

GENERATION HOPE ACTIVITY PACK

What Kind of Activist Are You? Quiz

Take this quiz to discover the type of activism that best suits you! Circle your answers (A-D) and then add up your letters at the end of the quiz to find out your result!

1) Who is your favourite inspirational figure from *Generation Hope*?

- a) Jamie Margolin – founded Zero Hour, an environmental group, which fights against climate change and plans youth climate marches all over the world.
- b) Zoe Rosenberg – founded Happy Hen Animal Sanctuary in her parents’ backyard, rescuing more than 600 animals from factory farms and other bad situations.
- c) Melati and Isabel Wijsen – co-founded Bye Bye Plastic Bags in Indonesia, which resulted in the entire island of Bali banning single-use plastic bags, straws and polystyrene.
- d) Maddison McQueen-Davies – founded Share a Pair NZ, which asks for old shoes to be donated and given to families in need, including refugees.

2) If you had to choose one of the following activities for a school project, what would you choose?

- a) A bike riding campaign that encourages people to use pedal power instead of cars.
- b) Making a nature or wildlife documentary like *Blue Planet*.
- c) Setting up a battery recycling station for your school.
- d) Turning plastic milk cartons into bird feeders for the school playground.

3) Pick your favourite ‘random act of kindness’:

- a) Picking up litter.
- b) Looking after a neighbour’s pet while they’re away.
- c) Writing a ‘get well soon’ card on recycled paper.
- d) Donating old books or toys to shelters or charities.



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4) What would your first step be to become an activist?

- a) Taking public transport, walking or riding a bike instead of driving – and encouraging others to do the same!
- b) Feeding the birds by hanging a simple feeder in your garden or attaching one to a window.
- c) Saving paper and cutting down on waste by printing only when necessary and on both sides. Writing on old envelopes and send e-cards instead!
- d) Buying a reusable water bottle.

5) What eco-biz would you like to set up?

- a) Organizing climate strikes for students across your school district.
- b) Making homemade bath and body products using natural ingredients and no animal products.
- c) A 'green' gift-wrapping service using recycled paper or newspaper.
- d) Starting a beach clean-up club, organizing groups of people to pick up litter on the beach.

Turn to the next page for your results!



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Mostly As – Climate Change-Maker

You're most likely to be a CLIMATE CHANGE-MAKER! This means you're interested in stopping global warming, which is affecting every person and animal on the planet, causing major weather events such as hurricanes, wildfires and rainstorms.

Mostly Bs – Animal Advocate

You're an ANIMAL ADVOCATE! You think that animals deserve as much kindness and respect as humans. Animals have rights, too, and you believe that they should be free instead of being trapped in cages.

Mostly Cs – Zero-Waste Hero

You're a ZERO-WASTE HERO! You know that everything you use adds up, but even the little things you do can make a big difference. You try to recycle more and throw away less, whilst making better use of what you already have!

Mostly Ds – Anti-Plastic Pioneer

You are an ANTI-PLASTIC PIONEER! This means that you are interested in helping to stop plastic pollution, something that does serious damage to our oceans, natural habitats and wildlife.

For more information on the many types of activism and how to start being a young activist, check out *Generation Hope!*



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Word Search

Can you find the following words in this word search?

Hope

Action

Pioneer

Advocate

Creative

Kindness

Green

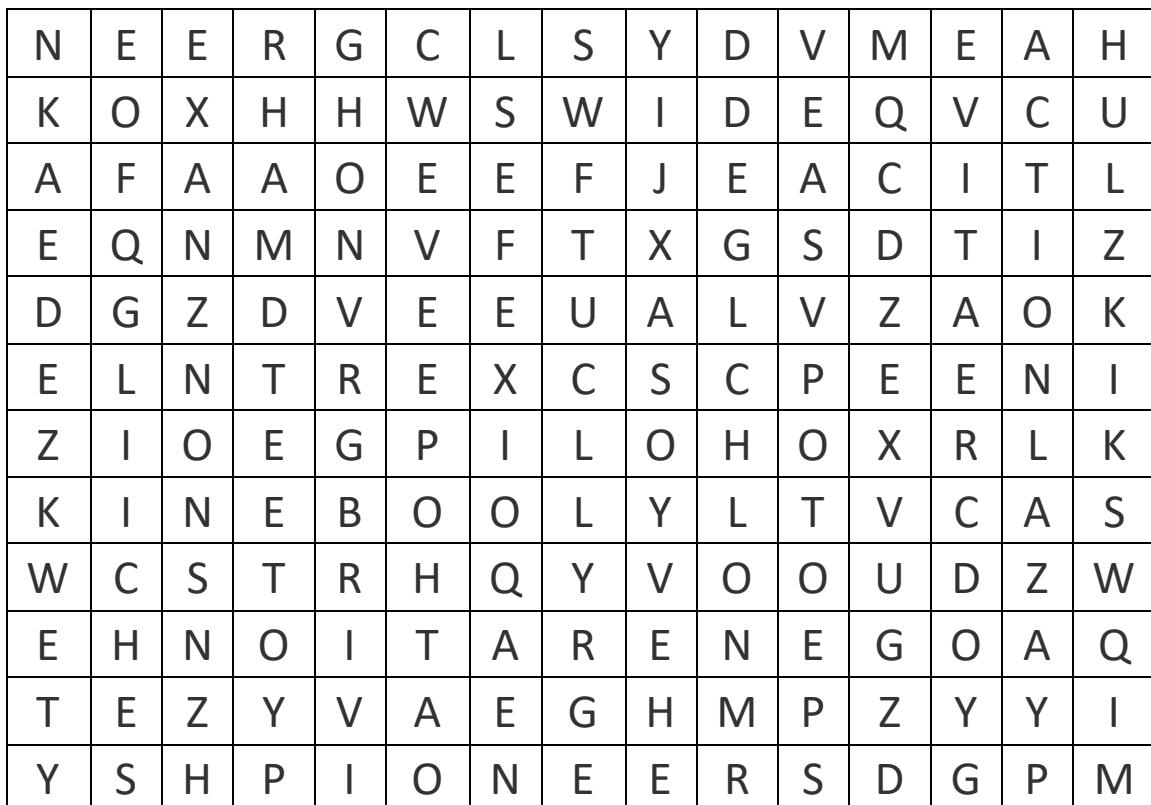
Change

Youth

Difference

Generation

Ecology



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Jar of Kindness

Fill a jar with uplifting, kind notes that you can hand out to friends, family or keep for yourself!

This activity can be done solo, as a group of friends, or with an entire class.

You will need:

- Recycled paper
- Pens
- Jam or mason jar (used and cleaned)

Using recycled paper, write an uplifting or kind note. This note can be anything from “You are loved” to something more specific (if you’re making this jar for a friend or family member) such as “I think you are a great friend”.

Fill a jam or mason jar with more of these positive messages.

You can keep this jar for yourself, so when you’re feeling down you can read a kind message, or you can give this jar of kindness to someone as a present (perhaps a parent or friend).

This activity can also be modified for a classroom as a way to encourage kindness. Students can write kind notes and messages to add to the jar and then take turns reading a kind note from someone else in the class.

Add a bit more activism to this classroom activity by asking students to write down an idea for a random act of kindness, for example, picking up litter. Students can then take turns taking a piece of paper out of the jar and completing the act of kindness written on their note.



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Coconut and Orange Body Scrub

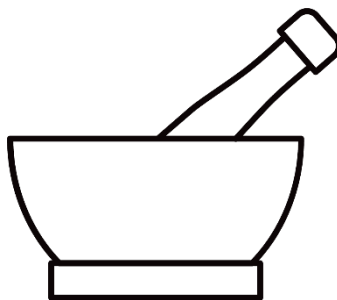
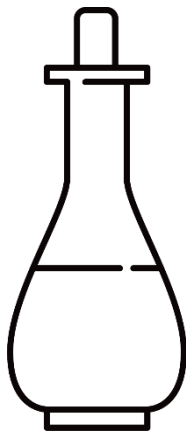
Many body scrubs come in single-use plastic containers and are made with artificial ingredients. This is an all-natural alternative scrub and is easy to make at home!

You will need:

- ½ cup of white sugar
- ½ cup of brown sugar
- ½ cup of coconut oil, softened
- zest of two large oranges
- 2 teaspoons of vanilla

Add all the ingredients into a large bowl and mix together thoroughly.

Divide into two (used and cleaned) mason or jam jars for storage.



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Recycle Your Greeting Cards – Gift Tags

If you've ever wondered what to do with the mountains of greeting cards you receive for your birthday or over the holiday season, wonder no more!

You can recycle your old cards very easily, turning them into gift tags!

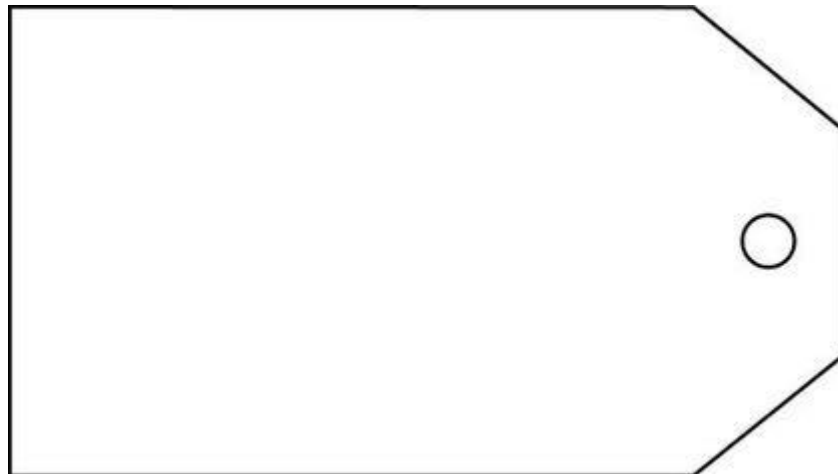
You will need:

- Pencil
- Scissors
- Hole punch

You can print out this page and use the tag as a template, or draw a similar shape on to your card. You might want to use the front part of your card so there is no writing on the back.

Cut out the tag shape, punch a hole in the top.

Add some ribbon or string, and you've got a new gift tag!



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Recycle Your Greeting Cards – Tree of Hope

If you want to recycle your greeting cards in a different way, then try a tree of hope! You can use any type of tree with branches for this activity (but ask for permission first).

This activity can be done in a home or a classroom – it is easily adaptable to both!

Cut your cards into small rectangles, checking there is no writing on the back side, and then punch a hole in one end.

Ask friends and family when they visit – or students at the end of the year – to write messages of thanks and hope. You can ask people to write down their wishes for the future, or their favourite memories. It is totally customizable!

Using ribbon or string, tie your messages of hope on to the branches of a tree.



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Random Acts of Kindness Bingo

Play a *Generation Hope* inspired version of bingo with us!

All you have to do is cross off the random acts of kindness you've completed in the following bingo grid. The way to achieve bingo is to cross off four squares in a row – the four squares can be next to each other vertically, horizontally or diagonally!

Grab a group of friends and see who is first to complete a row!

Go to the next page to see the full, printable bingo chart.

You could even create your own bingo chart using the following template and adding your own random acts of kindness.



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RANDOM ACTS OF KINDNESS BINGO

Write a note of thanks	Greet your neighbours	Donate old books to charity	Bake cookies for friends or family
Donate toys to a shelter	Thank the bus driver	Pick up litter	Compliment someone
Sign up to volunteer	Write a poem for a friend	Be nice on social media	Make a care package for someone
Teach a friend a new skill	Collect money for charity	Write a positive message in chalk outside	Make a get well soon card



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RANDOM ACTS OF KINDNESS BINGO



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Write to the elderly

Unfortunately, there are many elderly people living by themselves or in care homes who feel isolated and might not have friends or families to help. One act of kindness you can do to help combat loneliness in your community is to write a letter to someone.

You can write any kind of letter you want, and even add some drawings!

There are several groups across the UK who collect letters for elderly people in the community, so first see if there's one in your local neighbourhood. If not, you can always start a group yourself with your friends and classmates! It's important to ask permission first, so contact your local care home to see if they'd like to receive letters for residents.

If you can't post the letter manually, see if your local care home will accept emails. This way you can still write your letter, but instead of posting it, you can email it over to the care home to print out and give to residents.

Some ideas of what you can write about:

- Your day-to-day life, including your friends and family
- Which subjects you like to study
- Your hobbies

Always speak to your parent or guardian first before sending letters, especially if you include personal details about your home or school!

Some things to remember when writing your letter:

- Write as clearly as you can!
- Embrace your creativity – make it as fun and as colourful as you want!
- Be kind and thoughtful – the letter shouldn't just be talking about yourself
- Put it in a nice envelope

