## KEEP CALM & NO NAME CALLING

No name-calling! When someone calls another person a mean name, the discussion becomes unkind and unproductive.

Yelling, losing your temper, using bad words, and name-calling will never win over someone who disagrees. You may feel better for a moment after yelling, but after a while, you may regret some of the things you said.

- ✓ Use a calm voice.
- ✓ Try not to take anything personally.
- ✓ Remain open-minded.





## DO YOUR RESEARCH

Do research before you state something as fact. People will value your opinion when they know you are educated on a topic.



## ACTIVELY LISTEN

Listen and give everyone a chance to speak without any interruption. If you don't understand what someone is trying to say, it is okay to ask questions to clarify. You may be surprised and learn something new.

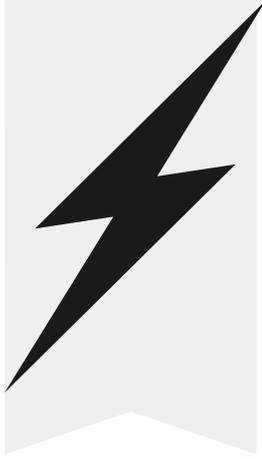


## ACKNOWLEDGE

When the other person makes a good point, even if you disagree, acknowledge their point of view. This will show that you respect their opinion.

## TRY THESE CONVERSATION STARTERS

1. What do you care about?
2. What's a cool fact you know?
3. What are some needs in your community?
4. How do you speak up for a cause?
5. Have you worked on a campaign before with a team? If yes, what sort of job did you have?
6. What good news have you heard lately?



# **THE GOOD NEWS**

**START YOUR OWN PAPER! REPORT THE GOOD STUFF HAPPENING IN THE WORLD**

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**BREAKING NEWS**

**SOMETHING GOOD HAPPENED!**

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[Empty rectangular box for content]

**AWESOME AD!**

## REPORT ON THE GOOD NEWS

TOPIC CATEGORY:

Headline:

Subheadline:

Image:

Article Continued:

### THE CONCLUSION

\_\_\_\_\_ (name) is a \_\_\_\_\_ (job title) at \_\_\_\_\_ (work place). Their expertise includes \_\_\_\_\_ (caring experience) and \_\_\_\_\_ (kindness act).

### **DID YOU KNOW?**

Fact:

**SOURCE:**

### LEAD:

Article:

Article Continued:

Photograph by \_\_\_\_\_ (credit)

# GAME TIME

Try these partner games to practice unity, cooperation, and talking.

**Hula Hoop Pass Challenge:** Kids stand in a big circle. Place a Hula-Hoop on one kid's arm and join hands with the kids next to you. Everyone joins hands to close up the circle. The game's objective is to pass the Hula-Hoop all the way around the circle without unclasping hands. Kids will have to figure out how to maneuver their bodies all the way through the hoop to pass it on. (K-3rd Grade)

**No Hands Cup Stack Challenge:** Decide how many kids you want in each group and tie that number of strings to a single rubber band, making one for each group. Each person in the group holds onto one of the strings attached to the rubber band, and as a group, they use this device to pick up the cups (by expanding and contracting the rubber band) and place them on top of each other in order to build a pyramid. (3rd Grade +)

Let's talk about:

# VOTING

Did you know that voting is something we do every day? Every day we make many little choices, which can be thought of as mini votes for the world you want to live in and is a way to practice for voting when you become an adult.

It's a way for us to make choices, use our voices, and have a say.

