



## Activity: Quote Promise Pix

### Background:

In this activity, your students will not only come up with individual recycling and energy conservation pledges, but will take pictures with them to give a personal reminder to stick to it.

### Point Value:

12 points

### Key Themes:



Scrapping



Energy  
Conservation

### Procedure:

1. Lead your students through the following discussion:

Which pledge do you think is easier to keep:

- a) I'm going to exercise more.
- b) I'm going to do 50 push-ups each day.

How about between these:

- a) I'm going to stop eating snacks before bed.
- b) I'm going to try to lose weight.

The more specific a pledge or promise is, the easier it is to keep. That's because a specific idea is easier to remember, is measurable (am I doing it or am I not doing it), and is easier to achieve.

It's easy to say, "I'm going to recycle more," or "I'm going to conserve more energy." But it's hard to keep a pledge like that because it doesn't contain any specific steps for you to remember and follow. Picking one small specific step to take can make keeping your pledge easier.

2. Your students will think up one recycling action and one energy conservation action they personally pledge to take on. Tell them to make sure it is something that they can do on a regular basis. Examples: I will start using a refillable water bottle; I won't leave my computer on all day while I'm at school.
3. Have your students write down your pledge on your Get in the Scrap! promise quote worksheet.

4. Your students will take a selfie or have someone take their picture with them “saying” their promise.
5. After two weeks, your students write on the back of your promise quote sheet how well they did following your pledge. Was it easy? Was it hard? Why? Did writing it down help? Why or why not. Once they are done with this exercise, display the bubble cut outs in your classroom or hallway.
6. Once they are in the habit of keeping your first pledges, make some more and see if they can keep those, too!

## Materials:

### Provided by Museum:

- Quote promise pix worksheet

### Provided by you and/or student:

- Marker
- Phone/ Camera to photograph quote

**I promise to:**

