

unicef ACT

Spring 2018



**Giving kids
the power
to save lives**

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World Champion
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Fencing with a Focus

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UNICEF works in more than 190 countries to help kids survive and grow. UNICEF supplies medicines, vaccines, clean water, nutrition, education, and more. UNICEF also responds during emergencies, such as earthquakes, floods, or war. UNICEF USA raises awareness and funds in the United States to support UNICEF's lifesaving work.

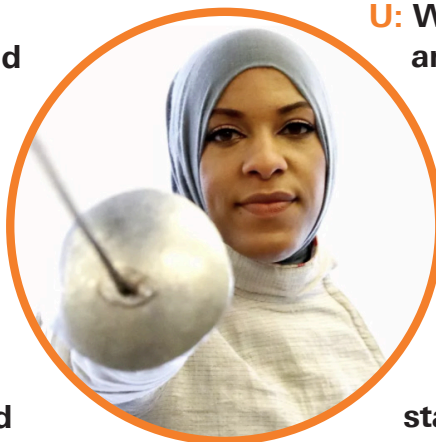
UNICEF ACT is UNICEF USA's magazine for Kids Helping Kids,® with content that empowers youth to make a positive impact on the world around them.



children first.

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KEVIN MAZUR

We talked to World Fencing Champion and UNICEF Supporter Ibtihaj Muhammad, the first Muslim American woman to wear a hijab while competing for Team USA in the Olympics, about breaking barriers and empowering others.



U: Why is empowering girls and women through sports important?

I: Sports is a great way to **empower** girls because it can teach girls how to love their bodies and work as a team.

U: How did you first start fencing?

I: My mother and I were driving past the local high school in my hometown in New Jersey when I was 12 years old. We saw athletes inside wearing long sleeves, long pants, and masks, and my parents encouraged me to try it out. I wear a hijab, a head covering worn by Muslim women, and the clothes worn for fencing were in line with my religious beliefs.

U: Tell us about a time when you overcame a difficulty.

I: It hasn't always been easy participating in sports as the only woman of color representing Team USA. Sometimes people **doubted** my skills as an athlete. Through effort and practice, I learned that I didn't need anyone else to believe in me because everything I needed to be great was already in me.

U: What keeps you going when you want to give up?

I: Knowing that my efforts as an athlete will make it easier for youth who come after me.

U: If you were to host a radio show, what message would you share?

I: I would talk about the importance of letting our voices be heard in order to make a difference in the world. ●

Words to Know

Circle the correct definition or synonym (words with similar meanings) of the following words.

- 1 Barriers**
Obstacles / Confusion / Uniqueness
- 2 Simultaneous**
All of a sudden / At the same time / Being aware of
- 3 Aspiration**
Standards / Dreams / Background
- 4 Doubt**
Trust / Criticize / Question
- 5 Empower**
To make confident / To donate

Running for a Reason

Rain or shine, Bulldogs on the Run make impact.

Every Mondays and Wednesdays after school, Bulldogs on the Run, the running club at Siler City Elementary School in North Carolina, meets. What started as a group of 60 kids last year is now close to 120! For 45 minutes, the mix of third, fourth, and fifth graders runs. The club is inspired to run because exercising

Students at Siler City get ready to run around their school.



Think, Write, Discuss

Ibtihaj Muhammad says fencing wasn't always easy — she faced many barriers when people doubted her. Team Bulldogs on the Run sometimes face obstacles in running every day because of bad weather. What is one obstacle you face in a goal you'd like to achieve? How can you overcome this obstacle? What can your friends, classmates, and teachers do to help you?

not only makes their bodies strong and healthy, but with their UNICEF Kid Power Bands, they're able to help others.

But running is not always a walk in the park. Sometimes, they face obstacles, like bad weather. However, Team Bulldogs on the Run is a determined group, and nothing can stop them. On rainy days, they gather indoors and do UNICEF Kid Power Ups! They love the fact that UNICEF Kid Power Ups help them unlock more RUTF packets. ●



What is RUTF?

Ready-to-Use Therapeutic Food (RUTF) is a lifesaving paste made from ingredients like peanuts, oil, sugar, milk powder, vitamins, and minerals. RUTF is used by UNICEF to treat children suffering from severe malnutrition. A treatment of around 150 RUTF packets saves one life.



What is the UNICEF Kid Power Band?

The **UNICEF Kid Power Band** is an activity tracker that counts your steps and helps save lives. With a UNICEF Kid Power Band, around 2400 steps you take counts as one point. Ten points unlock one RUTF packet that UNICEF delivers to severely malnourished children around the world.



What are UNICEF Kid Power Ups?

Kid Power Ups are short videos with simple dance moves and music that can be played anywhere. They power up your bodies and minds, but also count towards helping other kids around the globe — you don't even need a Kid Power Band. Every time you complete Kid Power Up video, you help unlock RUTF!

