



80 Ways to Activate Self-Organizing Kit



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Introduction



The legacy of Dr. Martin Luther King, Jr. will be celebrated on January 19, 2009. In the midst of a challenging time in our nation's history, the 2009 King Holiday offers a rallying point to answer the call to service issued by President-Elect Obama, and an opportunity to engage the nation in realizing the dream of Dr. King's beloved community.

It is of great importance and a tremendous opportunity, as the world's largest volunteer organization and as a nation, to both honor Dr. King's 80th birthday and to celebrate this history-making inauguration of our new president with a commitment to serve.

80 Ways to Activate Self-Organizing Kit, in honor of Dr. King's 80th birthday, gives you ways to equip, mobilize and inspire individuals and organizations in your community. The kit offers individuals, families, and communities MLK Day volunteer opportunities in three levels of engagement. First, you can explore 30 easy to implement "Done in a Day" meaningful activities and projects; 35 "Ideas and Activities for Everyone" detailing projects that individuals, businesses, groups, families and youth can implement to help improve local and global communities, including information on how to define and select an action that meets real community needs, and 15 "Organize Community Projects" ideas ranging from how to organize a think-tank session in your local coffee shop, to organizing a film festival in your community center or home with issue discussion topics ready to help you create great dialogue and interaction.

Project Ideas

Organize Community Projects

1. Plant a Tree

Organizing a landscaping project is an easy way to beautify and enhance your surroundings. Contact your county and ask how you can add more trees to your community.

2. Create a Peace Garden

Turn a vacant lot into a garden or bird sanctuary. Or create a garden at a local shelter or childcare center. Partner with neighbors or the receiving organization to engage recipients in the planning and service activities.

<http://www.kidsgardening.org/>

3. Go Green By Recycling

Start a school or neighborhood recycling program. Contact your local recycling center about recycling containers. Learn about the different types of recyclable products and promote them in your community.

4. Organize a Food Drive

Organize a food drive at work or school to raise awareness and collect food for a food bank or a soup kitchen. Combine this with creating “Stone Soup” a very nutritious dish – soup kitchens and homeless shelters are often happy to receive donations of homemade soups.

5. Operation Energy Save

Conduct an energy audit for older adults in your neighborhood, church, senior center, etc. to make the space more energy-efficient. Operation Energy Save is designed so that individuals, organizations, and community groups can help older friends and neighbors save money on energy costs. Your involvement will make a difference to people you care about. www.AARP.org/CreateTheGood/energy

6. The Power of Peace Cranes

Read *Sadako and the Thousand Peace Cranes* by Eleanor Coerr and make peace cranes as a symbol of your commitment to peace and distribute to local schools and community centers.



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A number of the project ideas were courtesy of Kids Care Clubs, a program of HandsOn Network that provides tools and resources for elementary and middle school aged youth to implement meaningful hands-on service projects in their community. For more information, please visit www.kidscare.org.

7. Make a Diversity Quilt

Create a patchwork quilt that consists of many diverse colors and sizes of material scraps. Individual scraps do not make a statement, but when sewn next to each other, they become a beautiful design. Besides being a work of art, quilts are practical. They warm and comfort children and adults. Your group can make a simple lap or crib quilt to comfort a child or adult.

8. Create 31 Days of Peace, Kindness and Justice

Create an easy reflection statement or mission. Utilize the list of quotes on page 17 and reflect on one each day. What does it mean? Why is the sentiment important? What impact can it have in your life? Make it a tagline on your email or take a few moments each day to gather staff, family, or friends to have folks share what it means for them or how it could be actualized in their life.

9. Create a Benchmark for Social Change

Design bus seat covers that allow people to better understand what is possible when they make a commitment to social change. The covers can then be placed on functional school or city buses.



10. Make One World, One Heart Necklaces

Inspired by Hannah Bassewitz, a HandsOn Network “Young Hero” from Crossroads Elementary School in St. Paul, MN, the necklaces are a creative way to show someone you care about them and about the world we live in. Make two necklaces, one for yourself and one for someone special.



11. Weatherizing for Those in Need

Help low-income families and elderly community members save on their energy bills by weatherizing their homes to prepare for the cold and wet seasons.

12. Create Environmentally Friendly Household Cleaners

Make a kit of “Safe and Healthy Household Cleaners” for friends and family.

13. Compost School Cafeteria Garbage

Talk to your school officials and offer to build a school compost bin for lunchroom garbage.

14. Create Backpacks for Back to School

Create back-to-school backpacks filled with school supplies for low-income families.

15. Design Murals and Mosaics

Create community art by painting murals incorporating diversity and justice themes or piecing together domino mosaics in the image of Dr. King.



Ideas and Activities for Everyone

16. Go Green

Design a waste reduction plan for your family, house, or class, with practices such as using the backs of paper, repairing leaky faucets, and turning out lights when they are not needed. Visit <http://www.kidsforsavingearth.org/> to check out 50 things kids can do to save the earth.

17. Volunteer at the Food Bank

Contact your local food bank or food pantry and offer to sort and package food for families in need.

18. Invest Time at your Local Shelter

Work with homeless shelters by cooking for residents, cleaning neglected areas, and collecting much needed supplies such as clothes, food, and office materials.



19. Create a Birthday Party with a Purpose.

Throw a birthday party to celebrate Martin Luther King's 80th Birthday or celebrate the Civil Rights Movement. Check out Quaker's 'Birthday Party with a Purpose' for free materials and ideas on how to design the day. www.QuakerKidsDoingGood.com

20. Create a Wall of Dreams

Read Dr. King's "I Have A Dream" speech with community members or school children. Invite your group to take excerpts from the speech and illustrate it on a mural or picture. The group can also make a mural about their own dreams about peace in their school, community, country or the world.

<http://www.kidscare.org/clubcentral/martin-luther-king-day-2009>

21. Engage in Conversation

Engage youth volunteers in intergenerational conversations with seniors as they recognize the seniors' extraordinary lives and work together to create hope flags to illustrate their wishes for the world.

22. Food for Thought

Have a bake sale and donate the money to a charity or organization that promotes diversity and tolerance. In honor of Dr. King, the proceeds from your bake sale could go to Build the Dream at www.buildthedream.org, the organization building a memorial to Dr. King in Washington, DC.

23. Fundraise

Organize a concert or play as a fundraiser for local shelters and agencies that work with the underserved.

24. Expand Your Marketing Skills

Design an ad campaign to get local businesses and individuals to donate time or money to a shelter.

25. Design a Welcome to the Neighborhood Program

Make "New Kids on the Block" survival kits for new kids in the neighborhood or school. Include items like a welcome card, school calendar, cool places to go, etc.

26. Lead a Discussion on Nonviolence and Immigration

Lead a workshop titled, "Immigration Today." Leaders of immigrant rights will lead a discussion on political asylum and refugee status, and how Dr. King's principles of combating injustice through nonviolence still applies today.



27. Build a Playground

Volunteer to build playgrounds for schools and communities. www.kaboom.org

28. Bridge the Digital Divide

Design a charitable “technology” day where computer savvy youth and adults share their expertise with the elderly, kids, and people new to computers or other useful forms of technology. It can be coupled with a “Computer Drive” in which old and used computers are donated at a central location and distributed to those unable to afford them.



29. Foster Discussion About the Civil Rights Era

Partner with a local high school. Have high school students visit a local senior citizen center. Students will interview seniors on their experience during the Civil Rights Era. The stories can be compiled in a pamphlet for community schools.

30. Create a Cleaner and Safer Community

Assign teams of students to one square mile of their community. Each team is responsible for coming up with and implementing ideas for beautifying their assigned neighborhood (through picking up trash, removing graffiti, etc.), identifying safety hazards, and delivering public safety messages through interactions with community residents.

