

We Are the (Re)Generation, Journal Set 3

We Are the (Re)Generation Journal

I AM PART OF THE (RE)GENERATION



Journal Set 3

Name: _____

We Are the (Re)Generation, Journal Set 3



Welcome!

Welcome Back, 4Rs Action Heroes! Welcome, New Recruits!

If you are just joining us, we thank you for taking collective action! The We Are the (Re)Generation project is a digital action-based storytelling space for all of us to create together. Do 1 Action. Do 20 Actions- Do What You Can, When You Can! Just join us in creating our story together for a better tomorrow.

Share Your Story. Make Your 4Rs Action Count!

Submit your 4Rs actions that you've completed!

StopWaste will compile everyone's actions and reveal our collective impact on Virtual Earth Day, Thursday, April 22, 2021. Here's how to share your story of taking action:

- 1. Students:** Make a copy of the Google slide template at <https://tinyurl.com/BLANK-ReportEarthDayAction> and edit it to share your story. Email and share your final slide to schools@stopwaste.org - or just email us your story- whatever works for you!
- 2. Parents, Teachers & Allies:** Post to social media and tag StopWaste Instagram @StopWaste, Facebook hashtag #StopWasteSchools, #StopWaste #IAMPartOfTheRegeneration
- 3. Join us on Virtual Earth Day, Thursday, April 22, 2021** to honor our collective actions on StopWaste Virtual Earth Day: Celebration Gallery & Mural





We Are The (Re)Generation, Journal Set 3



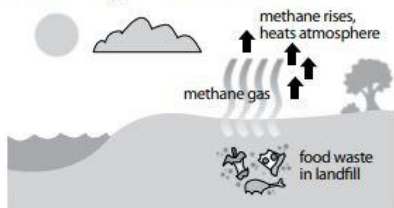
Take Action To Reduce Climate Change Be a Food Rescuer!

Do you know the number one item in our landfill by weight? If you do, did you know that if you REDUCE this type of waste, you are also doing the #1 Action to fight climate change at home?

It's wasted food. **WASTED FOOD!** When food is wasted and landfilled, it produces a powerful greenhouse gas, methane, a powerful greenhouse gas that scientists say is 96 times more powerful than greenhouse gas carbon dioxide. That's right - by being a Food Rescuer, not only are you not wasting precious food, you are a Climate Change Reducer Action Hero!

Food Waste and Global Climate Change

When wasted food goes to a landfill, it begins to rot. When it rots, it creates a gas called **methane**.



When methane gas molecules are released into the atmosphere, they absorb heat and make more heat by heating up the molecules around them. When human actions create too many methane gas molecules in the atmosphere, the gas heats up our planet - this is called **global warming**. Global warming causes our climate to change.

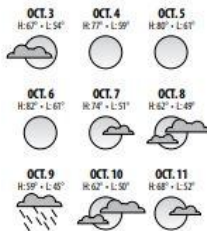
Weather vs. Climate Change: What's the Difference?

Weather refers to the condition of the air around us on a particular day or week. The weather may be cold or warm today.

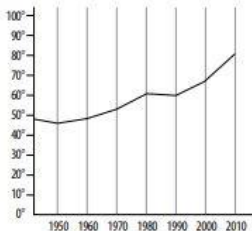
Climate refers to the average or typical weather conditions in a region of the world. For example, polar bears live in the Arctic where the *climate* is very cold.

Source: FOSS

Weather reflects temperature over the course of a short amount of time.



Climate is a measurement of temperature trends over a long period of time.



We Are The (Re)Generation, Journal 3

When we are Food Rescuers, we are healing ourselves, our community and our earth !

According to Yale University research for climate change, taking action is an excellent way to relieve our stress and anxiety about climate change, as well as taking action with others, or collectively.

When we are being Food Rescuers, we are doing three healing actions 1) Self-Caring 2) Community Caring and 3) Earth caring. All those types of caring replace actions that we need to regrow to be a healthier and more caring world. Replacing things that are lost means to...

(Re)Generate

We regenerate. Our community
regenerates. Our earth regenerates.

We are the (Re)Generation!



Special Shout Out to
Lara C, therapist and
Sequoia Oakland parent, for also
sharing this insight.

