



# roots&shoots

## FAMILY TOOLKIT



### Be Bold, Be Kind, Do Good



# TABLE OF CONTENTS

3	INTRODUCTION	12	<b>STEP 2: OBSERVE</b>
5	GETTING STARTED WITH ROOTS & SHOOTS	13	Activity: Community Mapping
7	Activity: Roots & Shoots Compassionate Traits	14	<b>STEP 3: TAKE ACTION</b>
8	<b>STEP 1: GET ENGAGED</b>	15	Activity: Project Planning Guide
9	Activity: Tree of Hope	17	<b>STEP 4: CELEBRATE</b>
		18	Activity: Share Your Impact
		19	GLOSSARY



## TIP:

Throughout this document, you'll see keywords highlighted either in reference to the Compassionate Traits or the Roots & Shoots model—feel free to look them up in [the glossary!](#)



# INTRODUCTION: WELCOME TO THE ROOTS & SHOOTS FAMILY TOOLKIT

## YOUR TOOLKIT FOR DOING A ROOTS & SHOOTS PROJECT THAT MAKES A DIFFERENCE

**Roots & Shoots** is your ticket to getting inspired, learning, having fun, and making a difference together. Through this Roots & Shoots Family Toolkit, you'll be given the guidance and support to create a project that makes a difference in your community while learning and getting inspired as a family. Perhaps you and your family want to do something about the challenges you see in your community and our world—focusing on issues like social justice, pollution, climate change, and others. This Toolkit will help you better understand your community, the issues that matter to you, your ability to take action, and what you can do through a project to make things better.

This resource is your family's guide to the **Roots & Shoots Model**. The Roots & Shoots Model was shaped by a concept called service learning, which simply means using community service projects to learn, grow compassion, and do good in your area. The Model is centered around the **Roots & Shoots 4-Step Formula** of service learning, which guides you through individual steps in a process to get engaged, observe your community, plan and do your project, and celebrate your hard work! When you're done, your **Roots & Shoots project** could have a positive impact on people, other animals, and the environment in your community.



# INTRODUCTION

Through this Model, you'll practice skills to grow **Roots & Shoots Compassionate Traits**, which were identified by young people as essential to be a **compassionate decision-maker**. This way, while you're building a better world, you'll also build a better YOU.

As your project takes shape, be sure to share your story by becoming a **member** at [rootsandshoots.org/register](https://rootsandshoots.org/register) and creating a project profile on your page (more on that later). Sharing your family's story might just **inspire** others to use *their voice and actions* to lead too!



**"Every Individual has a role to play.  
Every individual makes a difference."**

—DR. JANE GOODALL, DBE, FOUNDER OF THE  
JANE GOODALL INSTITUTE, UN MESSENGER OF PEACE

## BENEFITS OF ROOTS & SHOOTS SERVICE LEARNING PROJECTS FOR FAMILIES

While engaging in a Roots & Shoots project, young people practice Roots & Shoots Compassionate Traits, such as **empathy**, **resilience**, and **hope**, all while being empowered to use their ideas and voice to take meaningful action. Engaging in a project as a family means spending quality time together, practicing **team building**, and allowing opportunities for communication between youth and elders, to model and discuss important values, issues, and ideas. Participating in Roots & Shoots as a family can be defined any way you'd like with your chosen family and beyond!



**TIP:**

Brainstorm other family or individuals that you can invite to take action with you. Your group may include grandmas, grandpas, aunts, cousins, friends, and family pets!



# GETTING STARTED WITH ROOTS & SHOOTS



## ABOUT ROOTS & SHOOTS

Roots & Shoots, a program of the Jane Goodall Institute, is a global movement led by millions of young people from all walks of life. Roots & Shoots was started by Dr. Jane Goodall and a **group** of students in Tanzania who felt that everyone can make a positive change in the world, no matter who they are or where they live, by taking action in their own communities. Roots & Shoots has fostered compassionate individuals in over 60 countries across the globe by strengthening their voice, agency, and conviction to act. Together, they're building a better world for people, other animals, and the environment we share.

You can learn more at [rootsandshoots.org](https://rootsandshoots.org) and follow us [@rootsandshoots](https://twitter.com/rootsandshoots)



## THE ROOTS & SHOOTS 4-STEP FORMULA

### STEP 1: GET ENGAGED

Getting engaged is all about exploring projects, people, and stories that inspire you! Around the world, so many **change-makers** just like you have spread hope through their actions. By seeing what's possible through these examples, you'll be able to focus your passion and turn it into purpose.



