2018 ACTIVITY GUIDE

WHAT I WANT TO BE WHEN I GROW UP...

TAKE OUR DAUGHTERS AND SONS TO WORK® DAY

DaughtersAndSonsToWork.org
2018 ACTIVITY GUIDE

This Activity Guide is designed to inspire youth to think of ways for giving service to others.

Many of the ideas for the care packages and activities can be found on websites such as www.dollartree.com and www.pinterest.com.

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IDEAS & TIPS FOR CARE PACKAGES

How to Send a Care Package to Military Troops

Nothing thrills a soldier serving overseas like receiving a care package from home. It doesn’t matter what branch of the military armed forces they serve in. It just helps them to know that others care about them. There are many ‘do’s and don’ts’ about sending a care package to persons in the military, so use the following suggestions as guidelines to help you prepare a care package and getting it to the right location.

- Shop for items to go in the care package. This may be for a family member or you may be sending a generic care package to be forwarded to a military service person, who may not have much support on the home front.

- Include in your care package a large variety of items such as nonperishable food and snacks like sunflower seeds, beef jerky, hard candy, gum and snack crackers. Useful items like toothpaste, hand lotion, baby powder, wet wipes, sunscreen, hand sanitizer, shampoo, chap stick, disposable razors and bath soap are always appreciated as these are of better quality that the standard military issues equivalents. Also include CDs, DVDs, magazines, small games, notepads and pens. If you are preparing a care package for a family loved one, include personal items like photos, family videos, hand written letters and copies of the local newspaper.

- Use the guidelines established for the care package itself. The package cannot weigh more than 70 pounds. The box or container that is sent must be no more than 130 inches total combined girth and length. The completed care package needs to be sent by way of the United States Postal System by “Priority Mail.” If not sent by Priority Mail, the package will take 8 weeks or even longer if during the holiday mailing period.

- Make sure that you have the exact correct military address to mail your care package, as these packages will pass through the MPO or Military Post Office to be processed to the correct military base or location.

- Join forces with other military families in the same unit as your loved one to work as a group to make sure that all the members of the unit have care packages arriving from home. Check with the home front commanding officer or the assigned contact to keep updated on the location of the military unit.

- Talk to organizations in your community about doing service projects for various military units that may not have a lot of home front support. Groups like the Rotary Clubs, Lions Clubs, Elks Lodges, some schools, church groups and business associations many times will take on care packages as a project and can send mass numbers of care packages at one time.
IDEAS & TIPS FOR SERVICE MEMBERS

Care Packages for Troops
Looking for ways to honor and support servicemen and servicewomen? Show your support by creating care packages filled with necessities, snacks, and activities they’ll love. There has never been a better time to send a token of gratitude to active duty military members and veterans who protect our security and defend our freedom.

Follow along for some of the most recommended products to include in care packages for men and women in your community.

### Basic Necessities: Female

- Hair Care: Shampoo, Conditioner and Hairbrushes
- Oral Care: Toothbrushes, Toothpaste, and Floss
- Lotion
- Hand Sanitizer and Wipes
- Cotton Balls and Cotton Swabs
- Deodorant
- Nail Polish
- Body Wash, Bar Soap, and Washcloths
- Nutrition Bars, Snacks, and Bottled Water
- Playing cards, pens & paper, puzzles, word-find books
- Handwritten notes or thank-you cards
- …and More!

### Basic Necessities: Male

- Hair Care: Shampoo, Conditioner and Hairbrushes
- Oral Care: Toothbrushes, Toothpaste, and Floss
- Lotion
- Razors and Shaving Cream
- Hand Sanitizer and Wipes
- Cotton Balls and Cotton Swabs
- Deodorant
- Body Wash, Bar Soap, and Washcloths
- Nutrition Bars, Snacks, and Bottled Water
- Playing cards, pens & paper, puzzles, word-find books
- Handwritten notes or thank-you cards
- …and More
IDEAS & TIPS FOR CARE PACKAGES

Personalized Care Packages

Care packages are a great way to help the homeless, children in hospitals, shelters and foster care all year round. Knowing the gender of the recipient makes it easier to cater to the contents to his or her basic needs. When building care packages, be sure to label the gender of the recipient of the outside of the box and consider the upcoming seasons. For example, if you’re creating care packages in the fall and winter, add in winter hats, gloves, and socks for extra warmth.

