

# You and Your Family Can Speak Up for Sustainability



Now is the perfect time to remind our elected officials that returning to business as usual would be a wasted opportunity. By investing in clean energy, low carbon technologies, and offering incentives for sustainable practices across our communities, we can emerge from the pandemic better equipped to battle climate change.

- **PLEDGE** to try one or more of the service ideas below to start making an immediate difference.
- **REACH OUT** to your legislator with the attached template or with a letter of your own.

## **Pledge to clean up a green space near you.**

Picking up litter is a fun, simple, free activity that can have instant results for your community.

- Assign gloves and a trash bag to each family member.
- Clear out litter from a nearby section of park, beach, or nearby green space. Be sure adults handle dangerous items and supervise children closely.
- Properly dispose of all litter.

## **Pledge to become a citizen scientist.**

iNaturalist is a joint initiative of the California Academy of Sciences and the National Geographic Society. With their simple app and a green space to safely explore, you can support biodiversity science.

- Visit [iNaturalist.org](https://www.inaturalist.org) and register to get started.
- Record your observations of plants, animals, fungi, insects, even tracks!
- Join the [iNaturalist City Challenge](#) every Earth Day.

## **Pledge to reduce waste with an upcycled craft.**

Turning trash into treasure is a simple, creative way to practice sustainability. The list below will help your family celebrate Earth Day everyday.

- Visit [We Are Teachers](#) and try one of their [34 Earth Day Crafts and Activities Using Recycled Materials](#)

## **Pledge to reduce the waste you create.**

To protect green spaces in your community and natural resources worldwide, your family can adopt as many zero-waste habits as possible. The site [Going Zero Waste](#) offers a fun, kid-friendly 31 day challenge to get your family started.

- Visit [www.goingzerowaste.com/31-day-challenge-for-kids/](https://www.goingzerowaste.com/31-day-challenge-for-kids/)

Dear \_\_\_\_\_

Please do what you can to help protect, restore, and maintain earth's valuable resources even as we battle this pandemic. We know that rebuilding our economy and growing jobs are a priority. We hope you strive for sustainable and innovative solutions that protect Earth's resources in the weeks and months to come. We recognize this is a challenging time full of complicated problems. Thank you for your service.

Please enjoy this poster I have created to celebrate nature in our community.

**My family and I want to help. We pledge to:**

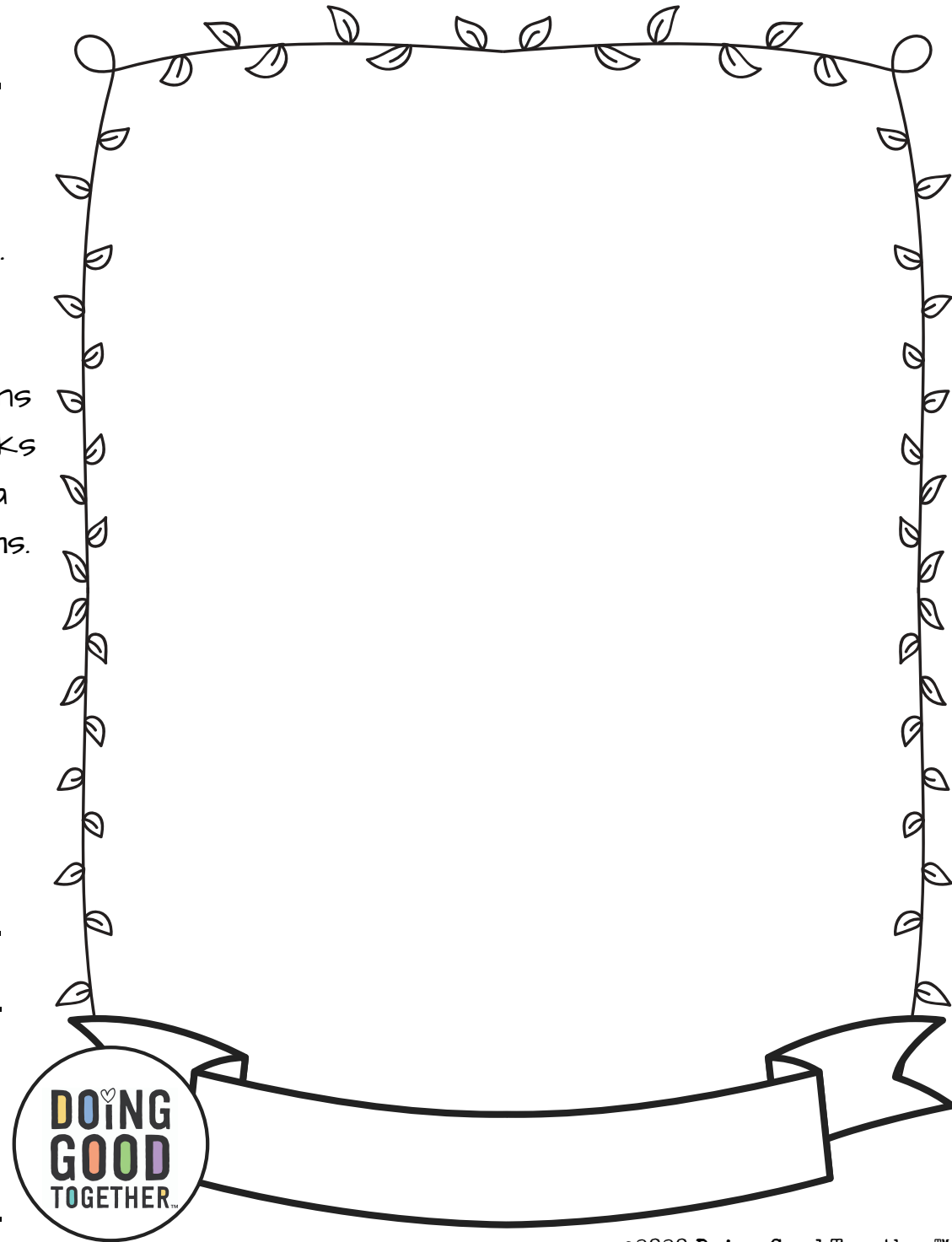
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**What will you do to help?**

