4Rs Action Hero Journal

20 ACTIONS
7 DAYS
TO
EARTH DAY
APRIL 22, 2020

Name:______________________________

Journal Set 3
Welcome Back, 4Rs Action Heroes!

Welcome, New Recruits!

If you are just joining us, we thank you! This Virtual Earth Day action calendar was created with you in mind. Do 1 Action. Do 20 Actions- Do What You Can, When You Can! Just join us in creating our story together. We thank you for taking collective action!

What is Virtual Earth Day?

Virtual Earth Day is a shared on-line space to celebrate as an intergenerational community. With our community in Shelter-In-Place, Virtual Earth Day is a project to collectively take action at home. By sharing our stories of action, past, present and ideas for the future, we are contributing to our co-created (Re)Generation Story for a (Re)Generative Earth for our future.

On Wednesday, April 22, from 2:30-3:45pm, we will honor all our individual and community actions to celebrate Earth Day's 50th Anniversary in our online community at https://tinyurl.com/EARTHdayGALLERYstopwaste showcasing our Virtual Community Action Mural, and a special performance by Mr. Eco!

Report. Make Your Action Count!

Submit your actions that you've completed! StopWaste will compile everyone’s actions and reveal our collective impact on Virtual Earth Day, Wednesday April 22, 2020. Here’s how to report:

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 #20ActionstoEarthDay, #StopWaste #calearthday50

3. Join us on Virtual Earth Day, Wednesday, April 22nd, to honor our collective actions on StopWaste Virtual Earth Day: Celebration Gallery & Mural at: https://tinyurl.com/EARTHdayGALLERYstopwaste
TOOLKIT QUICK LINKS
http://www.stopwaste.org/at-school/virtual-earth-day-2020

New Tools! You requested it: Google Classroom-Friendly links with hyperlinks to resources

Participant Overview & Guide Powerpoint:
https://tinyurl.com/TeacherGuidePPTswEarthDay

20 Actions to Earth Day Calendar:
https://tinyurl.com/20ActionsToEarthDayCalendar

Student Journal 1, Friday, April 3rd-Tuesday, April 7th
https://tinyurl.com/StopWasteEarthDay-Journal-1

Student Journal 2, Wednesday, April 8th-Tuesday, April 12th

Student Journal 3, Wednesday, April 15th-Wednesday, April 20th
Coming Soon!

StopWaste Virtual Earth Day: Celebration Gallery ppt.
https://tinyurl.com/EARTHdayGALLERYstopwaste

Report You Earth Day Action ppt. slide
https://tinyurl.com/BLANK-ReportEarthDayAction

For the latest StopWaste Schools Updates And Tools Subscribe to our E-News: https://tinyurl.com/StopWasteSchoolsEnewsSubscribe

FOR ALL QUESTIONS or CONCERNS, EMAIL US at schools@stopwaste.org
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.

**Climate** is a measurement of temperature trends over a long period of time.
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.
"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, Millennials, 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

I am part of the (Re)Generation.
I ___________________________
I ___________________________
I ___________________________

Now Report! Make your Action Count! 2 Ways to Report Back:
1) Email us how you are part of the (R)generation at schools@stopwaste.org
2) Download a blank google slide, and email it to us. Take a selfie like Drake, aka Drake, The Food Recover, on this page, or type in, draw, or make a video to share your "R".
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

(Re)port! Make your action & voice count!

Now Report! Make your Action Count! 2 Ways to Report Back:
1) Email us how you are part of the (R)generation at schools@stopwaste.org
2) Download a blank google slide https://tinyurl.com/BLANK-ReportEarthDayAction, and email it to us. Or type in, draw, or make a video to share your "R".
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 ourselves. Do the exercise below, then reflect and share how you answer this sentence:
"I can care for the earth and resist by ________________________"

Finish this writing prompt below and share with us!

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

(Re)port! Make your action & voice count!

Now Report! Make your Action Count! 2 Ways to Report Back:
1) Email us how you are part of the (R)generation at schools@stopwaste.org
2) Download a blank google slide https://tinyurl.com/BLANK-ReportEarthDayAction and email it to us. Or type in, draw, or make a video to share your "R".
Remix into music to inspire others to care for the earth. Check out an exemplar transforming Soulja Boy to Green Soulja Boy.

Engineers make things. Scientists make things. Artists make things. Businesses make things to buy. Businesses make things that 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.

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

(Re)port! Make your action & voice count!
Now Report! Make your Action Count! 2 Ways to Report Back:
1) Email us how you are part of the (R)generation at schools@stopwaste.org
2) Download a blank google slide https://tinyurl.com/BLANK-ReportEarthDayAction, and email it to us. Or type in, draw, or make a video to schools@stopwaste.org.
"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 thier 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/CristianSelfCarePrimero

**Part. 2**

Self Care Checklist- Check below if you do these actions and 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.