Word Bank

Use the word bank to fill in the blanks in the essay below.

students

differences

exercising

community

voice

News by Neyde

My name is Neyde, and I am a child reporter for Radio Xia-Xia, a radio channel that brings news to other kids in Mozambique. On the show, we introduce important issues like children's rights and social issues that affect our community. I like to encourage kids to share their thoughts and ideas at home and school. It's important to speak up because even young kids can make a big difference in the world. I'm no different from other kids — I go to school and love spending time with my friends. Anyone can be a child reporter, including you!

Looking Past Differences

Today, I want to introduce you to my class. There are about 62 _____ in my class, and we are all friends. Whether someone has a disability or is different does not matter — we all get along. Everyone comes from a different background, but we find similarities while also learning about our _____. When my teacher sees that any of the students are about to get into an argument, she steps in and asks why they are upset. By doing so, she is able to help us explain and solve our problems.

Strengthening the Mind and Body

At school, I study mathematics, Portuguese, science, social studies, physical education, art, and trade education. My favorite subject is social studies because I learn about how my parents lived during the colonial times and how things have changed since then. I also think that physical education is important because through _____, we learn how to strengthen our bodies and get healthier. In my physical education class, we sometimes jump rope, and other times, we sing and do exercises.



Neyde is a child reporter for Radio Xia-Xia.

Empowering Others

Social issues can be found anywhere, from family to school to your _____. It's a great idea to look around you and think about how issues related to children's health, education, and safety may affect you. As a child reporter, the most important thing about empowering others is making sure everyone's _____ is heard. ●

Did You Know?

- ★ **Mozambique** is a country in Southeast Africa.
- ★ Citizens of Mozambique are known as **Mozambicans**.
- ★ More than 52% of all Mozambicans are **younger than 18 years old**.

'Round the World on Radio

Neyde isn't the only one making her voice heard through radio! All over the world kids host their own programs to talk about issues that are important to them.



Peru

Hosts of *Habla Huambrillo* (*Speak up, Kids!*), a radio show in Peru, interview Isabela Moner, a UNICEF Supporter and actress. *Habla Huambrillo* is a radio program produced and hosted for and by youth. Together they discuss challenges youth face.



Haiti

With the help of equipment and mentoring provided by UNICEF, Jean Laybem, a Haitian teenager, produces stories on the rights of all children to receive good medical care.



Laos

Open Hearts, Open Airwaves is a radio show that broadcasts all across Laos, providing information that is useful to kids and families, like healthy eating tips. Youth who host the show also go into villages and share information in fun ways, like plays and competitions.



Afghanistan

Hassina presents a weekly radio program called *Child's Home Radio*. Many Afghans live in remote places where radio is the only type of media that can reach them, so programs like *Child's Home Radio* are important in getting news to them.

Do It!

If you were to host your own radio show, what would it be about? What would you like your community to take more action on? Visit bitly.com/UKPRadio18 for a step-by-step guide on how to start a radio show to make your voice heard!



Kids in Klamath Falls celebrate their act of kindness — a successful food drive.

Kindness in Klamath Falls, Oregon

In Klamath Falls, the city of sunshine, two classrooms fill a car with enough food for 800 kids.

It all began with learning about great inventions. One week, Ms. Bird turned on a video that explained how kids could help end global malnutrition through an invention called the UNICEF Kid Power Band. “Wait!” her students shouted, “Isn’t that what you have on your wrist?”

With that, Ms. Bird introduced UNICEF Kid Power to her class. Many students cheered, and some even cried. Naming themselves the Conger

Cougars, Ms. Bird’s class went on to unlock more than 700 packets of RUTF in three months.

As the Conger Cougars opened their eyes to how they could impact the world, they also began to wonder how they could make a difference in their community. Together they created a list of issues they could tackle as a team. Through a vote, the Conger Cougars decided that they would lead a community service project where they would fill a car with kid-friendly food

donations for kids living in their neighborhoods for Klamath-Lake Counties Food Bank.

The Conger Cougars were not on their own. They went from class to class giving speeches to ask other kids to help with gathering donations, and they were joined by another UNICEF Kid Power team named the Ferguson Champions in a neighboring school, Ferguson Elementary.

By the end of the food drive, the kids of Klamath Falls were able to gather 4200 pounds of food, which was enough food for 800 kids. The employees at Klamath Falls Subaru/Honda were so impressed that they volunteered their own time to go to Klamath-Lake Counties Food Bank and organize the donations. ●

To “**pay it forward**” means to be kind to others just as others have been kind to you. This year, the Shasta Scorpions, a UNICEF Kid Power team at Shasta Elementary School in Klamath Falls, paid it forward by collecting more than 500 pounds of books for schools in Texas after Hurricane Harvey hit. They also donated soccer balls, basketballs, and footballs to other classes at their school after winning a grant for sports equipment! Every two days, the Shasta Scorpions help kids around the world by syncing their Kid Power Bands at school. They usually set a team goal, and they cheer when they meet that goal!