### STEP 2: OBSERVE

Observing is a key step in understanding resources or gaps in your community, as well as your identity and role within your area. In this step, you'll be given the tools to better understand the strengths and needs of your community, which are the seeds to boldly brainstorm a change-making project.



### STEP 3: TAKE ACTION

This is one of the best parts—making change happen! Once you've completed Step 2, you'll have an idea for a possible project. In Step 3, you'll get the tools to plan and do your community project. The sky's the limit!



### STEP 4: CELEBRATE

A huge part of being a Roots & Shoots change-maker is reflecting on your project, measuring your impact, and celebrating your success! By doing this and completing your project profile on [rootsandshoots.org](https://rootsandshoots.org), you'll also be growing an essential Roots & Shoots Compassionate Trait: **inspiring your peers**.



## What are Compassionate Traits?

Every day, each of us has the opportunity to make decisions that have an impact on other people, other animals, and the planet we share. As you and your family work on your Roots & Shoots project, you'll develop and practice Roots & Shoots Compassionate Traits, which are the characteristics chosen by youth leaders to represent essential skills and behaviors of individuals who are compassionate decision-makers. Let's get to know the Compassionate Traits!

### COMPASSIONATE LEADERSHIP SKILLS & TRAITS



#### INTROSPECTIVE

Examines their beliefs to consider how their actions affect the world around them



#### ACTS WITH A PURPOSE

Makes choices that align with a commitment to have a positive impact on important issues.



#### THINKS CRITICALLY

Explores a topic from all angles before making a well-thought-out decision



#### EMPATHETIC

Connects to feelings outside their own by viewing concepts through the lens of another



#### COLLABORATES & COMMUNICATES OPENLY

Embraces the inspiration and participation of others by accepting new ideas and perspectives



#### A TEAM PLAYER

Works well in a team and engages their peers by leveraging their unique, individual skill sets



#### INSPIRES PEERS

Sets a positive example for the people around them



#### HOPEFUL & OPTIMISTIC

Stays positive and committed to achieving their goal



#### ADAPTABLE & RESILIENT

Embraces challenges and overcomes setbacks



**Learn More**  
**WEB:**  
[Read more about the Roots & Shoots Compassionate Traits](#)



**Learn More**  
**VIDEO:**  
[What is Compassionate Leadership?](#)



## ACTIVITY:

As a family, complete the Compassionate Traits Assessment. Reflect on the traits of a compassionate decision-maker and identify the traits you possess now, as well as those you wish to grow.

1. Together, review and discuss the 9 traits of a compassionate decision-maker.
2. Share the [self-assessment rubric](#) with all group members to assess their strengths.
3. Share your results with each other and discuss: Were your individual strengths as you expected? Did anything surprise you? What are your family's strengths as a group?
4. Looking Ahead: As you work on your project, recognize when a family member is demonstrating one of the traits and encourage them to practice others.



## TIP:

If your group wants to complete this rubric together without printing, show it on a screen for everyone to see and have each family member draw their own copy of the grid to fill out.



# STEP 1: GET ENGAGED

Get inspired by learning about incredible change-makers including Dr. Jane Goodall. Read about **youth** who have used their voices and ideas to take action on issues that matter most to them. Let these stories inspire your imagination and guide your **introspection** as you and your family consider the impact your project can have on the people, other animals, and the environment in your community.

**“Roots creep underground everywhere and make a firm foundation. Shoots seem very weak, but to reach the light they can break open brick walls. Hundreds and thousands of roots and shoots, hundreds and thousands of young people around the world can break through these walls.”**

—DR. JANE



## MEET “DR. JANE”

Jane Goodall was born in Bournemouth, England. She has often said that she was born loving animals. Inspired by books like Tarzan and Dr. Doolittle, she was determined to study them in the wild and write her own books about them. Despite having little money and growing up during World War II, she worked hard, took a secretarial course, and saved up money to pursue her dream. At age 23, she took advantage of an opportunity to visit a friend in Kenya. Through a combination of luck and her knowledge of secretarial work and wildlife, she was put in touch with anthropologist and paleontologist Dr. Louis Leakey. Seeing her passion, open mind, and ability to observe, at age 26, she was offered the chance to study wild chimpanzees in Gombe, Tanzania.