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Name, Age



# You and Your Family Can Help Heal the Earth



Teaching children to care for the earth is a job more and more parents are taking seriously. It can also be an enjoyable way to spend time with your family, whether you plant a garden together, take hikes in a nearby wilderness area or clean up your local park. Talking about excess packaging and the ABCs of recycling can be paths to greener living, too.

For more ideas and further instructions visit [www.doinggoodtogether.org/bhf/heal-the-earth](http://www.doinggoodtogether.org/bhf/heal-the-earth)

## **Pledge to clean up your neighborhood.**

Picking up litter is a fun, simple, free activity that can have instant results for your child and your community.

- Pack trash bags and garden gloves during your next walk in the park.
- Clear out litter from a section of park, beach, vacant lot, or your own neighborhood. Take all necessary precautions.
- Dispose of all trash properly.

## **Pledge to make small changes with a big impact.**

Plant the idea of environmental stewardship in your children all year – not only on Earth Day – by making little changes in your daily life.

- Visit [www.50waystohelp.com](http://www.50waystohelp.com). Read the list together and decide

## **Pledge to support citizen science.**

Become the eyes and ears of environmental researchers and contribute to scientific research projects that make a difference.

- Visit [www.SciStarter.com](http://www.SciStarter.com) and chose a research project to support.

## **Take the 31-day, zero-waste challenge.**

Start some new, green habits as a family with this unique – and doable – zero-waste challenge.

- Visit [www.goingzerowaste.com/blog/31-day-zero-waste-challen](http://www.goingzerowaste.com/blog/31-day-zero-waste-challen)

Dear \_\_\_\_\_

Please do what you can to help protect the earth's resources for generations to come. Here is a poster I created to celebrate our one, precious planet.

From climate change to plastic pollution to water contamination, complicated problems are threatening our world. My family and I want to help heal the earth. We pledge to:

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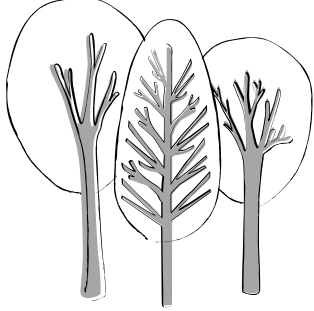
**What will you do to help?**

\_\_\_\_\_  
Name, Age





# You and Your Family Can Stand Up For Public Green Spaces



Green spaces are the parks, trails, playgrounds, and public gardens that enrich our communities. These public open spaces offer room to play together, enjoy nature, gather with friends and neighbors, and grow healthy, local food. Unfortunately, many urban and suburban communities are under increasing pressure to develop their green spaces to accommodate population and business growth. By pledging to try one or more of the service ideas below, you and your family can make an immediate difference in your area's green spaces. For more ideas and further instructions visit [www.doinggoodtogether.org/bhf/heal-the-earth](http://www.doinggoodtogether.org/bhf/heal-the-earth)

## **Pledge to clean up a green space near you.**

Picking up litter is a fun, simple, free activity that can have instant results for your community.

