



Kids Page

Yes I CAN Activity

Have your group collect clean soup cans (either small, medium or large variety). Have your group paint and decorate the cans with bright multiple colors or flesh tone colors OR both! Fill the can with the following items:



Yes I CAN Kit



☀ Button - To remind you to “button your lips” to keep from saying hurtful things about others – including racist, sexist or homophobic remarks or jokes.

☀ Lifesaver - To remind you that you can be a life saver to others by courageously standing up to negative statements that can erode an individual’s self-esteem.

☀ Toothpick - To remind you to “pick out” the best qualities in everyone regardless of race, gender, age and so on.

☀ Golden Thread - To remind you that friendship and kindness is the golden thread that ties together the hearts of everyone.

☀ Mint - To remind you that you’re worth a “mint” to your school or organization by eliminating discrimination and harassment.

☀ Eraser - To remind you that mistakes are unavoidable, and we need to erase our embarrassment by apologizing when a mistake is made.

☀ Magnifying Glass - To remind you to look more closely at how you and your school or organization responds to acts of racism, ageism and other forms of discrimination.

☀ Marker - To remind you to make your mark as a leader, to have fun and to always try to make people you work with feel special.

After you have the Yes I CAN kit completed, have your group respond to these types of questions to reinforce the activity.

Can you make new friends who don’t look like you?

Can you walk away from a disagreement without a fight?

Can you be friends with boys and girls?

Can you accept people who are different?

Can you respect others just for who they are – even if they're not like you?

Can you celebrate someone else's holiday?

Can you refuse to laugh when someone else is put down?

Can you be kind to someone who has been mean to you?

Can you say "Not around me" when someone tells a racist joke?

Can you learn a new language?

Can you welcome people of a different race or religion to your neighborhood?

The answers to all of these questions are....

Yes I CAN!!

