



*A community partnership building GOOD PEOPLE who DO GOOD things.*

The following ©AP Young Stewards tools are offered from the AddyPres ©Solveró Framework. Access to this full framework is offered to our recipient educators, please [CONTACT AddyPres](#) today to become part of this network!

## 5 R'S FOR A BETTER WORLD

*To the adult helpers who will assist young stewardship activation we offer 5 R's for inspiration. Use these 5 R's to drive direction in young stewards by applying them to global challenges for a better world!*

**REDUCE:** I can REDUCE what I buy, use and throw away.

**REUSE:** I can find ways to REUSE things instead of creating waste.

**REFUSE:** I can REFUSE to buy things that pollute people, animal or planet.

**RECYCLE:** I can RECYCLE responsibly by learning more about proper recycling practices.

**REGENERATE:** I can make responsible choices that help REGENERATE natural resources for tomorrow. Some natural resources are water, wildlife, forests, & soil.

## STAYING CENTERED WHILE WE SOLVE

*Adult helpers can utilize the ©AP Centering Practice as a TOOL to offer young stewards in their work and lives.*

Often, when children & youth are introduced to real world challenges, as they seek to participate in solutions, they become overwhelmed with the magnitude of very real crisis, requiring coping & centering tools while they seek the helpers, who are always present, to participate in solutions with them. We offer our centering sequence for the *adult helpers* who support young stewards in their passion and recommend the 21<sup>st</sup> century tools: (K-5) ©Mind Yeti (for gradeK-5) & ©Headspace for (for grade 6-12). Offer these tools to your stewards to use anytime they feel frustrated, overwhelmed, sad, distracted or other, as a tool to help bring them back to center so they can make responsible choices as stewards for a better world. For educators, we highly recommend the Hawn Foundation's ©MindUp Curriculum. (See next page for our centering sequence)

## ©KIND IDEAS Centering Practice Sequence

**STOP.** When I am bored, frustrated, overwhelmed, angry or other, I can STOP to refocus. Students stop what they are doing and sit or stand in a comfortable position.

**CENTER.** I can listen to my body, thoughts and feelings, without judgement or action, then calmly come back to CENTER. Facilitator demonstrates & prompts students to NOTICE how their body, thoughts & emotions feel in the moment. Ask students not to try to solve anything, just notice, and put their focus on their deep, in and out breathing.

**BREATHE.** I can breathe to calm my thoughts and feelings and make responsible choices. Facilitator guides steward to focus on the up and down motion of their belly when they breathe in through their nose, then out through their mouth. Facilitator guides to carefully focus only on the breath's up and down belly motion, refocusing if the mind begins to drift to other thoughts. This sequence continues for 1-5 minutes.

## CELEBRATE & REFLECT

*Adult helpers can utilize the ©AP Young Stewards Award Certificates as TOOLS to reflect and celebrate the work these young people contribute to their communities.*

**WE REFLECT.** After participation in activating one of the ©AP Young Steward initiatives, Adult Helpers should offer the opportunity for **reflection** of the project or participation; from start to impact. Adult Helpers should prompt stewards to recall the challenge, the research they participated in, the decision to participate in sustainable solutions, the management of tasks, the final impact that was achieved (whether effective or needing improved measure) and the valuable participation of the (each) steward's contribution. Be sure to discuss and explore the challenges or hurdles that were presented as the steward(s) participated, if they were overcome or folded a concept, what was learned and what could be improved.

**WE CELEBRATE.** After activating a project with one of the ©AP Young Stewards on a personal, school, community, state or national level, adult HELPERS should offer the opportunity to **celebrate** the impact that was achieved. Mentors should assist facilitation of this important step with recognition, **we offer the use of our Young Steward Participation Certificate of Awards, which can be downloaded and distributed from the ©AP Young Stewards main page, Helpers ToolBox section.**