

KAY UNIT CONFERENCE

TRADING SPACES

SENIOR CITIZENS

A – Appreciate, Always be available, Away with the snow, Adopt senior citizen, Aerobics, Arts & crafts, Ask what a VHS is, watch Amazing Race, Anniversary party, Answer questions, Ask them about their past-such as war stories/favorite memory, make apple pies, adopt a dog, Bake an apple pie,

B – Brush/Braid their hair, Buy them necessities, Bingo, Blood Drive, Bake cookies/brownies, Be kind, Bedtime stories, Buy groceries, to bowling, ride bumper cars, go boating, play bridge, Basketball, Bird Watching, Backwards day, Bubble gum blowing contest,

C – Give them Cookies/Candy, Care for them, Caroling, Can food drive/car wash, Chess, Concert, Play checkers, Clean their room, Carry their trash/groceries, Go to church, Christmas party, Color with them, Make cupcakes, send cards, crocheting, Play/feed their cat, Clean a park, Chocolate for custodians, Costume

D – Dogs, Drive them around, Dinner, Donate something/money, Dominoes, Dance, Disco night, Draw pictures, Decorate cupcakes, Drive them somewhere, Decorate their room/Christmas tree, Play darts, Clean their dentures, dodge ball tourney, play dominos,

E. – Eat with them, Eggs & bacon, Easter Egg hunt , cards and party, Elaborate, Entertainment, Engineering snowmen, Educate them, Do their errands, Encourage them to live, Fold their laundry,

F. Feed them, Have fun, Funnel cake, Food pantries, Flowers, Food, Go fishing, Field trips, Be Friendly, fill up their car, Watch football, fish fry, watch fish, Finger painting, Food delivery, Fly somewhere with them,

G. Play games, Go to the movies, Celebrate Grandparent's day, Grocery shopping, Gardening, gossip, Go golfing, give them a present, go to the park, Get medicines, Pet/feed goats, Grow a garden,

H. Help them, Holiday cards, Holiday caroling, Halloween treats, Watch horse racing/riding, Hairstyling, Help them with their heart monitor, Hug them, Hospital visits, Hot air balloon, take them for a haircut, play Hungry, Hungry Hippos,

I. Give them ice cream, Ice skating, Do interviews, Build an igloo, Irrigate the garden, iron their clothes, Install something for them,

J. Joke with them, Jack Nelson, Juggle, Jell-O fiesta, gives the jellybeans, Carve jack o'lanterns,

K. Keep them busy, Know about their past, Kitchen duty, Kite flying, Knitting, karate moves, Kool-aid social, watch the Kentucky derby, clean out kitty litter box, Kill bugs/mice,

L. Love them, Listen to their stories about their past, Lunch dates, do laundry, sing them a lullaby, go line dancing, learn how to sew, have a lemonade stand, Have a luau, Lolly pop sales,

M. Move them, Make them cookies/dinner, Mass, Music, Museum, Movie night, Meals on Wheels, May Day baskets, Play monopoly, Massage their feet, Mow their lawn, Help with their mail, Modeling show, Make a scrapbook, Make jewelry, Make posters to raise awareness,

