

The Pick Me Up Goal:

2020-2021 has had a **HUGE** increase in bad mental health habits! With that being said Kansas is also made up of a few big cities and **TON** of small towns with run down buildings. One way to take our minds off of the negative in our lives is to build up something positive! Going out and around with friends and community members to make something new out of the old is game changing in the community and in our minds! This is not only beneficial for people in our communities, ourselves, and friends but throughout this project you can even do a star event using the categories:

- Sustainability Challenge
- Repurpose Redesign
- Leadership
- Hospitality, Tourism, and Recreation
- Chapter Service Project
- National Program Student Body
- National Program Stand Up
- National Program Community Service

Post A Pick Me Up!

We want to see how **YOU** pick up your community & friends, so **TAG** us in **YOUR** post to get recognized on **OUR** social media page:

@kansasfccla

- Instagram
- Facebook
- Twitter

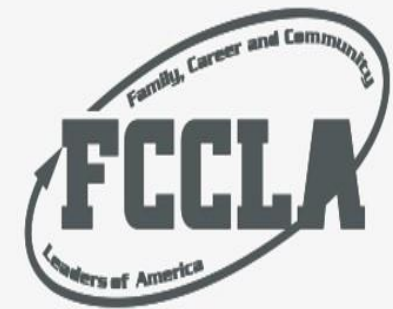


Pick Me Up

The year of Picking Up others
and our communities!

Kansas FCCLA State Community
Service Project

2021-2022



Want To Get Recognition?

All members in FCCLA and outside of FCCLA are welcome to participate in the *Pick Me Up* Challenge throughout the year of 2021-2022.

Log hours as your chapter, community members, or friends work to achieve a better society!

In order to receive recognition, your chapter needs to full out the recognition form, which can be found at www.ksfccla.org

Once you have finished that step you can email Pam Lamb at plamb@ksde.org by:

February 19, 2022

Project Ideas:

- Get permission to paint a/or in a building (paint a mural)
- Pick up trash in ditches, parks, etc.
- Plant Flowers by a community building
- Hold a Donation Drive
- Volunteer at your local library
- Raise money for a local counselor/counseling office



What is more FUN than hanging out with GOOD friends and doing GOOD things!

Rewards For Your Service:

Those chapters that apply for recognition may receive recognition depending on how many hours are put into the *Pick Me Up* community Service Project. Hours are a total of **ALL** volunteer efforts. Each level requires a certain number of hours and chapter participation.

Bronze: 15-25 hours, 50% of member involvement

Silver: 25-40 hours, 70% of members involvement

Gold: 40+ hours, 90% of members involvement