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## 6 Ways Kids Can Get Involved with Kupenda

*Want to instill the values of compassion, global awareness, and giving in your kids? Teach them to have a positive impact in their community and the world; check out these ideas.*

### 1. Host a School, Scout or Youth Group Presentation

Cynthia Bauer, was born with one hand and has a compelling personal story about how this disability inspired her to start an organization called Kupenda to help others with disabilities. During her school presentations she shows students a short video and engages them in interactive activities that help them understand how children with disabilities in low-income countries experience daily life. She also plays her guitar with her one hand to show an example of what people with disabilities can do. The kids are invited to sing and dance along with her. She ends her presentations by helping students to brainstorm ways they can support Kupenda or disability inclusion in their own communities.



### 2. Volunteer at Kupenda Events

Kids can help out at Kupenda's 5K races, on sponsorship Sundays, and holiday events. During these events, they can help us with tasks like decorating, taking photos, directing runners and selling raffle tickets. We'll find the perfect fit for their skills, so they can enjoy the event while helping out at the same time.



### 3. Sponsor a Child with a Disability

Here's an opportunity to help a child with a disability. Some of these kids are from impoverished families and many have been orphaned. Through small monthly donations (less than \$1 per day) you and your child can substantially enhance a child's life. This is a great way for your children to learn about a child from a very different background and a very different place, as well as see exactly how the donation impacts the child's life.



#### 4. Walk or Run to Raise Awareness & Support

Get some exercise and make some new friends by joining Kupenda's annual 5K run or by hosting a run/walk at your child's school. If your child is too young to run or walk a few miles, you could push him or her in a stroller. The Kupenda team can help your school, church or community group put together this fun event! Schools that raise \$2,000 or more can join our Pen Pal Program with children in Kenya!



#### 5. Host an Event to Help Kupenda

Another way to help Kupenda is by having youth groups, school clubs or classes arrange an event to raise awareness and support for children in Kenya. We've had kids host puppet shows, car washes, yard sales, plays, dance performances or talent shows. Kupenda's staff loves to come and help the kids learn about the cause and plan their event. Schools that raise \$2,000 or more can join our Pen Pal Program with children in Kenya!



#### 6. Make Crafts to Support Children in Kenya

Lots of kids who hear Cindy's presentation (*see #1 above*) want to do something to help children with disabilities in the countries Kupenda works. Fundraisers are a great way for children to learn about advocacy, small business skills and charitable giving. We've had kids sell homemade coloring books, jewelry, and baked goods. To help them prepare, we'll come and teach them about our work and provide Kupenda materials for their special day! Schools that raise \$2,000 or more can join our Pen Pal Program with children in Kenya!



*For more information,  
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