

We Are the (Re)Generation Journal

WHAT
ARE
YOUR
YRS?

Journal Set 2



Name: _____

We Are The (Re)Generation, Journal 2

Welcome!



Welcome Back, 4Rs Action Heroes!

Welcome, New Recruits!

If you are just joining us, we thank you! This action challenge was created with you in mind.
Do 1 Action. Do 20 Actions. Just Join Us!

DO WHAT YOU CAN WHEN YOU CAN!

For Students

You rule! Do your best to do the work independently. Then share it with us! Create a google slide and email us at schools@stopwaste.org and we will add it to our Taking Action Gallery that we will showcase for our Virtual Earth Day, Thursday, April 22, 2021. Also we encourage you to buddy with another student as the activities are made for everyone, but not everyone can read this journal. Also, no need to print this journal. All activities are designed to do on scrap paper if need be.

For Parents

You are a hero! Our goal is to make these activities meaningful, timely, accessible and joyful! If anything use the daily "R" activities as a menu for family discussion. We also made weekend "R" actions family-friendly so that you can grow as a family a (Re)generation mindset! Also, please post our e-news subscription to your parent e-news. (we are a public agency, so we won't share! emails)

For Teachers

You have given so much already! We ask if you could pass on our enews to your parents, or school staff to pass this along. Some teachers are asking students to do "4" Actions as this scaffolds to our "May The 4Rs Be With You" Month! We would love to hear what you think on our collective creation: Join us Thursday, April 22, 2021 for our StopWaste Virtual Earth Day!

For the latest updates, sign up for our enews:
<https://tinyurl.com/StopWasteSchoolsEnews>

What does "We Are the (Re)Generation" mean?



Good question! The exciting thing is that we get to build what it means together. As Abe Lincoln said, "The best way to predict the future, is to create it".

"We Are the (Re)generation" is an action-based, digital storytelling platform to co-create a new story for a regenerative earth together. Gone are the doom-and-gloom stories. At it's core, our story aims to share and inspire others with your stories of self care, community care and earth care, and reflecting how all things, like our mama earth reminds us, are connected.

This project asks you to explore, engage, explain, and creatively reflect.

The "We Are the (Re)generation" is a shared on-line space to celebrate as an intergenerational community. With our community in Shelter In Place, we must move forward together and collectively take action at home and by sharing our stories of action, past and present and ideas for the future, as we are contributing to our collective (Re)generation Story for a (Re)generative Earth for our future.

On Thursday, April 22nd, we will honor all our individual and collective community actions to celebrate Earth Day's 51st Anniversary in our online community.

We encourage you to share your story of action can count by simply sending us your 4Rs stories at schools@stopwaste.org.

Thank you, 4Rs Action League Hero!

Write an Earth Haiku
To show how much you love her
As she needs love back

-Haiku by Food Rescue Mama

Action 6:

Respect

[re-spekt]

v. to care for and admire, to value



Create a Haiku honoring our earth and all the wonders it provides us

20 Days, 20 Actions to Earth Day 2020
Wednesday April 8th
Action 6: Respect

Write an Earth Haiku!

Here is an example:

bright with a cool breeze
young plants stretching towards the sun
it must be spring time

A Haiku is a short form of Japanese poetry.
A Haiku usually follows these rules:

It consists of three short phrases.

It follows a 5-7-5 syllable pattern.

It may refer to the seasons of nature.

The writer does not capitalize any letters or
write with commas or periods.

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Make a Draft or Two! Use the lines to help with syllables. Illustrate.
Pick the one you like best and share!

Draft 1. _____

Draft 2. _____



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](mailto:schools@stopwaste.org)

Share With Our Community 2) Post @StopWaste #StopWasteSchools #IAmPartOfTheRegeneration

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Action 7: Redesign

/,rēdā'zīn/

v. to design in a different way



Make an Earth Mandala of found objects in your house, like pencils, erasers, or colorful found items on a family hike!



The literal meaning word Mandala means circle, and circle mandalas are also one of the most commonly available forms of mandalas. Ancient Hindu scriptures depict mandalas as a period of creativity, of powerful existence, and a symbol of deeper connection with the self and the universe at large. We are at a pivotal point in history where we can all do our part and work together as scientists, engineers and artists who we can redesign systems to be healthier. Like the Buddhists who make mandalas and then unmake them- we understand the importance of change. Are you a scientist, engineer or artist that redesigned something to make it better for the earth? Share your story with us!



Draw and Share a pic of your mandala. Share how you made it, what natural resources helped create your Re-Design project.



Share With Our
Community

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Action 8: Rethink

/rēTHiNGk/

v. To think again to change something



Take Action!

Interview and discuss with a family member, preferably, an elder how to Rethink the way we use natural resources.

Today is a day where we want to deeply think about how we use natural resources we take from the earth, or extract, that are made into products and thrown away in the landfill..

Part. 1

What's been tossed?

1. Find a clean item that is about to be tossed in the trash and headed to the landfill - tip: good time to get one is after a meal prep for packaging.

2. Discuss with your family member, or elder.. Observe your tossed item. What do you notice?

b. Can you identify it?

c. Why did you choose it?

d. Does it carry a story (personal or otherwise)?

e. What is the item made of or what natural resource(s) did it come from?

f. Could the item been reduced? reused? recycled? rotted?

