



Active Bodies, Active Minds, and Healthy Relationships

Many kids grow up with opportunities to play on sports teams, take music lessons, try all kinds of arts and crafts, and go to summer camps. Other kids don't get to do these things because of tough circumstances tied to financial, family, and emergency challenges. Active Discovery provides opportunities to level the playing field through our kits and programs by introducing a sampling of physical activities as well as music, art, cooking, gardening, and many other things.

Active Bodies

Research shows that a large population of children who are “not doing well” in school are from “high poverty” families, often resulting in students who struggle to concentrate and engage. We believe that one of the most effective ways to move the needle is through activity.

Physical activity has tremendous health benefits. Did you know that getting a child's heart rate up for even ten minutes a day helps them build greater concentration, helping them stay on task and become better learners? This ten minutes of activity also boosts their mood, decreases anxiety, and reduces the likelihood of other mental health issues.

Active Minds

Active minds are just as integral for children. We believe that when learning is fun, it happens quickly and easily. Each year, Active Discovery gives thousands of children an opportunity to explore a variety of activities and discover what they are good at and what they love.

Healthy Relationships

Active Discovery kits and programs spark connections between and among staff, mentors, and students alike. Time after time we hear from the organizations using these kits that they open pathways to natural engagement and conversation.

How does Active Discovery do this?

Active Discovery partners with Title 1 schools, Boys & Girls Clubs in high poverty areas, housing communities, shelters, and more.

The staff in these organizations are stretched thin and hungry for help. We deliver three Active Discovery Kits a year to these organizations to use as turnkey after school programs. This year thousands of children have taken part in our variety of programs. These organizations use the kits as curriculum, then at the end of the program children take the kit home to share with their parents, siblings, and friends!

Every year we make difficult choices about who we are able to serve. With additional funding we see an ever growing demand for what Active Discovery provides. Currently Active Discovery is funded by over 120 individual donors, a growing number of contributing program partners, several foundations, and a handful of corporations. The organizations that we serve also bear a significant portion of the cost of our products and services. We are committed to live within our means and with additional funding we can meet more of the demand of the community that we serve.

Please consider donating at activediscovery.org/donate.