N. Nap time, Nurse them, Take notes, Needle point, Nice, Paint their nails, Never give up, Dress like a Nerd day,

- O. Open mail/jars, Order outside food, Open doors for them, Organize activities, Be Optimistic, Organ concert, Watch opera, Operation Christmas Child,
- P. Paint their fingernails, Prom for them, Presents, Pie eating contest, Poker, Piñatas, Pick up groceries, Play cards, Carve pumpkins, Petting zoo, Do puzzles, Play with their pet, plant flowers, Play piano, Paint their house, pajama party, pancake feed, play poker, Go to the park, Pink day, Parent/Teachers day care,
- Q. Make them Queen for a day, Quality time spent, Quilt with them, Quail hunt, Quiet time, Quit Smoking,
- R. Read to them, Recycle, Rocking chair, Rake leaves, Go to a rodeo, Radio talk shows, Ride horses, Retired teacher's luncheon,
- S. Sing to them, Stick up for them, Shopping, Spending time, Go swimming, Play shuffleboard, Sponge bath, Shovel snow for them, string popcorn, watch silent or scary movies, watch sailing, Sunglass day, Secret santa,
- T. Teach them about things such as technology, Take them somewhere, Table setting, Talent show, Trim a tree, Take them to the doctor, trumpet playing, Have tea time, Tie their shoes, turtle races, play tic-tack-toe, Dress like twins day,
- U. Use time, Understanding. Umbrella holding, Ukulele playing, Unite them with their family, Untie their shoes, United Way (Penny's by the inch),
- V. Violin, Visit them, Valentine's Day Party and cards, Volunteer, Veteran's Day, Vote, Vacuum, Valet their car, vocal lessons, Vegas night,
- W. Wash them or their clothes, Wash their car/windows of their house, Wheel of Fortune, Willing to something, Walk or wheel them somewhere, Wii games, Watch TV/Movie with them, Wheelchair racing, Water gun fights, Wisdom, Walk their dog. Water plants, Western movie night, Water aerobics, water their plants, Wig day, Walk to school day, Wash busses,
- X. X-mas with them, Play the Xylophone for them, take them to get X-Rays, Play X-box,
- Y. Young, Youth assistance, Yo-yo, Youth groups, YMCA, Yoga, Yard work, Yodel for them,
- Z. Zip up their coat, Go to the zoo, Zany cupcakes, do zumba,

SCHOOL SPIRIT

- A. Airplane rides, Adopt a child/family/senior citizen, Assemblies, Apple bobbing, Apple day for secretaries/teachers, Adopt an underclassman, Alumni get together day, Help/adopt at animal shelters, Art gallery,
- B. Barbeque, Big Brother-Big Sister, Bake Sale, Bubble blowing contest, Basketball tournament, Bonfire, Blood drive, Balloon release day, Beautify a school garden, Balloon races, Bus driver appreciation day, Wear blue day, Barbie look-alike day, Back to school bags for deprived children, Band Spirit, Bear collection for underprivileged kids,
- C. Clowns for a cause, Car wash, Cake raffle, Cutest baby contest, Cookout, Concession stand, Candy grams, Cartwheel contest, Community service, Clean the school, Caring Cards, Costume party, Choc-a-holic day, Card for a friend/nursing home patients, Crazy hair day, Cappuccino day, Christmas family adoption, Caught in the act recognition, Sell tickets for Cake in the face,

D. Drumming, Dances, Decorate lockers, Dunk tank – dunk the principal for \$, Dodge ball tournament, Donkey basketball, Dress up day, Drug awareness, Dance competition, Donate money to a needy project, Designated Parking/Parking spot for the day/week, Dollar charity day, Decorate the Halls, Demin day,

E. Eat off, Easter egg hunt, Egg toss/races, Elderly day, Exercise fund raiser, Earn service hours, Environmental awareness

F. Fair booth, Food drive, Fundraisers, Fishing tournament, Face painting, Field day, Flowers for teachers day, Fashion show, find coats for the homeless,

G. Garage sale, Golf tournament, Giant pie fight, Gangster day, Grab bags, Gardening for the elderly, Gifts for soldiers, Give away canned goods, Go green, Give money to charity,

H. Haunted trail/House, Halloween trick-or-treat for canned goods, Homecoming dance, Hotdog eating contest, Hat day, Hula Hoop contest, Horse rides, Help Haiti, Halloween carnival, Help underprivileged, Host an exchange student,

I. Inner beat Pregnancy center, Ice Cream social tickets, Ice Cream eating contest, Iron Man volleyball, Ice Skating day, Initiate a conversation, Inspirational Speakers, Ice Scrapper give away day,

J. Jump rope for Heart, Janitor appreciation day, Juggling contest, Jack-O-Lantern carving contest, Join a club, Jeans for teens,

K. Sell Crispy Kreme Doughnuts, Kickball tournament, Recycle project, KAY day, Kans for KAYs, Kissing booth, Karaoke night, Celebrate Kansas Day, Kite day,

L. Little Buddies, Literacy Fun night, Limbo contest, Lemonade stand, Laser tag, Letters to soldiers, Lock-in, Litter patrol,

M. Motivational speeches, Man of the year, Mix/Match day, Masquerade day, Magazine madness, Mentor a student, Make May day baskets, Music contest, Mud wrestling, Music appreciation week, Mitten tree for a cause,

N. Nursing home activities/games, Never say no to someone in need, Never argue, No cussing/bullying day, Neon day,

O. Operation X-Mass child, Obstacle course, Opposite day, Open lunch day, Occupation day, Be Optimistic, Ocean's of fun, Oreo eating contest, Open the door for someone,

