

# MEET CIV

Civ is committed to helping people.

They love their community, know their neighbors by name and share their positive outlook with everyone. You can find them organizing a neighborhood clean-up party or setting up a lemonade stand on their street.



OPTIMISTIC

## YOU CAN DO IT!

### Explore:

Think about something you can do today to make your community a better place. It can be a small thing or a big thing. Write about it, draw a picture or tell your friends and family about your idea!

### Family Discussion:

Why do you think it's important for friends, family, neighbors and community members to help each other?

### Feelings:

Practice posing like a Superhero, such as Superman or Wonder Woman, for 5 minutes. The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible. The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips. How did that make you feel?

### Pay It Forward!:

Gather your family and friends together and decorate some rocks, then leave them around your neighborhood for your neighbors to discover. How does it make you feel to do something nice for people, without them knowing?

### Did you know?

When you sing, you can actually change the chemistry in your brain, which makes you feel happier! What's your favorite song to sing?

ACTIVIST

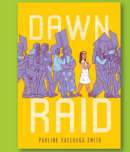
## READ ME:



**Amara and the Bats**  
by Emma Reynolds



**We Are Water Protectors**  
by Carole Lindstrom,  
illustrated by Michaela Goade



**Dawn Raid**  
by Pauline Vaeluaga Smith



**The Hero Next Door**  
edited by  
Olugbemisola Rhuday-Perkovich



**Woke: A Young Poet's Call to Justice**  
by Mahogany L. Browne,  
illustrated by Theodore Taylor III