31. Create Library Makeovers

Transform a school library into a vibrant, warm and welcoming place where students can get excited about reading and encounter new stories, ideas and people.

32. Provide College Preparation for Teens

Encourage high school seniors to mentor younger teens on how to prepare for college, such as selecting courses and making themselves good candidates for admission.

33. Host a Read-a-thon or Essay Contest

Organize a read-a-thon, essay contest or other academic contest or campaign at your school to promote development of academic skills. Utilize the books on page 42 as possible options, or utilize Civil Rights quotes as themes for essay contest.

34. Organize a Book Drive

Hold a book drive at your school and donate the proceeds to a children’s shelter or ask your local YMCA/church/fire department to donate books about MLK that can be used to fill the school library with a section on MLK where children can learn about his legacy. www.firstbook.org

35. Volunteer Your School

Organize a conference at your school to raise awareness of the unmet needs of youth in the community and of the many ways students can get involved. Provide volunteer resources for students and have sign-ups for upcoming projects and initiatives.



36. Create Social Justice 365

Work with students to create informational boards/bulletins on how to practice social justice all year long.

37. Host a Dr. King Poetry Slam

Partner with the local library or coffee shop and have a youth poetry slam where kids are invited to share their writing and reflections on MLK Day.



38. Stimulate through Art

Give low-income preschoolers a head start by creating felt boards that stimulate curiosity, creativity and learning about the world around them.

39. Transform a School

Clean and restore school grounds, both internal (clean counters and walls, paint) and external (clean outside trash, fix fences and playgrounds, etc.).

40. Revitalize a Neighborhood

Renovate a low-income neighborhood with painting and repairs. Ask elderly, low income or disabled residents how you can improve the quality of living at home.

41. Writing with Hospital Children

Visit a children's hospital and with the children write a mini-book about Dr. King, his values, peace and community.

42. Get Outdoors!

Gather a group of friends or colleagues and refurbish or create nature trails. Learn about the local plants and wildlife. Learn to identify invasive plant species and assist with removing them during invasive plant removal activities.

43. Plant Flowers for Seniors

Visit a senior facility and build window flower boxes. Ask them about their favorite flower and offer to plant for them.

44. Recycle for Art

Encourage students to bring in recyclable goods and create "public art" for their school or church to encourage recycling.



45. Create a More Livable Neighborhood

Work with your neighbors to make your neighborhood more livable for all the residents. Give the neighbors and members of your faith community a list of ways to make easy, low-cost changes to a home. http://www.aarp.org/makeadifference/volunteer/livable_communities/

46. Assist in Job Placement

Offer to provide job searching skills to those who are unemployed. You can assist with researching opportunities, building a resume or writing a cover letter. <http://www.aarp.org/makeadifference/volunteer/work/>

47. Create Healthy Living

Help the elderly in your neighborhood to live healthier lifestyles. Research and share ways to eat better, exercise, and take care of mind, body, and soul. http://www.aarp.org/makeadifference/volunteer/healthy_living/

48. Care for the Caregivers

Identify a caregiver you know and offer to lend a hand. You can make a big difference by giving that selfless caregiver some time for self care. <http://www.aarp.org/makeadifference/volunteer/caregiving/>

49. Do It Yourself Shoe Recycling Program

Concerned about the environment and committed to making a difference? Recycling your athletic shoes with Nike's Reuse-A-Shoe is a simple way to start – no matter what brand – you can drop it off at a location near you. www.nikereuseashoe.com



Done in a Day

50. Create a Black History Month Crossword Puzzle

Print out a crossword puzzle for each person and break the group into teams and see how many names they can come up with. http://seattletimes.nwsources.com/news/lifestyles/links/bhistory_crossword/

51. Organize a Trash Pick-Up in Your Community

Pick up trash in your neighborhood, school, community center, and/or church to take care of and beautify the area.

52. Beautify Your School

Help refurbish your local schools. Plant flowers and trees, paint benches or murals and small repairs.

53. Refresh Community Spaces and Encourage Public Transit

Clean up bus stops and subway stations, and then distribute transportation schedules at your school and in your neighborhood to promote use of public transportation and carpooling.

54. Support Your Parks

Volunteer at local, state, and national parks and forests and work on recreation projects, build shelters and camps, repair trails, and create play areas for children. <http://www.nps.gov/gettinginvolved/index.htm>

55. Start a Book Club or Movie Night

Gather a group together and discuss a book or movie that is themed around peace, the legacy of civil rights or the life of MLK, Jr.

56. Promote Health and Exercise

Educate your community on the benefits of walking. Start a community bike program and reach out to your community cycle center and see if you can work with them to create a 'fix a bike day' or youth biking or walking marathon. <http://www.ibike.org/encouragement/freebike/directory/usa.htm#usa>



57. Honor Dr. King through Art

Work with local neighbors and decorate paper bags or posters with pictures, dreams and quotes from MLK, Jr. and distribute to local stores to showcase on 2009 MLK Day.

58. Collect In-Kind Donations for Shelters

Organize your neighborhood and collect toys, clothes and canned goods to give to homeless or women's shelters.

59. Offer Family Portraits at a Local Shelter

Work with shelter residents or senior living communities and organize a photo session for individuals, families or friends. Make sure to respect privacy rights and ask for permission.

60. Create a Day of Beauty

Organize a "day of beauty" for those in need with experienced professionals. Work with your local salons to promote free haircuts and manicures at a local women's shelter. Make sure to respect privacy rights and ask for permission.

61. Offer Computer Training

Assist with computer classes for the unemployed at the local job coaching or self-sufficiency center.

62. Provide Child Care for a Shelter

Contact your local shelter and offer to provide child care for shelter residents. Play games, create crafts, or read to the children. Make sure to respect privacy rights and ask for permission.

63. Revitalize Local Shelters

Make colorful decorations for a shelters or senior living communities. Create signs, ornaments, pictures, flowers, etc. In finding ways to access materials for the decoration projects, remember to see what you have at home. Yarn, buttons, magazine photos, etc. can all be used for creative and colorful decoration materials. Or check to see if your community has an art material recycle center for art materials. <http://www.scrap-sf.org/>

64. Tutor Children

Contact your local shelter and offer to tutor the resident children in reading, writing and math. Make sure to respect privacy rights and ask for permission.

65. Advocate for the Homeless

Write letters to the editor of your local paper advocating for the needs of the homeless. Research statistics on hunger and homelessness in your community and raise awareness.

66. Start a Winter Coat Drive

Hold a coat drive in your community by partnering with schools and local businesses. Ask for gently used coats to donate to those in need. <http://www.coats-for-kids.org/>

67. Organize a Baby Supply Drive

Contact your local hospital to get more information on their program for new mothers. Collect baby basics such as formula, diapers, and layette items and deliver to a local hospital for new mothers in need.

68. Demonstrate Your Mending and Sewing Skills

Contact your local shelter or senior community and offer to alter and repair clothes for the needy, elderly or homeless.

69. Become a Star for a Day

Perform music, drama, and/or dance at local hospitals, shelters, community centers, senior homes using themes of MLK, Jr. values and principles.

70. Showcase Your Drama Skills

Write and perform a play about Dr. King and the Civil Rights Movement. You may even want to invite the children in your community to join.

71. Create a Festival of Cultural Diversity

Create a cultural diversity festival illustrating all the cultures represented in your community. Integrate MLK, Jr. quotes throughout the festival to celebrate your diverse community.

