

Applejack Parent Guide



In celebration of International Friendship Day on July 30th, you can help your child make their mark on the world through friendship and service.

International Friendship Day focuses on the power and importance of friendship—just like the characters do in **My Little Pony**. Did you know that each pony represents an Element of Harmony that helps a child be a good friend? Pinkie Pie represents laughter, Fluttershy represents kindness, Applejack represents honesty, Rainbow Dash represents loyalty, Rarity represents generosity and Twilight Sparkle represents the magic of friendship!

These elements are key to building strong, caring, empathetic young people who are able to give to their friends and their communities.

Research suggests that the seeds of empathy, caring, and compassion are present early in life, but that children need the help of adults to grow into caring, ethical people¹. Volunteer service is a practical, easy, and fun way for you to help your child practice caring, giving and friendship and to teach them why it's important to help others and how they can make

a difference. Volunteering will benefit your child as they grow-up. Young people who volunteer have shown “greater respect for others, leadership skills, and an understanding of citizenship that can carry over into adulthood.”²

With help from Applejack, you can teach your child about the importance of honesty while demonstrating how to be a friend to the environment.

Inside this guide there are ‘ideas to chat about’ to help your child understand more about why it’s important to care for the environment. See the detailed steps to complete the project, plus supplemental reading that can help bring some of these difficult concepts to life.

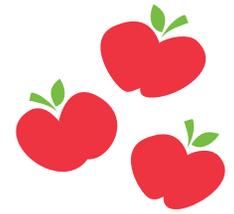
After your child has completed their project, come back and tell us what they’ve done! By posting a photo and brief story, your child will receive a My Little Pony poster!

Visit generationOn.org/mlp to learn more and share your story.

¹ <http://sites.gse.harvard.edu/making-caring-common/parents/strategies-tips>

² <http://www.childtrends.org/?indicators=volunteering>

The Issue of the Environment



Applejack loves to spend her days outdoors, taking care of the farm at Sweet Apple Acres. An honest and dependable pony, she cares about her friends, family and the environment. And this pony isn't afraid to get her hooves dirty! Like Applejack, your child and their friends can help care for the environment by cleaning up a local park!

Did you know?

The environment is in danger around the world. From global warming, to deforestation, to littering, many of our precious natural resources are at risk. Did you know that every year 6,500 square miles of the Brazilian Amazon are deforested? Or that Planet Earth could lose 50% of its species by 2050?

What your child will learn

- Why it's important to look after the environment
- How to make "giving back" an everyday habit

Who you'll be helping

- Your local park or green space

Ideas to chat about

Use these conversation starters to help children gain a better understanding of this issue.

- 1 Why is it hard to be a friend to the environment?
- 2 What are some ways you could help protect the earth?
- 3 Why is it important to help protect the earth?
- 4 What else can we do to help?

Suggested reading:

The Adventures of a Plastic Bottle: A Story About Recycling by Alison Inches.

Children can learn about recycling from the perspective of a water bottle! This book is a diary of a plastic bottle as it travels from the refinery plant, to the manufacturing line, onto the store shelf, into to a garbage can, and lastly to the recycling plant where it starts its new life as a fleece jacket!

Applejack and the Honest-to-Goodness Switcheroo by G.M. Berrow. In this book, Applejack starts a diary to record all her hard work bucking fields at Sweet Apple Acres. As the days pass, she writes honestly about whatever is bothering her. But when the book falls into the wrong hooves, Applejack finds herself in a real pickle! This story teaches children about the importance of hard work and being honest with your friends.



Project Instructions: playground or park cleanup!

What you need:

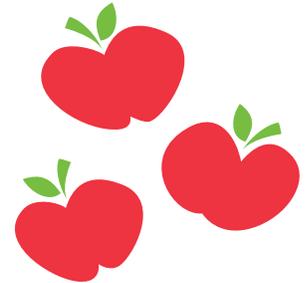
- Trash bags
- Gloves and hat
- Clothes that can get dirty
- Hand sanitizer

Steps:

- With your child, select a day to clean up a local playground or park. Ask your child to invite his/her friends
- On the day of the clean-up, bring trash bags and hand sanitizer, and make sure to dress your child in clothes that can get dirty
- Be safe! Make sure your child wears gloves and a hat while cleaning-up!
- Help your child fill the bags up with trash from the playground or park
- Dump the trash in the garbage can or take it with you



Trash bags



Gloves



Clothes that can get dirty



Hand sanitizer



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WHO IS GENERATIONON?

generationOn is the youth service division of Points of Light, igniting the power of kids and teens to make their mark on the world. generationOn inspires, equips and mobilizes hundreds of thousands of kids and teens annually to take action through service, service learning and youth leadership initiatives. It also provides tools and resources to kids, teens, families, youth practitioners and educators to help kids change the world and themselves through service. For more information, visit www.generationon.org