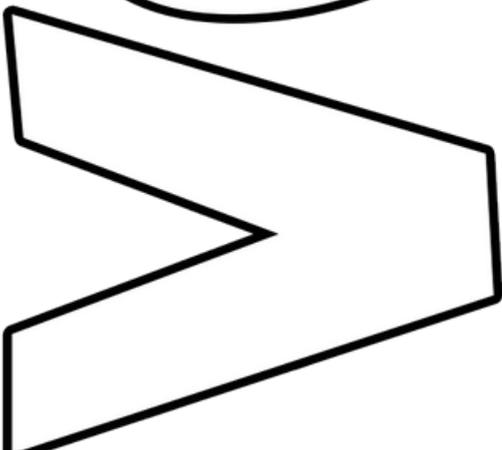
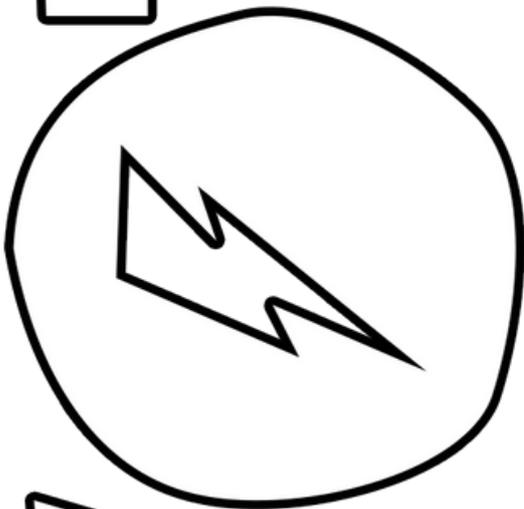
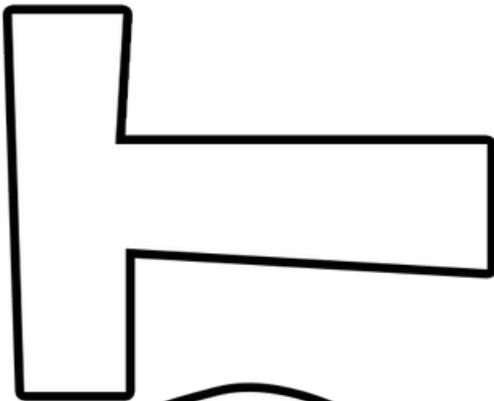
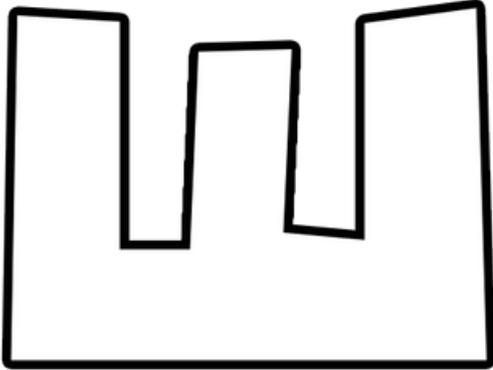
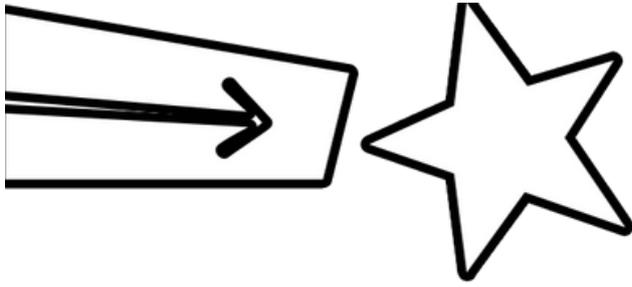
You use your values to make choices. They affect how we see causes and issues which direct our behavior - i.e. how we choose and vote. When you are the only one choosing (voting), you are likely to get what you want.

When you vote with others, you get what most people want.



## **Why is all of this important?**

Because soon you will get to use your voice and vote for things that will impact you, others, and the world around you. You can choose not to vote, but then you lose your say.



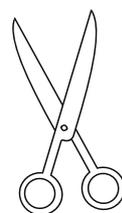
## **artist:**

an activist who expresses their values through artistic craft.

Freely draw inside and around the letters of this VOTE logo. Try to doodle things you care about.

What you end up with will be a visual artist piece that brings attention to your cause or expresses your values and knowledge.