STOPWASTE
at home • at work • at school



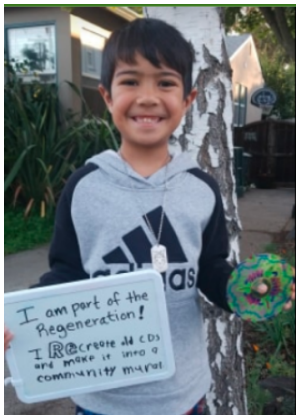
Please: If we had one ask- Do This Activity & Share!



REGENERATION

/re-jen-er-at/

v. to regrow, to replace what is lost



"Together we can support a (Re)generative (Re)covery by RE-thinking what is possible. What we've learned from the Coronavirus is that the generations need to support each other. We are not Boomers, Gen X-ers, Millenials, Gen Z, or whatever comes after Gen Z. We are living at this pivotal moment, we are all part of the Re-Generation. If that vision of 'after' resonates with you, tell us how you identify with the (Re)Generation....show us your (Re)Action"

-Miya K., East Bay Parent

Pick an "R" word that best shows you take action to care for the earth and makes you uniquely part of the (Re)Generation. Complete the sentence starter below:

I am part of the (Re)Generation.

_____.



Share how you took action to build our collective action celebration gallery!

2 Ways to Share:

- 1) Share your action story and a picture & send to email schools@stopwaste.org
- 2) Post @StopWaste #StopWasteSchools #IAmPartOfTheRegeneration

Share With Our Community

STOPWASTE
at home • at work • at school



Action 13.

Responsible



[/re-'pän-seb-el/]

v. to choose to make things better for all



Take Action!

We live in a democracy where adults vote for representatives to be responsible for how we take care of our community. Research who makes decisions for the environment on-line. Thank them for making decisions to care for our global earth community.

Here are 3 ways & ideas on how to thank your representatives for caring the earth or asking them to care more!

To contact your House Representatives:

<https://www.house.gov/representatives/find-your-representative>

To contact your Superintendent, go to your school district website

To contact your principal, <https://tinyurl.com/Write-Your-Principal-Example> - here is a template shared by Sequoia Elementary School in Oakland below to address Climate Change. Draft your letter below:

Dear _____,

I want to first thank you for _____.

When I think about climate change, I feel _____.

I feel that we must (Pick at least one)

- ... waste less food because
- ...use less plastic at school because
- ...use less energy and get solar panels because
- ...plant more trees at school because
- ...use less water at school because
- ...learn more about climate change in school

because _____.

How will you help us make these changes?

Thank you,

Student Name, (student contact information optional)

Grade/Teacher/School



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John Green 4Rs League of Action Heroes provided the RESIST water bottle! as part of their RESIST Plastic Reduction Action Project

Action 14. Resist

[re-zist]

v. to not give into temptation



Take Action!

Sometimes it is very hard to choose decisions that care for yourself and the earth. Reducing our waste can be hard. When we resist choices that are caring for the earth, we are not caring for ourself. Do the exercise below, then reflect and share how you answer this sentence:

"I can care for the earth and resist by _____"

Gifts Galore!

Our planet Earth has many, many gifts that we use in our daily lives. Resources from the Earth are called **natural resources**. They come from nature.



Beware!
Taking too many natural resources from the planet means you could run out of them!

By reducing, reusing, recycling and rotting (composting), we reduce the demand for new products and reduce the need to take new resources from the planet.

There are three kinds of natural resources in the world: **Renewable, nonrenewable and perpetual**. Find out about these in next month's Earth Tip in *Kid Scoop News!*

Do the math to find out what different natural resources provide people.

TREES



15 = _____

9 = _____

18 = _____

OIL

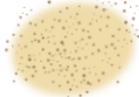


12 = _____

13 = _____

16 = _____

SAND



11 = _____

19 = _____

7 = _____

METAL ORES



25 = _____

20 = _____

4 = _____

- 8 + 8 = CANDLE WAX
- 5 + 5 = PAPER
- 7 + 6 = PLASTICS
- 3 + 3 + 3 = CARDBOARD
- 14 - 3 = GLASS
- 9 + 9 = WOOD
- 32 - 7 = POTS & PANS
- 16 + 4 = CELL PHONES
- 5 + 7 = VEHICLE FUEL
- 17 + 2 = COMPUTER CHIPS
- 14 - 7 = SAND CASTLES
- 2 + 2 = MACHINERY

PRESENTED BY



Altamont Education
Advisory Board

Finish this writing prompt below and share with us with a pic!