Follow along for some of the most recommended products to include in care packages for men, women, children and others in your community.

<table>
<thead>
<tr>
<th>Women’s Basic Necessities:</th>
<th>Men’s Basic Necessities:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hair Care: Shampoo, Conditioner and Hairbrushes</td>
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<tr>
<td>Oral Care: Toothbrushes, Toothpaste, and Floss</td>
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<tr>
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<tr>
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<td>Razors and Shaving Cream</td>
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<tr>
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<tr>
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<tr>
<td>Body Wash, Bar Soap, and Washcloths</td>
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<tr>
<td>Nutrition Bars, Snacks, and Bottled Water</td>
<td>Nutrition Bars, Snacks, and Bottled Water</td>
</tr>
</tbody>
</table>

...and More!
## MORE PERSONALIZED CARE PACKAGES

### Children's Basic Necessities:
- Toys
- Doll or Stuffed Animals
- Coloring or Activity Books
- Crayons, Markers or Colored Pencils
- Reading Books
- Puzzles
- Juice Boxes / Bottled Water
- Hand Sanitizer and Wipes
- Hair Care: Shampoo, Conditioner and Hairbrushes
- Oral Care: Toothbrushes, Toothpaste, and Floss
- Lotion
- Deodorant
- Winter Apparel: Hats, Gloves, Scarves, and Socks
- …and More!

### Food Basics Care Packages:
Items should be placed in a zip-seal plastic bag so they are easy to carry in backpacks or other types of bags for people on the move.
- Water Bottles
- Crackers and Snack Bars
- Canned Food
- Individually Packaged Tuna Meals
- Jerky Treats
- Individually Packed Fruit Cups or Applesauce
- Nutrition Bars, Snacks, and Bottled Water
- Hand Sanitizer and Wipes
- …and More
LINE UP!

Object of the Game: To challenge kids to line up in creative ways while working together as a team and learning about each other.

Description: The leader first asks everyone to form two lines facing each other. Then, challenge the kids to line up based on different factors. Consider setting a timer and see how quickly kids can line up. One option is to ask kids to line up without talking. For example, if kids do not talk, they may get creative such as using fingers to indicate their birthday month.

Examples include:

- Line up by birthday: January on one end of the line and December on the other.
- Line up alphabetically by first letter of each kid’s first name.
- Line up quickly by height without talking.
- Line up by shirt color in the order of the colors in a rainbow: red shirts at one end of the line, orange shirts next, than yellow, green, blue and purple followed by black and white.
- Line up by hair color – participants choose color arrangement.
- Line up by eye color.
- Line up by who has talked the most to the least.
- Line up by who has the shortest hair to who has the longest.
- Line up by who has the least number of brothers and sisters to who has the most. No talking.
- Line up in the order of who has the fewest letters in their middle and last names added together to those persons who have the most.
- Have each line choose the person in his/her line who best fits the answers to the questions.
GETTING TO KNOW YOU

Give participants a sheet of paper with the questions listed below and have them walk around getting others to initial at the beginning of each sentence that matches something about them. The person who gets the most spaces initialed wins the game.

__________ Find someone whose first name begins with the same letter as yours.

__________ Find someone who has the same color eyes as you.

__________ Find someone who is shorter than you.

__________ Find someone who was born in the same state as you were.

__________ Find someone who has a parent who is in the military.

__________ Find someone who is wearing the same color shoes as you.

__________ Find someone who owns a dog.

__________ Find someone who drives the same make of vehicle as someone in your family does.

__________ Find someone whose mother does not work.

__________ Find someone who has red hair.

__________ Find someone who was born on the same day as you.

__________ Find someone who has a pet fish.

__________ Find someone whose bedroom is painted yellow.

__________ Find someone whose hair is longer than yours.

__________ Find someone who has the same first name as yours.
Answer the question, then using no more than 25 words, explain why you chose your answer.

