



Will's Amazing Challenge

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Challenge Guidelines

1. This challenge is for boys and girls between the ages of 8 and 12.
2. You will have the support of an adult who will act as your guide and help you with the challenge.
3. There are five stages to this challenge.
4. If you complete the challenge, you will receive a prize!
5. You'll find out what the prize is **after** you complete the challenge. (It's a surprise!)
6. All kids will have the opportunity to show what they have accomplished for their families and friends to see!

Be sure to watch for more of Will's Amazing Challenges coming soon...

Great things are possible if you believe!



Suggested Materials

- ▶ Poster board, construction paper, cardboard
- ▶ Magazines, newspapers
- ▶ Crayons, markers, glue, glitter

Picture of My Future

Think for a moment about the questions below:

What do you want your life to be like when you grow up?

Assuming you cannot fail, what are your dreams?

Where would you like to live?

Will you travel to far away places? Where will you go?

What will you do for work?

How will you make the world a better place?

For the first leg of Will's Amazing Challenge, create a picture of your future. Be sure **YOU** are in the picture. You can draw or paint your picture or cut out words and pictures from newspapers and magazines and make a collage. You can also do a combination of the two!

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Suggested Materials

- ▶ Index cards
- ▶ "I am an Achiever" record keeper
- ▶ Camera

I am an Achiever!

For this leg of the challenge, you must develop a new skill; in other words, you must learn how to do something you don't know how to do or demonstrate that you can do something better than you can do it now. Here are some ideas:

1. Learn a new dance routine or piece of music
2. Learn the multiplication tables
3. Progress to the next rank in taekwondo
4. Learn how to use PowerPoint or other software program
5. Learn how to play a game you haven't played before

With the help of your guide, choose something that you would like to learn how to do or something you would like to become better at doing. Write it down on an index card and keep your card with you as a reminder of what you want to accomplish.

Please have your guide take a picture of you demonstrating your achievement.

Great things are possible if you believe!



Suggested Materials

- ▶ Notebook, pieces of cardboard, lined paper, construction paper
- ▶ Crayons, markers, glue, glitter

My Gratitude Journal

What is a Gratitude Journal? It is a place to write down the people and things you are grateful for and to record all the good things that happen in your life.

You can make a handmade booklet out of cardboard or construction paper and put sheets of paper inside or you can decorate the cover of a notebook and use the notebook for your journal.

Be sure to put your name on the cover or somewhere inside your journal.

Every morning for one week, write three people or things you are grateful for and the reason why you are grateful for them.

If you can't think of three people or things you are grateful for, write down good things that happened during the day.

Great things are possible if you believe!



Suggested Materials

- ▶ Index cards
- ▶ "Helping Others" record keeper

Helping Others!

You have the power within you to do what you need to do to be happy and successful. You have the power to accomplish things you never dreamed possible! **But** if we think only of ourselves we will never be happy; we will never be great.

For this leg of the challenge, with the help of your guide, think of someone you can help and help him or her for one hour. It doesn't have to be all at once; it can be ten minutes here, five minutes there.

Here are some ideas:

- Help someone with his or her homework
- Rake leaves or shovel the driveway for an elderly neighbor
- Clean the garage or help with the dishes
- Read to a preschooler
- Help your guide with a project he or she is working on

On an index card, write down the person's name and what you will do to help him or her. (You can help in more than one way if you like.) Keep your card with you as a reminder of your commitment and be sure to record the time you spend helping this person.

Great things are possible if you believe!



Suggested Materials

- ▶ Cardboard box, paper bag
- ▶ Crayons, markers, glue, glitter
- ▶ Video camera

The Final Challenge

The finish line is in sight! As you approach the end of your challenge, the fans are cheering and the music is playing. The spectators want to see what you have accomplished during Will's Amazing Challenge.

You may do one of two things: Either you can create a "challenge box" or "challenge bag" that will hold what you have created and accomplished in each leg of the challenge: the picture of your future, your Gratitude Journal, a photo of you demonstrating your new skill. (Save your "box" or "bag". It's fun and encouraging to look at what's inside later on. When you see what you have accomplished, it will help you believe that you can achieve again!)

or

You can make a short video to show us what you have done. We'll post it on our site so you can show your family and friends (with permission of course)!

Great things are possible if you believe!



About Will!

**Will is the kid that can! His message is simple yet powerful:
think it. live it..™**

Great things are possible if you believe!

Will was "born" when Margot Rutledge was looking for a way to communicate a message of hope to kids. In 2004, Margot founded KidsWin, a non-profit organization, to help children believe deep down inside that who they are and what they do matters and to help them believe that great things are possible for them. She wanted to create with a slogan that captured the essence of KidsWin and the ***S.T.A.R. Teens*** program; something such as Nike's "Just do it."

Again and again, she tried to think of what that would be: "If you can think it, you can have it," "We become what we think about". All were too long and certainly would not make a good slogan. One day, when she was driving home with her son Luke (14 at the time), she asked him for his opinion.

He paused for no longer than three seconds and said, "Think it, Live it!" Margot was astonished, not only because her son was able to come up with a slogan that absolutely captures the message, but that he understood what KidsWin is all about. He got it! He had a look on his face that said. "This is so obvious," and he said, "Mom, if you have a big goal and you can see it in your mind; if you believe you can do it and set goals and work hard, you can have what you see in your mind." Wow!

We wanted to create a character to spread the word and we wanted this to be for kids, created by kids; so we asked Will H., Luke's friend and an exceptionally talented artist, for some ideas. On October 5, 2008, **Will** was born. His mission is to spread the word to kids that great things are possible for them if they believe.

Every child has the Will-power to win!

Our mission is to help all children feel included, valued and capable. To learn more, visit www.kidswin.org or contact mrutledge@kidswin.org.



Coaching Suggestions

1. Set the expectation that we are all achievers and have within us the ability to achieve great things; often more than we believe is possible for us.
2. Focus on the children. Ask questions. Listen carefully. Give encouragement over and over again.
3. Watch closely for things the children have done well or have tried to do. Look for opportunities to identify something that each child has done well and tell him or her. Talk directly to the child. Speak in the first person. For example: "What I like about what you did was..." or "I notice you are working very hard at..."
4. When a child makes an effort or tries something new, show him by your gestures and expressions that you applaud his efforts. Give her the "thumbs up" Smile. Congratulate the child for trying.
5. Hold no preconceptions. Children must believe that you believe in them. You **MUST** believe in their ability to succeed.
6. Recognize incremental improvements and build on the strengths of each of the children. In this environment, children flourish!

Recommendations for an Amazing Challenge

Every day, recognize a child for something good that he or she has done or for progress made. Perhaps post a picture of the child along with a written acknowledgement.

When all participating children have completed the challenge, post pictures of the children and either their ***Picture of My Future*** or a strength that you have identified.

