

# TEENS IN ACTION

MAKE A DIFFERENCE: DO

Choose one or more of the following projects to complete, and keep track of the hours you spend.

## PROJECT 1: Make Hotels for Bugs

Do you know how important insects are in a healthy climate? Insects pollinate plants, aerate soil, and provide essential nutrients to the soil and other animals. Also, many bugs like native bees are solitary and require places where they can hibernate on their own. A bug hotel helps them do just that!

[Make one with what you have at home!](#) Take a picture of where you placed it in your neighborhood or bring it to the library; it'll be used to help bugs thrive at Skokie's Talking Farm!

Track your work and send any pictures through the online timesheet.

## PROJECT 2: Advocate for Change

[Openlands](#) is a northeastern Illinois organization devoted to the conservation and protection of nature, and they need your help signing petitions and contacting legislators. Visit their [Campaigns](#) webpage and read about the causes you can help amplify.

The [Wildlife Conservation Society](#) is a national organization that works to save wildlife and wild places through science, education, and conservation action. Visit their [Get Involved](#) webpage and read about causes where you can make your voice heard.

[The World Wildlife Fund](#) is the world's leading conservation organization, working in nearly 100 countries. Visit their [Action Center](#) to see the many ways you can make a difference.

You can [also look up your representatives](#) and contact them directly about the causes you're passionate about.

Let us know how you advocated on your timesheet.

# PROJECT 3: Reduce Your Climate Anxiety

The anxiety around climate change is real. Reading and researching can take a toll on your mental health, and you cannot be expected to help if you're feeling burnt-out, depressed, or stressed all the time. To help alleviate climate change anxiety, practice mindfulness with the below resources:

[Listen to storyteller Neil Luczai's environmental movement meditation](#) as part of this Inherited podcast episode (1:13 mark).

[Listen to a calming reflection](#) from musician Joe Holtaway.

[Listen to a guided meditation](#) from psychologist and author Tara Brach.

Track your time and reflect on your timesheet.

# PROJECT 4: Be a Good Land Steward

Take a walk through your neighborhood, local park, along the lakefront, or on a hiking or biking trail. Collect any garbage that you see and bring it to a place where you can throw it away or recycle it. Make it fun: bring a group of friends together for your walk!

Take a picture of any trash you collected for your time sheet. We would also love to see a picture of you on your walk (but that is not required)!

# PROJECT 5: Find Joy in Climate Action

[Download and complete a "Climate Action Venn Diagram."](#) Conceived by marine biologist and policy expert Dr. Ayana Elizabeth Johnson, this exercise allows you to reflect on what brings you joy and discover ways to use that towards combating climate change! You'll need to answer only three questions:

- What are you good at?
- What is the work that needs doing?
- What brings you joy and satisfaction?

Want to explore more? [Read the Dr. Johnson's blog post](#), or [watch her 10-minute Ted Talk](#) called "How to Find Joy in Climate Action."

Track your work and send a picture of your diagram to [teenteam@skokielibrary.info](mailto:teenteam@skokielibrary.info).