Part. 2

Now Rethink. What is a creative solution to not even have this type of item? What could a business, or scientist, or artist do to figure out how to not even make the need of this item? What could your family do to reduce this waste? Can you research online stories that solve this item of waste? Record or draw your ideas below:



01 RETHINK

- Stop and Think: Do we really need that box of individually wrapped snacks?
- Talk to companies that supply our favorite products about rethinking their packaging



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Share With
Our Community

Thank you, Nancy,
Oakland parent, and
OUSD Environmental
Education Literacy
Committee
for this activity

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Drake's Deconstructed
Leftover Pizza Crust Brunch Eggstratta!

Action 9: Recover

[ri-kuhv-er]

v. to return to a healthy way



Take Action!

Take the leftover challenge, Food Rescuer! Create recipes and meals using older food in your fridge to help prevent food waste!



Did you know that 43% of all food waste in the US occurs at home? If you're finding yourself with leftovers from previous meals or vegetables that are about to go bad, save that food from going to waste by making use of everything you have before buying more. Get creative and turn your leftovers into tasty meals or snacks before they spoil. From stir-fries, casseroles, fritattas, to soups the possibilities are endless! Doing this will save you money, time, and help honor all the labor and resources that went into growing, transporting, and getting that food to you in the first place. Help do your part in preventing food waste! You got this, Food Rescuer!

Go to your fridge, and see what leftovers or "Eat Me First" fruits or veggies you have that await your inner chef's magic. Write down a recipe using leftovers down below. Share the recipe and pictures of your meals online with our community.



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Action: 10 Recreate

/,rēkrē'āt/



It's Milo enjoying his dog toy made by braided old T-shirt strips from his sheroe No Waste Nora!

v. to create again



Take Action!

Find an old t-shirt at home and recreate it to be a fashion-forward reusable bag or learn make a pet toy by going to: <https://tinyurl.com/recreate-tshirt-PETtoy>

Materials

- Reusable T Shirt
- Sharp Scissors
- Ruler (optional)
- Cloth Markers or Iron-ons (optional)

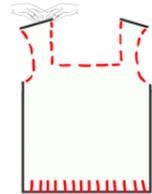
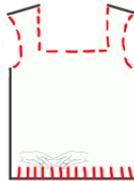


Instructions

1. Cut off sleeves by cutting along the seams. Cut out collar in a square shape and finally, cut an even amount of strips along the bottom of shirt. Lines show where you will cut. Optional - Use a ruler for straight lines.

2. Tie double knots along the bottom of the shirt matching front with back.

3. Tie shoulder straps and they turn into handles. Tie your straps in different ways for other looks. Have fun!



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Community

Thank you, Jennifer, Alameda parent, for this activity.

Watch Action Hero Vera walk us through the steps of making a No Sew T-Shirt Bag!

<https://bit.ly/TShirtBagTutorialwithVera>

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Action: 11

Reflect

[ri-flekt]

v. to think, ponder, or meditate



We would like to collectively create a new mindset together. Taking time to reflect and ponder is a step we can all do. Reflect on the wonders and sounds of nature and our community and share with us your reflections. You will need a journal or reuse paper.

Nature Vs. Human-Made Sounds: A Sound Observation Guide

Find a comfortable place to sit silently outdoors or near an open window and listen to the sounds around you. Have your journal handy, so you can write down your observations after three to five minutes of silence. You can use a device timer or an egg timer if you wish.

Activity Part 1: Observe The Sounds

Start by taking a deep breath in and out. Use your whole body to listen. Quiet hands, feet, ears and heart. You can keep your eyes open or try closing them. Listen to the sounds around you. Make a mental list of different sounds you hear.

Activity Part 2: Journal Your Observations

When you are done listening:

- Write down the name of each sound you heard in your journal
- Circle the sounds you liked best
- Think about the sounds you liked.
- Write down why you liked the sounds.

Activity Part 3: Reflect

- 1) What information did you get from the sounds you heard?
- 2) Was the sound a natural sound or made by humans?
- 3) Was the sound loud or soft?
- 4) Did you hear any animals?
- 5) Did you hear a vehicle? Did you see it? Do you think it was big or small? Why?
- 6) Was the sound close to you or far away?



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Action: 12

Research

/ˈrē.sərCH /

v. to investigate systematically



Take Action!

Research and read about heroes on-line: who are heroes taking action to care of the earth?



Is there an earth hero undiscovered that needs to be part of our (Re)Generative Earth Story? Stories of earth heroes before us, or now. We see so many earth heroes on social media- do you? Can you share a story of a youth or adult an ancestor you researched?

Write your earth hero research below, illustrate or upload pic and share with us so we can add them to our collective We Are The Regeneration Story!



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Congratz!



You completed another journal set of **We Are The (Re)Generation!**

Thank you for taking action to build a caring earth!

Don't forget share your stories and to (Re)port your actions!



Share With Our
Community

**(Re)port! Make Your
Action Count toward
our collective action tally!**

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(Re)Generation action celebration gallery!**

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Now go out there and (Re)crut a friend or family member to join!