__________ If you could spend 24 hours with a living or dead person, who would it be?

__________ If you could travel to one planet in our solar system, where would you go?

__________ If you could reinvent something, what would it be?

__________ If you could travel to one place on the globe, where would it be?

__________ If you could live as someone from the past, who would it be?

__________ If you could invent something for the future, what would it be?

__________ If you could change past events, what would you change?

__________ If you could make three wishes that would come true, what would they be?

__________ If you could live as an animal, which one would it be?

__________ If you could star in a movie, what would it be about?

__________ If you could eat only one thing for the rest of your life, what would it be?

__________ If you could make only one wish which would come true, what would it be?
KINDNESS ACTS BINGO

Bingo is a game of chance, kindness is not. Being kind takes thoughtfulness and requires action.

**Description:** The center of the card is a free space. The kindness activities are called out, if the players have done that activity they mark it with an “X”. The winner is determined when one of the players has marked the most activities.

<table>
<thead>
<tr>
<th><strong>Said “Thank You” to someone</strong></th>
<th><strong>Held door open for person outside your family</strong></th>
<th><strong>Give a compliment to someone</strong></th>
<th><strong>Yesterday asked someone how their day went</strong></th>
<th><strong>Made a donation to a charity</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Recycled something</strong></td>
<td><strong>Texted a compliment to a friend</strong></td>
<td><strong>Bought handmade item being sold to raise money for a cause</strong></td>
<td><strong>Helped someone complete a task</strong></td>
<td><strong>Remembered someone’s birthday</strong></td>
</tr>
<tr>
<td><strong>Gave hug to a friend or family member</strong></td>
<td><strong>Gave credit to a friend or family member for something they did</strong></td>
<td><strong>BINGO</strong></td>
<td><strong>Did chores without being asked</strong></td>
<td><strong>Went to the hospital to see a sick friend or family member</strong></td>
</tr>
<tr>
<td><strong>Donated gently used toys / clothes</strong></td>
<td><strong>Made homemade blankets for service personnel</strong></td>
<td><strong>Made holiday gift basket for someone in crisis</strong></td>
<td><strong>Returned a shopping cart</strong></td>
<td><strong>Read a book to a child or an elderly person</strong></td>
</tr>
<tr>
<td><strong>Baked cookies for an elderly or sick person</strong></td>
<td><strong>Quickly learned a stranger’s name</strong></td>
<td><strong>Listened to someone who needed to talk</strong></td>
<td><strong>Volunteered to help someone in need</strong></td>
<td><strong>Collected litter to make a park, playground look good</strong></td>
</tr>
</tbody>
</table>
SIMPLE KINDNESS ACTIVITIES

1. Write five notes of appreciation to cafeteria workers, teacher’s aides, school secretaries, bus drivers, janitors, and other staff/helper people who normally receive little recognition.

2. **Bookmarks**: make some pretty bookmarks and leave in a basket so a person who has checked a book out of the library can take one.

3. **Animal shelter**: collect and donate items to an animal shelter, needs such as paper towels, canned animal food, portable cages, blankets, cleaners, food bowls, dried food, and other needed items.