VOTE logo is created by Ollie, our 13-year-old creative ambassador, who uses art to draw attention to kid's issues.



# YOUR VOICE MATTERS

Every voice counts, and when you join your voice with others, big things can happen. When you don't vote, you don't have a say. When you do vote, consider the cause and effect of your choice. It's ok to be unsure, but practice (and research) helps to build decision-making confidence.

## PRACTICE DECISION-MAKING

ALL GRADE

### LET'S PLAY A GAME OF WOULD YOU RATHER?

1. Play with a puppy or kitten?
2. Ride a bike or a skateboard?
3. Read a book or watch a movie?
4. Play outside or inside?
5. Build a pillow fort or a lego tower?
6. Drink a smoothie or eat a plate of fruits and veggies?
7. Go on a roadtrip or fly on an airplane?

SOME CHOICES ARE EASY TO MAKE, LIKE PICKING ICE CREAM OR GARLIC.  
SOME CHOICES ARE HARDER, LIKE ICE CREAM OR A CANDY BAR.

# WOULD YOU RATHER? SURVEY

HAVE YOU EVER TAKEN A SURVEY? IT'S A FUN WAY TO GET TO KNOW MORE ABOUT OTHER PEOPLE. IT'S ALSO IS A GREAT WAY TO TEST THE POPULARITY OF YOUR IDEAS FOR CHANGE WITH THE PEOPLE WHO WILL BE IMPACTED.

**Here's how to do it:**

1. Across the top, write the names of people you survey.
2. Write their answer (A or B) in each box.
3. When you are all done, compare your answers to see how many were similar and how many were different.

NAME 1

NAME 2

NAME 3

NAME 4

(A) EAT A RAW ONION OR  
(B) AN ENTIRE LEMON

(A) SWIM IN A POOL OR  
(B) JUMP ON A TRAMPOLINE

(A) BE WITH A GROUP OR  
(B) ALL ALONE

(A) BE ABLE TO FLY OR  
(B) READ MINDS

**Write your own:**

(A)

(B)

(A)

(B)

(A)

(B)

# I VOTE for...

Finish the phrase to express what you believe in.

***I VOTE FOR***

I vote for

I vote for

**I VOTE FOR**

**I vote for**

I vote for

I vote for

**I VOTE FOR**

I vote for

**I VOTE FOR**

Let's talk about:

# ADVOCACY

**Your voice is your power!**

Your ideas and concerns matter, and speaking up for change will make you feel better, and our world will be that much better off.

Advocating and volunteering for a cause you care about is the best way to help make a difference in your community and the world around you.