- Assign gloves and a trash bag to each family member.
- Clear out litter from a section of park, beach, or nearby green space. Be sure adults handle dangerous items and supervise children closely.
- Properly dispose of all litter.

## **Pledge to support nature through citizen science.**

Your family can discover, learn about, and contribute to scientific research projects in your favorite green spaces.

- Register for a free account with [SciStarter.com](http://SciStarter.com).
- As a family, browse available projects based on location and interest area.
- Choose a project and follow its instructions.
- Rate and review the project to inspire other citizen scientists.

## **Pledge to join (or start) a community garden.**

The American Community Garden Association has created a handy map to help you discover a community garden in your area. They'll even walk you through the steps of creating your own if you don't have one nearby.

- Visit <https://communitygarden.org/>

## **Pledge to reduce the waste you create.**

To protect green spaces in your community and natural resources worldwide, your family can adopt as many zero waste habits as possible. The site [Going Zero Waste](http://Going Zero Waste) offers a fun, kid-friendly 31 day challenge to get your started.

- Visit [www.goingzerowaste.com/31-day-challenge-for-kids/](http://www.goingzerowaste.com/31-day-challenge-for-kids/)

Dear \_\_\_\_\_

Please do what you can to help restore and maintain the valuable open spaces in our communities that serve to bring us together, put food on our tables, and give us time in nature. Here is a poster I have created to celebrate our parks and gardens.

We know that housing issues and growing businesses mean that the survival of open spaces are threatened by complicated challenges. We hope you commit to protecting open spaces as you work toward solutions.

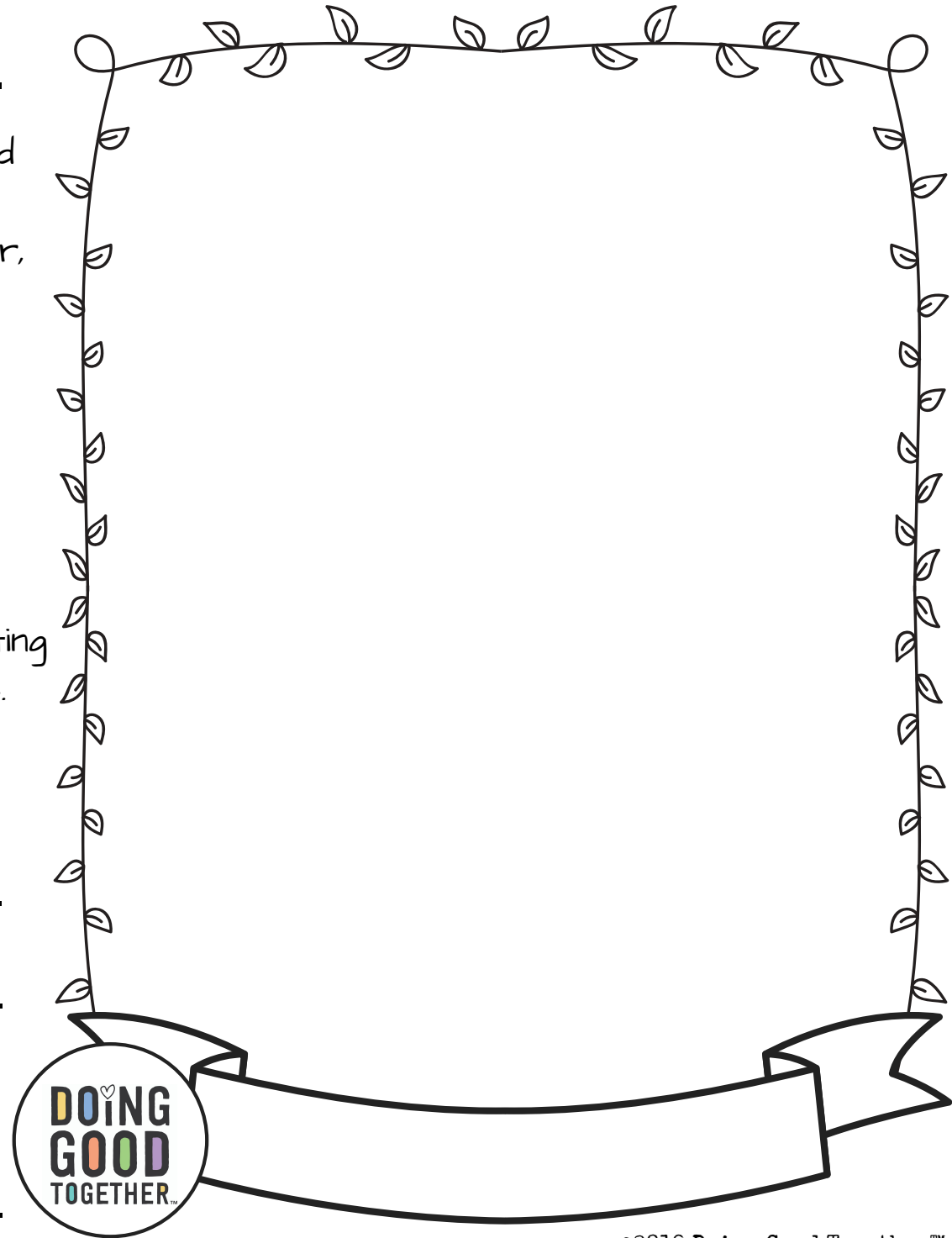
My family and I want to help. We pledge to:

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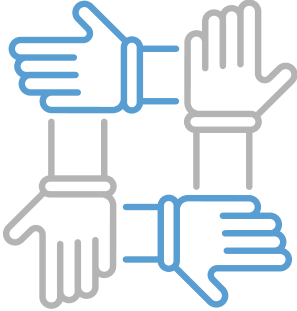
**What will you do to help?**

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# You and Your Family Can Support Anti-Racist Community Changes



Our children will be better able to break the chain of bias and distrust if we give them opportunities to think deeply and talk openly about justice, inequity and humanity from a young age -- and how together we can build a better world. Doing Good Together encourages families to discuss these issues honestly and advocate for positive community changes using the ideas below along with the growing list available at [www.doinggoodtogether.org/dgts-antiracist-resource-collection](http://www.doinggoodtogether.org/dgts-antiracist-resource-collection)

1. Choose an activity below to commit to as a family.
2. Write/draw a letter to your elected representative.

## Pledge to start a giving jar for change.

Make regular donations to an organization fighting for social justice, like **Black Lives Matter**.

- Decorate a dedicated donation jar.
- Display it prominently so you remember to add to it.
- Discuss ways your family can add to your jar (For example, skip take out and add the funds you would have spent.)
- When your jar is full, make your donation together.

## Pledge to read widely and share diverse books.

Choose fiction and nonfiction books that illuminate a wide range of cultures, beliefs, abilities, and skin colors.

- Visit **EmbraceRace.org** to find exceptional titles.
- Visit **DiverseBooks.org** and get the **Our Story App** to make it even easier to discover new titles.
- Purchase your favorite titles and share them in Little Free Libraries for other families to enjoy.

## Pledge to speak up at your school or faith group.

Reach out to your local school district or faith group to determine what proactive anti-racist actions they are taking and how they are supporting a diverse community.

- Visit Teaching Tolerance to learn how to be sure your school isn't just going through the motions.  
**[www.tolerance.org/magazine/antiracist-work-in-schools-are-you-in-it-for-the-long-haul](http://www.tolerance.org/magazine/antiracist-work-in-schools-are-you-in-it-for-the-long-haul)**
- Offer to join a committee or host a conversation as a family.

## Pledge to share what you're learning.

Research an issue, little known historical moment or figure, or commonly asked question about social justice. Then create a newsletter to raise awareness.

- Share fliers with friends, family, and neighbors.
- Share a digital newsletter even more widely.
- Include kid-made art and illustrations.

Dear \_\_\_\_\_

To build a better future, we must recognize and contend with forces in ourselves and systems in our society that dehumanize and degrade others. We expect you, as our elected leader, to stand up for social justice and re-imagine our core institutions in a meaningful way. I created this poster to encourage you in your anti-racist efforts.

