A Starter Toolkit
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ABOUT THIS TOOLKIT

This toolkit is designed to guide you on your Roots & Shoots journey. Whether you’re an educator or parent looking to inspire young people to make a positive difference in your community or a young person hoping to lead that change yourself, this toolkit will assist you.

Jane Goodall’s Roots & Shoots is the youth engagement program of the Jane Goodall Institute and is active in 87 countries. The program inspires and empowers young people to become compassionate leaders who are globally mindful and locally active by guiding them through youth-led, community projects that help people, other animals and the environment.

Together we can grow the next generation of Janes!
Dr. Jane created Roots & Shoots 25 years ago with 12 Tanzanian high school students who wanted to tackle urgent problems in their community. Roots & Shoots groups are now making a positive difference for people, other animals and the environment all around the world.

Young people design and lead projects in their communities that tackle issues they feel strongly about. Through this process, they will gain:

- Compassion & empathy
- Leadership skills
- Inquiry & research skills
- Critical thinking skills
- Systems thinking skills
- Global mindfulness
- Confidence
- Respect for diverse perspectives
- Awareness of local sustainability issues & their root causes
- Understanding of the interconnectedness of people, other animals and the environment

**Roots & Shoots Projects**

- Are youth-led
- Tackle local issues
- Make a positive difference for people, other animals and the environment
The Roots & Shoots Journey

A 4-step journey to help you get inspired, find a local issue to tackle, plan a project and celebrate the difference you have made. Learn more below and at www.janegoodall.ca/get-involved/rootsandshoots/4-step-journey/
In the first step of the Roots & Shoots journey, young people are engaged and inspired to make a difference through:

- the remarkable story of Dr. Jane
- the Roots & Shoots project examples on pages 15-18
- getting outside and rekindling relationship their with the land
- exploring and finding value in diverse perspectives
THE STORY OF DR. JANE

Dr. Jane is a renowned primatologist, Dame of the British Empire and United Nations Messenger of Peace. She travels the world 300 days a year spreading her message of hope.

She is a pioneering role model in the sciences and a dedicated champion for those who cannot speak for themselves.

Find out more about Dr. Jane in her books, talks and film appearances. www.janegoodall.ca/get-involved/rootsandshoots/4-step-journey/inspire/
The Evolution of Jane Goodall

Let’s celebrate her journey of discovery by following her evolution from a girl with a dream to a woman with a global mission.

The Dreamer
Growing up in England, Jane dreamed of working with wildlife in Africa. Her mother told her, “If you really want something and if you work hard... and never give up, you will somehow find a way.”

The Adventurer
Fulfilling her dream in Tanzania in the ‘60s, Jane Goodall discovered that wild chimpanzees are much more like us than anyone had imagined. Her observations about chimp tools caused Dr. Louis Leakey to exclaim, “Now we must redefine tool, redefine Man, or accept chimpanzees as humans.”

The Scientist
At first, Jane was criticized by the scientific community for naming wild chimpanzees and forming bonds with them. In 1966, Dr. Jane “proved her scientific chops” by earning a Ph.D. in animal behaviour.

The Activist
In 1966, Dr. Jane reluctantly decided she must leave her beloved chimps in the forest to travel the world and raise awareness about the threats facing chimpanzees, including habitat loss and the bushmeat trade.

The Inspiration
Dr. Jane Goodall — now a United Nations Messenger of Peace — is inspiring new generations of “Jane” through Roots & Shoots, a global movement of youth who create and lead sustainable change for their communities.

You can join Jane’s journey by helping the Jane Goodall Institute protect great apes, and inspire young people to help animals, other people and to protect the world we all share.

Visit JaneGoodall.ca to learn more

the Jane Goodall Institute of Canada
In the second step of the Roots & Shoots Journey, young people physically map their community while learning to critically observe and understand the world around them, identifying key issues as they do so.

In order to make your community a better place for people, other animals and the environment, you need to first understand who lives there and if everyone’s needs are being met.
COMMUNITY MAPPING

Creating a map of a community’s people, animals and environmental features is the first step the Jane Goodall Institute of Canada takes in our projects in African communities. You will do the same to start your project.
Mapping Your Community

Map the people, other animals and environmental features in your community. The map can be paper and pencil, a diorama, computer generated using mapping software such as Google Maps or world-building software such as Minecraft, etc.

The goal is to understand who is in your community and then determine if there are any community issues you may be able to address in your project.

First, choose your community. For younger people, the community may be a schoolyard or front yard. For older youth, it can encompass a whole city. There are no wrong answers—as long as it is local, choose any community that you’d like to make a difference in.

Second, get outside! Physically walk around the community, draw pictures, take photos, identify species, speak to community members, observe wildlife, etc.

Third, analyze what you have learned. Are the needs of any of the people, other animals or environmental features in your community NOT being met? Are there any animals missing? Is the environment as clean and healthy as it can be? Are the people respected, well-fed, employed, and treated fairly?

You will likely identify a few issues, so you’ll need to choose one to focus upon and design a project around.

For step by step instructions on Community Mapping, download the Guide.

www.janegoodall.ca/get-involved/rootsandshoots/4-step-journey/understand/
In the third step of the Roots & Shoots Journey, young people determine which community issue they would like to tackle and design and implement a plan to do so.

It is key to remember that people, other animals and the environment are interconnected, so when you are designing your project, take the time to consider how your actions will affect all three groups.
Taking Action on an Issue

During the community mapping activity, you will have identified a number of issues affecting the people, other animals and environment in the community. Choose one issue and design a project that takes action on it.