# 5 Ways to Advocate

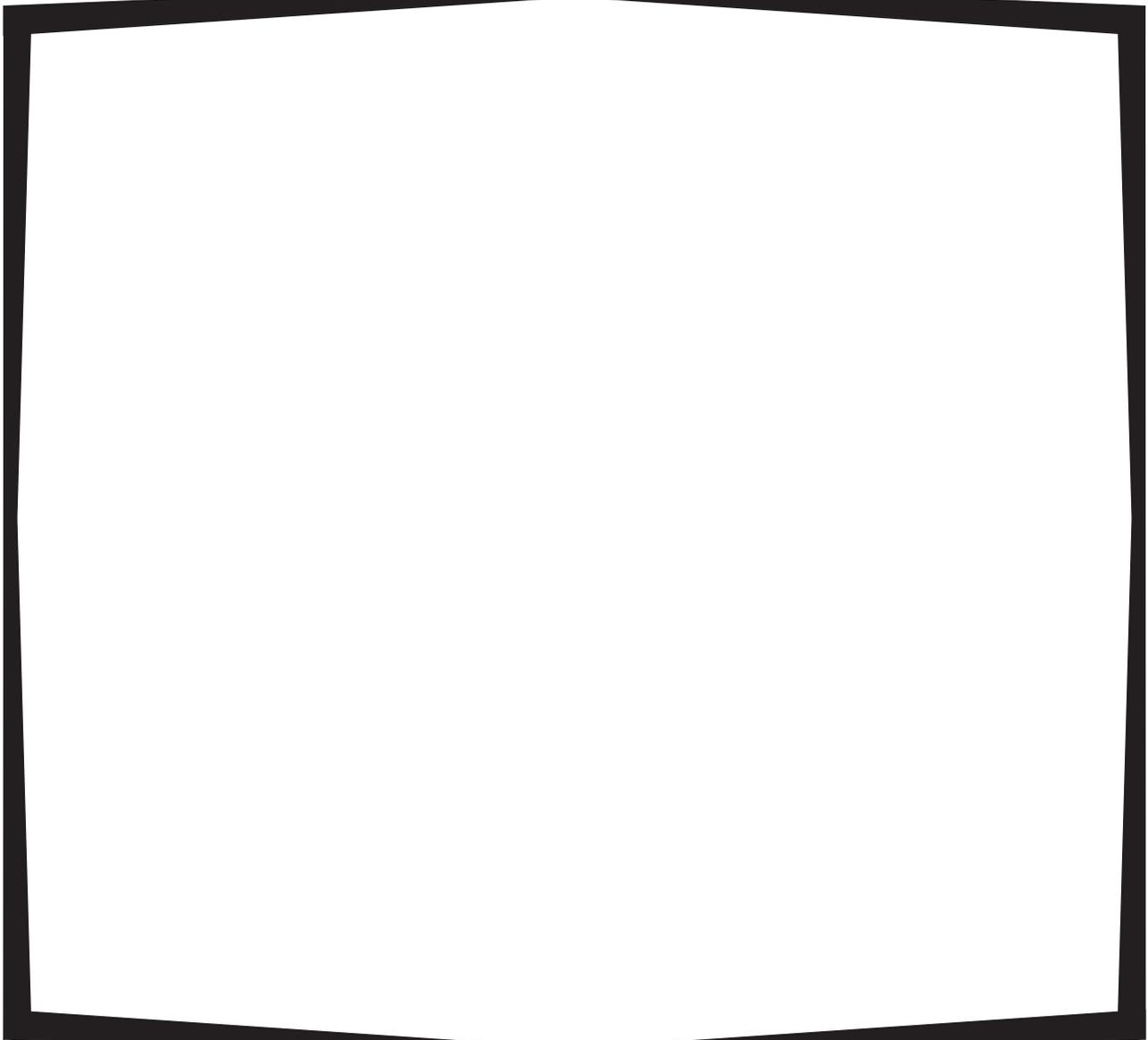
**An advocate is someone who publicly supports or recommends a certain cause or policy. Here's how a person might support:**

- 1 Time:** Volunteering hours, days of service, etc.  
What time of day can you volunteer?
- 2 Talent:** Using one's strengths and expertise to benefit a cause.  
What are your talents?
- 3 Network:** Personal relationships that can support your cause.  
Who do you know that can help you with your goals?
- 4 Voice:** Telling (advocating to) people about your goals to help create positive change. What will you say to others?
- 5 Treasure:** Financial contributions (big or small) donated for charitable work. How can you raise money to support your cause?



# I CARE.

Use this box to write or doodle what you care about:



It's good to share what you care about and why.

This helps people gain knowledge from a different point of view, which can influence others to care too. Maybe they might want to join you to make a difference. You can also compare views if you see it differently.

WHAT IS ONE CAUSE THAT YOU CARE ABOUT AND WANT TO ADVOCATE FOR?

A hand-drawn illustration of a notebook page. The page is rectangular with a thick black border. On the left side, there is a vertical red line representing a margin. To the left of this red line, there are three small black circles, one near the top, one in the middle, and one near the bottom, representing binder holes. The rest of the page is filled with horizontal light blue lines, representing the writing area.