<table>
<thead>
<tr>
<th>Activity</th>
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<tbody>
<tr>
<td>Do a chore for someone without their knowing it.</td>
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<tr>
<td>Give candy to your bank teller.</td>
</tr>
<tr>
<td>Bake a dessert for a neighbor.</td>
</tr>
<tr>
<td>Volunteer at the animal shelter.</td>
</tr>
<tr>
<td>Buy a cup of coffee for a stranger.</td>
</tr>
<tr>
<td>Buy teacher’s supplies for a teacher.</td>
</tr>
<tr>
<td>Make a get well soon card for someone.</td>
</tr>
<tr>
<td>Sing songs at a nursing home.</td>
</tr>
<tr>
<td>Bury treasure at a playground.</td>
</tr>
<tr>
<td>Tell someone how much you appreciate them.</td>
</tr>
<tr>
<td>Take treats to a fire station.</td>
</tr>
<tr>
<td>Donate clothes to a homeless shelter.</td>
</tr>
<tr>
<td>Weed a flower bed for a neighbor.</td>
</tr>
<tr>
<td>Donate pajamas to kids.</td>
</tr>
<tr>
<td>Take care of a neighbor’s pets while they are away.</td>
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</tbody>
</table>
WHEN I GO HOME TODAY...

I like to:

Yes / No  Work on a computer program like ________________________________.

Yes / No  Read about ________________________________________________.

Yes / No  Draw ______________________________________________________.

Yes / No  Help with ________________________________________________.

Yes / No  Write ____________________________________________________.

Yes / No  Work on puzzles like ________________________________________.

Yes / No  Play games like ____________________________________________.

Yes / No  Challenge myself by ________________________________________.

Yes / No  Doodle ____________________________________________________.

Yes / No  Listen to __________________________________________________.

When I have finished my work, my plans to keep myself occupied would be:

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
WHEN YOU WERE MY AGE

Use this sheet to interview your parent or guardian about their own career choice.

When you were my age:

1. What was your favorite school subject?

2. What did you like to do best during your free time?

3. Was there anything that you did particularly well?

4. What career did you have in mind?

5. Did you follow that career path? If not, what changed your mind?

6. Were there any obstacles to following your career path?

7. Did your parents have specific ideas about what career you should choose?

8. Who helped you make your career decisions?

9. Were your choices different because you were male/female?

10. What did you learn in high school that you feel has helped you the most?

11. Did you change your mind about career choices?

12. Would you like to change your present career?

13. Why did you choose the career you are presently in?

14. Were you a good student?

15. Did you participate in sports?
SOMETHING TO TALK ABOUT

Here are a few “conversation starter” questions you might ask some of the people you meet today…

Why did you choose this job?

What does your job involve?

What qualifications did you need to get this job?

How long did it take to get the qualifications needed?

What sort of skills and experience do you need to carry out this job?

Do you get the chance for further training?

What is the best thing about your job?

What is the worst thing?

Is there anything you would like to change in your job?

What does your company do to make the world a better place?

What do you do in your job that makes the world a better place?

Who makes the important decisions at your workplace?

Does your company have a matching gift program?

What does your company do to support community volunteerism?

Do you often work outside of normal business hours? If so, why? And what would you be doing?

What causes, if any, do you support?

What causes, if any, does your company support?

What was your very first job like? Was it different from the job you are doing now? In what ways?
WHO CARES?

“Caring” is everyone’s work. Have a discussion citing specific examples from the list below.

Who wakes up first? At what time?

Who awakens others?

Who helps whom with the clothing?

Who helps whom with doing hair?

Who helps with finding homework or other possessions needed for the day?

Who fixes breakfast for whom?

Who prepares a lunch box for whom?

Who reminds whom about the time?

How do you get to school?

Do you change your sibling’s diapers?

Do you walk your siblings to the bus stop or to their classrooms?

Who helps the teacher collect homework?

Do you share your lunch with someone special?

Who watches whom after school?

Who washes the dishes after dinner?

Who helps whom with bedtime activities?
REALIZING YOUR DREAMS

Pose the following questions to prompt discussions about ways to pursue your dreams.

What do you dream of doing in the world?

What might be hard about what you want to do?

Do you know someone who does this work?

Is this a woman or a man? Old or young? College educated or trained in some way?

If you don’t know someone who does this work, how could you find more information, mentors or resources?

How could you balance this work with having a family?