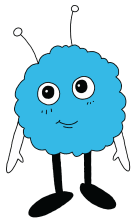
Help an educator and their students!

Volunteer to build emotional health tools for a classroom

During this singular moment in history, emotional health is more important than ever. Making Enoughie Buddy Antennae turns isolation into human connection, gives educators a powerful SEL (social emotional learning) tool, and reminds students that just like Enoughie Buddy®, their feelings are normal and OK.

Wait - who is Enoughie Buddy?

Enoughie Buddy is the beloved mascot of The Kindness Campaign (TKC).



Enoughie Buddy is adopted, blue, furry, different and special, and loves himself just the way he is. Through the eyes of this loveable character, children are able to see the world as a place where challenges are real and kindness is powerful.

What are Enoughie Buddy Antennae and how are they used?

Enoughie's antennae help him to understand his emotions. He can also use his magical antennae to help kids realize their *own* self-regulating superpowers!

One of TKCs favorite activities for young children at schools and during events is to assemble and wear them, just like Enoughie! They can be bent, squiggled, perked up, etc. to express a child's feelings.

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Enoughie Buddy Antennae Kits
When you volunteer to make Enoughie Buddy Antennae Kits, you:

- Give students a tactile, playful, and colorful way to express their feelings
- Make classroom video calls FUN and emotionally informative (students can wear them and show how they're feeling!
- Help a teacher transition back to school: they can give these creative antennae to their students
- Deepen students' emotional health: Wearing the antennae explores two of TKCs key learning SEEC Pillars (Empathy and Emotional Awareness).
- Help teach a child empathy: We can notice others' antennae to see how they are feeling. Noticing is the first step towards empathy.

How do I make them?
Gather your supplies (see "MATERIALS NEEDED" list below), and watch the instructional video **HERE!**

WHAT PRECAUTIONS IS THE KINDNESS CAMPAIGN TAKING DURING COVID-19?
The Kindness Campaign is following CDC guidelines in our sanitation, delivery, and distribution of Enoughie Buddy Antennae Kits.

WHAT DO I DO WHEN I'M DONE?
When you are finished, mail your kits to:
The Kindness Campaign
512 West MLK Jr, Blvd #326
Austin, Texas 78701

WHO WILL RECEIVE MY KITS?
Schools, students and teachers.

CAN I SHARE THIS ON SOCIAL MEDIA?
Yes, absolutely! Please tag @tkckindness with any pictures or videos of your amazing assembly. We will happily share with our community!

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MATERIALS NEEDED:

Please be sure to follow specified measurements for pipe cleaners, headbands and pompoms. We have provided recommended links or you may purchase from your local craft store.

Materials you will need & where to purchase

1) White chenille pipe cleaners **(Regular stems are 12" in length)**
   Recommended sites:
   https://www.amazon.com/Creativity-Street-Chenille-Cleaners-100-Piece/dp/B0009XSKBO/ref=sr_1_1?dchild=1&keywords=white+pipe+cleaners&qid=1587512470&s=arts-crafts&sr=1-1

   https://www.michaels.com/creatology-chenille-stems-100ct/1052014.html

2) Color Pompoms **(1.5 inch diameter, 40 count)**
   Recommended site:
   https://www.michaels.com/multicolor-pom-pom-value-pack-by-creatology/10197403.html

3) Glue gun, glue sticks and scissors
   Recommended sites:
   https://www.michaels.com/craft-smart-mini-glue-gun-high-temp/10301549.html

   https://www.michaels.com/craft-smart-mini-glue-gun-high-temp/10301549.html

4) White thin headbands (no teeth)
   Recommended sites:
   https://www.amazon.com/dp/B07BVS7FRN/ref=dp_cerb_2

   https://www.amazon.com/Hixixi-Fabric-Covered-Headbands-Hairband/dp/B07DXC5329/ref=sr_1_10?crid=1M5WDSVHOPX3P&dchild=1&keywords=white+plastic+headband&qid=1592863292&s=beauty&sprefix=white+plastic+%2Cbeauty%2C172&sr=1-10

   https://www.amazon.com/Candygirl-Girls-Covered-Headbands-Circle/dp/B078H5XPH4/ref=sr_1_25?crid=1M5WDSVHOPX3P&dchild=1&keywords=white+plastic+headband&qid=1592863414&s=beauty&sprefix=white+plastic+%2Cbeauty%2C172&sr=1-25

5) Plastic ziploc bags

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Place Antennae components into separate plastic quart baggies:

(1) Place unfinished white headbands in plastic bags
(2) Place completed pompom antennae in separate plastic bags

QUESTIONS:
Contact: TKCVolunteer@tkckindness.org

What is The Kindness Campaign?
The Kindness Campaign (TKC™) is a nonprofit that develops emotional health curriculum for school-age children. Kindness and empathy are our core tenets that help guide our four learning pillars: Self Image, Emotional, Awareness, Empathy, and Community (SEEC). The language arts-based SEL curriculum targets kids in early childhood, because our behavior patterns are established at a young age and carried through adolescence and adulthood.

TKC curriculum and programming is based on the core message: I AM ENOUGH. This is the heart and soul of TKC and embodies our approach to emotional health. We focus on the children of today, who will be the leaders of tomorrow. It's our goal that by the time they're adults, kindness—for them—will be second nature.

Follow us on: Facebook, Twitter, YouTube, Instagram, and/or LinkedIn. And sign up for our newsletter at www.tkckindness.org.

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