March Gladness Challenge Information

Uplifting Spirits,
One Card at a Time!
Cards for Kidz Mission Statement

Cardz for Kidz! is an organization dedicated to uplifting the spirits of hospitalized and/or traumatized children across the globe by delivering inspiring homemade cards!
March Gladness Challenge

YourLife invites you to join the March Gladness Challenge! Create as many inspiring cards as possible March 1 – April 17, 2020 to compete against universities nationwide!

Participate as a team or individual. The team with the highest average number of cards per person and the individual who creates the most cards will win bragging rights, a trophy and be featured in the May HR newsletter!
Participate as a Team

- Teams can be any size
  - Students and children are welcome on teams
- Create a team, team name and select a leader(s)
- Create a team roster (include names and emails)
- The team leader(s) will be responsible for motivating the team, providing supplies to create the cards and organizing opportunities to create cards together as a group
- Take photos at your group events!
Participate as an Individual

- If you participate as an individual you will be responsible for providing your own supplies
- Include your name and email address when you submit your cards
The Golden Rule

• Make your messages positive
• Please **DO NOT** write ‘Get Well Soon’ or refer to the children’s current condition
  – We want to help take their minds off their situation, even if only for a moment
• Cards cannot be delivered if they refer to the children’s current health status
Recommended Art Supplies

• View the **supplies list** on the CFK “How To” page

• It may be tough, but please avoid fuzz balls and pipe cleaners
  – They don’t stick to the cards
  – Less likely to be sanitary
Card Stock vs. Construction Paper

- The most important supply for the cards is the paper! We definitely recommend Card Stock, but here are the positives for both:

  - **Card Stock**
    - Able to make it to the OVERALL Top 10 and potentially deliver your card
    - Higher quality/looks professional
    - Kids can keep the cards longer

  - **Construction Paper**
    - Cheaper
    - Easy to find

- Some kids like to keep their cards for a long time and take them to follow up appointments so longer lasting cards are helpful
- Either way we’ll make sure we send the cards to the kids
Cards Needed in Many Languages

This is on the CFK website, but just a reminder

- With our current locations in the USA alone, we received requests for cards in 5+ different languages
  - The more we go global, the more languages we’ll need!

- Currently our locations have several children and families that speak these languages:
  - English
  - Spanish
  - Arabic (4 Hospitals/Homes)
  - Russian (3 Hospitals/Homes)
  - Romanian (3 Hospitals/Homes)
  - Somali (3 Hospitals/Homes)
  - Vietnamese (2 Hospitals/Homes)
  - Korean (2 Hospitals/Homes)
  - Chinese - Mandarin (2 Hospitals/Homes)
  - French (2 Hospitals/Homes) – Quebec & Haiti
  - Portuguese (2 Hospital/Home) – Portugal & Brazil
  - Creole (1 Hospital/Home) – Haiti
  - Polish (1 Hospital) – Illinois
  - Kinyarwandi (1 Home) – Michigan

- If you make a card in a language outside of English or Spanish, please include a post-it or some type of note highlighting what language it is

- FYI – seems like we’re ALWAYS short on cards in Spanish!
Need Ideas?

• Despicable Me
  – You’re One in a Minion

• Cat
  – You’re Purrrrrfect

• Ninja Turtle
  – You’re Turtley Awesome!

• Piece of Pizza
  – You Have a Pizza My Heart

• Balloons
  – Have an Uplifting Day

• Pacman
  – You’re the Chompion

• Hippopotamus
  – Hip Hip Hooray!

For more ideas visit the blog post, *Nope I’m All Set*, www.cardzforkidz.blogspot.com/2013/12/nope-im-all-set.html
Message Ideas

English

Frog Theme
• Time’s fun when you’re having flies
• You make my heart leap
• Why are frogs lucky? They get to eat what bugs them!
• Oh, HOPPY DAY!!!!!

Garden Theme
• If friends were flowers, I’d pick you!
• All the flowers of tomorrow are in seeds of today.
• Friends are the flowers in life’s garden. You’re in full bloom!
• If you had a flower for every time someone thinks of you, you could walk forever in your garden

Laughter Theme
• A smile is a whisper of a laugh. Thanks to you we’re all telling secrets.
• Everyone laughs in the same language. Thanks to you we’re all fluent!
Message Ideas

English

Happiness Theme
• Free hugs!! One size fits all.
• You’re entering the Hug Department. Always Open!!
• Happiness adds and multiplies when we divide it with others. Thanks to you we’re doing the math!
• Seasoned with love
• Mixed with kindness
• Stirred with sincerity
• Blended with love
• Happiness isn’t the easiest thing to find, but one place we’re guaranteed to find it is in your smile.

Other
• Sending you lots of big hugs
• Wishing you sun shiny days
• You're One in a Minion or You're One in a Melon
• You're perfect in every way
Message Ideas

Spanish

Sonreir
• Sé feliz
• Tú me haces sentir feliz
• Cuando pienso en ti me siento en las nubes
• Sólo una tarjetita para hacerte sonreír

Sol y Flores
• Te envío unos ratitos de sol
• Saludos desde mi rinconcito del mundo
• Eres las más hermosa de todas las flores
Abrazos

• Aquí tengo un abrazo que lleva tu nombre. Te lo envío con todo mi corazón.
• Sólo quiero enviarte un fuerte y cálido abrazo.
• Un abrazote mío sólo para ti
• Te mando un gran abrazo
• Te mando este caluroso abrazo
• Te envío un abrazo caluroso / grande / enorme/ fuerte
• Te mando un gran saludo
• Enviándote un abrazo
Please make sure to proudly sign your card!

The cards mean A LOT more to kids when you sign your first name and university name.

From your buddy, from Northwestern University

Okay simply the first name will do, but you can sign your card proudly 😊
PLEASE NOTE

For the March Gladness Challenge BOTH first name and university name must be signed on your card

If name and/or university name are missing, your card will not be counted towards the challenge
Examples of Cards
Your Cards Impact the Patients and Their Families!

Thank You!
Let’s See Your Handiwork!

• **Take pictures** during the event
  – People making cards/people posing with their cards
  – A group shot of everyone holding their cards

• **Send** your pictures to [Evelyn Cordero](mailto:evelyn.cordero@cfk.org) to be shared with CFK
  – Include your team name

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*Images of people making cards and a group photo*
Submit cards by Friday, April 17, 2020

• Send via intercampus mail to:
  - Evelyn Cordero, Well-being, 720 University Place, Evanston
  - Cards must be received by April 17
• Drop cards off in-person at various campus locations
  - Visit the March Gladness website for locations

Thank You for Participating!