



GREEN APPLE WEEK

ACTIVITY TOOLKIT

Join us for a fun week of activities!

September 21st - September 26th

Inside you will find a guide with simple ways to engage students in learning about conservation and sustainability.



GREEN APPLE WEEK ACTIVITY SCHEDULE

Monday Sept 21st : Water Efficiency Activity and Pledge

Students learn about ways water is used and how to reduce that usage, then create a toothbrush holder to remind them.

Tuesday Sept 22nd : “Conservation for Our Nation”

Teach students a fun chant that helps them remember easy conservation habits.

Wednesday Sept 23rd : Pizza Box Solar Oven Project

Construct a mini solar oven to warm up treats and learn how the sun provides energy.

Thursday Sept 24th : T-shirt Tote Bag

Upcycle an old t-shirt from home into a functional and stylish tote bag for books, groceries and more.

Friday Sept 25th : Native Plant Bingo

A game of bingo with an educational goal: help students identify California Native Plants for their home garden.

Saturday Sept 26th: Green Apple Day of Service

Today is the big day. Events will be held all over Los Angeles and we encourage students, teachers, faculty, staff and parents to all get involved. Visit mygreenapple.org to find an event near you and share the information.



Water Pledge and Toothbrush Holder

Preparation: Begin by discussing with students how they use water in their daily lives. Have them list the things that they use water for and write them on the board as they are mentioned (wash hands, brush teeth, water the plants, take a shower, do the dishes, drink water, flush toilet, do laundry, fill fish tank, water lawn, cooking, cleaning, etc.)

Materials:

- Whiteboard or equivalent
- Craft items to decorate the jars
- A clean jar or container for each student
- Glue

1) Have a discussion with students about what they can do to conserve water. Brainstorm in general, or refer to the water uses listed previously on the board and try to think of one way to reduce for each use (turn off the faucet while brushing teeth, water plants with water left over from cooking, take shorter showers or take baths instead of showers, etc.).

2) Pass out a jar to each student and place all craft materials out for them to use.



3) Explain that the jar will be used as a toothbrush holder to be placed next to the sink as an everyday reminder to turn off the water when not in use. Have them decorate the jar with the craft materials,

focusing on water as their inspiration. They should create something that will remind them to turn off the faucet when not in use.



"Conservation For Our Nation"

Preparation: Try practicing the chant in this activity alone to get the rhythm down. Students will be able to follow along easier this way.

Materials:

- Whiteboard or equivalent

1) Have the group brainstorm ideas on energy conservation. Each idea should be simple and no longer than five syllables. For example, "Turn off lights," or "Insulate." Keep brainstorming until the group has at least 5 ideas. Number the list then have students sit in a circle and assign them each a number 1 through 5. Tell them to memorize the tip on the board that corresponds with their number.



2) Explain the game to the group with this introduction:

Slap your thighs once with both hands and say "CON."

Clap once and say "SER."

Snap your right fingers and say VA and then your left and say "TION."

Slap your thighs again and say "FOR."

Clap your hands and say "OUR."

Snap your right fingers and say "NA," and snap your left and say "TION."

Slap your thighs a third time and say "READY."

Clap your hands and say "BEGIN."

Go through from the beginning, but this time between the snaps give a conservation tip from the board as an example.

3) Instruct the group that they will give their conservation tip from the list one by one during the game. Continue the game until you have made a complete circle with everyone giving a tip between the snaps.



Solar Pizza Oven

Preparation: You'll need to get a few standard pizza boxes and bring some treats to warm up .

Materials:

- Newspaper
- Tape
- Scissors
- Black construction paper
- Clear plastic wrap
- Aluminum foil
- One piece of notebook paper
- Pencil or Pen

- 1) Make sure the pizza box is assembled and closed. Place notebook paper in the center of the lid of the box and trace its outline on the lid. Put the piece of paper aside.
- 2) Cut the two long edges and one of the short edges of the rectangle that you just traced on the lid of the box, forming a flap of cardboard. Gently fold the flap back along the uncut edge to form a crease.
- 3) Wrap the underside (inside) face of this flap with aluminum foil. Tape it on the other side so that the foil is held firmly. Try to keep the tape from showing on the foil side of the flap. The foil will reflect sunlight into the box.
- 4) Open the box and place black construction paper in so it fits the bottom of the box. This will help to absorb the sun's heat.
- 5) Close the box, roll up some newspaper, and fit it around the inside edges of the box. This helps hold in the sun's heat. It should be about 1 to 1 1/2 inches thick. Use tape to hold the newspaper in place, but only tape it to the bottom of the box, not the lid.
- 6) Cut two pieces of plastic wrap an inch larger than the flap opening on the box top. Open the box again and tape one piece of plastic wrap to the underside of the flap opening. After taping one side, pull the plastic wrap tight and tape down all four sides so the plastic is sealed against the cardboard. Then close the box and tape the other piece of plastic wrap to the top of the flap opening. Again, be sure the plastic wrap is tight.

