

JOIN THE RISING TIDE: A CLIMATE ACTIVIST HANDBOOK

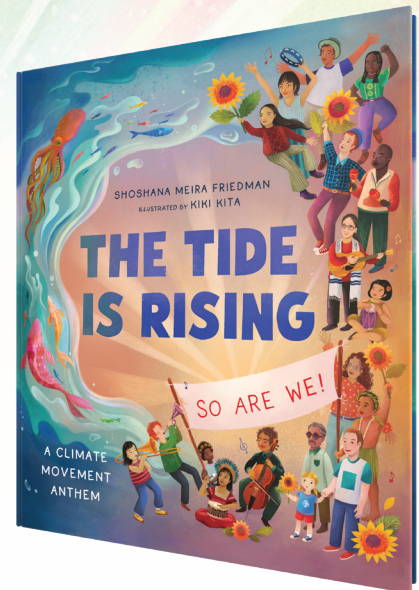
FOR *THE TIDE IS RISING, SO ARE WE*

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Now that you've read and sung *The Tide Is Rising, So Are We*, you can start or continue your own journey as a climate activist. As you read through these ideas, what makes you feel excited and curious? The climate movement grows more powerful when we each contribute our skills joyfully.

WE FORM A MOVEMENT, STRONG AND BRAVE

I like activism best when I do it with friends. In fact, I went to my first climate rally only because a friend and I promised we would go together.

EXERCISE: START A CLIMATE TEAM

- Make a list of the people you enjoy spending time with.
- Tell those friends you are concerned about climate change, and invite them to be part of a climate team with you. A team can have two or more people on it.
- Give your team a fun name!
- Your team can take climate action together so none of you is ever alone. You can join a local chapter of a climate organization or do one of the following projects as a team.



IMMUNE CELLS OF THE EARTH, WE RISE: ONE GIANT, SWELLING ENTERPRISE!

EXERCISE: RESEARCH CLIMATE ORGANIZATIONS

- Ask a grown-up to help your team research climate organizations online. Head to rabbishoshana.com/tide for a curated list of national and international climate organizations geared toward families and young people. Look online for hyperlocal organizations too.
- Pick one or two organizations that make you feel excited, creative, or curious.
- Contact them by email to see how you can get involved.

OUR HEARTS MAY BREAK—BUT STILL WE RISE!

EXERCISE: LET YOUR FEELINGS MOVE

Noticing your feelings and letting them move through your body is a core skill for a climate activist.

- What emotions are you feeling about climate change?
- Where do you feel them in your body?
- Pick a way to express what you're feeling. You could move like an animal, draw a picture, cry, sing, yell, dance to music, shake, run around, or pick a pose that represents your feeling(s).
- When you're done, sit quietly and breathe. Notice whether the feeling in your body has changed at all.
- Do this as many times as you'd like, as often as you'd like.



THE EARTH SINGS OUT, "YOU'RE NOT ALONE."

EXERCISE: FEEL THE EARTH LOVING YOU BACK

Even though human beings have done a lot of things that hurt nature, the Earth still loves us. Remember, our bodies and breath are made of the planet. We are part of her. The Earth's love will always hold us, even as the climate changes.

- Find a place outside where you are comfortable and safe.
- Sit quietly and breathe. What do you hear, see, smell, touch, taste?
- Now feel the ground holding you up. Notice the breath coming into your body. Earth's gravity is hugging you. Earth's atmosphere is breathing you in and out.
- Send your love out to the world around you. Feel the Earth loving you back.



TO FIGHT THE GREED THAT THREATENS LIFE.

EXERCISE: RAISE MONEY

You can turn almost any activity you love into a fundraiser for a climate organization or climate champion running for public office. Raising money is a very important and effective way to help.

- Pick a goal for your fundraiser that feels ambitious and exciting. Higher goals inspire bigger donations.
- Put on a giant bake sale in front of school.
- Perform a benefit concert for friends and family.
- Raffle off your best art or engineering creations.
- Make a fundraising website and start a social media campaign.
- Ask for donations when you have a special birthday or graduation.

When your team works together, you will raise more money than you think you can.



"CLIMATE JUSTICE!" IS OUR SHOUT.

EXERCISE: STAND UP AND MARCH!

- Ask your grown-up to help you find a local climate strike, march, blockade, lobby day, or demonstration. Remember, a lot of important actions are organized by local groups.
- Some teenagers or adults might be peacefully risking arrest to make the protest stronger. Kids can play support roles for those risking arrest, like making food or taking care of pets. Talk to the organizer of the action beforehand if you want to help.
- Paint a sign that says *The Tide Is Rising: So Are We!* or get dressed up in silly climate-themed costumes.
- Go to the event with your climate team. Share photos with everyone you know. Invite even more people next time.

WE BUILD OUR POWER, LINK OUR ARMS.

EXERCISE: THROW A CLIMATE ACTION PARTY

Many climate campaigns depend on the public (that's us!) making our voices heard through phone calls, letter writing, and social media. Even though kids can't vote, you can still make your voice heard.

- Ask a local climate organization or leader what actions they need people to take.
- Gather materials so that many people can do the action at once.
- Throw a joyful party with your climate team.
- Invite everyone you know.
- Dance, eat yummy food, play games.
- Set up a table where all your guests can do the action (sign a petition, write an email, make a call).
- Ask each guest to mobilize ten friends to take the action too.



OUR HEARTS BURN, TOO, WITH LOVE AND CARE

EXERCISE: TALK TO YOUR GROWN-UPS

Most grown-ups are concerned about climate change too. Sometimes when their kids get involved, it inspires them to get involved. Grown-ups can:

- Do any of the exercises above with their own group of friends.
- Make a meaningful financial investment in a climate organization or a candidate's campaign for public office.
- Vote with climate as a priority.
- Risk arrest or play a support role in an act of nonviolent civil disobedience.
- Volunteer for climate champions running for office.
- Make art or write op-eds.
- Shower you with support and love as you embark on your climate journey.