My family is helping too. We pledge to

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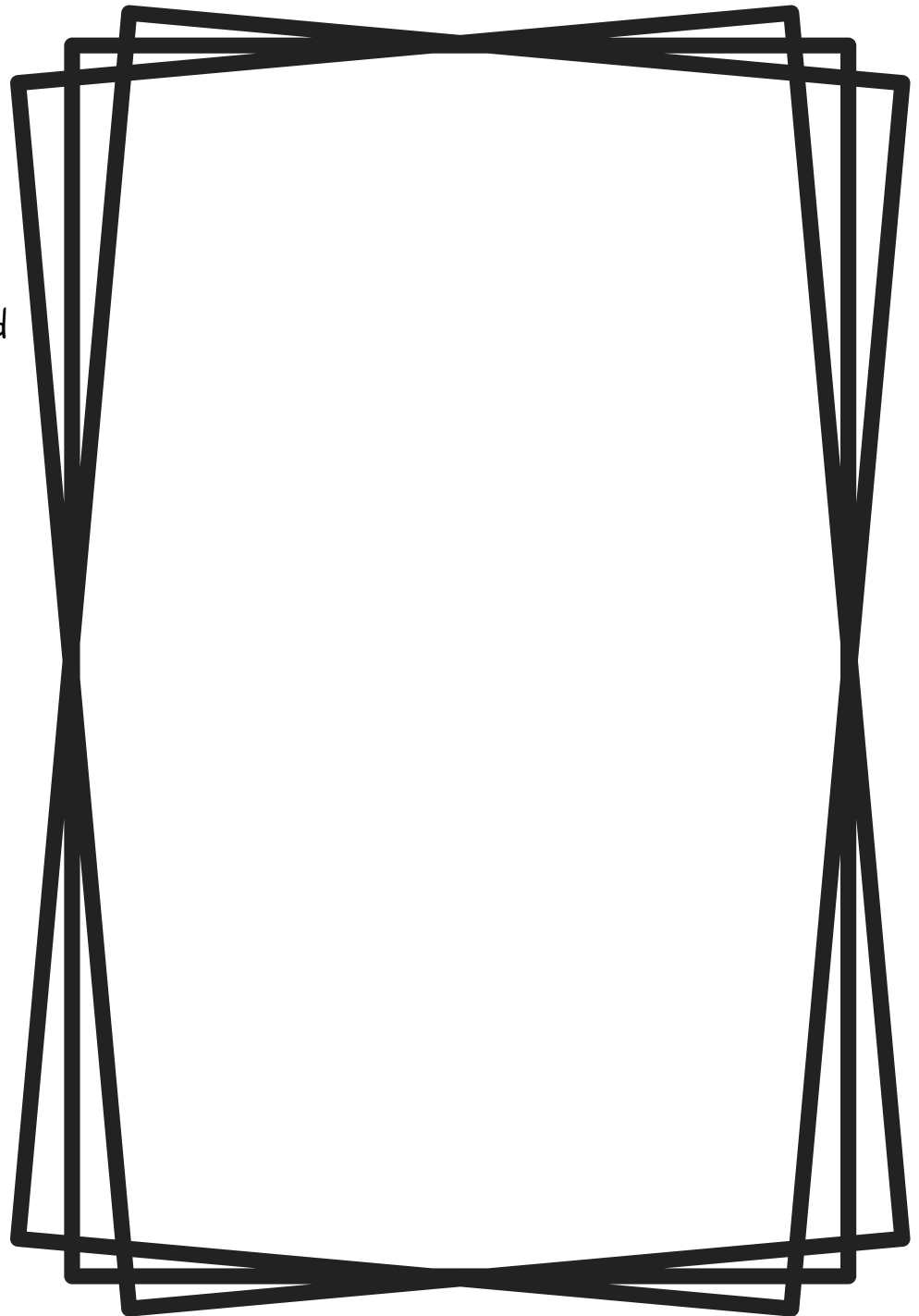
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**Let us know how you plan to promote positive change.**

\_\_\_\_\_  
Name, Age



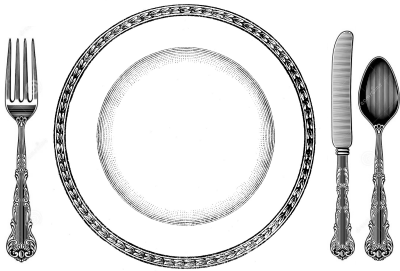
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# You and Your Family Can Help the Hungry



Food insecurity is the frightening sense of not knowing where or when you'll have your next meal. This is a very real situation for a shocking number of children and adults across the United States. Sadly, people in our own community sometimes don't have enough to eat.