"I can care for the earth and resist

by _____"

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Share With Our
Community



Action 15.

Remake

[/rē'māk]

v. to make again differently



Take Action!

Remix into music to inspire others to care for the earth. Check out an exemplar transforming Soulja Boy to Green Soulja Boy.



Civicsops Green Soulja Boy

Engineers make things. Scientists make things. Artists make things. Businesses make things to buy. Businesses may make things that help us or may harm our us and our earth community. The art of remaking is a powerful action to spread the message to take action to help the earth. Can you remake a song to share this message?

These two students above, Cherokee and James from Oakland, CA, were inspired to teach their peers by taking a popular song for Earth Day 12 years ago. They took "Soulja Boy" and remixed it with a 4Rs message! Check them out at: <https://tinyurl.com/GreenSouljaBoy> This video led them to work with Rapper Ludacris on the Discovery Channel and their Earth Day message STILL has a relevant message...What A Legacy!

**Draft your song above and share your lyrics or you (re)making your (re)mix!
Make sure there is NO SWEARING and appropriate for a K-12 audience.**



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Action 16: Retreat

/rə'trēt/



v. to pull back to get inspired



Take Action!

"We need to make sure to have self-care for ourselves and our family's self-care, as that will help us care for our community and earth best" - Estrella R., East Bay Parent. **Part 1.** Watch the video from Oakland artist, Cristian Esteban Aguilar and his family who created this video inspired by what is going on now, and how their family are doing self-care as a family. Check out Cristian's letter to you, and video in the heart below. **Part 2.** Read and do the self-care checklist for yourself and your family if possible. Circle what you would like to improve.

Part. 1

Watch Cristian's Video:

<https://tinyurl.com/CristianSelfCarePrimer>

Hello beautiful people,

My name is Cristian Esteban Aguilar and I thank you. I thank you and invite you to join our celebration, our way of life, our medicine.

Let us first begin with self-love.

Our personal well-being is not only a priority, it is necessary.

Be gentle and compassionate with yourself on this journey of life and growth.

Nourish your mind, body, and spirit.

A healthy individual creates a healthy family which creates a healthy community.

It takes a community to raise a generation and we are our ancestor's wildest dreams.

Let's get it and keep it 100.

With Peace, Dignity, and Love,

Cristian Esteban Aguilar.

In Lak'Ech.

¡Sí se puede!

Peace n dignity

website:<https://peaceanddignity.net>

Part. 2

Self Care Checklist- Check each action below if you do these actions & circle where you could improve. Share your reflections:

✓ Water

I drink enough water daily.

I don't waste food.

I eat all my food which saves the water that made my food.

✓ Air

I do simple breathing exercises to keep my mind at ease.

I don't waste food.

I respect the miles it took to travel from farm to my plate. Less ravel food takes to get to my plate, less greenhouse gases.

✓ Soil

I don't waste food.

I respect the labor fo nature and farmers who grow my food.



Share how you took action to build our collective action celebration gallery!

2 Ways to Share:

Share With Our Community 1) Share your action story and a picture & send to email schools@stopwaste.org
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Action 17: Reconnect



[ri-kuhv-er]

v. to connect back together



Take Action!

Where does life begin? Some scientists say, "It starts with the soil. Be a scientist with Treetop Trevor. Watch this one-minute lesson by going to <https://tinyurl.com/HowManyWorms-HealthySoil>. Answer, "How many worms do you need to count in a cubic foot of soil to see if it is healthy?" and "How can I help build healthy soil?" Share your reflections on how you are reconnecting with the earth through actions!



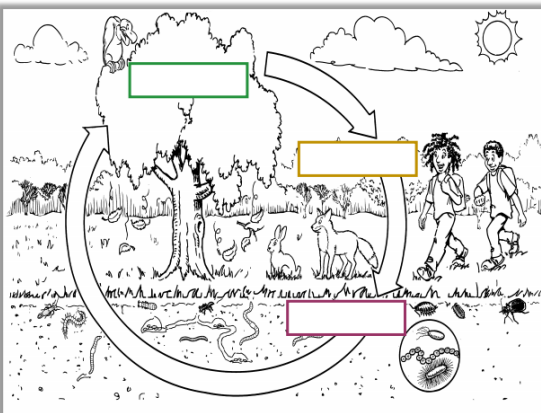
"We are having a crisis of disconnection with the earth"-Movement Generation, East Bay Non-Profit. What better way to reconnect with the earth than connecting with Fungus, Bacteria and Invertebrates, or decomposers. Worms are incredible decomposers that can take food scraps, digest them, and make compost, a nutrient rich soil amendment. Cleopatra called worms the "guts of the earth", and our mascot Wiggle E. Worm, their other action hero name is Wiggle E. Worm The Great Soil Regenerator. If we find our role as humans in the web of life, or our ecosystem, we can help regenerate our earth and our soil.

