

******

***Junior Hero is a program that makes it fun for students, parents,***

***and teachers to serve their community and those around them.***

*Required Service Hours*

*Pre-K: 4 Hours*

*Kindergarten: 4 Hours*

*1st Grade: 6 Hours*

*2nd Grade: 8 Hours*

*3rd Grade: 10 Hours*

*4th Grade: 12 Hours*

*5th Grade: 14 Hours*

*6th Grade: 16 Hours*

*Adults: 10 Hours*

***Steps to become a Junior Hero:***

1) Take the Junior Hero Pledge.

2) Provide service and log your required hours on this sheet. Hours completed last year for Junior Hero can be added and count towards your requirement.

3) Get a signature from an adult upon completion.

4) Turn this completed sheet into your teacher or in the envelope

located on the Junior Hero board at school.

5) You will be recognized and receive a Junior Hero t-shirt and prize.

|  |  |  |
| --- | --- | --- |
| November 1 | Example: Baked cookies and took them to the elderly.  | 2 hours |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  | Total Service Hours |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Name: |  | Grade: |  | Teacher: |  | Youth Shirt Size: |  |

**Signature of certifying adult** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Ideas for Service:**

***Junior Hero Pledge***

***As a Junior Hero, I***

***pledge to uplift others***

***and myself through***

***thoughtful acts of***

***kindness and service.***

Help a neighbor.

Clean up your local park.

Visit a retirement home and spend time doing fun activities with the elderly.

Sing at a nursing home.

Make a meal for someone else.

Volunteer at an animal shelter.

Help with a cause such as Down syndrome walk, Autism walk, and Special Olympics.

Help a younger child read a book.

Tutor another student in a school subject.

Make treats and deliver them to your local police, fire station, or to someone in need.

Babysit for free.

Help a teacher.

Do ***extra*** service for someone else around the house.

Participate in a donation drive to collect needed items.

Participate in larger service projects organized by others including scout troops.

Clean out your closet and donate clothes that you no longer use.

Write letters to soldiers and send them care packages.

Volunteer at a Ronald McDonald House in Metro Phoenix or other destination service opportunities.

Volunteer at Feed My Starving Children.

Visit www.justserve.org for more ideas.

For more information, visit [www.juniorhero.org](http://www.juniorhero.org) or contact Thea Greaves at theagreaves@gmail.com.