Types of actions taken include:
- Educate and inform
- Change lifestyle and/or consumer choices
- Eco-management or restoration

A Roots & Shoots project can be as big or as small as you’d like it to be—remember that everything you do makes a difference and that YOU get to decide what kind of difference you want to make.

See pages 15-18 for Roots & Shoots project examples, with more at www.janegoodall.ca/get-involved/roots-shoots-projects/.

For step by step instructions on creating your project, download our Protecting our Sacred Water guide.
www.janegoodall.ca/get-involved/protecting-our-sacred-water//
Each Roots & Shoots project is meant to make a positive difference for the people, other animals and environment in your community. Your project may focus on one of these three groups but remember that they are all interconnected—anything positive you do for one group should also (eventually) be good for the other two.

Ensuring that our actions benefit society, economy and the environment (or in Roots & Shoots terms: benefit people, other animals and the environment) is the idea behind the concept of sustainability.

In 2016, the United Nations launched the Global Goals for Sustainable Development; a plan to make the world a more sustainable place by 2030.

The solutions to each of the 17 goals are going to require us to ensure that the needs of people, other animals and the environment are all considered equally.

To learn more about the Global Goals, visit www.globalgoals.org.

Each Roots & Shoots project makes a positive difference for a local sustainability issue and thus, contributes to one or more of the Global Goals.
**GARDEN OF HOPE**
Sydney & Leah, Georgetown, ON

High school students Sydney and Leah believe that a lot of young people spend so much time in front of screens and cell phones, they have become disconnected from nature. So, working with the students at Park Public Elementary School in Georgetown, Ontario, the duo built six raised planter beds that will house a variety of plants and flowers. Each grade will decide what they’d like to see growing in their planter, from an assortment of herbs to peppers, tomatoes, and onions.

Sydney and Leah called their initiative The Garden of Hope, as they believe it will allow students to engage with nature and learn about sustainability while gaining practical gardening skills. The energetic teens also made the most of their networks: their dads helped them build the beds, the local Home Hardware donated building materials, and the City of Halton provided three years’ worth of compost.
FINDING SOLUTIONS TO FOOD WASTE
Westmount Charter School-Elementary Campus, Calgary, AB

When the third-grade students at Calgary’s Westmount Charter School decided to tackle the issue of food waste, the first thing they did was invite guest speakers from COSTCO and the Calgary Food Bank to speak to the school about the issue. The students discovered that 50% of food waste in landfills is generated by private homes, and that a community composting program could significantly reduce this number. The fourth graders subsequently implemented a composting program in the classroom, and have now written letters to the Mayor of Calgary and Members of the Legislative Assembly of Alberta asking that the city follow their example by initiating community-wide composting.

WATER WALK
Kitaskinaw School, Enoch Cree Nation, AB

The entire school on this First Nation Reserve took part in a march around the community to raise awareness about improving our relationship with water and treating it as a relative, not just a resource. In preparation for the walk, Cree Elders shared their teachings on the use of water in traditional drum and rattle making.
MAKING LIFE BLOOM ON A GRAVEL LOT
Stand Up, Standout Committee, Vanguard School, Montreal, QC

Middle and high school students in Montreal built and planted a school greenhouse to:
• promote healthy eating,
• reduce their eco footprint by providing the school cafeteria with local, fresh produce
• provide for the community kitchen and food bank.

RED WIGGLERS
WISE Kid-Netic Energy Girls Club, Winnipeg, MB

The WISE Kid-Netic Energy Girls Club at the University of Manitoba learned about the value of composting and implemented vermiculture programs in their communities.

MEDICINE WHEEL CLASSROOM
Terrace Ridge School, Lacombe, AB

This K-7 school designed and built an outdoor classroom in the shape of a Cree Medicine Wheel. Students lead the planting and maintenance each year, ensuring they use native plants that create wildlife habitats. The classroom was blessed by a local Cree Elder and has become a beautiful meeting place used by the school and community alike.
Step 4: Celebrate

In the final and very important step of the Roots & Shoots Journey, young people celebrate and reflect upon:

- what they have learned
- the difference they have made
- how they may see themselves and their role in the world differently
- how this experience will inform their next project (and their lives)

This is also the time to share with us the story of your project. For more information, visit [www.janegoodall.ca/get-involved/rootsandshoots/4-step-journey/celebrate/](http://www.janegoodall.ca/get-involved/rootsandshoots/4-step-journey/celebrate/)
Explore the important connection between Roots & Shoots and the International Day of Peace: [www.rootsandshoots.org/peaceday](http://www.rootsandshoots.org/peaceday)

Apply for a Roots & Shoots Grant: [www.janegoodall.ca/get-involved/grants/](http://www.janegoodall.ca/get-involved/grants/)

Become a Roots & Shoots School: [www.janegoodall.ca/get-involved/jgirsschools/](http://www.janegoodall.ca/get-involved/jgirsschools/)


Join our cell phone recycling campaign: [www.janegoodall.ca/get-involved/get-involved/recycle-your-cell/](http://www.janegoodall.ca/get-involved/get-involved/recycle-your-cell/)

Join the global celebration of our 25th Anniversary through our Growing Together Campaign with calls to action throughout the year: [www.janegoodall.ca/get-involved/25th/](http://www.janegoodall.ca/get-involved/25th/)

Explore our blog: [www.janegoodall.ca/get-involved/blog/](http://www.janegoodall.ca/get-involved/blog/)