Despite initial challenges, she never gave up. Jane was the first person to formally discover that chimpanzees, our closest living relatives, have personalities, compassion, intelligence, and can make and use tools like humans! Over time, Jane realized there were many problems facing chimpanzees, humans, and the natural world. She decided to leave the forest as a scientist and become an advocate to take action on behalf of all living beings. Typically, she travels 300 days a year empowering people to make a positive difference.



Learn more about Jane and her work by visiting [the Jane Goodall Institute website](https://www.jane-goodall.org/).



# STEP 1: GET ENGAGED



## ACTIVITY:

Learn how Roots & Shoots got its name and reflect on the support structures and passions of your group members.

1. As a group, review the [Tree of Hope](#) activity and discuss what Dr. Jane's quote means.
2. Individually, have each member create their own Tree of Hope and then share with each other.
3. As a group, discuss what support systems and passions you share. Keep this in mind when choosing your project in Step 3!
4. If you're looking to get more creative, pause for some reflection with this [Drawing Quotes](#) activity.

**"Remember to work hard,  
take advantage of every  
opportunity and don't give up."**

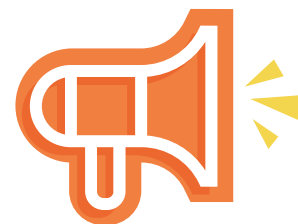
—JANE'S MOTHER VANNE



### Learn More STREAMING:

Watch **JANE** and **Jane Goodall: The Hope** on Disney+ or other streaming services

# STEP 1: GET ENGAGED



## YOUNG LEADERS MAKING BIG CHANGE

Not everyone knows what they want to do with their lives from a young age or is ready (or able) to travel around the world spreading their message. Making changes in your own community, or even in your backyard, can have a significant positive impact. Hundreds of thousands of youth around the world have taken action through Roots & Shoots and are doing just that! Let's meet a few...



### Seraphina W., 7, Roots & Shoots Member

Seraphina learned about Roots & Shoots after she read the book "I Am Jane Goodall" by Brad Meltzer. Dr. Jane's story inspired her to use her ideas and voice to take action. She found her way to the Roots & Shoots website and read about Roots & Shoots group projects happening all over the world. Seraphina cared about helping protect bees, so her project started with some research on pollinators local to her region and how she could best help them. Seraphina's project started in her own back yard. You'll learn more about how Seraphina's project grew as we continue through this toolkit!

### Ashley L., 16, Roots & Shoots National Youth Leadership Council Member

Ashley's Roots & Shoots project, [Environmental Justice Virtual Field Trips](#), aims to increase access to cross-cultural learning opportunities for young people from their home with the help of technology. This project invites young people from around the world to participate in virtual field trips hosted via video conferences and featuring guest speakers from nonprofits, grassroots organizations, and more, aiming to bring under-resourced communities into the global environmental justice conversation.



### Jesús T., 24, Roots & Shoots Alumnus

While in high school, Jesús observed the wealth gap in his community and the need for financial assistance for many of his neighbors. His Roots & Shoots group took action by getting certified to offer walk-in appointments to prepare tax returns for low-income families and individuals. Jesús still helps his community through his Roots & Shoots project every year, even after graduating college. You can read more about how Jesús grew through Roots & Shoots [here](#).

# STEP 1: GET ENGAGED

## Who is YOUR Family Group?

### ACTIVITY:

Family group, activate! It's time for your family to collaborate and discuss what inspires you, your passions, and how you will make your mark through a Roots & Shoots project.

1. Write your own family mission statement. A mission statement is a very brief statement (2-3 sentences) outlining why your family Roots & Shoots group exists and what it aims to accomplish.
2. Tell us about your group! If you haven't done so already, become a member of Roots & Shoots. Once you are logged in, create a [group profile](#) on [rootsandshoots.org](#) and invite your family members to join! You can also navigate to a new group profile from the home page by logging in, clicking on *Groups*, then *Search Groups*, and finally, *Create a Group*.



