

## **CuriOdyssey Activity: Pledge for The Planet!** By CuriOdyssey Educators

This is the last week of Earth Month! Want to keep the celebration going? Super! Commit to yourself and your planet by making a pledge.

### Tips for choosing your pledge

- **Make it doable:** Set yourself up for success by choosing something that you CAN do.
  - Ex: “I pledge to avoid meat and dairy one day per week” instead of, “My family and I will now be vegans forever”
- **Make it specific, measurable, and on a timeline:** Choose something that where you can see your progress
  - Ex: “I pledge make one bag of trash this week instead of 2” instead of, “I pledge to make less trash”
- **Do it with your community:** Pledges are more fun with friends! Choose a friend, family member, classmate, neighbor, pen pal, or anyone else to join you in your pledge! Talk about what is difficult and your ideas for making it easier and more!
- **Make it Public:** Put your pledge somewhere. Post it on the fridge, your social media profile, your bedside lamp, your forehead – whatever will help you see it often!
- **Be gentle with yourself:** Progress is not a straight line! Forgive yourself often.

### Extra Tips for Kids:

- Work with your teacher to have the whole class decide on a pledge together. Keep a weekly journal about your pledge. How is it going? What is hard? What ideas did you come up with to make it easier? Share your thoughts with a partner in your class and discuss ideas to make your pledge more doable – or what you can take on next if your pledge is too easy!
- See below for a little extra structure, as needed!

**Need a little inspiration? We’ve got you! #pledgefortheplanet**

<https://www.pledgefortheplanet.org/pledgespiration/>

Share you pledge online! #CuriOdyssey #pledgefortheplanet #EarthDayEveryDay

I, \_\_\_\_\_,

pledge to \_\_\_\_\_

\_\_\_\_\_

My timeline: \_\_\_\_\_

How I know when I succeed: \_\_\_\_\_

What I think is going to be hard: \_\_\_\_\_

\_\_\_\_\_

My ideas for how to make the hard things easier: \_\_\_\_\_

\_\_\_\_\_