P. Penguins party, Pep Band rally, Posters, Powder puff football, Pizza party, Plant trees, Pick up trash/leaves, Paintball party, Pillow fights, Pancake supper, Prepare flower arrangements for senior citizens, Start a prayer group, Petting Zoo,

Q. Queen's court, Quarters for Haiti, Quit smoking, Quilt a blanket for the homeless,

R. Run races, Relay for life, Raking leaves, Rock star day, Recycle, Roller-skating, Reading to little kids/elderly, Rock/Paper/Scissors contest, Recycle old uniforms/athletic gear,

S. Sweetheart dance, Scream team, Scavenger hunt, Super hero day, Snowball fight, Collect socks for soldiers, swimming pool party, Stripes day, Soup kitchen,

T. Twin Valley dance, Twister tournament, Tailgate parties, Tug of war, Teacher appreciation day, Talent show, Tea with grandparents, Touchdowns for Down syndrome,

U. Unicef, Understand the danger of drugs, Underprivileged kids field trip, Umbrella give away day, Toga party, Ugly sweater day,

V. Valentine's Day dance, Volleyball tournament, Veterans auction, Visit elders, Volunteer at a nursing home, Vegas Day,

W. Water skiing, Wear pink for Cancer awareness day, Wall of Victory, Winter formal, Water balloon/gun fight – charge \$.50 per balloon. Watermelon seed spitting contest, wheelbarrow races, World's of Fun, Wrist Band day, Wall of heroes,

X. Xylophone contest,

Y. Yard sale, Yo-Yo contest, Wear yellow day, Youth caroling,

Z. Zoo helper, Zumba class, Zebra print competition, Zoo day,

COMMUNITY BEAUTIFICATION

A. Advocate education, Adopt a highway, Adopt a homeless animal, Arbor day, Plant apple trees, Animal Shelter cleaning and service, Alternative Energy, Add recycle bins,

B. Build a theme park/opera house, Help build homes for the homeless, Build benches in the parks,

C. Child daycare – free, Clean up trash at school, Clean parks, Car pool, Clothing drive, Cemetery clean up, Crosswalk safety, Clean your locker day,

D. dog walkers/sitters for the elderly, Don't loiter, Dispose of wastes, Drive hybrid/electric cars, Drive less,

E. Grow and eat veggies, Find ways to be energy efficient, Encourage recycling,

F. Fire fighters who volunteer, Plant flowers, Paint fire hydrants, Do the upkeep on flower beds, Feed the birds, Help build fences, fix leaky faucets,

G. Plant a community garden, Clean out Gutters for elderly/community buildings, Graffiti removal, Goodwill donations,

H. Help others, Inter racial love, Holiday decorations, Help at the hospital, Highway clean up, Hoeing gardens, Help the homeless,

I. Invent new ways of recycling-introduce it to kids, Involve yourself and friends in community service,

J. Jackets for the poor/kids,

K. Kite flying, Kill bugs, Kill germs in public places,

L. Love your neighbor, Lawn clean-up day, Limit water/electricity use, Learn first aid, Clean street lights, Light pole decorations, Love-Laugh-Lift,

M. Massages, Murals, Mow yards, Make birdhouses,

N. Nurture animals, No smoking signs, Neighborhood cleanup, Neighborhood watch program,

O. Organize charity bake sales; Opt for green cleaners, Organize a community clean-up, Organize shelves,

P. Prevent domestic violence, Paint football bleachers, Paint benches/fences around town, Pick up trash – especially after school functions, Plant flowers/trees, Playground equipment repair/paint, Pollution control, Prevent bullying,

Q. Quit Smoking,

R. Reduce, Reuse, Recycle, Ride a bicycle instead of driving a car, Raise money for community projects, Rake leaves, Redecorate a nursing home,

S. SADD-Students against drunk driving, Service projects, Shovel snow, Sweep sidewalks,

T. Plant/trim trees & bushes , Take out /pick up trash along highway, Turn off lights when not in use,

U. Use less water, Use recycle bins, Unclog gutters,

V. Vacuum the school/elderly person's homes/

W. Wash main street window fronts and other windows, Car wash, Walk to school/work, Pull weeds, Wall of Heroes, Walk the elderly people pets,

X.

