

2008

TAKE OUR DAUGHTERS AND
SONS TO WORK[®] DAY!

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*

TAKE OUR
daughters
and **sons**
TO WORK[®]
FOUNDATION

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)

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

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. **TNRPEDESI** 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

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 | <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
3 | clue: Imagine a day when there's a ____ for cancer. |
| NAMWO | <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
1 14 7 | clue: Imagine a day when a ____ is President of the United States. |
| RACEDYA | <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
18 | clue: Imagine a day when every workplace has ____ for working parents. |
| IKMN | <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
15 9 | clue: Imagine a day when no one wears ____ coats or animal fur as clothing. |
| CEAR | <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
8 | clue: Imagine a day when no one is discriminated against because of their ____. |
| LPUTNOIL | <input type="text"/> <input type="text"/>
2 12 | clue: Imagine a day when cars use fuels that don't cause ____. |
| LUBELIS | <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
16 | clue: Imagine a day when all ____ turn into buddies. |
| LCEEVNOI | <input type="text"/> <input type="text"/>
11 20 | clue: Imagine a day when every city is free of ____. |
| IJETNTONCX | <input type="text"/> <input type="text"/>
17 13 6 | clue: Imagine a day when not a single animal is threatened with ____. |
| IURFT | <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
19 5 | clue: Imagine a day when all farmers grow ____ without harmful pesticides. |
| SOBOK | <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
4 | clue: Imagine a day when school children everywhere have all the _____ they need. |
| CAPEE | <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
10 | 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?...

<input type="text"/>																			
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

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?

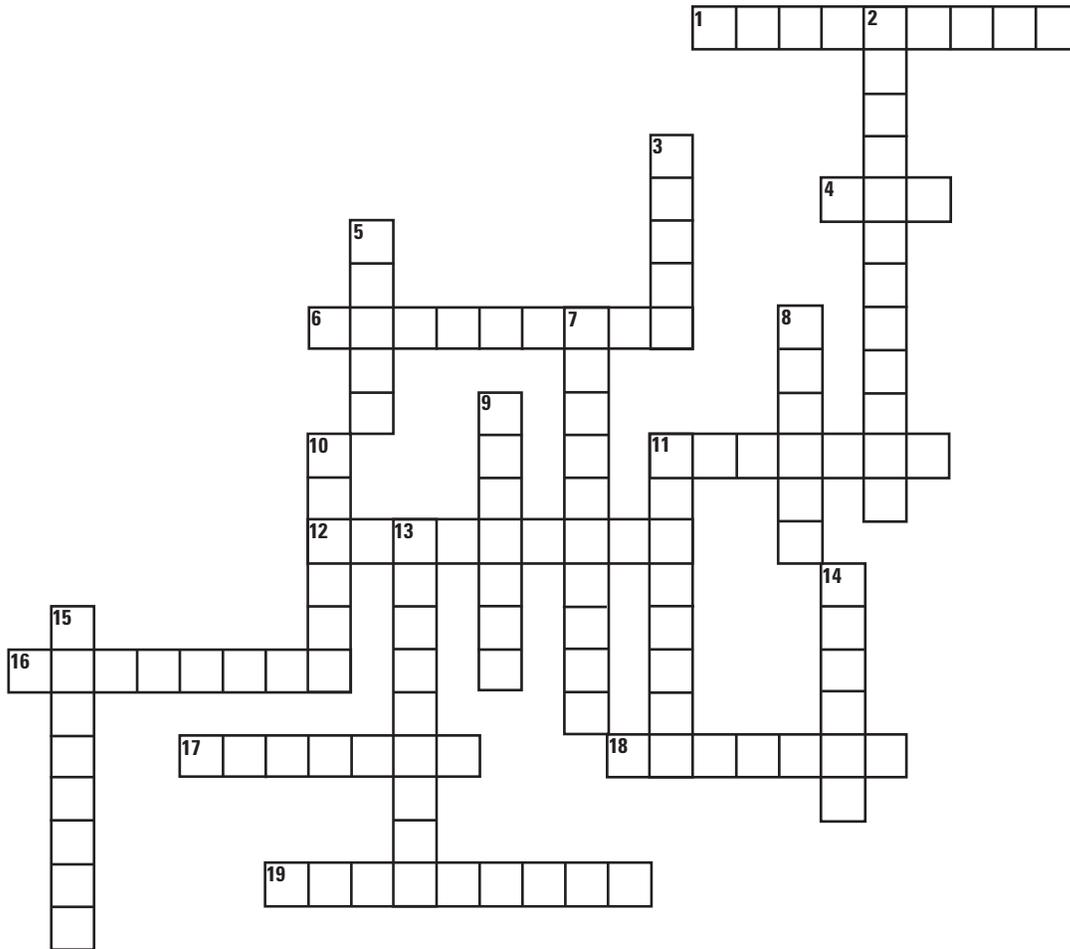
Sincerely, Stretched Thin

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 all 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

ANSWER KEY PAGE 12

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
5. H
6. L
8. I
9. J
10. C
11. B
12. G
13. N
14. A

IMAGINE A DAY page 7

Answer Key

- CURE
 - WOMAN
 - DAYCARE
 - MINK
 - RACE
 - POLLUTION
 - BULLIES
 - VIOLENCE
 - EXTINCTION
 - FRUIT
 - BOOKS
 - PEACE
- WORK TO MAKE IT COME TRUE

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

- | Across | Down |
|---------------|-----------------|
| 1. therapist | 2. archeologist |
| 4. vet | 3. baker |
| 6. zookeeper | 5. clown |
| 11. dentist | 7. podiatrist |
| 12. webmaster | 8. editor |
| 16. composer | 9. curator |
| 17. plumber | 10. lawyer |
| 18. drummer | 11. director |
| 19. librarian | 13. beekeeper |
| | 14. jockey |
| | 15. governor |