72. Host a Blood Drive

Gather a group of friends, family, and colleagues to donate blood to the local Red Cross. Or you can facilitate a bone marrow drive at a local hospital. www.givelife.org



73. Support Our Troops

Set up a table in a local mall or shopping center and invite families in faith communities to make cards and care packages for overseas military personnel. www.LetsSayThanks.com

74. Teach Art in an Under Resourced School

Art projects encourage creativity, but they are often the first thing to be cut in under resourced schools. Seek out donations of materials from family, friends, and sponsors. Utilize unique or creative and easily accessible items for projects such as yarn, buttons and magazine photos.

75. Teach Students about Science

Provide hands-on science activities in an elementary classroom. Think about interesting science experiments from your school days or do some research on the web. <http://homeschooling.gomilpitas.com/explore/sci.htm>

76. Coordinate Special Events at Schools

Help a school put together a special event, such as a career day, parent night or cultural fair. Get the parents, students, and teachers involved.

77. Assemble Literature for Schools

Put together packets of study skills literature or other aids to help kids succeed in their classes. Make these available at local schools.

78. Advocate for the Homeless through Art

Design posters that raise awareness of the issues of homelessness and poverty. Contact local businesses to ask permission to post artwork in strategic locations such as your local supermarket. (Kat Edmondson's "Be the change that you want to see" <http://www.karmatube.org/videos.php?id=411>)

79. Bilingual? Share Your Talent

Become a translator for local nonprofits in need of this service for client relations or material development. Visit 1-800-Volunteer and sign up to share your language skills. www.1800Volunteer.org

80. Volunteer at a Local Tax Preparation Office

Want to be a part of lifting over five million individuals, 2.6 million of which are children, out of poverty this year? Become a volunteer tax preparer, a greeter, a child care provider, an outreach coordinator or a translator for your local VITA site, or tax coalition providers and make free tax preparation available to more individuals in or at the poverty level. <http://www.irs.gov/individuals/article/0,,id=96406,00.html>



Thank You to Our Sponsors

We would like to thank the following sponsors whose passion for social change, leadership in fostering a newly imagined service movement, and belief in the expanded community impact have ensured the success of MLK Day 2009.

Eli Lilly and Company

Delta Air Lines

the official airline of the 2009 MLK Holiday

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Project Examples – How To Guide

Peace Cranes

Peace is a powerful value for children. Children who are taught to understand peace will develop the tolerance to resolve matters in a peaceful way. Understanding, kindness and respect for every person's uniqueness will help these future leaders promote peace and justice in the world. And they can begin to practice peaceful resolution today in the classroom, at home and in the community. "It is important to learn about peace because creating peace in our world is up to each and every person – by how they act and what they say." Before starting the project, discuss ways that we can keep peace in our homes, schools and communities.

Origami Peace Cranes

Origami – ori means folding, gami means paper in Japanese, and cranes symbolize peace. Sadako Sasaki developed leukemia in 1955 from the effects of radiation caused by the bombing of Hiroshima, during World War II. While hospitalized, at 12 years old, she began folding a thousand paper cranes in response to the Japanese legend that the gods might grant her wish to be well again. There are several books about Sadako, one of them is *Sadako and the Thousand Peace Cranes* by Eleanor Coerr.

Materials Needed:

- Paper – Origami paper, which is strong and holds the crease well, is available in art and stationery stores. A large set (\$4.90) can be ordered on-line from craft stores such as www.Michaels.com. Almost any other paper can be used – magazine pages, gift wrap or notebook paper.
- Scissors
- String and 1/4" pieces of plastic straw or coffee stirrers to place between the cranes, if you plan to string them. If you string the cranes, push the needle with the string through the hole in the bottom of the crane and bring it out through the point in the center of the crane's back.

Steps Involved:

Directions for folding a paper crane can be found at <http://www.informeddemocracy.com/sadako/howtofold.html>

Displaying Your Cranes

You can string your cranes and display them in your classroom, school, library or town hall.

A number of the project examples listed here were courtesy of Kids Care Clubs, a program of HandsOn Network, that provides tools and resources for elementary and middle school aged youth to implement meaningful hands-on service projects in their community. www.kidscare.org



Diversity Quilt

Quilt making goes back almost 2,000 years and is believed to have originated in Asia. By the 19th century quilting was not only an established folk art in America it was used to help slaves escape through the Underground Railroad. Different patterns of quilts hanging in windows were said to give slaves clues as to the safe path to freedom or being at a safe house. Patchwork quilts consist of many diverse colors and sizes of material scraps. Individual scraps do not make a statement, but when sewn next to each other, they become a beautiful design. Besides being a work of art, quilts are practical. They warm and comfort children and adults. You can make a simple lap or crib quilt to comfort a child or adult.

Materials Needed:

- Diverse pieces of cotton fabric
- A single piece of cotton for the back depending on the size and number of squares
- Quilt batting for the middle
- Quilt binding
- Embroidery floss
- Needles, thread and sewing machine

Steps Involved:

1. Decide who will receive your quilt. It can be as close as your neighbor or to a child across the globe. See Diversity Quilt Resources below.
2. Choose the size of your quilt. A 36" by 48" will take 48 6" x 6" squares. You can cut the squares larger or smaller.
3. Cut the fabric into the size square you want, sew the squares into pairs and the pairs into rows.
4. Cut the back piece the same size as the quilt top.
5. Cut the batting to fill the quilt – sandwich it in between the top and bottom and baste around the perimeter.
6. To keep the batting in place – use the embroidery floss to make “knots” where the corners of the squares intersect.
7. Deliver or mail your quilt. Include a card from your family.

Diversity Quilt Resources

Check local agencies to inquire if you could donate your quilts to someone in need: hospitals, nursing homes, homeless and domestic violence shelters, and your local social services.

Or, send quilts to:

- Children in war-torn areas including orphanages, schools for the deaf, street children and trauma centers around the world: More Than Warmth at www.morethanwarmth.org
- Children who are seriously ill in your community or in any state in America – Project Linus at www.projectlinus.org

31 Days of Peace, Kindness and Justice

Many people have worked for and are still striving to create a world of compassion, kindness, inclusiveness and non-violence. These 31 quotes can be used for discussion or read by students at the start of each day in January in the classroom or over a public address system. You can also research the authors and discover what their contribution was to creating a peaceful society.

1. *"Love is the only force capable of transforming an enemy into a friend."*
Dr. Martin Luther King, Jr.
2. *"No man is an island, entire of itself; every man is a piece of the continent, a part of the main."*
John Donne
3. *"Alone, all alone – Nobody, but nobody – Can make it out here alone."*
Maya Angelou
4. *"All men are brothers."*
Jean Henri Dunant
5. *"Be the change you want to see in the world."*
Mohandas Gandhi
6. *"In a world where there is so much to be done, I felt strongly impressed that there must be something for me to do."*
Dorothea Dix
7. *"Make me an instrument of your peace. Where there is hatred let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy."*
St. Francis of Assisi
8. *"Pro pace et fraternitate gentium."*
That is the Latin inscription on the Nobel Peace Prize gold medal, which means "for peace and brotherhood of people." The Nobel Peace Prize is awarded to the person(s) who in the past year has done the "most or the best work for brotherhood among nations, for the abolition or reduction of standing armies and for the holding and promotion of peace congresses."
9. *"Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve...You only need a heart full of grace; a soul grounded by love."*
Dr. Martin Luther King, Jr.

31 Days of Peace, Kindness and Justice (continued)

10. *"The fruit of silence is PRAYER. The fruit of prayer is FAITH. The fruit of faith is LOVE. The fruit of love is SERVICE. The fruit of service is PEACE."*

Mother Teresa of Calcutta

11. *"No act of kindness, no matter how small, is ever wasted."*

Aseop

12. *"That best portion of a good man's life; His little, nameless, unremembered acts of kindness and love."*

William Wordsworth

13. *"Guard well within yourself that treasure, kindness. Know how to give without hesitation, how to lose without regret, how to acquire without meanness."*

George Sand

14. *"The bitterest tears shed over graves are for words left unsaid and deeds left undone."*

Harriet Beecher Stowe

15. *"Whatever you may do may seem insignificant, but it is most important that you do it."*

Mohandas Gandhi

16. *"This is our cry, this is our prayer; peace in the world."*

Inscription written by the friends of Sadako's Saski's, engraved on her statue at Hiroshima Peace Park.

