



SHANTI ACTION CLUBS

What is an action club?

An action club is a group of children and / or young people who volunteer their services to help make the world a better place. Most action clubs work for their local communities although others work for causes both national and international.

Why do children and young people benefit from action clubs?

The purpose of action clubs is to develop in children through practical actions, the qualities of compassion and a strong sense of community belonging. The aim is to shift children's awareness off themselves and outward onto the community. This empowers them by making them feel like they can personally make a difference in the world, which gives their life more meaning. It encourages them to feel accepted and useful in their communities and society as they are contributing to it positively.

Other benefits include:

- Improved self-esteem and confidence
- Making connections with other people from all different cultural and economic backgrounds
- Learning lessons such as cooperation, constructive problem solving, teamwork, respect and empathy with others less well off than them

Why young people in particular benefit from action clubs?

There is an important opportunity in the lives of young people that is often overlooked and consequently wasted: idealism and the need to overcome injustices, with a little encouragement, develops naturally above the age of twelve. Normally their idealism is sentimental rather than practical. At this time they also have a lot of energy and they need to channel it. They need something to do; they need a cause or causes. Through action clubs, their idealism is channeled into practical, constructive actions that produce positive results. Indeed, doing good deeds without any expectation of personal reward encourages in them the natural self development of good character.

What age group are action clubs aimed at?

Action clubs for children start at five-years-old and up. Action clubs are, however, most useful for young people twelve-years-old and up. We have five different types of action clubs based on age group.

What are some of the activities action clubs can easily get involved in?

Befriending and visiting people in care homes; helping elderly people with their gardens; taking gentle natured animals to visit people in care homes; tree planting; protecting rainforests, coral reefs, wetlands; collecting litter from natural environments; cleaning the local community; advocacy; writing letters of support and encouragement for those in need; raising money for good causes; putting on plays to raise community spirits; helping refugees, disaster victims, homeless people, elderly people, disabled people, sick and hungry people, animals; the list goes on and on.

OUR FIRST MEETING WILL BE HELD ON at
THE LOCATION WILL BE:.....

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FOR MORE INFORMATION PLEASE CONTACT: