Making Choices for a Better World!

Activity Book

Activity Guide for Girls and Boys Participating in the Take Our Daughters And Sons To Work program

www.DaughtersAndSonsToWork.org
GOING GREEN PLEDGE

The future of the planet is important to me. I believe there are many ways each of us can lower the impact we make living on the earth by improving the efficiency with which we use the earth's resources. Actions can range from not running the water while we brush our teeth to using the best environmentally friendly products and services. I understand how my actions can affect the quality of life for future generations. I also understand I can make a difference, and I am willing to do my part.

X__________________________________

(Pass blank pledge to friends so they can sign one)
GOING GREEN QUIZ

Place in the blank space beside each word(s) the letter of the phrase that best matches with it. Use each letter only once.

1. _______ Conservation  a. Print only important email
2. _______ Rainwater Harvesting  b. Caused by toxic emissions
3. _______ Recycle  c. Conserve precious metal
4. _______ Renewable resource  d. Plants and trees
5. _______ Composting  e. Mixing decomposing materials to make fertilizers
6. _______ Reducing Electric usage  f. Turning off the water while brushing your teeth
7. _______ Emissions  g. Sun Power
8. _______ Buy Eco  h. Energy efficient light bulbs
9. _______ Carpooling  i. Purchasing products that contain natural or organic ingredients.
10. _______ Recycle Cans  j. Conserve gasoline
11. _______ Acid Rain  k. Catching water from your roof to use later
12. _______ Solar Energy  l. Fumes from burning something
13. _______ Earth Celebrations  m. Donating reusable toys and clothing for additional use
14. _______ Reduce Use of Paper  n. Ways to appreciate the visual and physical beauty of the planet and to make green lifestyle part of society.

ANSWER KEY PAGE 12
ELECTION PROCESS

Just as you have to make choices in order to unscramble each word and to think about each clue, so you have to make choices in life which will lead to success.

Each of the scrambled words relates to the election process. Unscramble each word using the clue.

1. NDCIATEDA  
   clue: person running for office

2. MANGIPAC  
   clue: process of running for office

3. PRUTSEPOR  
   clue: person who wants the candidate to be elected

4. ETONANIM  
   clue: propose or suggest a candidate for office

5. ETDAEB  
   clue: to discuss the issues

6. RTPYA  
   clue: group of individuals who view the issues in the same way

7. NOVTCNOIEN  
   clue: a gathering of supporters to nominate a candidate

8. NESUFIARD  
   clue: seek money to support expense of running for office

9. TNRPEDES1  
   clue: head of a country

10. TOLABL  
    clue: list of candidates to choose from

11. TECLE  
    clue: a candidate is chosen for office

12. TNOURGAINAIU  
    clue: public swearing in of an official

ANSWER KEY PAGE 12
MAKING BETTER CHOICES

What are some choices/actions you can make/do to cause the world to be a better place as it relates to:

Your parents

Your sister/brother

Your room or special place

Your relatives outside your home

Your pets

Your best friend

Your other friends
Your neighborhood

Your community

At the playground

At the mall

Concerning your country

Concerning the job you would like to have

Concerning your future

Concerning yourself
VOTE FOR ME

The race is on! You’re running for the Mayor of your city or town. (You might someday!) Look around your neighborhood. What in your neighborhood do you care about the most? Who needs help? What needs changing for the better? Fill in the blanks of the following campaign speech to let voters know why you are the best person for the job.

MAYORAL CAMPAIGN SPEECH

I. Personal Introduction
My name is _______________ and I’m running for Mayor of _______________.
I grew up in _______________, where I… [Write something about your family, hobbies or interests that will show voters you’re down-to-earth and can relate to ordinary people]

II. Leadership Qualities
I have what it takes to be a leader. I am ____________________, and ____________________, and ____________________.

III. Your Main Mission
I want to be remembered as the Mayor who ____________________, and I have a plan to make this happen. [Write one or two specific ideas of how you’ll make this happen]:

III. Personal Hero
I couldn’t have gotten here without the inspiration/help of ____________________.
[Write a sentence about what you’ve learned from this person]:

V. Strong Ending
Vote for me! [Write down your campaign slogan or a powerful sentence to conclude]:

TAKE ACTION!
• Read your speech to family members and get their feedback.
• Create a poster or bumper sticker advertising your mayoral campaign. Be sure to include your name, along with your campaign slogan, a campaign symbol, or anything else you think will catch voters’ attention.
• Call or write the mayor of your city or town and talk to him or her about the things you’d like to see changed for the better right now.
Imagine a Day

“Imagination is more important than knowledge. For while knowledge defines all we currently know and understand, imagination points to all we might yet discover and create.” — Albert Einstein

There are plenty of problems in the world that need imagination to solve. Each of the 10 scrambled words relates to creating a new and better world. Unscramble each word.

**RUEC**

clue: Imagine a day when there’s a ____ for cancer.

**NAMWO**

clue: Imagine a day when a ____ is President of the United States.

**RACEDYA**

clue: Imagine a day when every workplace has ____ for working parents.

**IKMN**

clue: Imagine a day when no one wears ___ coats or animal fur as clothing.

**CEAR**

clue: Imagine a day when no one is discriminated against because of their ____.

**LPUTNOIL**

clue: Imagine a day when cars use fuels that don’t cause ____.

**LUBELIS**

clue: Imagine a day when all ____ turn into buddies.

**LCEEVNOI**

clue: Imagine a day when every city is free of ____.

**IIETNTONCX**

clue: Imagine a day when not a single animal is threatened with ____.

**IURFT**

clue: Imagine a day when all farmers grow ____ without harmful pesticides.

**SOBOK**

clue: Imagine a day when school children everywhere have all the _______they need.

**CAPEE**

clue: Imagine a day when there is ____ everywhere on earth.

To solve the final riddle, copy the letters in the numbered boxes above into the boxes with corresponding numbers below.

**Once you’ve imagined a day, then what?…**

**TAKE ACTION:**

- Look around you… What problems do you notice—in your school, family, neighborhood—that could use imagination to solve? What can you and your friends do today to help?
MAKING CHOICES FOR A BETTER WORLD

You are an advice columnist for a city newspaper. When something gets out of balance in a person's home life, work life, or both, they write to you for advice. Everybody loves reading what you have to say. Your answers are always wise, creative, and often funny too.

Read the following letters. What's your advice? Write your responses on a separate page.

Ask ________________________________
{fill in your first name}
_________________________________________, Keeps Families Working... & Playing!
{(She or He)}

Dear __________,
I’ve noticed that you get lots of letters from parents whose kids play sports. I’m a mom and I play sports too. I’ve been captain of a local volleyball team for 5 years. My 10-year-old daughter Amy loves acting and has a part in the school play. Here’s the problem: my team has a championship playoff on the opening night of the play! I’ve told Amy that her dad will come the first night and I will come the next, but she’s upset. What do you think I should do? My team needs me and so does my daughter.

Sincerely, Team Player

Dear __________,
I’m a lawyer. My father is very old and lives several hours away from here. Next week he has to go to the hospital for surgery and the doctor says he shouldn’t go home alone. There aren’t any other family members nearby, so dad needs me to stay with him for a few days while he recuperates. Normally, I’d be happy to do this, but next week I have to argue an important case in district court. What should I do?

Sincerely, Dutiful Daughter
Dear __________,

My wife and I are young architects and just had our first child. We both took 3 months off from work to care for our baby boy. Our maternity and paternity leaves are about to end, so it's time to find childcare and head back to work. I'm considering taking a year off to be a stay-at-home Dad. My wife thinks it's a good idea, but my brother thinks it will hurt my career. He says future hiring managers won't take me seriously as a committed architect. What should I do? I don't want to lose ground in my career and I don't want to miss a minute of my son's first year.

Sincerely, Dad Committed to Work & Family

Dear __________,

I'm an emergency room nurse. I love my work, but it's very stressful. I treat accident victims and very sick people all day long and don't have a minute to sit down. My wife finishes work earlier than me, so she picks up the kids from after-school and makes dinner. She'd like me to help the kids with homework and bedtime, but I'm so stressed out and tired after work that I'm not much help. My wife says I don't pull my weight at home and that my kids deserve better. She's right, but I don't know how to change things. Your advice?

Sincerely, Nurse Needs a Nurse
Dear __________,

I’m a single mom who works two jobs to put food on the table for me and my two kids who are 7 and 9. All my life I’ve dreamed of owning a catering company. I just got accepted to a competitive two-year college program that will teach me how to start and run my own business. This is the opportunity I’ve been waiting for! I even received a full scholarship. It all sounds perfect, however classes meet four evenings a week, so I won’t get to see my kids on those nights. Their grandmother has agreed to babysit for them, but she’s pressuring me to postpone school for 5 years until the kids are older and more independent. I want to do what’s best for my kids and what’s best for my future. What do you advise? Should I go to school now or wait?

Sincerely, Fork in the Road

Dear __________,

I’m an administrative assistant at a successful medical research company. I’m committed to my job and work late into the evenings. My company just opened a lab in partnership with the local high school so we can mentor students interested in science careers and give something back to the community. I like this idea! Here’s the problem: my boss has asked me to volunteer 5 hours a month to coordinate the mentoring program. I don’t have a single extra minute in my day! This would mean coming in earlier or staying even later without any extra pay. How can I say “no” without giving the message that I’m not supportive of the company?

Sincerely, Stretched Thin

TAKE ACTION!

• Take a close look at your own life. Even though you don’t work a full-time job like the people in most of these letters, you probably do have to juggle a lot of responsibilities and activities every week, if not every day. Do your days ever get stressful? If so, what might you do to better manage your time?
• Talk to your parents or other adults you know about how they balance their work, family and community lives.
MAKING JOB CHOICES

What work do you picture yourself doing in the future? The possibilities are endless! Complete this crossword puzzle to learn about just a few of them…

Across
1. I help people solve personal problems
4. Bring your sick cat, dog or iguana to me
6. I tend lions, tigers and bears, oh my!
11. I’m about teeth
12. I make and maintain the Web site
16. I write music for symphony orchestras
17. Call me when the faucets are dripping
18. I use sticks to play my instrument
19. Books and information are my specialty

Down
2. I dig for dinosaur bones and other artifacts
3. I get up early to make pastry and bread
5. I make you laugh at the circus
7. I’m a foot doctor
8. I help writers with punctuation and words
9. I’m in charge of the art in a museum
10. I argue cases before a judge and jury
11. I organize and instruct actors on the stage
13. I deal in hives and honey
14. I race thoroughbred horses
15. I am the leader of a state

TAKE ACTION!
• What is a job that really interests you? Talk to an adult—a teacher, parent, librarian, or someone already in this field—to find out more about it. The clearer the vision you have today, the easier to make it a reality tomorrow.
Directions To: Making Better Choices

Give the participants the Making Better Choices exercise sheet and ask them to fill in the answers. You might want to have open discussion among the group with volunteers giving answers to the first question. Remind participants there is “no right answer” for each question – just different interpretations of what would fit their lives. If participants are young, give hints/help to those who need it.

After everyone has finished, have several or all participants volunteer to give their answers to one question, moving on through the exercise. This exercise also can be done in groups with one participant being elected by the group to be the answer recorder and another to report the group’s answers. If you wish to write the answers on flip chart paper and post or record on a chalk or dry board, it works best to have a discussion leader and a recorder to write the answers.

This exercise can be finished in 30 – 60 minutes depending on the age of the participants and the amount of discussion allowed for each question. Bring closure to the exercise by having participants tell one or more choices they now plan to make that will change their world for the better.

**GOING GREEN QUIZ - Page 2**

Answer Key
1. F
2. K
3. M
4. D
5. E
6. L
7. J
8. I
9. C
10. B
11. G
12. N
13. A

**ELECTION PROCESS - Page 3**

Answer Key
1. Candidate
2. Campaign
3. Supporter
4. Nominate
5. Debate
6. Party
7. Convention
8. Fundraise
9. President
10. Ballot
11. Elect
12. Inauguration

**MAKING JOB CHOICES page 11**

Answer Key

<table>
<thead>
<tr>
<th>Across</th>
<th>Down</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. therapist</td>
<td>2. archeologist</td>
</tr>
<tr>
<td>4. vet</td>
<td>3. baker</td>
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<tr>
<td>6. zookeeper</td>
<td>5. clown</td>
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<tr>
<td>11. dentist</td>
<td>7. podiatrist</td>
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<tr>
<td>12. webmaster</td>
<td>8. editor</td>
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<tr>
<td>16. composer</td>
<td>9. curator</td>
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<td>17. plumber</td>
<td>10. lawyer</td>
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<td>18. drummer</td>
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