

Doing Good

Student Leadership Kit #1

TIP: This kit is interactive! Click the logo to visit our website



And click here to enter the kit!





Doing Good

Student Leadership Kit

Dear Educator,

Welcome to the American Dairy Association North East: Doing Good student leadership activation kit! This kit contains three teacher-led classroom activities and three challenges for your students to complete on their own, all of which will get your students started thinking about what doing good means to them.

Every activity and challenge in this kit is independent, ready for you to use with students today! We have designed these for students in grades 6-8, but they are easily adaptable to higher or lower grades.

Keep in touch!

Your feedback and student success are extremely important to us. To celebrate your students' success, we've put together a bonus *Fuel Up* kit, featuring three new activities, all ready for use in your classroom. To access these activities, please fill out the survey [available at this link](#). Once submitted, the survey system will send the activities to you automatically.

Thank you,

American Dairy Association North East



Use this menu
to navigate
through the kit

Activities

You're the Poster

Click a tab to
jump to that
activity

There are so many ways to make a difference! In this activity, students will practice their social entrepreneurship and communications skills by promoting “doing good,” however that looks to them individually.

 30 mins.

1 Learning Outcomes

- Students will brainstorm a variety of ways people can benefit their communities
- Students will think about how to communicate through different platforms

2 Resources Needed

- Poster supplies (Posterboard, markers, etc.)
- Computers (if promoting digitally)
- Video recording/editing equipment (smartphone)

3 Instructions

1. Lead class in a brainstorming session about ways someone can do good in the world. No idea is too big, no idea is too small! Aim for a variety of ideas—from random acts of kindness to large charities.
2. Have students decide, individually or in small groups, on one way of doing good that they want to promote.
3. Give students 20-30 minutes to work on a plan to promote doing good their way. Encourage students to explore individual solutions, this could look like making a poster, could look like shooting a video for social media, could even be as simple as a plan to talk to friends and community members.

4 Reflection

Lead students in a brief reflection, focusing on:

How did they decide how to promote doing good?

What would they do if they had all the resources they wanted?

Why is it important to do good in the world?

* [Don't forget to tell us how it went!](#) *





Activities

Local Moovers and Shakers

Students will research a local dairy farm, charity, or service group, collect facts about their cause, mission, how they work, and available opportunities, then create a poster to share their information.

 45 mins.

1 Learning Outcomes

- Share and develop knowledge with others through communication and collaboration.
- Develop a better understanding of the local community's farmers and service opportunities.
- Exercise creative abilities and practice delivering information in an organized manner.

2 Resources Needed

- Computer access
- Posters/Paper
- Misc. poster supplies

4 Reflection

Have students set up a gallery walk. Posters should be arranged in a hallway or around the exterior of a classroom to allow students to walk past them at their own pace. As students view their peers' posters, encourage them to note questions or inspirations from the work.

* Don't forget to tell us how it went! *

3 Instructions

1. Split students into groups of 3-4.
2. Introduce the activity to participants.
 - a. Groups will spend 15 minutes researching a local dairy farm, charity, or service group.
 - b. Each group will research 4 items:
 - i. What is their cause or mission?
 - ii. How do they work/how do they do what they do?
 - iii. What opportunities do they have available to get involved?
 - iv. What are 1-3 interesting facts you learned about them and what they do?
 - c. Student groups will spend the next 15 minutes creating a poster visualizing the information they gathered. They can design their poster however they choose, but posters should communicate without a verbal component.
3. **Optional endings:** You can do one, two, all, or none – it's up to you.
 - a. Short-term: Have student groups shareout what they researched.
 - b. Medium-term: Have student groups hang their posters up either in the classroom or around the school so other students can learn from them.
 - c. Long-term: Have students pledge to take advantage of at least one opportunity and have them report back after completion.





Activities

Create Your Be Calm Kit

In this activity students will collaborate on their favorite ways to be calm, working together to build a Be Calm Kit.

 30 mins.

1 Key Takeaways

- Students will learn about the importance of managing stress
- Students will share healthy ways to de-stress in the classroom and beyond

2 Resources Needed

- Writing Supplies (notebook paper, pencils, pens)
- 1-2 Notecards per student
- 5 Envelopes

Tips & Tricks

Some example healthy destressing options you can present to your students include:

- Make a healthy snack
- Take a walk
- Make art

3 Instructions

1. Divide students into 5 roughly equal groups. Give each group writing supplies and an envelope.
2. Introduce the activity to students:
Students will brainstorm ways they like to de-stress, then, working in groups, they will develop a “Be Calm Kit” they could use or share with a peer. Ideas in the final de-stress kit should either require no additional materials or use materials that are likely to be immediately available to a student using the kit.
3. Prompt students to begin with a brief reflection. In their notebooks, have them write a list of 5 healthy ways they can be calm.
4. When students have finished their lists, prompt students to share their ideas with the other students in their groups. Give each group time to select 3-5 ideas for their Be Calm Kit.
5. Have students use the notecards to write out brief, clear directions so that a peer could open the Be Calm Kit and use their idea. Encourage students to use art supplies to decorate the notecards and envelopes in a way that makes sense to them.
6. When groups have finished their Be Calm Kits, have them pass their envelope to another group in the room. Students should read and discuss the ideas from the other groups’ kits.
7. Lead students in a reflection, responding to the following questions either verbally or in their notebooks/journals:
 - a. Why is it important to manage stress?
 - b. What’s one way you’re going to manage stress in the future?
 - c. If you could do anything to manage stress, what would it be?

* [Don't forget to tell us how it went!](#) *





Challenges

These are challenges for your student to complete on their own.

Click a
challenge box to
see the details!






Challenges

Milk Jug Workout

Encourage your students to complete this activity on the [Fuel Up Challenge Center](#) for individual prizes and rewards!





Challenges

Milk Doing Good

Check out the MyPlate website to find and share examples of #MILKDOINGGOOD

Ensuring that dairy is part of your regular diet helps you to maintain a healthy lifestyle: just 3 servings a day can lead to benefits like strong, healthy bones and teeth; as well as lowering your blood pressure and cholesterol! Dairy provides you with the energy you need to stay active and hydrated and it helps your body recover after participating in sports or exercising.

Take a minute to look over the word bank below, filled with some of the health benefits dairy has to offer! You can look up all these (and more!) on the [MyPlate website](#). After taking a look, find a way to share what you learned with family and friends using the hashtag #MILKDOINGGOOD.

Spread the word!

Bone Health	Heart Health	Essential Nutrients
Calcium	Potassium	Rehydrate
Growth	Saturated Fat	Vitamin D





Challenges

One Good Thing



Find one good thing you can do in your community today. Do it!

Your community is filled to the brim with opportunities to do something good. Improving your health and wellness, bettering the environment around you, educating those younger than you, shouting out the successes of your peers, celebrating community leaders both young and old – it's all waiting for you to take advantage of.

Your challenge is to find one good thing you can do in or for your community and do it. Whatever it means to complete it, just go for it! It doesn't have to be a massive project, nor does it have to be something you do totally solo. Give some thought on how to find this opportunity – ask your peers, talk to the adults in your life, search local social media, take a walk around town, give local advertisements a read.

Complete this “one good thing” and answer these prompts about it:

- In one sentence, describe the “one good thing” you did.
- What was one highlight from either finding it or doing it?
- What was one challenge from either finding it or doing it?
- What do you think is the impact of you doing this one good thing in your community?
- How did you decide what good thing to do?

