



Make A Difference Activity

This activity is meant to be used as a closing, reflective activity and can be performed in one large circle or several smaller circles.

Materials: 1 or 2 head(s) of iceberg lettuce depending on the size of the group. You will need two individual lettuce leaves per group.

Hold up one individual lettuce leaf and say, “This lettuce leaf represents our earth. We are going to pass this leaf around the circle and each person will say what they do that helps our earth.” Model what you would like them to do. “I help the earth by carpooling to work.”

Pass the leaf on and allow each participant to say what they do that helps the earth.

When the leaf comes back around, hold it up again and say, “This time we are going to say what we do that hurts the earth.” Again, model what you want them to do. “I take really long showers in the morning.” Then squish the lettuce leaf!

Pass the crumpled leaf on and allow each participant to say what they do that hurts the earth. Each participant squishes the leaf in turn.

When the leaf comes back around, hold it up and say, “So as you can see, our actions already do make a difference. It just depends on whether it’s positive or negative.”

Bring out the second iceberg lettuce leaf, hold it up and say, “This is the image we are all working toward and we thank you for being here today. **WE ALL HOLD THE KEY TO EARTH’S SUSTAINABILITY.**”