By pledging to try one or more of the service ideas below, you and your family can make an immediate difference for those who are hungry. For more ideas and further instructions visit [www.doinggoodtogether.org/bhf/fight-poverty](http://www.doinggoodtogether.org/bhf/fight-poverty)

## **Pledge to adopt a food shelf.**

Make regular donations to the local food shelf and make a difference for people facing tough times.

- Decorate a dedicated donation box.
- Store it in your kitchen as a reminder.
- Pick up a few extra groceries (especially good staples when they go on sale) each time you go to the store.
- When your box is full, take it to the food shelf together. Then, start a new one!

## **Pledge to repackage rice and beans.**

Feed the hungry in your community by downsizing inexpensive bulk goods into meal-sized portions.

- Contact your food shelf and discuss your donations.
- Purchase bulk quantities of rice and beans to downsize.
- Scoop them into quart-sized, resealable bags.
- If you like, print a simple recipe on a sticky label for each bag.

## **Pledge to make sandwiches for a shelter.**

Homeless shelters appreciate having a supply of sandwiches on hand to give to their residents for lunch.

- Contact a local shelter and discuss your donation.
- Gather sandwich supplies, bags, and sticker labels.
- Decorate sticker labels with cheerful messages and place them on the outside of each bag.
- Make sandwiches and deliver to the shelter.

## **Pledge to cook a meal at a shelter.**

Few service projects do as much immediate good or offer such a meaningful, personal experience as volunteering to prepare and serve a meal to people in need.

- Contact the volunteer coordinator at a local shelter or soup kitchen.

Dear \_\_\_\_\_

My family and I want to help. We pledge to:

Please do what you can to help hungry kids and their families. Did you know that one in five children in America is at risk of going to bed hungry? Below, I drew a picture of my wish for them:

