

9 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

During a [Kupenda presentation](#), kids learn about disability justice and how to help others. Presentations are usually facilitated by Kupenda's founder, [Cynthia Bauer](#), who shares about being born with one hand and how it inspired her to start an organization to help people with disabilities. Cynthia also shows a [short video](#) about Kupenda's work and then engages students in interactive activities, including games, songs and dances to help them understand the realities of life for children with disabilities in low-income countries. At the end of the presentation, students brainstorm ways they can support Kupenda's work or disability inclusion in their own communities.



2. Volunteer at Kupenda Events

Volunteering gives kids a chance to help out at a number of Kupenda events, including [5K races](#), [sponsorship Sundays](#), and [holiday gatherings](#). During these events, children can enjoy activities such as decorating, taking photos, directing runners, and selling raffle tickets. We'll find the perfect fit for your child's skills, so they can enjoy the event while helping out at the same time.



3. Sponsor a Child with a Disability

[Sponsorship](#) is a great way for kids to help a Kenyan child with a disability attend [school](#) and access life-saving [medical care](#). Through small monthly donations (less than \$1 per day), you and your child can improve the life of a child in need while also learning about another culture.



4. Walk or Run to Raise Awareness & Support

The Kupenda team can assist your school, church, or community in joining our annual 5k run or [hosting a run/walk](#) of your own. These events are a great way to get some exercise and make new friends while helping other children in need.



For more information:

Visit: www.kupenda.org

Contact: kupenda@kupenda.org

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5. Host an Event to Help Kupenda

Having youth groups, school clubs, or classes arrange [an event](#) to raise awareness and support for children in Kenya can make a profound and lasting impact. We've had kids host puppet shows, car washes, yard sales, plays, dance performances, or talent shows. Kupenda's staff loves to come alongside kids to help them [learn about disability justice](#) and plan their event.



6. Make Crafts to Support Children in Kenya

Making and [selling crafts](#) can be a fun way for kids to raise support for children in Kenya while learning 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 [brochures](#) to accompany their sales!



7. Host a Penny War

With a [penny war fundraiser](#), kids learn the value of money as well as the importance of fundraising. The idea is to have children bring in spare change for a set period (usually a week or two) and deposit it into containers. Each penny is worth one point. (Some groups even choose to add optional rules, such as adding silver coins to another group's bin to deduct from their total.) At the end of the challenge, the class/group with the most points wins a prize and all proceeds are [donated to support children](#) with disabilities in Kenya!



8. Host a Read-A-Thon

During a read-a-thon, children are sponsored by friends and family for the minutes they read. Progress and donations are tracked through a free online tool such as <https://read-a-thon.com>. A Read-A-Thon is a mutually beneficial way to raise funds and awareness for Kupenda while also helping children develop a love of literacy.

* Groups that raise \$2,000 or more can join our [Pen Pal Program](#) with children in Kenya!



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9. Start a Kids for Kupenda Club!

Kids for Kupenda (K4K) Clubs help children develop compassion for people living with disabilities and learn how to make their world a more just, loving and inclusive place for other kids across the globe with disabilities.

What is a Kids for Kupenda (K4K) Club?

K4K clubs are groups of children who meet together at least 1x / month (most meet once per week) to learn more about disability so they can to develop compassionate and inclusive responses to kids of all abilities in their school, community, and around the world.

How does Kupenda Support K4K Clubs?

Kupenda supports these clubs by providing:

- A learning session about the challenges facing kids with disabilities in low income countries. This includes sharing the story of how Kupenda started because of a person with a disability (Cynthia Bauer) who wanted to help others like her in Africa and encourage them that they too can make a difference.
- A list of videos and books that K4K club facilitators can use to teach children about disability.
- Exercises to help kids brainstorm how they can make their school and community more disability-friendly.
- A list of creative activities to help club members raise support for kids with disabilities in poor countries
- A template for K4K Crew shirts and swag, courtesy of the first K4K Club at Cedar Elementary School in Hanover, MA.

How can I start a K4K Club?

Write to Kupenda at kupenda@kupenda.org and a member of our staff will contact you to set up your first learning session and send you materials to get started.



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