

# High Five for the Future

## Facilitator Guide

### Learning objectives

- We need new sustainability solutions ... and we need your help finding them!
- We all have a role in creating a more sustainable future.
- Being a change agent involves asking questions and taking actions.

### Materials

- “High Five for the Future” activity guide and sign
- “High Five for the Future” graphic
- Small whiteboard, marker, and eraser

The activity guide and sign can be downloaded from [www.nisenet.org/sustainability](http://www.nisenet.org/sustainability) or [sustainablekits.asu.edu](http://sustainablekits.asu.edu).

The large-format “High Five for the Future” graphic can be downloaded from [www.nisenet.org/sustainability](http://www.nisenet.org/sustainability) or [sustainablekits.asu.edu](http://sustainablekits.asu.edu) and printed at FedEx® Office and similar stores that can handle 48” graphics.

Dry erase whiteboard sets can be purchased at discount stores and office supply stores.

### Preparation

Read through this facilitator guide, look at all the activity materials, and practice the activity with a friendly audience until you feel comfortable with it. (Note that the guests have an activity guide they can follow, which has the same step-by-step instructions as this facilitator guide.)

Hang or mount the High Five banner at a height and in a location that is accessible to visitors of different heights, including children and guests in wheelchairs.

**Tip:** The United Nations has created “The Lazy Person’s Guide to Saving the World,” which lists a number of things everyone can do to help create a more sustainable future. You might print out this list to help inspire visitors as they consider their pledges:

<http://www.un.org/sustainabledevelopment/takeaction>

“The Lazy Person’s Guide” was created to help individuals contribute toward the UN’s Sustainable Development Goals: <http://www.un.org/sustainabledevelopment/sustainable-development-goals>

## Step-by-step instructions

*This activity is meant to prompt guest reflection about what they can do to promote sustainability, at home, in their community, and beyond. As facilitator, you can help children and adults brainstorm ideas, and remind them that the three pillars of sustainability are people (society), the planet (environment), and prosperity (economy).*

Invite visitors to make a pledge for a concrete action they might do to promote sustainability. You can reassure them that it is fine to start small, with something they feel confident they can achieve. They can record their pledge on the white board, by writing or drawing a picture.

**Tip:** It may be easier for children to draw a picture instead of writing their idea. You can also assist guests by writing down their idea for them.

**Tip:** If you have extra dry-erase boards, it is helpful to have several so more guests can work on their pledge simultaneously.

**Tip:** You can leave past pledges out for inspiration (i.e., don't erase them until the next person is ready to use the board).

Optional: Guests (especially children) may like to take their picture with a “kid from the future.” They can hold up their whiteboard pledge and/or give a “high five” to the illustration, by placing their hand on top of the hand of the “future kid.”

**Tip:** You may need to explain the “High Five for the Future” concept to some guests. You might say something like, “Sometimes people give each other a high five when they’ve done a good job. When you do something sustainable, it helps kids today *and* kids in the future! What can you do now that would get a high five from a future kid?”

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