

# How to Start a MAD<sup>v</sup> Club

EVERY SCHOOL. EVERY COMMUNITY COULD USE A LITTLE MORE KINDNESS! A GREAT WAY TO BE AWARE OF AND RESPOND TO THE NEEDS AROUND YOU AND TO SPREAD THE JOY OF KINDNESS IS TO START YOUR VERY OWN MAKE A DIFFERENCE CLUB.

## STEP 1: FORM A MAD club

First, find a school staff member that is willing to act as your staff advisor. Ask your new advisor to help you get permission from the school to start your MAD Club. After that, forming a MAD Club is as simple as answering a few basic Who, What, When, Where and Why questions:

### WHO WILL BE PART OF THE CLUB?

**Get Started:** Begin with a few dedicated students and one or two staff members who are willing to act as the advisor. An advisor is essential to help keep you on the right track and to offer suggestions when you get stuck. Good to have a staff member who is already fairly well-known in the school or know many of the students.

**Make it Official:** Meet with your school advisor to see if there are any documents or steps that need to be taken to officially start your MAD Club. There may be special school requirements or specific people whom you need to talk to before you can start a club.

**Include Everyone:** The founding students should look to all groups at school to recruit people. A MAD Club should be a representation of the whole school, not just a certain group.

**Assign Roles:** Give all members a role/responsibility. If you have a large group, form a team of leading officers to perform different tasks.

### WHAT WILL YOUR GOALS BE?

Develop a set of **goals** and **ideas** that will help you in the first week of the club's existence. Allow the goals and ideas to evolve over time as your club becomes more organised and your membership grows. What influence do you want to have and where? In the entire school? In the larger community?

**Set Yourself Up for Success:** Make sure your goals are realistic. Under each goal, write down the steps you need to take to accomplish that goal and assign a timeline to those steps.

### WHEN AND HOW OFTEN WILL YOU MEET?

Pick a time before, during or after school when the most people can attend. Remind people the day before each meeting so they remember to be there.

**Where will you meet?** Pick a meeting location that is easy to find and is open at the time of day you need it. If a classroom is not available, consider meeting in the lunchroom, the gym or even on the steps.

### WHY DO YOU WANT TO START A MAD CLUB? WHAT WILL YOUR MISSION BE?

Besides the obvious goal of doing kind acts for others, consider creating a mission statement to go along with your set of goals so everyone knows what the purpose of the club will be. Some examples of mission statements are:

- To build self-esteem and raise school morale by showing every person at our school that he or she really can make a difference.



- To show that we all can make a difference in everyone's life and we can be an inspiration to others.
- To bring everyone at our school together in a cooperative, caring way.
- To show the power of Love to make our school and community a better, caring place
- To remind students to look for the good they see in people!
- To change our world with kindness!



Once you have established all of the above steps, compile them into a document, charter, or a big poster and have every MAD Club Member sign it. Share this with other students, school administration or even the community.

So to review, here is a handy checklist of things you need to do:

- ◇ Find an adult supervisor who is willing to help support and launch your club.
- ◇ Check with your school about making your club official.
- ◇ Decide who will be part of the club (to start out).
- ◇ Decide when and how often you'll meet.
- ◇ Decide on some goals and write a mission statement.



## STEP 2 – SPREAD THE WORD

Ask your staff advisor to help you publish information about the MAD Club within your school. It can be publicized over the morning announcements, in classroom newsletters, on fliers or posters, on a hallway bulletin board, or even in your school newspaper. Remember to personally invite people, too!

A fun idea to recruit new members is to make a small note and attach a sweet. The note could say something like  
 “Have a great day! From the MAD Club. Please come to our meeting today.”  
*(be sure to include the meeting location and time as well).*

## STEP 3: BEFORE YOUR FIRST MEETING

Let the fun begin by holding your first meeting as an official MAD Club! Before your first meeting, there are a few things you need to get ready:

- Create a meeting agenda (*see sample below*)
- Decide who will facilitate each meeting.
- For your first few meetings, consider inviting your advisor.
- Make sure you have copies of your Code of Conduct for new members to read and sign. (*see sample below*)



## HOLD YOUR FIRST MEETING

- To start, have everyone introduce themselves. Announce what class they are in as well as something personal like their favourite class, hobby, act of kindness, etc.  
 To get to know each other even better, consider an ice-breaker activity:
- If you have a large group, at every meeting have everyone meet three new people and find two things you have in common with them.
- Give all MAD Club members a colourful index card and ask them to write down a kind act they've seen, done or received. Keep the kind acts anonymous like “Someone made me biscuits” or “I cleaned my neighbour's walk.” Later, you can post the cards somewhere visible or use as inspiration for future club activities.
- Have each person think of one MAD activity to bring to the next meeting.

Use your first meeting to get some fun tasks done!

Brainstorm different names for your club, then vote on the final choice.

Think of fun ways to show kindness in your school and community. Make sure to write them down!

