

**POWER of
DOING GOOD**
Disney
Junior

Family Service Guide

Volunteering Tips for Kids and Families



Disney
**MICKEY
AND THE
ROADSTER
RACERS**


BE INSPIRED
Disney CITIZENSHIP

Encouraging and Inspiring the Power of Doing Good

Make sure your child enjoys their volunteer experience so they will want to do it again and again!

- Engage your child in a task they enjoy; make it fun! If they love to play games, encourage them to teach a friend or an elder how to play. If they love being active, organize a simple pledge drive to raise funds for distance ran or biked, or number of jumps in a set period. Then, guide your child in choosing a cause to receive the funds raised.
- Make sure that the site where your child will volunteer welcomes children as helpers and assigns them fun tasks that are really needed. Your child's contribution is important and should be acknowledged and respected.
- Prepare your child for the project by talking about the issue or the people you will meet. Example of a question could be: What happens when we let water run for too long?

After the project, help your child think about their experience as a volunteer. If permitted, consider taking photos of your child during the project. Photos will serve as reminders of what they did and also as starting points for great conversations about what your child thought, felt, and learned... and what you learned about your child too! Here are some ideas for conversation starters:

- What did you really like about what we did today?
- Let's start a list of how we can help others by doing what you liked best.
- You worked really hard to help others today. What did you do that made you proud?
- When other kids see the poster you made, what do you hope they'll do at home?

There are many benefits to starting children early in volunteering: it becomes a lifetime habit, they learn new skills and concepts, and they feel connected to the community through their own actions.

Above all, they discover they are important in the lives of others and that, even as children, they have the **"POWER OF DOING GOOD."**

Adapted from Youth Service America



Treasure Nature

Be positive environmental stewards, ensuring the health of our planet for generations to come.

How to encourage young children to treasure nature? Starting is easier than you think; build on what children are already doing. Children are already treasuring nature when they:

- Save water by turning off the water when brushing their teeth
- Turn off the lights when leaving the room, and turn off electronics when they're done using them
- Use recycled paper for art projects and schoolwork
- Bring lunch in a reusable lunch box or lunch bag
- Recycle empty plastic bottles or aluminum cans
- Enjoy nature firsthand by spending time outdoors, even camping out in the backyard
- Recognize and appreciate wildlife when camping, hiking, or visiting the zoo or aquarium

Start with what your child already enjoys doing and offer opportunities to do some of those same tasks in the community. Here are some ideas:

- Join a park, river, or beach clean-up
- Create a pond or rain garden in the backyard to provide habitat for wildlife
- Volunteer at the local zoo or nature center
- Help organize a recycling event to collect plastics with other items that might end up in streams and lakes
- Participate in a tree planting event at the local park to help ensure wildlife can survive and thrive
- Donate toys, books, and clothes to be reused and enjoyed by others
- Make posters encouraging others to treasure nature, then distribute them to family and friends

Content contributed by National Wildlife Federation and reviewed by the animal experts at Disney's Animals, Science and Environment



Care for Animals

Caring for animals will teach kids about compassion, kindness, and service to others.

How to encourage children to be kind and compassionate to others? Pet care provides many great opportunities to teach kids about being compassionate, kind, and serving others. Children are learning these important lessons when they help out with pet care responsibilities, such as:

- Being kind and gentle to the pet
- Providing the pet with fresh water and a good diet
- Giving the pet shelter and a comfortable resting area
- Grooming and bathing the pet
- Keeping a collar with an ID tag on the pet
- Helping care for the pet's sickness or injury

Don't own a pet? Start with what your child already enjoys doing and offer opportunities to do some of those same tasks for pets and animals in the community. Here are some ideas:

- Bring blankets and toys for pets at a shelter
- Spend time at the shelter; volunteer to help clean, walk, and provide companionship to pets
- Host a pet food drive to collect much-needed pet food for animals at a shelter
- Help elderly neighbors care for their pets by assisting them with simple pet care responsibilities
- Clean up for wildlife; help implement a cleanup and recycling plan to keep habitats clean and safe for wild animals
- Encourage children to make posters that promote kindness to animals, then distribute them to family and friends
- And when it's time for a pet, consider adopting from a shelter

Content contributed by American Society for the Prevention of Cruelty to Animals and reviewed by the animal experts at Disney's Animals, Science and Environment



Strengthen Communities

Small individual actions can have a large collective impact that transforms communities.

How to raise children that care about others and their community? Starting is easier than you think; build on what children are already doing. They are already volunteering when they:

- Help you load light groceries into the car
- Make you aware if you left the house lights on
- Bake with you and set the table for meals
- Help take care of the family pet
- Assist an elderly relative with a chore
- Sort items to pack for a family trip

So start with what your child already enjoys doing and offer opportunities to do some of those same tasks for others. Here are some ideas:

- Make posters to encourage acts of kindness, then distribute them to family and friends
- Bake cookies together to sell as a fundraiser for a local charity
- Plant fruits and vegetables together to donate to a food pantry
- Visit a senior center to play games with elders and tell stories
- Shop together for toiletries and have your child sort them into bags for residents at a homeless shelter
- Urge your child to play host to a new kid in the neighborhood or at school

Content contributed by
Youth Service America