WHAT IS ONE PROBLEM THAT HURTS YOUR CAUSE  
AND HOW WOULD YOU SOLVE IT?

A hand-drawn illustration of a notebook page. The page is rectangular with a thick black border. A vertical red line runs down the left side, creating a margin. There are three large black circles on the left side, each serving as a bullet point for a line of writing. The page is filled with horizontal light blue lines, representing the notebook's ruling. The lines are slightly wavy and hand-drawn in style.

# LET'S MAKE A CAMPAIGN



# & INCREASE ADVOCACY

## 4 Steps to Create a Campaign

1

Above you chose a cause and a problem. To start your campaign, you will need to make one clear goal to solve that problem. Causes and issues can be complicated. Goals simplify it so you can focus your efforts.

Be patient! Change doesn't happen overnight and can take time. With any goal we set, we may experience setbacks or failures. Good goals are SMART, an acronym that stands for Specific, Measurable, Achievable, Realistic, and Timely.

- ✓ Be clear and specific.
- ✓ Break the goal down into a handful of steps. These to do's should be ones you can accomplish. Not too big!
- ✓ Make sure you have fun.





## CREATE A MESSAGE

Make a short message – just a few words – that you can use to describe your campaign so you can memorize it and share it quickly.



## CHOOSE AN ACTION

A campaign needs a call to action so that your supporters know how they can quickly and easily get involved. Some ideas of a call to action include: sign a petition, make a donation, read or watch content to learn, or make art to promote the cause to others.



## INVITE OTHERS

Now that you have the basics of your campaign together, it is time to share it with others. When you include your network, more people learn about the cause, do your call to action, and share it with their network to increase awareness and spread the information.

## SOME CAMPAIGN IDEAS



1. Inlight Peanut Butter Challenge
2. Care Packages for Others
3. Fitness Equipment Drive
4. Leave it Better Cleanup Challenge

Visit [inlightinstitute.org](http://inlightinstitute.org) to get resources to kickstart a campaign like these – or make up your own!

Use this template to create a campaign flier – or use your art skills to make one from scratch.

Send to friends and family to share your campaign's mission.

# ALL GRADE

**THE GOAL OF MY CAMPAIGN:**

Created by:

**TOGETHER WE CAN MAKE A CHANGE BY:**

To Benefit:

Create a drawing to describe the emotion you feel about the cause.

## FACTS

- 1.
- 2.
- 3.

## CALL TO ACTION

**WE NEED HELP WITH:**

- 1.
- 2.

**Please Help By This Date**

/ /

WHAT  
OTHER  
ACTIONS  
CAN I  
TAKE?

# TAKE ACTION

## ○ SEND A LETTER!

### **Have a favorite toy or product?**

Express gratitude! Send the company a thank you letter letting them know how you feel about them.

Writing a letter to people in charge can be a powerful way to express how you feel about something. You can express gratitude or that you are unhappy. If enough people write, the company or official may keep doing what you like or change to make it better



# TAKE ACTION

## MEDIA

Invite a local newscaster, blogger, or newspaper to interview you about your campaign and goals. This will help bring awareness of your mission to a larger audience.



## SIGNAGE

Spread the word about your goal by creating a poster and displaying it where others can see. Make sure your flyer or poster has information to educate others about the issue. Sometimes a drawing or photo can be more powerful than words.



## PETITIONS

A petition requests a person in power (public entity or government official) to do something and is signed by many people. People that sign the petition unite to show support for your cause or goal.



# VOCABULARY

**accountable:** responsible for providing a credible and respectable explanation or justification, esp. of one's own actions

**acknowledge:** show that one has noticed or recognized (someone) by making a gesture or greeting

**activism:** the policy or action of using demonstrations, petitions, or campaigning to bring about changes in society

**activist:** a person who campaigns to bring about political or social change

**advocate:** a person who publicly supports or recommends a particular cause or policy

**attitude:** a way of feeling or thinking about something or someone

**campaign:** a series of acts intended to achieve a particular goal. A course of action designed to influence voters

**compassion:** a feeling of sharing another's suffering that leads to a desire to help

**courage:** the ability to face fear or danger; bravery

**courtesy:** good manners or politeness

**demonstration:** a gathering of a group of people, such as a parade or march, to show their support or protest against something.