#### Learn More

##### VIDEO:

Watch this quick video, "[Welcome to Roots & Shoots!](#)" to learn more about the global movement

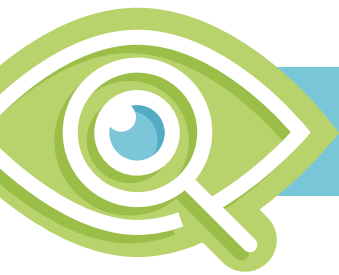


#### Learn More

##### WEB:

Dive deeper into the Roots & Shoots Model with the [Roots & Shoots online course](#) for educators and adult mentors

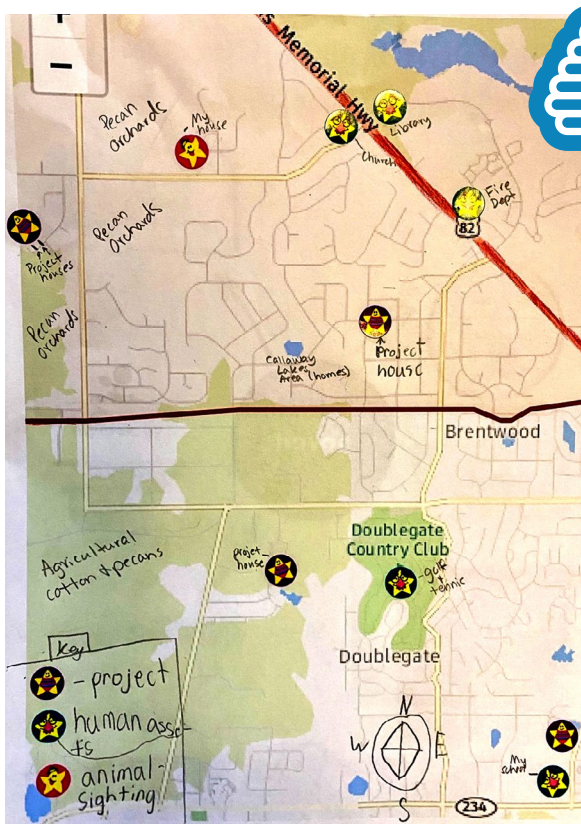




# STEP 2: OBSERVE

## COMMUNITY MAPPING

If your family is unsure about a community issue to address with your project, fear not! At Roots & Shoots, YOU become the expert. With a tool called Community Mapping, you will use the same method as the [Jane Goodall Institute](#)'s scientists and field experts to explore your local community and identify strengths and gap areas so that you can **act with purpose** to make a difference.



### Seraphina's Bee Sanctuary: Mapping

Through community mapping, Seraphina was better able to pinpoint the types of flowering trees that are native to her area, informing her decision about which trees would be best to plant for pollinators.

When Seraphina was ready to grow her Roots & Shoots project beyond her back yard, she used her community map to identify areas in the community that could become bee sanctuaries, such as large yards in surrounding neighborhoods (keep reading to find out how she worked with her neighbors!)



### TIP:

Your family may already have an idea for a project to do and that is great! Try the mapping exercise to help you visualize how your project is needed by your community and to identify resources to help you accomplish it. By visualizing your community, you can gain a better understanding of the interconnected relationships between human, other animal, and environmental features while also considering the advantages and barriers you may face as you do your project.

# STEP 2: OBSERVE

Use the chart below to pick one of the Community Mapping tools that will help you **think critically** about where you live, what your community's needs are, and the resources that will help you be most successful.



**TIP:** Not sure where to start?  
Try [Community Mapping: 101](#)

	MAPPING FOR YOUNG CHILDREN 1 hour	COMMUNITY MAPPING 101 1 to 2 hours	DIGITAL MAPPING [MY MAPS] 2 to 3 hours	DIGITAL MAPPING [ARCGIS] 3 to 5 hours
Identify a one-time project	✓	✓	✓	✓
Identify a long-term project	✓	✓	✓	✓
Offline options	✓	✓		
Develop digital skills			✓	✓
Access public data to include				✓
Collaborate on digital map with multiple users			✓	
At home resource	✓	✓	✓	✓

## ACTIVITY:

After you have completed your map, take a few minutes to reflect on what your family has learned about your community while mapping.

1. What is it like to be a family in your community? Share what it's like to live in your neighborhood and discuss each person's individual responses.
2. Discuss other communities you have lived in and what it was like to be a family in those communities.
3. Are there any specific challenges or benefits that families or individuals experience in your community?



