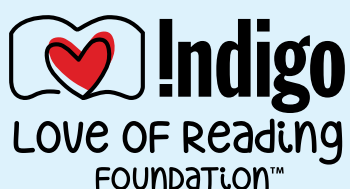


Read for the Planet

A 3-step guide to help parents and caregivers use the power of reading to inspire their little changemakers.



About the Indigo Love of Reading Foundation

Since 2004, the Indigo Love of Reading Foundation has been on a mission to ensure that EVERY Canadian child has the opportunity to become richly literate and achieve their full potential through reading.

Through transformative multi-year grants, responsive community outreach programs, and other core fundraising initiatives, the Foundation reaches for this goal through the revitalization of public elementary school libraries and the delivery of literacy programming and resources to high-needs communities across Canada.

About this resource

Children are curious about the world in which they live. They want to know more about their planet and are concerned with the challenges we face. Reading and learning together with your child is a safe and supportive way to develop awareness and ideas for ways to care for the planet.

Reading about how to care for the planet can also help deepen connections to other people and the planet—connections critical for understanding the challenges and opportunities being faced in communities around our planet.

This resource was designed by the Indigo Love of Reading Foundation in partnership with our curriculum partner, The Critical Thinking Consortium (TC²) as an extension of our school-based Read For The Planet learning modules. We know that schools are just one place students learn and that home is a critical space for expanding on and practicing what happens in the classroom. This guide provides parents and caregivers with book suggestions, worksheets, discussion prompts and a template for a home-based action project all to help you and your little changemaker to get inspired through reading and have fun while learning about the environment together.

A note on the social emotional safety of children engaged in this learning

Learning about the dramatic impacts of harm to the planet, including climate change, can be distressing for learners. We encourage you to support your children in expressing their complex emotions about these realities by not shying away from them, yet focusing on what is possible to mitigate dramatic ecological change. In particular, learning about how to support regenerative actions in their communities can be very helpful. In addition, remembering that our sadness, anger and grief are normal responses to injustice and loss is important. It can be helpful to frame these emotions as indications of our deep sense of care and connection. These more challenging emotions can also be recognized as an important foundation for grounding learners in the importance of honouring the beauty, joy and grief that are a part of life on this planet.

3 Steps to inspire your little changemaker



Step 1: Get ready to read

- o Help your child build good reading habits by thinking about “where”, “when”, and “who”
- o Choose a book or e-book from our [Top 10 list of eco-themed reads](#) (pgs. 7-8)



Step 2: Spark conversation and record new ideas!

- o Help your child start a Thoughtbook to keep track of new ideas sparked from reading
- o Check out the [Indigo Love of Reading Activity Sheets](#) to get started (pgs. 9-10)



Step 3: Take action!

- o Create a family action plan with roles and goals for every member of the family
- o Check out the [Indigo Love of Reading Family Action Plan](#) to get started (pgs. 11-12)



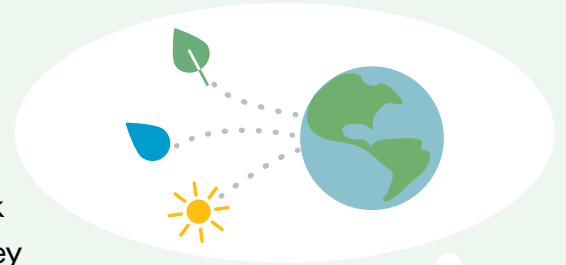
Step 1:

Get ready to read

Pick an Eco-themed story

Here are three things to consider when helping your child pick a story or book that's "just right":

- 1. Select an eco-themed story that's interesting to them:**
Encourage your child to use the various parts of a story or book to look for clues about the topic of the book and to decide if they might enjoy it. And if your child starts reading then decides that the story isn't interesting, it's okay to stop reading and then find something else!
- 2. Quickly test readability:** While teachers use formal tests to ensure that books are "just right" for readers, there's also a quick way to judge the readability of a book. Ask your child to randomly choose and then read one page from the book. If your child struggles with five or more words from the page, consider finding an easier book.
- 3. Encourage variety:** It's natural for children to want to read what they know about. Invite your child to consider choosing eco-themed stories and books that may be from different authors, topics, or genres.