**effort:** a hard try; attempt

**empowerment:** the process to improve a person's life by giving them tools and knowledge to become stronger and more confident, especially in controlling one's life and claiming one's rights

**equality:** the state of being equal, especially in status, rights, and opportunities

**generosity:** the condition of being willing and ready to give

**goal:** a result or end that a person wants and works for; aim or purpose

**gratitude:** the quality of being thankful; readiness to show appreciation for and to return kindness

**humility:** the quality or state of being humble; modesty about one's status or accomplishments

# VOCABULARY

**influence:** the power or invisible action of a thing or person that causes some kind of effect on another's actions, behavior, opinions, etc.,

**integrity:** a strong sense of honesty; firmness of moral character

**issues:** problems and ideas to be talked about, questioned, decided upon and voted on

**loyalty:** a strong feeling of support or allegiance

**perseverance:** steadfast continuance in a course of action, task, or belief

**petition:** a written request signed by many people demanding an action from an authority or government

**policy:** a set of rules or a plan that is used as a guide for action

**propaganda:** ideas or information that a group of people deliberately spread to try to influence the thinking of other people

**protest:** a statement or action expressing disapproval of or objection to something

**respect:** due regard for the feelings, wishes, rights, or traditions of others

**responsibility:** the state or fact of being accountable or to blame for something

**sincerity:** a thorough and genuine honesty

**social media:** websites and apps that allow people to communicate and share information

**sportsmanship:** the qualities and behavior which a person should show when playing a sport or game

**sway:** to convince or change someone's mind through speech or argument

**unselfishness:** apt to share with or sacrifice for others; generous

**values:** principles considered most important

**vote:** the act of a group of people in which each person expresses his or her choice about something

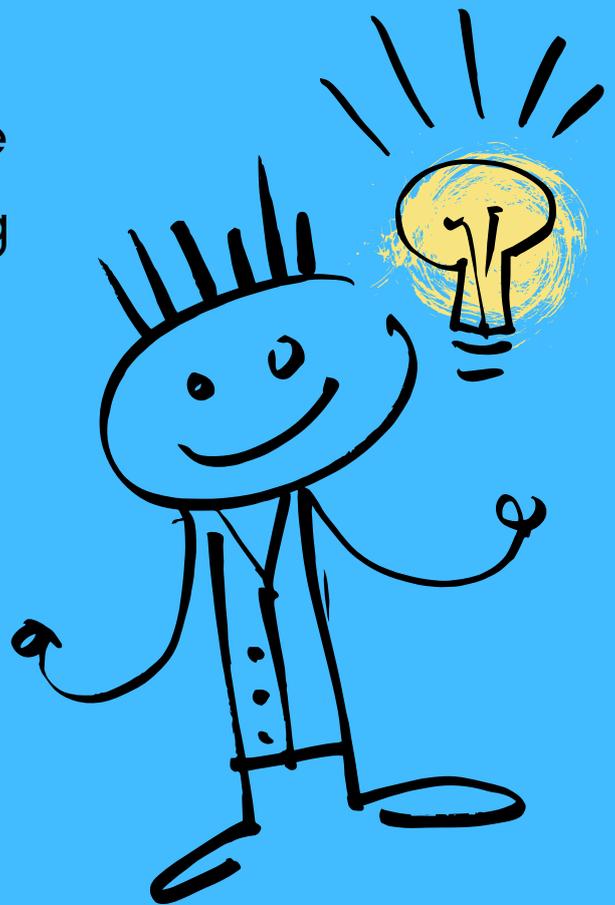
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worksheets to be featured!

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