Y. Yard raking, Help with a youth camp,

Z. Zoo beautification,

GRADE SCHOOL STUDENTS

A. Educate against animal cruelty, Acts of Love, Good attitude, Art time, Acting, Assisting teachers, Apples for Teachers, Angel tree, Appreciation Day for teachers, cooks, janitors, bus drivers, etc., Animal rescue,

B. Bake sale, Big Brother/Big Sister, Book drive, Board games, Bob for apples, Bag lunches, Bike maintenance, Teach the younger kids how to ride a bike, Babysitting classes, Bowling, Box Top collection, Basketball for kids, Basketball/Baseball Tournament, Bobbing for apples, Blankets for babies, Bicycle races, Build/decorate a bird house,

C. Car wash, Concession stand for causes, Costume contests, Crafts, Coloring with them, Card games, Coat drive, Christmas party, Carnival Day, Christmas caroling, Cookies for policemen, Cupid contest, Canned goods drive for God's Pantry, Chocolate Day, Candy land game day,

D. Donate old clothes/toys/books, Decorate school, Educate against drunk driving, Dodge ball contest, Dad/Daughter Day, Dr. Seuss days, Dog wash, Donate school supplies, Day care for the Parent/Teacher conference day,

E. Environment Day, Eating healthy, Earthquake safety, Exercise, Easter egg hunt, Eat with the elderly, Exercise,

F. Food drive, Fundraisers for a cause, Feed the ducks, County Fair day, Flag Football/Football for tots, Field day, Play follow the leader, Finger painting, Flashlight tag, First aid classes,

G. Goodwill collection, Grandparent's day, Go-Fish card game, Glove drive,

H. Help with homework, Hoops for heart, Honesty, Hop Scotch contest, Hat Day, Hush button day, Have a dog wash, Hiking, Halloween parade/party, Haiti donation, Health day, Hat drive,

I. Integrity, Ice Cream Party, Igloo Day when it has snowed,

J. Justice, Play jumping jacks, Jump rope for heart, Jazz lessons, Janitor appreciation day, Jenga Tournament, Jell-O day, Juggle day,

K. Kite day, Kick back and relax day, Kindness, Kick Ball, Kool-Aid day, Kansas Day, Kindergarten reading day, Karaoke day,

L. Locks of love, Don't be a litter bug, Leadership, Play line tag, Lemonade stand for a cause, Library help, Let's help America Day, Have a lock in, Learn sign language, Locks of Love,

M. Musical performance, Make muffins, Make Mother's Day Cards, Movie Day, May Day baskets, Monopoly Tournament, Military pen pals, Math assistance to younger kids, Mix it up day,

N. Nursing home help or entertaining, Native American Day,

O. Officiate games for the younger ones for free, Be optimistic, Make an obstacle course,

P. Pancake feed, Play board games with them, Be positive, Pool party, Pot plants, PJ Day, Pop Can Drive, Plant a tree, Pajama day, Pennies for patients, Petting zoo, Pumpkin carving, Powder Puff football, Parents day,

Q. Quilts for the homeless,

R. Read books to them, Repaint the gym, Respect/responsibility, Recycle, Riding lessons, Recycle day, Red Light/Green Light,

S. Secret Santa, Summer camps, Suckers for Valentine's day, Seatbelt safety, Storm safety, Story time, Scrapbooking, Learn to square dance, Scavenger hunt, spaghetti feed, go swimming, Santa letters, Simon says, Show and Tell, Special Ed student's – pen pals, Sportsmanship training, Skate-A-Thon,

T. Tutor/help with their homework, donating toothbrushes/paste/floss, Tea parties, Teach an art class, Teddy bear drive, Theater programs, Trust, Tea Party, Tug of War, Pick up trash, Treasure Hunt, Toy for Tots Drive, Support your team day,

U. United, Ugly sweater day, Underwear for the homeless,

V. Make valentine cards/decorations for the elderly and veterans, visit people in the hospitals/nursing homes, Play volleyball,

W. Take walks with the elderly, Water balloon contest, Watermelon feed, Wild West day, Wacky Day, Winking contest, Water the elderly's plants, Water conservation, Watermelon feed, Write thank you notes for the elderly/hospital patients,

X. X-Box game day,

Y. Yodeling lesson, Do yoga, YoYo contest, Yahtzee,

Z. Activities at the Zoo/Animal Shelter, Zero on bullying,