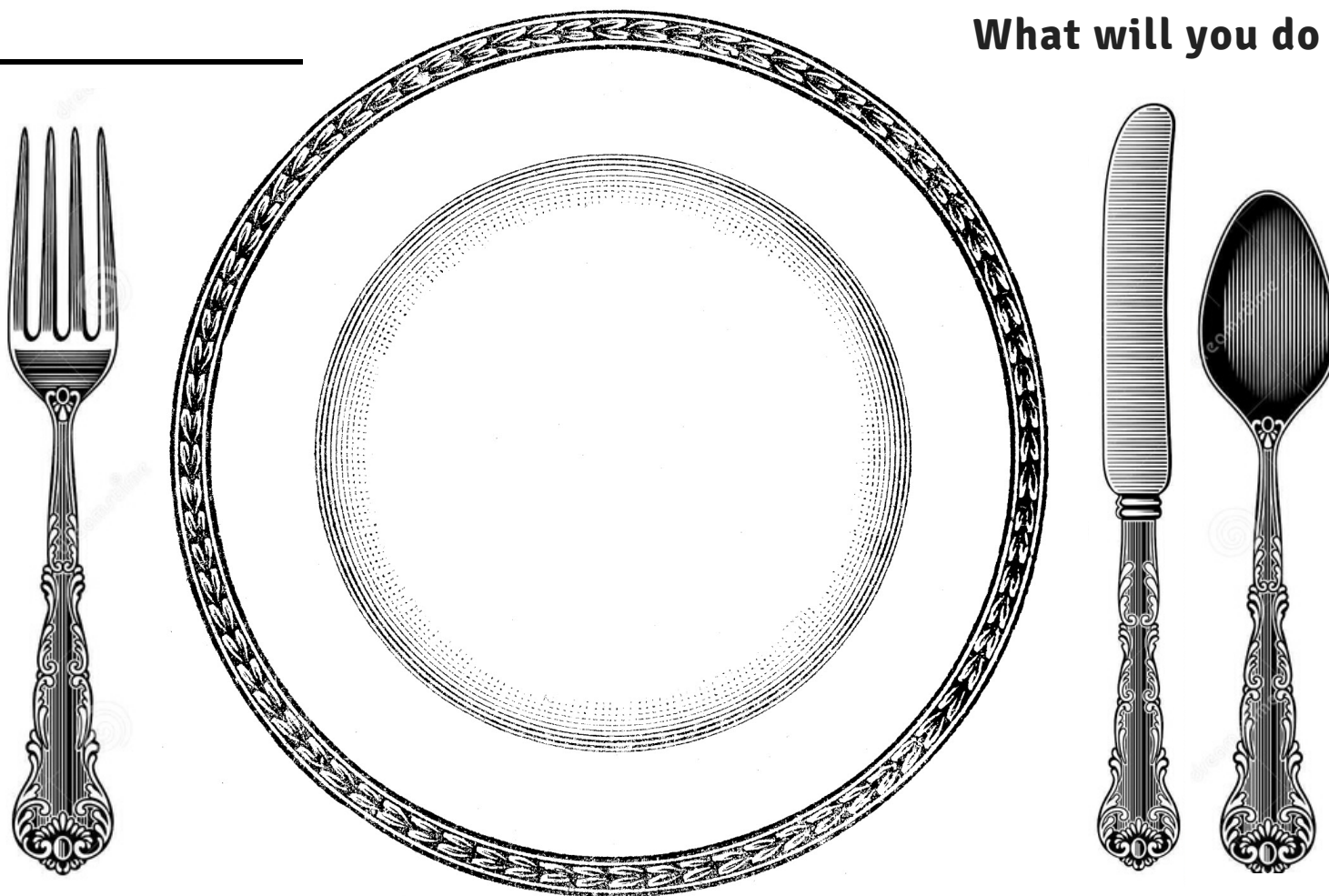
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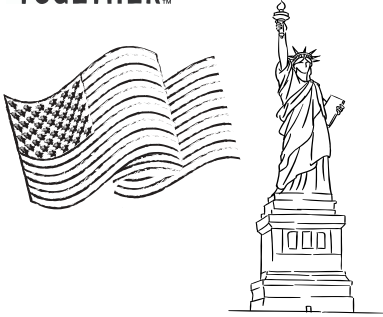
\_\_\_\_\_  
Name, Age

**What will you do to help?**





# You and Your Family Can Help Support Immigrants



Assisting a newly arrived family is one way to learn about another culture while making a real difference in someone's life. Newcomers, particularly refugee families, face multiple challenges, including language difficulties, cultural adaptation, lack of social support, discrimination, and employment barriers. Learning about and supporting immigrants allows children (and adults) to appreciate the complexity and richness of other countries, and to realize that their view is only one among many possible views. For more ideas and further instructions visit <http://bit.ly/DGTimmigration>

## **Pledge to befriend an immigrant family.**

Many organizations invite volunteers to assist immigrant families as they transition to life in this country. Check out VolunteerMatch, Lutheran Social Services or Catholic Charities to find a local opportunity. Activities can include helping with grocery shopping, finding services, or sharing a meal.

## **Pledge to sign petitions.**

Take time to learn about and support specific immigration issues through online petitions.

- Go to [change.org](http://change.org) and browse immigration-related petitions.
- Read the petition summaries so you can learn more.
- Read the comments of others who have signed.
- Sign petitions you support and feel free to comment on your own reason for signing.

## **Pledge to raise money for legal aid.**

Host a lemonade stand, a car wash, or a garage sale and donate the proceeds to an organization that helps low-income immigrants navigate complicated legal matters.

- Visit the Immigrant Law Center of Minnesota ([www.ilcm.org](http://www.ilcm.org)) or the National Immigrant Justice Center ([www.immigrantjustice.org](http://www.immigrantjustice.org)) to learn more about immigration issues.

## **Pledge to advocate for immigrants.**

Contacting your elected officials when you feel strongly about an issue teaches active citizenship.

- Post the contact info and photos of your elected leaders on a public platform.
- Talk to your family about why immigration issues matter to you.
- Send a note as a family to your representative stating your position.

Dear \_\_\_\_\_

Please support humane and fair immigration policies. My family and I care about the safe and just treatment of immigrants because \_\_\_\_\_

Below I've drawn/written about my family's immigration story.

My family and I want to help. We pledge to: \_\_\_\_\_

**What will you do to help?**

\_\_\_\_\_  
Name, Age