17. *"Love is doing small things with great love."*

Mother Teresa

18. *"The future, if only we can learn to will it, shall belong to neither war, no division, nor hatred. It shall belong to peace, to work, and to arbitration."*

Fédéric Passy

19. *"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character. I have a dream today."*

Dr. Martin Luther King, Jr.

20. *"Hold fast to dreams, for if dreams die life is a broken winged bird that cannot fly."*

Langston Hughes

31 Days of Peace, Kindness and Justice (continued)

21. *"I refuse to accept the view that the bright daybreak of peace and brotherhood can never become a reality."*

Dr. Martin Luther King, Jr.

22. *"Mankind must remember that peace is not God's gift to his creatures; peace is our gift to each other."*

Elie Wiesel

23. *"If you don't like the way the world is, you change it. You have an obligation to change it; you just do it one step at a time."*

Marion Wright Edelman

24. *"The journey of a thousand miles begins with a single step."*

Lao Tse

25. *"Peace cannot be kept by force. It can only be achieved by understanding."*

Albert Einstein

26. *"Peace is more difficult than war."*

Aristotle

27. *"The love of our neighbor in all its fullness simply means being able to say, 'What are you going through?'"*

Simone Weil

28. *"Forget injuries, never forget kindnesses."*

Confucius

29. *"As long as you keep a person down, some part of you has to be down there to hold the person down, so it means you cannot soar as you otherwise might."*

Marian Anderson

30. *"Injustice anywhere is a threat to justice everywhere."*

Dr. Martin Luther King, Jr.

31. *"I would like to be known as a person who is concerned about freedom and equality and justice and prosperity for all people."*

Rosa Parks

A Benchmark for Social Change

This is a public art project focused on honoring the roles that young people played during the Civil Rights Movement in America. During the project, volunteers design bus seat covers to help young people better understand what is possible when they make a commitment to social change. The bus seat covers are then placed on functioning school buses.



Project Type:

Inspirational Public Art

Duration of the Project:

2.5 hours for project; 30 minutes for discussion

Age Requirement:

9 and up

Minimum Number of Volunteers:

1 per seat cover

Maximum Number of Volunteers:

3 per seat cover

Number of Volunteer Leaders:

1 per 20 participants

Materials Needed:

- 1 Blue Bird 39" Velcro bus seat cover
- 3 gloves per volunteer
- Various art supplies, depending on the artists' concepts

NOTE: Artists must ensure all supplies are non-flammable, water-based and do not bleed onto skin or fabric over time.

- 1 Tarp per seat cover



A Benchmark for Social Change (continued)

Project Development

- **Develop a Concept First:** Determine what social justice themes, issues, and figures resonate with you, your organization, your city and current events. What variations can be made to the project to make it unique to your city? Consider involving children in the design development.
- **Write a Brief Proposal** to garner interest and provide information about the project. Include the purpose, timeline, contact information, outcomes and budget. You may also want to include artistic sketches and pictures, if possible.
- **Recruit Artists (Allow 3 weeks):** Professional and student artists can assist with developing a concept for the seats. Artists may also serve as Volunteer Leaders the day of the project, guiding volunteers to complete the concept. Prior to recruiting an artist the following need to be established:
 - **Role Description:** Provide details on the expected outcomes, deadlines for submission, what the artist needs to do, how much time is required, the supply budget and benefits for the artist.
 - **Call for Submissions:** Put out a call for submissions, circulating your role description via listservs, local art schools, college art departments, primary and high schools, city art bureaus, art festivals, etc.
 - **Review Submissions:** Review the submissions to determine which ones are most appropriate. Be sure to thank each artist who submitted and keep their contact information for future opportunities.
- **Obtain Supplies (Allow 1 Week):** Artists should state what supplies are necessary and where to obtain the supplies. Artists should ensure all supplies are non-flammable, water-based, and do not bleed over time onto skin or fabric. You may also want to purchase clear vinyl seat covers to further protect the finished bus seats. Purchase clean up and safety supplies. Consider obtaining a sponsorship or donation for costs.
- **Recruit Volunteers:** Make phone calls, do personal visits and pass out flyers to recruit volunteers. As you do so, consider targeting special interest groups, civil rights organizations, minority affinity groups, fraternities, sororities, civic organization and art students.
- **Install Seat Covers:** The seat covers should be installed on operable school buses to inspire and motivate youth. Seek permission from the local school system. Arrange for completed covers to be picked up or dropped off to the transportation authority. Select either a bus driver or a school child to install the covers.

A Benchmark for Social Change (continued)

Before the Project

- Obtain approval from local school system to place covers on operable buses.
- Secure an appropriate project location.
- Consider conducting the project in an outdoor, visible setting and communicate project location to all participants.
- Consider refreshments and restrooms.
- Develop weather contingency plans.
- Identify a speaker and facilitator for service-learning.
- Create press releases.
- Build easels so that volunteers will have a steady surface to work on. If you choose not to build easels, the covers can be laid flat and designed one side at a time, but this will increase the design time and may affect the quality. If you choose to design the seat covers without the easels, lay out tarp(s) and place the seat covers on top, allowing enough room for two volunteers per seat cover.

Day of the Project

- Make sure the project location is well-marked and set up registration and refreshment tables.
- If there are several seat covers and several artists, tape a copy of the sketch design to the seat cover or tarp to delineate the seat.
- Organize all supplies and place them in a central location.
- Take before, during and after pictures or video of the seat covers.
- Allow seat covers to dry 1 to 2 hours before removing them from the easels.

After the Project

- Move completed seat covers to a secured location until they can be installed on operable school buses.
- Database all participants and sponsors.
- Send completed photos to school officials for installation.
- Follow up with school officials for placement.
- Send thank you cards to all participants and sponsors and periodically update participants and sponsors about seat placement.



One World, One Heart Necklaces

Inspired by Hannah Bassewitz, a Young Hero profiled in *Young Heroes* magazine, these necklaces are an easy and creative way to show someone you care about them and about the world we live in. Make two necklaces, one for yourself and one for someone special.

Materials Needed:

- Beads
- String
- Blue and green paper

Steps Involved:

1. Gather different colored beads (diversity) and string. You can buy beads at the store or make your own using clay. If you make your own, remember to create a hole through the bead (using a toothpick) so you can put the beads on a string.
2. Use blue and green construction paper to create a globe – a blue circle for the oceans on the Earth – overlaid with green paper continents.
3. Punch a hole through the top of your globe so it can be strung onto your necklace. String the globe on and make the ends of your necklace even, so the globe sits in the middle of the necklace.
4. Then, take your beads and string them on. Notice all the different shapes, sizes and colors that the beads make. Ask your children how all the different beads are like people in the world?
5. Make your necklace long enough so it can slip on and off over your head easily. Then, tie the ends of the strings tightly together.
6. Now you have a One World, One Heart necklace! Make another with your leftover beads and construction paper and give it to a friend

Safe and Healthy Household Cleaners

Did you know that indoor air can be more hazardous to your health than outdoor air? Most people think of air pollution as being smog outside, but the Environmental Protection Agency (EPA) states that we could be exposed to more toxic chemicals inside than outside. Indoor air pollution can come from new carpet, paints, plastics, pressboard, natural gas and cleaning products.

In addition, many household cleaners are toxic (poisonous to humans and animals) and considered hazardous waste. You should not dispose of them in your regular garbage. When they end up in a landfill, they can pollute our groundwater and harm humans and animals. Cleaning products such as furniture polish, oven cleaners, drain cleaners and even air fresheners are considered hazardous waste.

There are alternatives to using toxic cleaning products. You probably have many of them at home. They are less expensive, smell better and are healthier for your family and your pets.

The basic ingredients for many natural household cleaners are:

- Baking soda
- White vinegar
- Dish detergent
- Olive oil
- Club soda

You can get recipes for making natural homemade household cleaners from a great book, *Clean House, Clean Planet* by Karen Logan or from websites such as www.kidsorganic.com. Your club could gather “recipes” for making Safe and Healthy Household Cleaners Books for their families, or make posters to share what they have learned.

Next are some recipes for you to start with. The Vanilla Power Air Freshener would be a great place to start.

Safe and Healthy Household Cleaners (continued)

Vanilla Power Air Freshener

From *Clean House, Clean Planet*

Many air fresheners come in aerosol cans which put fluorocarbons into the atmosphere (adding to greenhouse gases) and end up in landfills. You can make an effective alternative that is cheaper and environmentally friendly.

Materials Needed:

- Cotton balls
- Pure Vanilla Extract (not imitation)
- Small jar with lid

Steps Involved:

1. Put cotton ball into the jar and soak it thoroughly in the pure vanilla extract.
2. Place the jar, uncovered in the area you want freshened. It starts working within one hour and within 8 hours you will smell a significant difference.
3. When the cotton ball dries out, reuse it or add a new cotton ball.
4. For use in a car, take the lid off at night.

All-Purpose Cleaner

From *Clean House, Clean Planet*

Liquid hand-dishwashing detergents such as Palmolive or Ivory are excellent cleaners and mild on your hands. You can use it to wash windows, floors, and delicate laundry with one or two squirts in a bucket of water. To wash your car use 2-3 squirts per bucket.

Materials Needed:

- Liquid dish washing detergent
- Clean pump spray or squirt bottles – do not reuse commercial bottles they might contain chemical residues even after they are washed.

Steps Involved:

1. Add one teaspoon for an 8-ounce spray-bottle of water (1 tablespoon for 16 ounces).
2. Label the bottle on the outside.
3. You only need a couple of squirts of the diluted liquid detergent; otherwise too many suds will form.

Silver Jewelry Cleaner

From www.kidsorganics.com

Materials Needed:

- Baking soda
- Water
- Cloth

Steps Involved:

1. Make a paste of baking soda and water.
2. Rub onto silver
3. Rub shiny.

Safe and Healthy Household Cleaners (continued)

Window Cleaner

From *Clean House, Clean Planet*

Materials Needed:

- Vinegar
- Water, or
- Club soda
- Spray bottle

Steps Involved:

1. Add 1/4 cup of vinegar to 1 quart of warm water. Fill spray bottle.
2. If you chose to use club soda instead, simply pour in a spray bottle (do not add vinegar).
3. Spray on windows and dry the windows with newspaper!

Furniture Polish

From *Clean House, Clean Planet*

Many furniture polishes come in aerosol cans and are expensive. You can make 16 ounces of polish for about 50 cents.

Materials Needed:

- Olive Oil
- White distilled vinegar
- Water, (purified if available)
- Spray bottle
- Pure essential lemon oil or lemon juice.*

Steps Involved:

1. Put 2 teaspoons of olive oil in the bottle.
2. Add 20 drops of pure essential lemon oil (available at health food stores) or 1-2 teaspoons of well strained lemon juice* (use a coffee filter if you don't have a strainer because pulp will clog the sprayer).
3. Add 1/4 cup of vinegar to 1 quart of warm water.
4. Fill spray bottle and label it!
5. Shake well before using.
6. Spray on cloth or directly on to the furniture and wipe it dry immediately.

* If you use lemon juice, you will have to refrigerate it. Make sure it is labeled – it has the same ingredients as salad dressing!

Back to School Backpacks

Back to School Backpacks give students the chance to start the school year right with a new backpack and supplies. Did you know there are millions of kids whose families cannot afford to buy them school supplies? There could be kids in your school or in your community who need school supplies.

How to identify kids who might need a backpack:

Start in your own school. Students in schools who receive free lunch or breakfast are often the kids who need help with a new backpack and school supplies. Some of these children are homeless, some are new immigrants, some are resettled refugees, some are in the foster care system, and some could be from poor families. Other families in your own school just might be going through difficult times financially. Ask the principal, social services/outreach worker or guidance counselor if there are children who could use a new backpack or school supplies – if you give to children in your own school, their names should be kept confidential by your school administration.

Who else needs school supplies? Consider students from the following places:

- A local low-income school
- An afterschool program
- Community centers
- Foster care agencies
- Human services or state departments for children and families
- Domestic violence or homeless shelters
- Soup kitchens
- Migrant families
- Refugees newly resettled in the United States cities

Materials Needed:

Include as many of the following items on the list as you can. The backpack and supplies should be new.

Elementary K-5

- New backpack
- Notebook
- Pens (2)
- Pencils (3)
- Small sharpener
- Markers or crayons
- Glue sticks

Middle School through High School

- New backpack
- Spiral notebooks
- Pencils
- Small sharpener
- Markers or colored pencils
- Folders
- Ruler
- Highlighters
- Pens
- 3 ring binder with loose paper (Optional)
- Calculator/dictionary (Optional)

Operation Energy Save

How to Help Your Friends and Neighbors Save Energy

Operation Energy Save was created for individuals and community groups to help friends, family, and neighbors conserve energy by sharing a checklist of tips that have been proven to reduce energy costs.

1. Choose three friends and neighbors you plan to assist. (Of course you can help as many as you like, but three is a great starting point.)
2. Schedule a quick energy-saving walk-through of their home(s) and use the Lend-A-Hand Checklist.
3. Leave a copy of the “Operation Energy Save: Easy Tips for Everyday Living” tip sheet, so they have a list of more ways to save on energy costs every day. (access this piece at: http://assets.aarp.org/www.aarp.org/_TopicAreas/MAD/Help_a_neighbor_to_save_energy.pdf)
4. Remember, you can always print more copies; the files are at AARP.org/CreateTheGood/Energy.
5. Visit AARP.org/CreateTheGood to let us know how this project worked for you and offer suggestions for future ideas.

Lend-A-Hand Checklist

As you know, energy costs continue to rise. But you can do something to help others. Operation Energy Save was created for individuals and community groups to help friends, family, and neighbors conserve energy by sharing a checklist of tips that have been proven to reduce energy costs. That way, those you care about can save money and stay warm.

1. Close the heat vents and the doors in rooms that aren't being used.
2. Make sure all windows are fully closed. Lock double-hung windows to minimize drafts coming through older windows.
3. Shut fireplace dampers to prevent heated air from going up the chimney when you're not using the fireplace. Be sure all embers are out.
4. Clean registers, baseboard heaters, and radiators, and be sure that they're not blocked by curtains, furniture, or carpeting.
5. Lower the temperature on the water heater to 120 degrees. Reducing the temperature by 20 degrees can save you nearly \$50 a year.
6. Replace or clean furnace air filters. A clogged, dirty filter forces your furnace to work harder. A clean filter can save you 10 percent on your bill.*
7. Remove window air conditioning units when the summer is over to prevent heat from escaping. If the unit can't be moved, cover it to prevent drafts.

*Professional assistance may be required to perform this task.

Operation Energy Save (continued)

8. Use expanding foam (available in spray cans) to seal the gaps around pipes that connect to the house from the outside.
9. Install weather stripping or caulk around doors and windows and place foam gaskets behind outlet plate covers on exterior walls. If there's a large gap at the bottom of an exterior door, install a door sweep.*
10. Seal and insulate ducts and joints with a non-hardening sealant. Ducts running through unfinished spaces (attics, crawl spaces, and garages) that aren't properly sealed and insulated can add 25 percent to your home's heating bill.*

*Professional assistance may be required to perform this task.

Thank you for helping out and making a difference in your community. Please visit AARP.org/CreateTheGood to discover more ways AARP can help you give back and to tell us about your experience with Operation Energy Save.



Create a Recycling Center

Recycling is an easy first step in positively influencing the environment. Recycling helps reduce the consumption of natural resources and energy. It also prevents pollution when a recycled material, rather than a raw material, is used to make a new product.

A collaborative school effort to establish a recycling program can get students educated and involved in ways to protect the environment. Students can work together by organizing and executing the project on a regular basis.

Suggested Age Group: teens, adults

Suggested Number of Volunteers: 8-10

Skill Level: moderate

Time: ongoing

Materials Needed:

- Containers large enough to hold recyclables
- Paper or poster board
- Pens/markers, paint, brushes

Activity Instructions:

1. Decide on an appropriate location for the recycling center. Choose convenient areas where trash is usually generated and where hauling the items away for disposal is easy (ex. cafeteria, classrooms, hallways, offices, etc.).
2. Select containers for each type of product (e.g., paper, plastic, aluminum, glass) that will be recycled. Make sure you check the requirements of the recycling program in your community. Some programs may allow products to be collected together.
3. Create signs or labels to clearly communicate what should be recycled in each container.
4. Designate somebody to pick up the to-be recycled goods and take to the appropriate center.
 - To make the project more engaging, students can decorate the recycling bins using art supplies.
 - At the end of the school year, hold a book drive and collect old books that will not be used the following year. Send the books to a recycling center.

Create a Recycling Center (continued)

Litter Crusader Project (Students will learn how to pick up litter and have fun with recycled materials!)

I'm a Nature Custodian (Students will learn about animals, develop an appreciation for the environment, and learn ways to conserve water and energy.)

Recycling: a Community Survey (Students will learn about recycling while discussing its meaning and how they can help.)

Talking Trash (Students will be undertaking a scientific study of the types of things that become litter and that they will record what they find.)

Acting Locally (Explore with your students how an action in one place can affect another place and how problems can spread.)



Paint a Mural

Painting a mural is a fabulous way to bring color and character into your school. Volunteers can create simple designs or hire muralists to create a template for the mural.

Suggested Age Group: teens, adults

Number of Volunteers Needed: 8-10

Skill Level: moderate, difficult

Prep Time: 1-2 hours

Time: 2-5 hours



Materials Needed:

- Drop cloths/tarp
- Enough latex paint for your mural design
- Masking tape
- Mural artist (optional)
- Overhead projector (optional)
- Paint buckets
- Pencils
- Roller pans
- Ruler
- Variety of paint brushes

Prep Instructions:

1. Volunteers can work with youth volunteers, artists, community members, and muralists to design murals that will be painted on/in the school. School staff should approve all murals in advance.
2. Before painting be sure to cover the floor area with drop cloth/tarp. Make sure to tape down drop cloth before getting started. You may also find it helpful to wash down the area to be painted or sand any chipped paint.

Activity Instructions:

1. Volunteers can also prepare drawing using transparencies and overhead projectors to project murals directly onto wall(s) to be painted. Volunteers may also use stencils to create murals.
2. Volunteers should pencil the drawing or image onto the wall and can also indicate by numbers the colors that will be needed for volunteers to fill in the mural.

Paint a Mural (continued)

3. Volunteers will paint the mural according to the template and color scheme.
 - Most mural projects can be completed in a day, but some more advanced projects may require an additional day of prep time. It is recommended to hire a muralist to help with the design, vision, and execution of the project.
 - Murals can also be painted on inexpensive canvas or plywood, which is a great option if murals may need to be moved in the future or the physical space for the mural doesn't allow for lots of volunteers to be painting at the same time.
 - If you are painting on tiles or brick, you may find it helpful to have 1:1 for adult to youth volunteer for each brick (if mural design permits).
 - You can also use these instructions to create "hand murals." These can be created easily and quickly. Volunteers simply place their hands in paint and then place them carefully against the designated mural area.
 - Lexmark PrintArt is a National philanthropic program designed to expand and enrich the art and cultural education resources in schools. Schools can receive a color inkjet printer featuring photo-quality resolution, a multilingual CD-ROM with approximately 100 high-resolution images of art masterpieces, and a teacher's guide with academic exercises.
<https://www.lexmark.com/US/PrintArt/Signup>
 - The Artists Helping Children website features sketches of animals, seasons, sports and famous children's characters that can be used as the outline of a mural. Children can learn about the topic or theme featured on the mural.
http://www.artistshelpingchildren.org/coloringpages_coloringprintouts.html

Non-Objective Art (The students will understand how art is influenced by current events. The students will use their knowledge about nouns to create a work of art.)



Create a Peace Garden

Volunteers will assist students in creating colorful gardens that will enhance and personalize their school environments. After the planting, students will be creating their own drawings and quotes about their dreams and inspirations. These images or writings will then be incorporated in the garden after the flowers are planted.

Suggested Age Group: children, teens

Suggested Number of Volunteers: 7-10

Skill Level: easy, moderate

Time: 2-3 hours

Materials Needed:

- Flowers and plants (choose carefully)
- Rocks (try to find ones that are medium sized and flat)
- Hands trowels
- Watering can
- Mulch
- Paper cut outs
- Markers/Crayons
- Laminating Paper
- Paint
- Paintbrushes
- Water

Activity Instructions:

1. Older children and volunteers work with younger children to plant different colored flowers in their garden.
2. Volunteers should plant flowers in an area that receives high amounts of sunlight, but moderate winds.
3. After creating garden area, distribute paper cut outs to younger children (distribute rocks to older children).
4. Have younger children use markers and crayons to draw or write their own dreams and inspirations on the paper (use paint for the rocks).
5. After younger children are finished, laminate the paper and attach wire to one side so that they can also “plant” their dreams in the garden (rocks can be placed in the garden as well).
 - Plants that are recommended for peace gardens are: asters, beard tongue heliotrope, day lily, iris, lavender, milk weed, petunia, phlox red glover, thyme, and zinnia.
 - Leafy plants and herbs can also be included in the garden.

Create a Peace Garden (continued)

Part to Whole: an Ecosystem (Students will be able to distinguish between the characteristics that make up an individual, a population, an community, and an ecosystem.)

Plants, Soil, and Nutrients, Oh my! (Students will explore and apply the scientific method as they explore the manner in which plants feed, grow, and produce oxygen.)

The Importance of Tropisms (Complete a scientific experiment testing a single variable and understand how plants respond to different environmental conditions.)

Plant Pollination (Identify the different parts of a flower and understand their functions and importance of pollen for plant reproduction and diversity.)



Plant a New Tree

A new tree is an investment that can last a lifetime. Position it carefully since it will be around for years and its large size makes poor placement a major headache. When planting a tree, know its maximum height and spread, information that's usually on the label. Plant it far enough away from houses, outbuildings, power lines, and other permanent structures so that even when mature, the tree won't touch. Also be sure to plant it far enough away from other trees or it may grow leaning away from the others, trying to get maximum light. Fall is the best time to plant a tree, but you can also plant in the spring. Whenever you plant, avoid hot, sunny days.

Suggested Age Group: children, teens, adults

Suggested Number of Volunteers: 2-3 per tree

Skill Level: easy

Activity Time: 3 hours (depends on amount of trees)

Materials Needed:

- Spade
- Hand pruning shears
- Scissors
- Hose
- Tree
- Mulch

Activity Instructions:

1. Dig the hole four times as wide as the root ball but slightly less than its depth to minimize settling. Make a mound in the center to support the trunk and to encourage the roots to spread
2. If the tree is bare-root, position it on the mound. If it's in a container, knock it from the container if possible. If that's too difficult, cut away the container with a hand shears. If the tree is balled and wrapped in burlap, you'll have to decide whether to partially or completely remove the burlap. If the burlap is treated or plasticized, remove it completely. If it's natural burlap, loosen it from the root ball of the tree, and then drop it in your planting hole. The natural burlap will disintegrate.
3. Loosen any roots that encircle the root ball. Position the tree in the hole, putting it at the same level it was in the container or burlap. (In a large hole, check to see if the tree is level with the surrounding soil by laying a long-handled rake or spade across the hole.) Fill the hole halfway with soil – no need to add any soil amendments – and water gently. Fill the hole completely and form a saucer around the tree to retain water. Fill the saucer with water, let it drain, and then

Plant a New Tree (continued)

fill again. Mulch with a 2-3 inch deep layer of wood chips to conserve moisture and prevent competition from weeds and grass. The mulch should go out as far as the tree's branches. Keep well watered for the first two weeks and give it additional water during dry spells for the next two to three years.

For more Know-How resources, go to: www.homedepot.com or visit your local Home Depot store and sign up for a How-To clinic.

Part to Whole: an Ecosystem (Students will be able to distinguish between the characteristics that make up an individual, a population, a community, and an ecosystem.)

Plants, Soil, and Nutrients, Oh my! (Students will explore and apply the scientific method as they explore the manner in which plants feed, grow, and produce oxygen.)

Biomes: Forests and Seeds (Discover that seasonal changes affect life in a temperate forest ecosystem.)

Greenhouse Effect Project (Students will become familiar with the terms, "global warming," the "greenhouse effect," and "greenhouse gases while learning about their implications and issues.)

Create a Decorative Tile Mosaic

Mosaics can be applied to a variety of surfaces both indoors and outdoors. Mosaics may be themed any way (ex. peace, social justice, school, love, friendships, space, underwater, the environment, our world, etc.). After studying the theme and message of their tile mosaics, students will be asked to decorate the tiles incorporating the theme into their illustrations. The tiles will then be put together in a mosaic form.

Suggested Age Group: children, teens (for decorating tiles), teens, adults (for assembling mosaics)

Suggested Number of Volunteers: varies based on size of mosaic

Skill Level: Moderate-Difficult

Time: 2-4 hours plus drying time

Materials Needed:

- Ceramic tiles
- Safety goggles
- Thin set mortar
- 3/16" notched trowel
- Sponge
- Poly-blend sanded tile grout
- Large buckets
- Soft cloth/rag
- Paints or markers for decorating tiles
- Cups for water
- Paintbrushes

Activity Instructions:

1. Distribute tiles to children.
2. Have children decorate the tiles illustrating their interpretations of a decided theme.
3. Older volunteers should then mix a thin layer of mortar in a bucket as directions indicate. The consistency should be similar to slightly runny peanut butter.
4. Using a notch trowel spread a 1/4"-1/2" inch layer of mortar onto the stone. Press pieces of tile (as designed) into the mortar, pressing each piece lightly into the mortar. Additional mortar may be necessary to get an even surface, repeating this step until all pieces have been set, making sure to leave small spaces in between each piece for grout.
5. When the top of the stone/tiles are covered wipe off excess mortar from the surface and let dry.

Create a Decorative Tile Mosaic (continued)

6. Older volunteers should mix grout as indicated on package, scoop a large amount onto the stone/tile surface, using a trowel to spread grout into gaps. Fill the gaps, removing excess.
7. Using a wet sponge, clean excess grout from the stone/surface of the tiles. Wipe off the top, going over the surface in all directions, rinsing the sponge often.
8. Allow mosaics to dry for 24-49 hours. Buff the dry surface with a soft cloth.

Wonders of the World (Students learn how humans in all cultures created works of art that may be considered wonders of the world.)

Celebrating Diversity and Heritage (Students learn about his or her family heritage and celebrate the diversity of their class.)

Nutrition and Food Science (Students will learn to describe the symptoms and possible causes of a food-borne illness and explore how they can be prevented.)



Movie Ideas

Martin Luther King: I Have a Dream (2005) NR

In August 1963, against the iconic backdrop of the Lincoln Memorial in Washington, D.C., Martin Luther King gave his “I Have a Dream” speech and transformed the civil rights movement in America. The eloquence and poeticism of the speech still echoes down through the generations, as reflected in this disc. A few years later, King (who had predicted his own martyrdom in the speech) was slain on a motel balcony in Memphis, Tenn.

Martin Luther King, Jr: I Have a Dream (1986) NR

Relive one of the seminal moments in the history of the Civil Rights movement with these fascinating excerpted clips from Rev. Dr. Martin Luther King Jr.’s landmark speech on the steps of the Lincoln Memorial in 1963. In addition to King’s most famous address, this compilation also includes the last speech he delivered before his tragic assassination, as well as footage of the beautiful eulogy delivered by friend Bobby Kennedy.

Martin Luther King, Jr.: The Man and the Dream (2004) NR

Dr. Martin Luther King, Jr. was one of the most loved, respected and influential leaders in American history. In this one-of-a-kind look at his life and work, writer and director Tom Friedman explores how Dr. King’s ideas evolved in the face of the rapidly changing climate of the Civil Rights Movement. Rare footage and photographs illustrate the defining moments of his crusade.

Dr. Martin Luther King, Jr.: A Historical Perspective (1994) NR

An hour-long documentary that concentrates on the Civil Rights leader’s many groundbreaking accomplishments. Footage covers Dr. King’s war on poverty and his staunch opposition to the Vietnam War. Also included are his stirring “I Have a Dream” speech and details of his involvement in the Memphis sanitation workers’ strike in March and April of 1968.

Who Killed Martin Luther King? (2008) NR

Winner of the CableACE Award for International Documentary Special, this 1989 film looks back at Martin Luther King, Jr.’s assassination on April 4, 1968, and the lingering theories that his shooting death may have been part of a conspiracy. Archival footage and interviews with convicted killer James Earl Ray, Martin Luther King III and former law enforcement agents piece together a disturbing picture of what actually may have happened.

Been to the Mountaintop: Martin Luther King Jr. (2006) NR

Civil rights activist and humanitarian Martin Luther King Jr. is one of the world's most powerful orators. His demanding presence is captured in this collection of his most dramatic speeches and conversations spanning from 1956 to his final speech delivered the night before his assassination. Featured segments include Dr. King accepting the Nobel Peace Prize in 1964 and his outspoken thoughts on America's involvement in the Vietnam conflict.

The Peace! DVD (2003) NR

Amid an escalating war in Iraq, rising terror levels and the threat of nuclear attack, a growing body of intellectuals, religious leaders and community organizers are getting tough with their questions about peace – and that's no oxymoron. To shed light on the answers, filmmakers Gabriele Zamparini and Lorenzo Meccoli record a variety of speakers, including Noam Chomsky, Desmond Tutu, Scott Ritter, Pete Seeger, Howard Zinn and Gore Vidal.

Boycott (2001) PG

By refusing to sit at the back of an Alabama bus, Rosa Parks (Iris Little-Thomas) sparked one of the most significant battles in the civil rights movement of the 1950s. The story behind the Montgomery Bus Boycott is told in this made-for-TV movie highlighting the work of Martin Luther King (Jeffrey Wright) and his place in American history. Vintage newsreel is interspersed with scenes depicting the dramatic events that surrounded the protests.