(Re)port! Make your action & voice count!

Now Report! Make your Action Count! 2 Ways to Report Back:
1) Email us how you are part of the (R)generation at schools@stopwaste.org
2) Download a blank google slide https://tinyurl.com/BLANK-ReportEarthDay and email it to us. Or type in, draw, or make a video of how you define SELF-C these times of Shelter-In-Place

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
**Action 17: Reconnect**

[ri-kuhv-er]

v. to connect back together

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 Invertabrates, 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.
- **Consumers** 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.

**(Re)port! Make your action & voice count!**

Now Report! Make your Action Count! 2 Ways to Report Back:

1) Email us and show us your colored and labeled Web of Life: at
   schools@stopwaste.org
2) Download a blank google slide https://tinyurl.com/BLANK-ReportEarthDayAction, and email it to us. Or tell us what Reconnect means to YOU!
Action: 18

**Relook**

[re-look]

v. to look again, to re-examine

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

Take Action!

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

(Re)port! Make your action & voice count!

Now Report! Make your Action Count! 2 Ways to Report Back:
1) Email us how you are part of the (R)generation at schools@stopwaste.org - what did you learn from your RELOOK hunt?
2) Download a blank google slide https://tinyurl.com/BLANK-ReportEarthDayAction, and email it to us. Or type in, draw, or make a video to share your definition of "R"
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 as we approach Earth Day's 50th Anniversary!

"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 6. SHARE please!!!
Part 2. Relook the 20 Actions To Earth Day calendar.
Part 3. Which 4 "Rs" resonates with you most or you feels the most when you think about what you can do for the earth?
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!Social Media Contest to get the contest details or check the next page! Extended Deadline for submissions: Mon, May 18th!

(Re)port! Make your action & voice count!
Now Report! Make your Action Count! 2 Ways to Report Back:
1) Email us how you are part of the (R)generation at schools@stopwaste.org - what are your 4Rs?
2) Download a blank google slide https://tinyurl.com/BLANK-ReportEarthDayAction, and email it to us. Or type in, draw, or make a video to share your YOUR "4Rs".
Report!

Don't forget. Make Your Voice Count!

Every Day Is Earth Day!

Contest Extended Deadline: Mon. May 18th!

MAY THE 4RS BE WITH YOU
CALLING ALL STOPWASTE ACTION HEROES AND AMBASSADORS!

Inspire your community to take action and compete with students across the county to produce a piece of art, a meme, gif, or photo that StopWaste can post to their website, Instagram, Twitter or Facebook account.

SOCIAL MEDIA POST CRITERIA:
- Build on the popularity of May the 4th - May the 4Rs Be With You - Star Wars reference
- Invoke fun while promoting environmental awareness of the 4Rs - reduce, reuse, recycle and rot - or choose your own "R"s
- Maintain appropriate school media guidelines for your school district
- All participants appearing in the post need to sign a StopWaste photo release form (emailed to you upon submission)

WINNING CATEGORIES:

INDIVIDUAL
- Elementary: $100 first prize, $50 second prize, $25 third prize
- Middle School: $100 first prize, $50 second prize, $25 third prize
- High School: $200 first prize, $100 second prize, $50 third prize

GROUP
- Elementary: $200 first prize, $100 second prize, $50 third prize
- Middle School: $200 first prize, $100 second prize, $50 third prize
- High School: $200 first prize, $100 second prize, $50 third prize

*Prizes are given out in the form of a visa gift card

TO ENTER THE CONTEST:
- Complete the submission survey and upload your photo to http://bit.ly/Maythe4RsBeWithYou2020
*Note that link is case sensitive and you must have a Google login to submit. To submit without a Google account, email Schools@StopWaste.org
- All submissions also require a signed photo release form for each individual shown in the submission. Download the photo release form at http://bit.ly/StopWastePhotoRelease

DEADLINE FOR SUBMISSIONS:
All entries and photo release forms submitted by Friday, April 17, 2020
You completed another set of **20 Actions to Earth Day**, 4Rs Action Hero!

Join us on Virtual Earth Day, Wednesday, April 22nd, 2:30-3:45pm to honor our collective actions on StopWaste Virtual Earth Day: Celebration Gallery & Mural and register at:

https://tinyurl.com/REGISTERstopwasteEarthDay

or VIEW OUR CELEBRATION GALLERY:

https://tinyurl.com/EARTHdayGALLERYstopwaste

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Virtual Earth Day:
Celebration Gallery!

Virtual
Collective Action Mural