



“Empowered” by Dan Sivek, ©2019 Commissioned by Patty Dreier to illustrate *Empowered: One Planet at a Time*

Dear Teachers and Mentors of *Empowered: One Planet at a Time*,

First, I want to thank you! Every day through the work you do in classrooms, youth groups, university organizations, leadership development camps, and families, you change the world with every young adult you educate and mentor.

I’d like to share some ideas for integrating the concepts and exercises of *Empowered: One Planet at a Time* into your educational setting or mentoring situation. I hope you’ll find one or more just right for you and your class, group, or mentee!

1. As a class or group, take the book one chapter at a time having everyone complete the exercises and discuss the chapter’s questions in the back of the book (pp. 137-147) before proceeding to the next chapter. Consider the prompts and resources provided in the book to build on each chapter’s content such as having students delve into the subject of *biophilia* (p.32), creating mind maps (p. 31), measuring their own ecological footprint (pp. 80-81), or building logic models (p. 97).

OR

2. Expand on the “Discussion Questions for Reading Groups” provided in the back of the book to integrate subjects or build skills you want your group to focus on. For example:
 - a. Question #24 (Chapter 2) reads: “*Share some passages you find interesting in the nature literature of John Burroughs, Aldo Leopold, John Muir, Sigurd Olson, Henry David Thoreau or another author of your choosing. Why do you find the passages interesting?*” You might have students research an author and write an essay for your language arts class to answer the question.
 - b. Question #32 (Chapter 3) reads: “*Discuss the Iron Curtain Story. What is the key take-away for you?*” You might integrate this story from pp. 46-48 into a social studies lesson on the Iron Curtain and communism.

- c. Translate the words of *For Mother* (p. 123) into other languages as part of a foreign language program.
- d. Create an *Empowered: One Planet at a Time* related podcast.

OR

- 3. Apply the book's content from a leadership perspective—challenging readers to tap their strengths, lead and develop teams to take action on issues that matter to them, and reflect on their leadership growth. Integrate other leadership-related curriculum materials such as those authored by John C. Maxwell cited in the book's references on page 152.

OR

- 4. Offer opportunities for readers to explore the book's content by making it come alive on the stage. Some examples include:
 - a. Engaging your mentees in creating poetry and/or music about how they feel when others say, "It's not my problem" and performing it at a poetry slam event or concert (Question #7, Chapter 1).
 - b. Holding a debate about whether or not closer individual connections with nature may help us solve environmental problems (Question 22, Chapter 2).
 - c. Engaging readers in developing a one-act play to offer possible answers to Question #67 (Chapter 6): "*How do you believe someone can go about discovering their higher purpose if they don't feel that they know what it is right now?*"
 - d. Embellishing the two pieces of original music provided in the Appendices (pp. 122-123) and posting the performances @EmpoweredOnePlanet on Facebook or use hashtag #empowered1planet.

OR

- 5. Enhance reader relationships with their community and environment by applying the book's content, chapter-by-chapter, to develop a platform, conduct research, shape action plans and follow through on a social or environmental issue of interest or concern to them.

OR

- 6. Use the book to help readers reflect on a service project in which they are currently involved. How can they improve the outcomes and impacts of their project using the tools and concepts presented in the book?

OR

- 7. Adopt a regional or global issue and reach out to connect with another group/classroom of *Empowered* readers to collaborate on actions toward a solution. As a wrap-up, discuss the idea of how collaborating on the issue may have expanded or shrunk the world for the participants (pp. 118-119 and Question #78 related to the Afterword).

OR

8. Use the book as a tool to immerse readers in a self-guided learning experience. Challenge mentees to discover the “powers of nature” firsthand (Chapter 2) and journal about their experiences. Prompt them to expand on their *Courage and Confidence Self-Assessment*, write their own life story, and use other methods/tools in the book to develop a plan, implement it, and reflect on their experiences and personal growth. A free downloadable e-journal with writing prompts to explore *Empowered: One Planet at a Time* content is provided at www.bluespring.life.

OR

9. Use the book as a trailside resource in an outdoor adventure program. Address the “Discussion Questions for Reading Groups” around the campfire.

OR

10. Apply the book through a scouting, summer camp, citizenship camp, or careers camp experience. Use the book to help readers build skills, develop their leadership projects, and gain more clarity about their life purpose and future.

This curriculum packet will continue to grow over time, so I hope you’ll check back for additional resources. As you immerse yourself and your students/mentees in my book, I am sure you will discover your own favorite ways to apply *Empowered: One Planet at a Time*. I’d love to hear from you so I may share your ideas with others. Email me at patty@bluespring.life or better yet, visit [@EmpoweredOnePlanet](https://www.facebook.com/EmpoweredOnePlanet) on Facebook to share your ideas directly with other teachers, mentors, and readers. Thank you!