Build good reading habits

Try using these ideas to encourage your child to develop great reading habits:

- 1. Where?** Encourage your child to find a regular place to read where they feel comfortable, focused, and safe.
- 2. When?** There's no hard and fast rule for how long or when children should read. Children between the ages of five and seven should be encouraged to read for at least 30 minutes each day.
- 3. Who?** It's great for your child to read to a pet, to a friend, and to you! Invite your child to share their thoughts and feelings with you as they read.

And remember that you can set a positive example through your reading habits!

Step 2:

Spark conversation and record new ideas!

Whether you're reading a story to your child or talking with them about a book, you support their understanding and enjoyment. This is especially important when reading about environmental issues and concerns—your guidance can help to reduce anxiety and inspire hope. You can do this by asking questions that invite reflection and connection:

1. What words and sentences do you notice? (It's important for children to be able to decode words and also understand their meanings).
2. How does the book make you feel?
3. What does the book make you think or be curious about?
4. How does the book connect to your life? To what's happening in the world?
5. Is there an idea from the book that you think everyone should know?
6. Are there ideas in the book that could encourage more people to care for the planet?



Young readers can use a Thoughtbook to keep track of their thinking as they read and to write some ideas that come to mind. Here are some suggestions on how your child might use a Thoughtbook while reading for the planet:

1. **Where?** A Thoughtbook can be any place where ideas can be recorded and later revisited: a piece of paper or a notebook, a laptop, or even a note-taking or recording app on a phone or tablet.
2. **Why?** A Thoughtbook is a place to keep track of and “grow” thinking about a challenge. It's important to emphasize that ideas can be big or small, in pictures or words. A Thoughtbook should be a safe place for thinking—and it doesn't need to be marked or graded!
3. **When?** After your child has selected an environmental issue or concern, encourage them to note their first ideas for an action plan in their Thoughtbook. Then as they read their story or book, they can use details from the story to add to and change their thinking about their action plan. When they're done reading, ideas from the Thoughtbook can be used to complete their action plan.



Step 3: Take action!

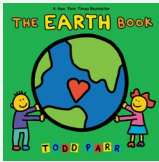
Create an action plan with steps that each member of the family can take to care for our environment. Remember, roles and goals will help keep you on track!

Read for the Planet invites young readers to apply their learning by taking action to protect the environment in their community and to deepen their sense of connection to the natural world. Building a family action plan is meant to be a fun activity to engage young readers, extend their thinking, and ultimately encourage action. You can support your child by:

- Encouraging them to think about their action plan as they read, and to use a journal or thought book to keep track of details from the story or book that could be used to respond to the issue or concern that they've selected.
- Reminding them to share their action plan with a friend or a teacher. What better way to inspire collective action, than to share great ideas!



The Indigo Love of Reading Foundation's Top 10 Eco-Themed Reads



The Earth Book
written by Todd Parr

A beautiful and gentle book that introduces young readers to the different ways we can protect the environment. Lively and fun illustrations help readers stay engaged.

ages
0+



On The Trapline
written by David Robertson
illustrated by Julie Flett

A beautiful story that focuses on the connection with the land through intergenerational family connections.

ages
3+



We Are Better Together
written by Bill McKibben
illustrated by Stevie Lewis

This book shows readers the power of working together as a team and community to create change in relation to climate change. The beautiful words and illustrations show the power of taking care of one's environment and what shared responsibility and hope can look like.

ages
4+



Kenya's Art
written by Linda Trice
illustrated by Hazel Mitchell

A great book that shows the possibilities of creating art with recycled items. Readers learn how they can recycle and reuse their items!