**Learn More**  
**VIDEO:**  
[See how a group in Los Angeles, CA used digital mapping.](#)



## STEP 3: TAKE ACTION



### CHOOSING AND PLANNING YOUR PROJECT

It's time to identify your project. Whether you decided on a project before mapping your community or have developed a list of project ideas based on your map, come to a decision as a family about the issue you'd like to address with your project.



#### TIP:

If you are having a hard time choosing just one project, [try one of these voting methods](#). Save those other ideas for your next project.



### Seraphina's Bee Sanctuary: Growing Goals

When Seraphina's project started, her short-term goal was to build a pollinator garden in her back yard. Her long-term goals were to educate her peers on the importance of pollinators and how to create an environment to support bee populations.

Seraphina's Roots & Shoots group (which includes her family members!) evolved their goals after assessing the devastation from a recent hurricane in their community. By observing and mapping the challenges in their area, they were able to act with purpose and refocus their project for the greatest positive impact. Now, they are working to replant native trees in the community!

# STEP 3: TAKE ACTION



**TIP:** Revisit your community map. Are there any resources you identified that might be able to help?



## ACTIVITY:

Once your group has decided on a project, it's time to get organized. Consider your group's short-term and long-term goals and the steps you'll take along the way to ensure your project is successful.

1. In this activity, you'll answer important questions about the details of your project. Gather your group and put your thinking caps on.
2. Collect your notes from Step 2: Community Mapping and have them handy.
3. Answer the questions in the [Project Planning Guide](#) to identify the "what, how, where, when, and who" of your Roots & Shoots Project.



**TIP:** Keep in mind that many businesses and organizations might offer support through donations, lent materials, or expertise. Encourage young members of your group to use the power of their voice and contact prospective collaborators!

## COMMUNITY COLLABORATION

**Collaborating** with other community members or local businesses and organizations can help your project take flight. Even better, it'll grow your connections to others in your community! Even if your family is completing your project at home, community collaborators can still support you or better your work by providing a unique or expert perspective, needed supplies and resources, and community buy-in.



# STEP 3: TAKE ACTION

## WHAT DOES COMMUNITY COLLABORATION LOOK LIKE?



### Volunteering and Resources

Roots & Shoots Youth Leader, [Rhea](#), started a project to help students struggling to keep up with school work from home. The objective of her project is to pair younger students with high school volunteers for virtual tutoring. By collaborating with the wider school community, this project connects peers to offer support from home.



### Learn More

#### RESOURCE:

Learn more about approaching [community collaborators](#)

### Youth Voice in the Community

On their community map, a Roots & Shoots group observed and identified an unplanned construction site near their school and were concerned it would impact their water supply. The group researched their local water supply, spoke to experts, and worked with a local community center to build a water monitoring system and speak to the local media.



### Seraphina's Bee Sanctuary: Activating Others

Seraphina's Bee Sanctuary was able to grow through community collaboration. Seraphina spoke to her school about her project and she quickly received invitations from community members to help create sanctuaries of their own and educate them on bee conservation. By working with her community members and utilizing community mapping, Seraphina was able to recognize the community need to start replanting native trees after the hurricane.





## — STEP 4: CELEBRATE

Some projects may only take an afternoon to plan and implement, while others take many months (some even longer). Celebrating, reflecting on your impact, and inspiring others by sharing your project is an important part of being a compassionate change-maker in Roots & Shoots. When you complete your project, make time to celebrate! Your family's project helps bring us closer to a better world for people, other animals, and the environment. This last step focuses on reflecting on successes and challenges, while also giving yourself props for doing an amazing job and learning along the way. It also gives you an opportunity to share what you've accomplished and inspire others to join you in making a difference.

### REFLECT ON YOUR GROWTH



#### ACTIVITY:

Revisit the **Compassionate Traits Assessment** activity you completed in the introduction.

1. Review and discuss the [9 traits of a compassionate decision-maker](#).
2. Repeat the activity by having each family member complete the second row of the Compassionate Traits self-assessment.
3. Compare your rankings to your responses at the beginning of the toolkit. Talk about the results as a family. Did you see any growth? Congratulate each other on strengths you witnessed them practice and improve!



#### Seraphina's Bee Sanctuary: Celebrating By Sharing

In order to help share their message and celebrate the project's ongoing success, Seraphina and her group started an Instagram account dedicated to the project. Check it out! [@seraphinasbeesanctuary](#)

As her projects have progressed, Seraphina's Roots & Shoots group keeps their [project profile](#) updated on the Roots & Shoots website. Last year, they completed more than three projects so they earned a Certificate of Recognition signed by Dr. Jane!