Source: U.S. Department of Energy

T-Shirt Tote Bag

Preparation: Invite students to bring an old t-shirt from home to make their own bag.

Materials:

- Old t-shirt
- Scissors
- Marker



- 1) Cut off the sleeves. Fold the t-shirt in half you can cut both sleeves at once so that they are identical. If your material is too thick to cut them both at once, you can cut one, then fold it in half and use the cut side as a guide for the next sleeve.
- 2) Turn the shirt inside out and trace an outline around the neckline area. Cut out the neckline.
- 3) Leaving the shirt inside out, determine how deep you want the bag to be using a book or similar item. Trace a line across where you want the bottom of the bag to be.
- 4) Cut slits about 3/4" to 1" apart from the bottom of the shirt up to the line marking the bottom of your bag. You'll want to cut both the front and back layers together because they need to match up for the next step.
- 5) Take your first pair of fringe and tie it into a knot, then tie two more pairs. Now if you lift your bag you'll see that although the pairs are pulling the bag together, there's a hole between each pair. Grab one strand from the middle set and tie it in a knot with one of the strands on the left set. Then I take the other strand from the middle set and tie it in a knot with one of the strands on the right set. Then take

Source: mommypotamus.com



Sustainable Sites

Native Plant Bingo



Preparation: Bingo cards for each student will need to be printed. Make sure to use durable cardstock so that cards can be reused. Explain how native plants are great for gardens because they use less water and bloom more often.

Materials:

- Printed bingo cards from this booklet
- A bowl or bucket to draw names of plants from
- Small objects to mark the spots such as beans or fun foam pieces.
- Small prizes (optional)

1) Cut up the call sheet with the pictures and names of plants on it and mix them into the bowl or bucket.

2) Distribute bingo cards to students. Each card should be different, but students can be separated into groups and play together.

3) Explain the rules as follows:

- When a student hears the name of a plant that is on their card, they must put a marker on it
- Must match pictures in rows and columns to make a horizontal, diagonal or vertical line to get a BINGO

4) Draw pieces out one at a time making sure all students have a chance to both hear the name and see the picture so they can match it to their own.

5) Put aside the pieces you have called out so there are no repeats.

6) When a student calls BINGO, verify it by checking it against the ones you've called.

GREEN APPLE™ DAY OF SERVICE

September 26, 2015

GET YOUR IDEA TOGETHER

CHOOSE A PROJECT

There are so many different types of projects you can do to benefit schools, but they may not all be right for the schools in your community. We've provided some suggestions on the Green Apple Day of Service website, but you and your team can and should think beyond those ideas to find what's best for you.

A good starting point is to reach out to a school or campus near you, letting them know about your service project and seeing if they have any green goals they're already working towards or feel may be out of their reach. Many schools might have projects they've put on the back burner because of a lack of time or capacity, and some willing volunteers might be exactly what they're looking for.

ESTABLISH PROJECT GOALS

Preparing for your project will be much easier and more successful if you have a clearly defined desired outcome. How many participants are you aiming for? Exactly what do you want to be accomplished or produced by the end of your project? How many media placements do you want your project to generate? The more specific and detailed your metrics for success are, the easier it will be for you to determine exactly what you need to prepare beforehand.

SHARE YOUR PROJECT WITH US

Follow the instruction guide (found on <http://www.mygreenapple.org/>) for information on how to utilize the online system to share your project with others and generate more participants.

WE'RE HERE TO HELP

If you have an idea and would like our help getting it off the ground, please contact us at:

greenschools@usgbc-la.org

GREEN APPLE™ DAY^{OF}SERVICE

SEPT
26
2015

Let us help! Contact us for more information:

For general questions on Green Apple Day of Service, starting a project or finding a project near you, please contact Julia Hawkinson or Eric Brossy de Dios at greenschools@usgbc-la.org.

You can also visit USGBC-la.org and greenapple.org for more information.

