

Junior Journey Guide

It's Your Planet—Love It!

GET MOVING!

1. The Purpose Get Moving!

i *Get Moving!* explores the energy inside you, in your places and spaces, and the power of getting to and from your activities. Learn about using energy wisely and its impact on greener, healthier living. The path through the Journey teaches you how to lighten your energy load by unplugging, exercising, and exploring—three tools which will serve you well throughout life.

2. Take Action Project

i To complete *Get Moving!* go through the Journey and finish a take action project.

NOTE—What separates a community service project from a take action project? Here is a break down. Instead of just identifying a problem and fundraising or collecting for it, take a deep look into the root of the issue. Connect in with the community and ask questions. Why are resources used in this way? Can changes be made? This is your chance to harness your energy for good. Work with friends or by yourself.

Examples:

- If you notice that your community isn't expending their energy, create an exercise initiative! This can be done by hosting a community bike-hour where everyone goes on a group bike ride.
- Healthy eating makes it so we have lots of energy. Create an informational pamphlet on healthy eating habits and include two meal ideas. This can then be shared with your community.
- Recyclables are products that can be reprocessed to create new things. However, schools often don't have recyclable cups. Talk to your school about what they use. Can you create a change with what they use, or with how it is recycled?
- Create a fashion show for your friends and family out of recycled clothing! Show off how you make reusable fashion and teach other about fast-fashion and how it impacts your community.

3. Energy, Investigate, and Innovate Awards

i Throughout this Journey you have the option to earn the Energy, Investigate, and Innovate awards.

- **Energy:** Make an Energy Pledge, try at least two ENERGIZE activities in the Journey, and explore the ways that people are working on energy issues. Page 106 outlines details to earning the award and provides a tracker to help further explore what you have learned.
- **Investigate:** Take on steps 1-4 of the Investigate award on page 107. Write out the most interesting thing you've learned. Use what you discovered to make one energy improvement. Gather with the community. Examine a local buildings energy use, and then choose one way the building could improve. Share the idea with your community group.
- **Innovate:** Explore solutions for an energy-related issue. The details are listed in pages 108 and 109. Here you can log the issue, think on solutions, and implement at least one!

4. Field Trips Ideas

i Energy exploration in your city can be a great way to get ideas for your take action project.

Examples:

- Visit a local farm and see what they use to make it run successfully.
- Walk around the heart of your city. Are there lots of large buildings? How much energy does it take to power these buildings every day?
- Visit a local bike shop and discuss how biking effects the earth as compared to driving a car.
- Go to a recycling center. See how it works and the effect of recycling on the environment.
- Visit your local grocery store and uncover where your food comes from. How much energy did it take to get your food from its source to your home?

5. Get Moving! Ending

i Congratulations! You did it. You completed the *Get Moving!* Journey. You finished a take action project and hopefully the optional awards too.

Take time to celebrate. Maybe you even host a no energy game night and share what you learned with your friends and your family.