# STEP 4: CELEBRATE

## SHARE YOUR IMPACT

### ACTIVITY:

There are many ways you can celebrate what you have accomplished through your Roots & Shoots project—even from home.

1. Be counted! It's time to complete your project on the Roots & Shoots website. Login to [rootsandshoots.org](https://rootsandshoots.org) and navigate to your project profile to edit, update, and report on your story.
2. Inspire your peers! Think about the best way you can share your message with your community. Whether you alert the public about the issue your project addressed through a PSA or create a virtual scrapbook about the difference you have made, you can inspire your community. Remember to add your video or photos to your project profile!
3. Share on social media! Post your project, PSA, scrapbook, or photos to social media and tell us about your project using #rschangemaker and tagging us @rootsandshoots.
4. Start planning your next Roots & Shoots project



### TIP:

Consider all the different types of data you can collect from your project (for example, you could collect how many trees you planted, cards you wrote, or people you educated) and what challenges other people completing a similar project may face.



**Learn More**  
**RESOURCE:**  
[Plan a celebration](#)



**Learn More**  
**VIDEO:**  
Celebrate by inventing [your own dance](#) to go along with the [Roots & Shoots song!](#)





# ACTION GLOSSARY



**Change-maker:** One who desires to see a change in the world and, through gathering knowledge, endeavors to make that change happen (from Ashoka, who coined the term).

**Compassionate decision-maker:** In Roots & Shoots (R&S), someone who is building their Compassionate Traits.

**Compassionate Traits:** Characteristics that are developed and advanced through the R&S Model which represent the essential skills and behaviors of individuals who will be compassionate decision-makers, in their everyday lives and as leaders, for people, other animals, and the environment.

- **Acts with Purpose:** Makes choices that align with a commitment to have a positive impact on important issues
- **Adaptable and Resilient:** Embraces challenges and overcomes setbacks
- **Collaborates and Communities Openly:** Embraces the inspiration and participation of others by accepting new ideas and perspectives
- **Empathetic:** Connects to feelings outside their own by viewing concepts through the lens of another
- **Hopeful and Optimistic:** Stays positive and committed to achieving their goal
- **Inspires Peers:** Sets a positive example for the people around them

# ACTION GLOSSARY

- **Introspective:** Examines their beliefs to consider how their actions affect the world around them
- **Team Player:** Works well in a team and engages their peers by leveraging their unique, individual skill sets
- **Thinks Critically:** explores a topic from all angles before making a well-thought out decision

**Groups:** In R&S, two or more people who are working together as Roots & Shoots members, typically related to a project or multiple projects.

**Members:** In R&S, someone who considers themselves to be a part of the larger Roots & Shoots program

**Roots & Shoots 4-Step Formula:** The Roots & Shoots 4-Step Formula helps develop your skills and Roots & Shoots Compassionate Traits as you turn your ideas into world-changing projects.



**STEP 1: GET ENGAGED:** Become Engaged/ inspired and interested in understanding issues in your local/global community

**STEP 2: OBSERVE:** Observe/map your “community,” in order to identify key features including challenges and solutions

**STEP 3: TAKE ACTION:** Plan, organize, and implement a service project by assigning team roles, setting timelines, collaborating with the community, and more

**STEP 4: CELEBRATE:** Measure impact and celebrate your success

**Roots & Shoots Model:** This is the Roots & Shoots pedagogy. Participating in Roots & Shoots by using this method (and the 4-Step Formula) fosters increased development of R&S Compassionate Traits for better decision-making in their everyday lives and as leaders, for people, other animals, and the environment.

**Roots & Shoots Program:** A program of the Jane Goodall Institute. A global movement of youth who are empowered to use their voice and actions to make compassionate decisions, influencing and leading change in their communities.

**Roots & Shoots Project:** Actions that youth (and/or youth with the support of their mentors/educators) design and execute through the R&S Model, usually through a physical creation of something in their community. The projects help improve the demonstration of Compassionate Traits.

**Youth:** Typically used by R&S to reference our young members with an emphasis on their energy and passion Note: Dr. Jane refers to “young people” as anyone of any age with the energy and enthusiasm to make the world a better place.