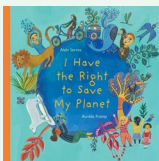
ages
4+



We Are Water Protectors
written by Carole Lindstrom
illustrated by Michaela Goade

Readers learn about Indigenous-led movements to protect water and the earth. It demonstrates the relationship between the author's Indigenous cultures and the land and encourages the reader to speak up when other voices cannot speak for themselves.

ages
4+

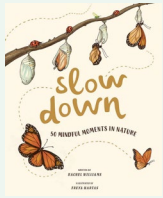


I Have the Right to Save the Planet
written by Alain Serres
illustrated by Aurélia Fronty

This is an important book written from a child's perspective on what climate change means and looks like for planet Earth. It is inspiring as it shows how young people can advocate for the environment.

ages
6+

The Indigo Love of Reading Foundation's Top 10 Eco-Themed Reads

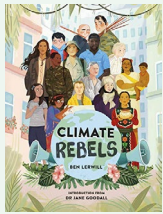


Slow Down: 50 Mindful Moments in Nature

written by Rachel Williams
illustrated by Freya Hartas

In this beautiful illustrated collection, 50 moments in nature are paused for you to watch them in detail. You are invited to go outside and see what you can find when you take the time to slow down.

ages
8+

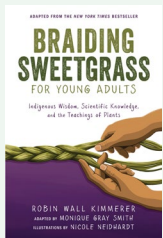


Climate Rebels

written by Ben Lerwill

This non-fiction book features 25 hopeful stories of humans from around the world working to protect the planet. This title features both well-known activists including Greta Thunberg, Wangari Maathai and Jane Goodall as well as lesser-known heroes including turtle protector Len Peters, the guardians of the Amazon rainforest and the poacher patrollers The Black Mambas.

ages
8+



Braiding Sweetgrass for Young Adults: Indigenous wisdom, scientific knowledge, and the teaching of plants

written by Monique Gray
Smith and Robin Wall
Kimmerer
illustrated by Nicole
Neidhardt

An important adaptation of the book, “Braiding Sweetgrass” for young readers that teaches them about the many different things plants can teach us. A beautiful and accessible book about ecological awareness.

ages
9+



Plasticus Maritimus - An Invasive Species

written by Ana Pego and
Isabel Minhos Martins
illustrated by Bernado P.
Carvalho

A non-fiction book with illustrations on the urgent issue of ocean plastics and how it is invasive to all aspects of ocean environments. The book encourages readers to think critically about human activity involving plastics and how to prevent further harm.

ages
12+

My Thoughtbook:



Feel free to add any ideas, pictures, key words that inspire you to care for the planet after/during reading your book.

A large, empty rectangular box with rounded corners and a thin red border, intended for students to write their thoughts or draw pictures related to the book they are reading.

My Thoughtbook:



ACTIONS I CAN DO ON MY OWN

What can I start doing?

What can I stop doing?

ACTIONS I CAN DO WITH OTHERS (FRIENDS, FAMILY, SCHOOL, COMMUNITY)

What can I start doing?

What can I stop doing?



Activity Sheet: Family Action Plan



SET YOUR FAMILY GOAL:
WHAT IS ONE THING WE CAN DO TOGETHER AS A FAMILY
TO HELP TAKE CARE OF OUR PLANET?



WHY IS IT IMPORTANT THAT WE COMPLETE THIS GOAL?



WHO?

WHERE?

WHEN?

List all the family members that will be helping out with your action plan

List where your action plan will take place (this can be eco activities at home or in your community)

It's important to set a deadline for when you will complete your goal!

HOW?

List all the steps you will take as a family to complete your goal! Remember, these can be actions you can **START** or **STOP** as a family that will help care for the environment....



HERE IS HOW WE DID IN ACCOMPLISHING OUR GOAL:



HOW WILL YOU CELEBRATE YOUR HARD WORK AS A FAMILY AFTER ACCOMPLISHING YOUR GOAL?