Web Of Life

An ecosystem means "connected home". Everything starts with the energy of the sun, and that energy is transferred from:

Producers are living things that make their own food from the sun through the process of photosynthesis. **Consumers** eat producers and other animals. **Decomposers** eat dead plants and animals and breaks them down to a rich soil amendment for plants to grow. Compost is a valuable resource used by landscapers, farmers, and gardeners. Compost improves soil quality, water retention, increases crop yield, and reduces the need for chemical fertilizers that are the number one pollutant in our streams. e used by resource landscapers.

Write the names of each group in the colored boxes in the web of life below. Color the arrows to see how these groups work together.



Done? Can you draw yourself in the web of life?



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Community

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Action: 18

Relook

[re-look]



v. to look again, to re-examine



Take Action!

Go to your window or take a walk and relook at things using this scavenger hunt by Ranger Morgan from EBRPD!

NATURE NEARBY!
SCAVENGER HUNT!

Explore your neighborhood, look out your window, discover a close by park and check around your house to find as many things you can!

 Spider Web	 WIND	 FLOWER	 Squirrel	 SUN
 Runner	 Song of a Bird	 Different Leaves	 BUG	 ROOTS
 VINE	 CLOUD	 Something you love!	 Flying Bird	 WATER
 DOG	 SEED	 GRASS	 Something that makes you SMILE!	 FOOTPRINT
 STICK	 DIRT	 THE MOON	 Fuzzy MOSS	 Smooth ROCK

Faet Row Regional Park District ©

Thank you, Allendale
4Rs Sherree
Teacher Janet
Jackson for
sharing this and
being awesome!

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Action: 19

Remember

[re-mem-ber]



v. to bring to one's mind an awareness

If you chose one "R" to take action, or several "R"s or even 20 Actions, we hope that you remember what it means to take action to care for our earth .



"Together we can support a Re-generative Re-covery by Re-thinking what is possible. What we've learned from the Coronavirus crisis is that the generations need to support each other. We are not Boomers, Gen Xers, Millennials, Gen Z, or whatever comes after Gen Z. We are living this pivotal moment, we are all part of the Re-Generation. If that vision resonates with you, tell us how you identify with the Re-Generation and show us your Re-action" - Miya K., East Bay Parent

Part 1: Do the "I am part of the Regeneration" activity on page 5. SHARE please if you haven't yet!!!

Part 2. Relook the 20 Actions To Earth Day calendar.

Part 3. Which 4 "Rs" resonates with you most or you feel the most when you think about what you can do for the earth to regenerate, or regrow what is lost?

Part 4. Now answer: What are YOUR 4Rs - your top "R"s...

1.----- 2.----- 3.----- 4.-----

Please consider doing the next ask and join our
May the 4Rs Be With You! Art & Social Media Contest and sign up
for our enews to learn more at <https://tinyurl.com/StopWasteSchoolsEnews>



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Congratz!



You completed our final set of 4Rs Actions! You R an official REGENERATOR! THANK YOU for TAKING ACTION!

What's Next?

- 1) Share Your Story: schools@stopwaste.org**
- 2) Join our enews on how you can participate in this year's May the 4Rs Be With You Art & Social Media contest.**
- 3) Join us on Earth Day-Thursday, April 22, 2021 to honor our collective 4Rs actions & stories on StopWaste Virtual Earth Day: Celebration Gallery & Mural**



**Virtual Earth Day:
Celebration Gallery!**



**Virtual
Collective Action
Mural**



Reflection



A Call To "Reteach"

One last ask, Regenerator...

Sharing your story is powerful. What is even more powerful is spreading the message by sharing what you learned from this project. Write down any reflections on how this project made a difference in your life.

Please share your reflections by emailing us at schools@stopwaste.org, so we can share and reteach what it means to be a caring global citizen and be a part of the (Re)Generation. Thank You For Co-Creating a Better World!