Hopefully you'll meet some new people during your first meeting! That's exciting, but it's not always easy.

We've included some ice-breaker games to help everyone get acquainted.

## SOME HELPFUL TIPS

- At every meeting, have the secretary (*or someone with this designated role*), write down things to help you remember what you've done, as well as what worked and what didn't work at a particular time.
- Take pictures of meetings, activities, members, etc. Keep a scrapbook, blog, vlog or Facebook page for your club if all club members are 13 or over. Be sure to ask permission from people shown in your photos before posting online. Also remember to check your school policy or your advisor before creating a social media / Facebook page for your club as there may be school or community rules about that.
- Try to establish a few activities that might become school traditions. For example, organise a drive to collect personal products for the homeless each year before Christmas.
- Even if people can't commit to coming to meetings, encourage the school to be kind by making kindness signs to post in the hallways.
- If you have a budget, consider making a club tee shirt for each member. Wearing the same tee shirts or badges to club meetings & activities is a fun way to build lasting friendships.
- Remember that every meeting and every school year will be different. As members and roles change, so will the club. Just keep doing kindness to ensure success!

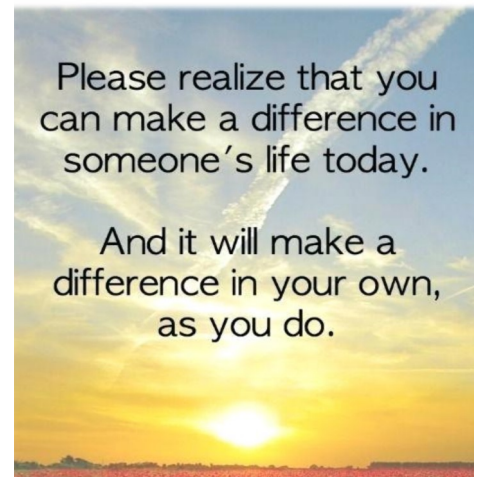
## CREATING YOUR CODE OF CONDUCT

When you are planning the goals for your club, it's great to set up expectations for your leadership and members. Having everyone sign a Code of Conduct is a great way to help them feel committed to the kindness lifestyle! You can even decide on your Code of Conduct together so that everyone 'buys in' to the process.

Here are three sample "requirements" to place on your Code of Conduct:

- In our MAD Club, we only use language that lifts others up - never puts them down.
- In our MAD Club, we are UPSTANDERS not BYSTANDERS.
- Our MAD Club commits to creating a positive atmosphere at our school by attending meetings and participating in school-wide and community events for positive change.

At the end of your code of conduct, you can have a place for students (*as well as parents / caregivers*) to sign and date. Doing that makes the commitment to making a difference and kindness real and makes your club important!



## SAMPLE MEETING AGENDA

You can keep the agenda for yourself or print it out for your leadership or members. It's a good idea to keep your agendas from each meeting so you can look back at them each year.

At each meeting, consider including the following things:

- **Welcome** - Share a moment of inspiration by telling about a kind act you saw online or reading a kindness quote. Tell a story of someone who inspires you to be kind and make a difference
- **Ice-Breaker Activity** - Even if it's really short, it's always a good idea to take some time for the club members to get to know each other better.
- **Monthly Kindness Activities** - Review the progress of your kindness activities or initiatives you've planned. Be sure to give specific things each club member is in charge of when planning an event.
- **Big Event Planning** - If your club is planning a big event, take time to discuss the project and any details that need to be covered.
- **Impromptu MAD Kindness Activity** - Feeling like doing something right then and there? Take the last part of your time to do a kind act nearby. It can be as simple as leaving positive messages on people school bags or cleaning up litter on the school grounds.

Go **MAD** - Go **BE** the Difference you want to see in the World -  
**LOVE & KINDNESS are CONTAGIOUS!!**

# SOME THOUGHTS ON HOW WE CAN MAKE A DIFFERENCE

## MADS Class Project



1. **Notice. Be aware.** What are the issues of most need in your area, your community. Who's voice is not heard, because they have no voice!!
2. What **gifts, talents, and strengths** has God gifted you with? What are you good at? What are your skills?
3. **Imagine** a cause or issue you care about. What are you **Passionate about**? It could be something local or something global. It could be something that affects a family member or friend, or it could be something you think of yourself. Do you currently do anything to address that issue?
4. **Dream** how you could use your talents, skills & time to make the situation better. What would it look like? How would you use your skills? **Be Creative**
5. **Find out more** about that cause and about charities, organisations or people who are working in that area. What work do they do?
6. Now **write down** one thing you can picture yourself, your group doing in the next month to work towards that cause.
7. Now **pair up** with a friend, someone of like mind so that you can pray for each other, support and encourage each other to make a difference.
8. **Decide** on what you can do to help and **Act!!**

27TH OCTOBER 2019  
**MAKE A  
DIFFERENCE  
sunday!**  
#MADSUNDAY

## How to make a difference



**Congrats, you made a difference!**  
**Now repeat. Often.**