

CAS Activity Ideas:

Here are some ideas of things that you do for CAS - Note: The list is not exhaustive!

Action:

'Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it'. Plato

Action Ideas:

1. Team Sport [basketball, netball, cricket]
2. Run a marathon or fundraising run
3. Cheerleading or dancing
4. World Challenge or similar trek/ expedition
5. Go to the gym
6. Martial arts classes
7. Take up yoga, pilates
8. Learning a new sport (developing skills further)
9. Taking part in sports competitions (House / school / regional / state sport competitions)

Combination Ideas:

1. Climb a mountain
2. Try bowling. Try golfing. Try curling! Try surfing
3. Learn to swim
4. Learn to SCUBA dive or get advanced certification
5. Try mountain biking. Organize a trip for a group from school.
6. Commit to riding your bike to school a certain number of times per week
7. Learn to skateboard- BE CAREFUL!!!
8. Join a gym over winter. Set yourself a workout plan and stick to it!
9. Join weightlifting classes
10. Join hip hop dance classes
11. Train for an upcoming running race and set a goal for yourself.
12. Join a tennis club
13. Find a community garden and help out in it (A/S)
14. Teach sports to kids who don't get the opportunity to learn (A/S)
15. Learn to ski or snowboard this winter
16. Plan an overnight camping activity for a group of interested elementary/middle school students and lead it (with teacher supervisor). (A/S)
17. Plan an overnight hiking expedition - take an experienced outdoors person with you

Creativity:

The key question isn't "What fosters creativity?" But it is why in God's name isn't everyone creative?

Where was the human potential lost? How was it crippled? I think therefore a good question might be not why do people create? But why do people not create or innovate?

We have got to abandon that sense of amazement in the face of creativity, as if it were a miracle if anybody created anything. Abraham Maslow

Creativity Ideas:

1. Learn a musical instrument
2. Join a chess club
3. Debating or public speaking competitions
4. Art classes
5. Join a band, ensemble, choir, etc
6. Event committee
7. Write for a magazine or newspaper
8. Participate in a school musical, etc
9. Learning another Language
10. Being a part of the Literary Society (broadening cultural understandings through readings, plays)

Combination Ideas:

1. Design and create a mural at school (C/S)
2. Plan and execute an art project for kids at a residential treatment center. (C/S)
3. Plan and execute an art project at a school where students don't have art.
4. Learn a new musical instrument.
5. Learn an especially challenging piece of music/dance routine (C/A, if dance)
6. Choreograph and participate in dance routine for sports events (C/A)
7. Perform music and dance in a new or especially challenging context (public audience, large audience, competition context)
8. Do a world map mural project with younger students and teach about geography. (C/S)
9. Plan a musical program and perform for hospital patients (C/S)
10. Teach art/music/dance to another person/group of people. (C/S)
11. Design a website for a school/non-profit/charity organization. (C/S)
12. Design a series of after school tutoring sessions. (C/S)
13. Teach anything- this always involves design and creativity if it's done correctly
14. Design an awareness campaign for an environmental issue. This could include a creating posters, creative announcements, creative presentations (C/S).
15. Create a mini photography portfolio with a clearly defined theme, objective, and goal
16. Take a ceramics class.
17. Write a poem or short story for the Yearbook.

Service:

'Everyone can be great because anyone can serve. You don't have to have a college degree to serve. You don't even have to make your subject and your verb agree to serve... You only need a heart full of grace. A soul generated by love'... Dr. Martin Luther King, Jr.

Service Ideas:

1. Tutoring in a subject you are good at
2. Fundraising for charities [40 Hour Famine, World's Greatest Shave]
3. Helping out at a homeless shelter or similar
4. Gardening or cleaning at a local centre or church, or a retirement village
5. Join the student council
6. Babysit for free
7. Volunteer with the Youth Group at your local church
8. Volunteer at the local library
9. Helping out at an orphanage
10. Language Coaching
11. Sports Coaching (assistant coaching / organising competitions for the Primary School)
12. Library Assistance (signing up for the library support innovation)
13. Working with the elderly in a Nursing Home

Combination Ideas:

1. Tutor at a local elementary school
2. work as a teacher's aide in a local elementary school
3. Volunteer to help play with orphans at local orphanage
4. Teach singing/piano/guitar as a lunchtime or after school club
5. Teach people at non-profit or charity about open-source software and how they can use applications to make their organization serve people better
6. Visit the hospital for bomb survivors weekly and chat to the residents, or teach them a new craft/skill.
7. Volunteer to teach a workshop at a local internet cafe on writing a resume (S/C)
8. Organize a beach clean-up with your friends: find a local company who will dispose of the trash and recycling and spend a few hours cleaning the beach.
9. Campaign the local government on an issue you feel strongly about
10. Plant trees in watershed. (S/A)
11. Become certified in CPR/First Aid at local Red Cross.
12. Become a CPR/First Aid instructor and teach classes at local Red Cross.
13. Serve as a translator for school activities as and when needed.
14. Help a lower school club set up a website (like maybe the Thousand Crane Club) - (S/C)
15. Design and perform a creative skit about healthy eating habits for lower school (S/C)
16. Research healthy eating options and change Hungry Hideout food offerings. (S/C)
17. Design a poster campaign for healthy eating (S/C)
18. Start a Model UN team (S/C)
19. Being a part of RSPCA or Zoological Societies (C/A/S)
20. Environmental Action Groups (C/A./S)
21. www.i-to-i.com (organisation which arranges individual or group voluntary work around the world) (C /A /S)
22. Work Experience / Internship (unpaid work in a hospital, kindergarten) (C/ A/ S)

29. Start a debate team
21. Design programs for UN Day/World Spelling Day/World Maths Day/International Literacy Day/Any other Day (i.e. be in charge and make it creative.) (C/S)
22. Start a photoblog or join new photographers groups on Flickr where you can share your photography and improve your photography. 365 photos project. Photo Friday etc.
23. Find an ugly wall in your neighbourhood and design a mural for it. Ask permission from whoever owns it and then enlist friends or neighborhood kids to help out with it. (C/S)
24. Create a historical walking tour of Hiroshima in English with map and signs explaining the historical significance (C/S)
25. Create a nature walking tour of Hiroshima in English with map and nature information (C/S)
26. Design and create attractive signs with environmental messages for your school or neighborhood. (C/S)
27. Involvement with School Productions (Back in Time)
28. Reading and Classroom Assistance in another school (Kingston)
29. Undertaking a First Aid Course (A / S)
30. Life - saving / Lifeguard Training (A / S)
31. Duke of Edinburgh Award (C / A/ S)
32. Gardening (Planning, planting and maintaining a garden area somewhere) (C/ A/ S)