Our Friend Martin (1999) NR

Talk about high concept! This animated special, inspired by the life of Dr. Martin Luther King, Jr., posits the question of what the 1990s would have been like if the famed Civil Rights leader had lived. Features the voices of some of Hollywood's biggest stars, including John Travolta, Whoopi Goldberg, Angela Bassett, James Earl Jones, Ashley Judd and Oprah Winfrey.

Book List

Books About: Dr. Martin Luther King, Jr. and Civil Rights

- Bains, Rae. *Gandhi, Peaceful Warrior*.
- Bray, Rosemary. *Martin Luther King*.
- Carlson, Nancy. *Arnie and the New Kid*.
- Celsi, Teresa. *Rosa Parks and the Montgomery Bus Boycott*.
- Coles, Robert. *Ruby Bridges*.
- Coleman, Evelyn. *White Socks Only*.
- Davidson, Margaret. *I Have a Dream: The Story of Martin Luther King (Ages 8-12)*
- Issacs, Sally. *America in the Time of Martin Luther King, Jr: 1948 to 1976. (Ages 9-12)*
- Levine, Ellen. *Freedom's Children: Young Civil Rights Activists Tell Their Own Stories*.
- Mattern, Joanne. *Young Martin Luther King, Jr. 'I Have a Dream'*.
- Pinkney, Andrea. *Let it Shine: Stories of Black Women Freedom Fighters*.
- Ringgold, Faith. *If a Bus Could Talk: The Story of Rosa Parks*.
- Ringgold, Faith. *My Dream of Martin Luther King. Robinet, Harriette Gillem. Walking To the Bus-Rider Blues. (Ages 9-12)*
- Turck, Mary. *The Civil Rights Movement for Kids: A History with 21 Activities*.

Books About: Peace and Kindness

- Aaseng, Nathan. *The Peace Seekers: The Noble Peace Prize*.
- Coerr, Eleanor. *Sadako and the Thousand Paper Cranes*.
- Ishii, Takayuki. *One Thousand Paper Cranes: The Story of Sadako and the Children's Peace Statue*.
- Hamanaka, Shiela. *On the Wings of Peace*.
- Hamanaka, Shiela. *Peace Crane*.
- Hamanaka, Shiela. *The Journey: Japanese Americans, Racism, and Renewal*.
- Winter, Jeanette. *Wangari's Trees of Peace*.
- Winter, Jeanette. *The Librarian of Basra -- A True Story from Iraq*.

Define Your Actions

Successful service project ideas match real community needs to the interests and skill level of a potential group of volunteers. Good ideas for service projects often come from service coordinators, volunteers, teachers, agencies, and other people in the community. The resources in this packet are designed to help you generate ideas for action, both one-time and on-going, that meet community needs in a creative way. They are meant to start the process of creative thinking, not to provide in-depth information. Remember to consider the skills, limitations, and motivations of those who will do the service, as well as the needs of the community.

Involving potential participants in the creation of the service project can increase the chances that activities meet real community needs while providing a rewarding leadership experience. Invite your family, friends, church group or co-workers to be involved. There are many methods to identifying community assets and needs, so remember to consider your time frame, and the strengths of your group. Here are a few ideas for identifying community needs:

- **Mind mapping** – Brainstorm issues and pick one to focus on; then brainstorm the cause, effects, where more information is available, and possible project ideas
- **Conduct a survey** – Ask people what their greatest concerns are or give them a list to rank
- **Hold a community forum** – Have an open microphone to share community problems and dreams
- **Interview senior citizens** – Ask seniors about community changes (for the better and worse), fears, and sources of community pride
- **Three wishes** – Ask what people would wish for in their community given unlimited power/resources
- **Watch the news** – Keep an eye out for stories that point to community challenges that can be addressed with volunteers
- **Utopian towns** – What was your favorite community to visit? Why? How does your town differ?
- **I have a dream...** – Read Martin Luther King's well-known speech and think about your own dreams for your community
- **Group goals** – Identify the goals of your group and then research the goals of other groups around you to learn what they are trying to do
- **Ask legislators**
- **60-minute search** – Divide a map of your community into parts and have group members search their areas for needed improvement. Mark "hot spots" on the map and discuss area needs

Determining Needs

Before you decide *how* you will determine the needs in your community, consider the following questions:

- Who will conduct the process?
- Is this a long-term or short-term project?
- Who are your partners and what do they know?
- How much time do I have to decide?
- How can the process help people learn?

When deciding which needs to address within the community, be sure to check with local HandsOn Action Centers (Affiliates) and other local nonprofit organizations to see how they are working to address problems in the community. They may already have service projects set up that groups can get involved in. Working with Centers and other local agencies can also help keep your work coordinated with a larger effort, rather than duplicating something already being done.

Whether you are looking for something to do as an individual, as a group or as part of a larger project, YOU can be HandsOn in your community! Find ways to take action, reflect or mobilize friends, family or coworkers. Take the first step here by exploring what's possible.



Other Project Resources

To see what other resources or opportunities are out there around MLK Day visit www.HandsOnNetwork.org/MLK.

- MLK Day (The Corporation for National and Community Service): www.mlkday.gov
- FamilyCares.org
- Kidscare.org
- www.AARP.org/CreateTheGood
- ServiceNation: <http://events.servicenation.org/>
- The official website for the Martin Luther King, Jr. Center: <http://www.thekingcenter.org/>
- The Seattle Times: Martin Luther King and the Civil Rights Movement: <http://seattletimes.nwsources.com/special/mlk/>
- Do Something: Kindness and Justice Challenge: <http://dosomething.org/>
- Martin Luther King, Jr. Themes and Activities for Kids: <http://www.childfun.com/modules.php?name=News&file=article&sid=29>

Project Action Guide: Project Ideas, Project America

<http://www.project.org>

Project America is a non-partisan organization devoted to providing an online resource to help people understand the state of issues facing this country. Each issue has a link to “learn more” and a link to “take action.”

Idea Generator, Make A Difference Day

http://www.usaweekend.com/diffday/ideas/idea_generator.html

This tool allows you to search for project ideas that have been completed in conjunction with Make A Difference Day based on criteria you complete.

The Kids Guide to Service Projects, Barbara Lewis (1995 Free Spirit Publishing)

<http://www.freespirit.com>

This book presents straightforward tips to carrying out service projects on a myriad of topics. One idea is generally developed in depth, followed by brief descriptions of similar projects.

Catch The Spirit! Ideas and information on how young people can make their communities a better place to live

http://www.pueblo.gsa.gov/cic_text/family/spirit/spirit.htm

This resource gives ideas for different service projects based on possible interest of young people (for example, animals, reading, and sports). It also offers a list of local resources for volunteer ideas, as well as a listing of National Organizations with information for young volunteers.

Sharing between seniors and elementary students, EPICenter (CNS)

<http://www.cns.gov/resources/epicenter/>

This excerpt from the Corporation's Effective Practice website, explores a nice service partnership between residents of a senior housing community and children at an elementary school. Links for other intergeneration projects are also included.

Step One: Assessing Your Community's Needs, Youth In Action Bulletin (April 1998)

<http://ojjdp.ncjrs.org/pubs/youthbulletin/9804/step1.html>

This informative article helps shed light on identifying community needs. From defining the "community" to analyzing survey data and examining the assets of your community; this piece has some great tips for anyone exploring the needs of their community.

This 80 Ways to Activate Self-Organizing Kit utilized adapted materials from the following sources:

- KidsCare.org
- FamilyCares.org
- Hands On San Diego, EyeOn materials
- Family Volunteering Ready-Set-Go!
- Project Development, Points of Light Institute
- HandsOn Schools program
- AARP



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