Mentors and Mentees

UNICEF Kid Power builds relationships and connects goals.

We connected with Carmel High School UNICEF Club in Indiana, who signed up to mentor team Mighty Falcon Runners and Mr. Dypiangco's third grade class at Monte Vista Street Elementary School in California.

UNICEF: Tell us about your UNICEF Kid Power journey so far.

M: All the students at our school, from grades 3-6, are part of UNICEF Kid Power this year. It is amazing to see everyone, from students to teachers, wearing their UNICEF Kid Power Bands. We also got other adults, such as our principal, office staff, custodian, and others, to join our teams. Everyone has gotten more active!

U: What inspired you to sign up for the virtual UNICEF Kid Power mentorship program?

C: We were interested in the idea of being able to talk to a UNICEF Kid Power class.



The Mighty Falcon Runners show off their UNICEF Kid Power Bands!

M: Our teacher wanted us to have some role models who could give us more information about UNICEF.

U: What are some things you talked about during your meetup with your mentors/mentees?

C: We began a competition with our mentee classroom to see who could unlock the most RUTF packets in the next few months. We exchanged ideas with our mentee group on how to attract a larger audience for Kid Power and we were able to learn a lot from each other!

M: Our mentors asked us what we did to get more steps. Some of us said we played basketball outside for more than an hour. Our mentors also said that we are probably taking enough steps to walk across America or even Africa!

U: Was there anything new you learned from one another?

C: We learned how a third grade classroom across the country shares

similarities with us. It allowed us to understand how students are learning to be global citizens through UNICEF Kid Power.

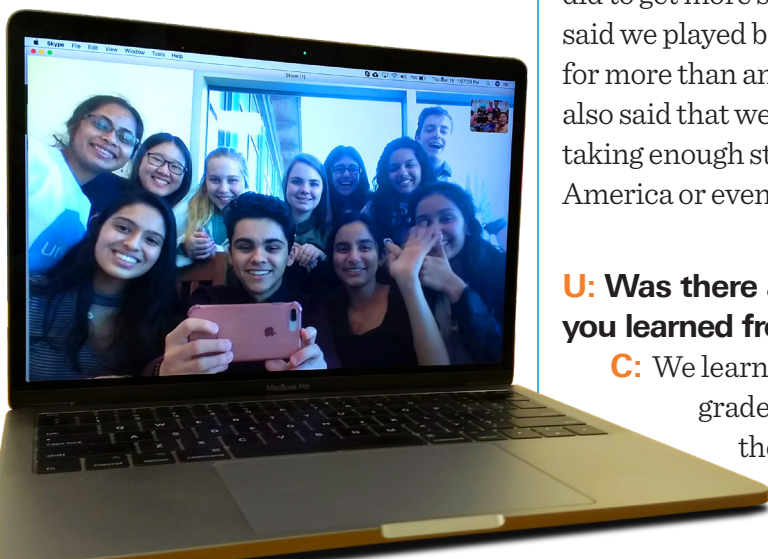
M: We learned that our mentors are helping UNICEF by telling other kids about the work that UNICEF does to help malnourished kids.

U: What kind of advice or supportive message do you have for your mentee Kid Power class?

C: We hope that you guys continue to save lives! We think that it's amazing that you've done so much. ●

Think and Write

Martin Luther King, Jr. once said, "Life's most persistent and urgent question is, what are you doing for others?" List two ways you can help someone this month. Write the Five Ws and One H — who, what, when, where, why, and how.





Keep on Kid Power-ing!



There are many ways you can empower other kids in your school and community. For example, by using Kid Power Ups, you can make sure the fun (and activity) never stops! Use these ideas to celebrate UNICEF Kid Power with everyone.

Have a Dance-off

- ★ Sign up for Kid Power Ups at <http://bit.ly/ACTKidPowerUp>.
- ★ Split your group into two or three teams.
- ★ Have each team select one video and have a dance-off!

Start a Walk-a-thon

- ★ Select your route (around the school gym, the track field, the park).
- ★ Walk as a group or in a relay.
- ★ To make things more fun, do a crab relay.

Fence your way to Kid Power

- ★ Watch videos of Ibtiyah in action.
- ★ Practice your fencing moves.
- ★ Select a song or a Kid Power video.
- ★ Move to the beat, and include fencing motions when you can.

It's Your Turn to ACT

In the table below, keep track of your progress. List the activity you chose and the Kid Power Up video you selected. Don't forget to record how many times you completed a video!

ACTIVITY	KID POWER UP VIDEO	# OF TIMES A VIDEO WAS COMPLETED
Example: <i>Dance-off</i>	<i>Barcelona</i>	5
1		
2		
3		
4		