

# SHAPE UP US



## GREENLIGHT GREENPAPER

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Solutioneers worked with Shape Up US to create a comprehensive workbook for children and families to educate households on everyday sustainability knowledge through in-book and in-home, hands-on activities. This workbook is now available for families across the United States.



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Challenges & Opportunities

Shape Up US creates educational workbooks on living healthy lifestyles, among other programs, but their curriculum was in need of a workbook focused specifically environmentally-conscious and sustainable living *at home*. Sustainability education is not normally taught in schools, and this project offered an opportunity to fill that role.

The challenge provided an opportunity to get involved creating content that would be hands-on, educational, entertaining, and be applicable to both children and their parents.

Recommended Solutions

Our overall goal was to create a polished workbook that allowed Shape Up US's vision and our passions to come to fruition. To create a solution to the challenge, we had to complete a few steps. First, our team researched the best methods and practices to educate kids and families on sustainability. Next, we decided how to divide the pages of the workbook. We separated it into 7 sections: Reduce-Reuse-Recycle, Sustainability in the Kitchen, Bathroom, Bedroom/Living Room, and Outdoors. Then we were able to choose the content and design aspects that we wanted to include, from the activities to the instructional information. To finalize our deliverable, we implemented feedback from our Project Partner, and discussed how to distribute the workbook to make it most accessible.

Project Benefits

**BENEFITS TO PROJECT PARTNER**

Shape Up US's collection of educational materials is now expanded to include sustainability. Our Project Partner can now educate their community on how to be sustainable in their homes. By including this area of interest in their collection of materials they have solidified their concern and passion as an organization to share this knowledge with communities everywhere.

**BENEFITS TO SOLUTIONEERS**

This workbook provided the Solutioneers an opportunity to put their knowledge to work by compiling activities and informative content on sustainability practices at home for families. Shape Up US has provided the Solutioneers on the Shape Up US team the opportunity to further collaborate on future projects.

**BENEFITS TO THE COMMUNITY**

This workbook will positively affect communities all across the nation as families learn sustainable habits to adopt at home and why they are important. Globally, the workbook helps contribute to SDG 4, Quality Education, by providing accessible education opportunities that will teach children and their families about sustainable lifestyles and promote a culture of 'being green'. Overall, this workbook promotes sustainability education and sustainable lifestyles at home for a happier, healthier earth.