

SURFARI PALS®

TEACHING KIDS GOOD CHARACTER!™



This book belongs to: _____

WWW.SURFARIPALS.ORG

THE MOTTO

There is a special way we say the motto, and here is how we do it: (Stand up straight, shoulders back, and head held high, and say)

“AS A SURFARI PAL”

“I PROMISE”

(Make a fist and swing your right arm from your stomach, across the right side of your body to over your left shoulder and say this next part like you mean it!)

“TO SERVE,”

(Hold your first finger up like you are counting)

“SAY,”

(still like you are counting, hold your first and second fingers up)

“AND DO THINGS UNTIL I REALLY”

(add your third finger to your other two fingers)

“FEEL AWESOME.”

(Say it proud and throw both hands up in the air)

“ARE YOU READY?”

(Now, this is a little tricky. When you say this next part, I want you to point to someone else with your first and second fingers on both hands.)

“I AM!”

(Now point your thumbs right back at yourself.)





WHAT EXACTLY IS A SURFARI PAL?

A Surfari Pal is anyone who wants to serve others in every way possible. A Surfari Pal says nice things to people to make them feel good. A Surfari Pal works hard. A Surfari Pal takes pride in his/her best work. In other words, a Surfari Pal is anyone who wants to be awesome, no matter how young or old he is, or if he is little or big!

HOW DO YOU BECOME AN OFFICIAL SURFARI PAL? I AM GLAD YOU ASKED!

You become an Official Surfari Pal by learning our motto.

Do you know what a motto is? A motto is the same thing as a pledge or a promise. It is something we believe in. Our motto reminds us to always look for opportunities to help in any way possible. Another way to help us remember to always be a Surfari Pal is to wear our bracelet. When we wear our bracelet, we remember to do things the Surfari Pals way every time, and every day.



WHAT IS A PROMISE?

No matter how much money you have, or where you live, the most important thing you can have is your word. When you make a promise, it means you are going to do something no matter what. When you keep a promise it makes you reliable. Is it always going to be easy? No way! Sometimes it is going to be hard, but you will never regret being known as someone who keeps his or her word.

WHAT DOES IT MEAN "TO SERVE?"

To serve means you do something for another person just because it is the right thing to do, and with nothing expected in return. It is much different from a waiter or a waitress serving you food at a restaurant because he or she is expecting to get paid. But, the payment you will receive when you serve as a Surfari Pal is the good feeling you will get deep down inside. That is something even money cannot buy.

WHAT DOES IT MEAN "TO SAY?"

Have you ever heard, "Sticks and stones may break my bones, but words will never hurt me?" Well, I sure have. That saying is not always true. Sometimes words are hurtful, so be careful what you say. When you say something, make sure it is nice or encouraging.

WHAT DOES IT MEAN "TO DO THINGS?"

Finally, this is one of the most important attributes of being a Surfari Pal. It means that you are not going to just talk or think about doing good things, but you are going to be out doing good things! Now that is awesome!

HOW DO I REALLY “FEEL AWESOME?”

Have you ever done something that makes you feel good inside? That is what we are talking about when we say we feel awesome. I remember helping my mom and dad around the house, and they would say things like, “Thank you for taking out the trash.” Sometimes I would talk to a kid at school that did not have a friend. It would really make me feel good that I had helped someone, or made him feel happy. Feeling awesome is about knowing that you are being the very best person that you can be!

WHAT DOES IT MEAN “TO BE READY?”

To be ready means you are willing and able to do something right now! Challenge yourself and your friends by letting them know that right now is the best time to get started on becoming a Surfari Pal.

I AM!

It does not matter what other people say, think, or do, you know it is time for YOU to start being a Surfari Pal. Do not wait until next year, next month, or even next week, get started today. Go get 'em! I know you are going to be an awesome Surfari Pal!

You can practice the theme song by having your parent or guardian download the Surfari Pals app and listen to the song from there.



Goal Sheet

Becoming a Surfari Pal!!!

I am going to say the Surfari Pals motto to someone every day for at least five days.

As a Surfari Pal, I promise to serve, say, and do things until I really feel awesome. Are you ready? I am!

Day 1 _____

Day 2 _____

Day 3 _____

Day 4 _____

Day 5 _____

Extra _____

Total number of times I said the motto this week: _____

Looking good Surfari Pal! Get an adult to take a video of you saying the Motto and post it on our SurfariPals Instagram or Facebook page.

Parent or guardian signature: _____