

Subtopic 2: What resources are in our communities?

In every community there are resources – places, organizations and people – that could be helpful to you in some way. The important thing is to know what resources are in your community and then to know how to use them. Examples of community resources are the library, the clinic, schools, sports clubs, teachers etc.

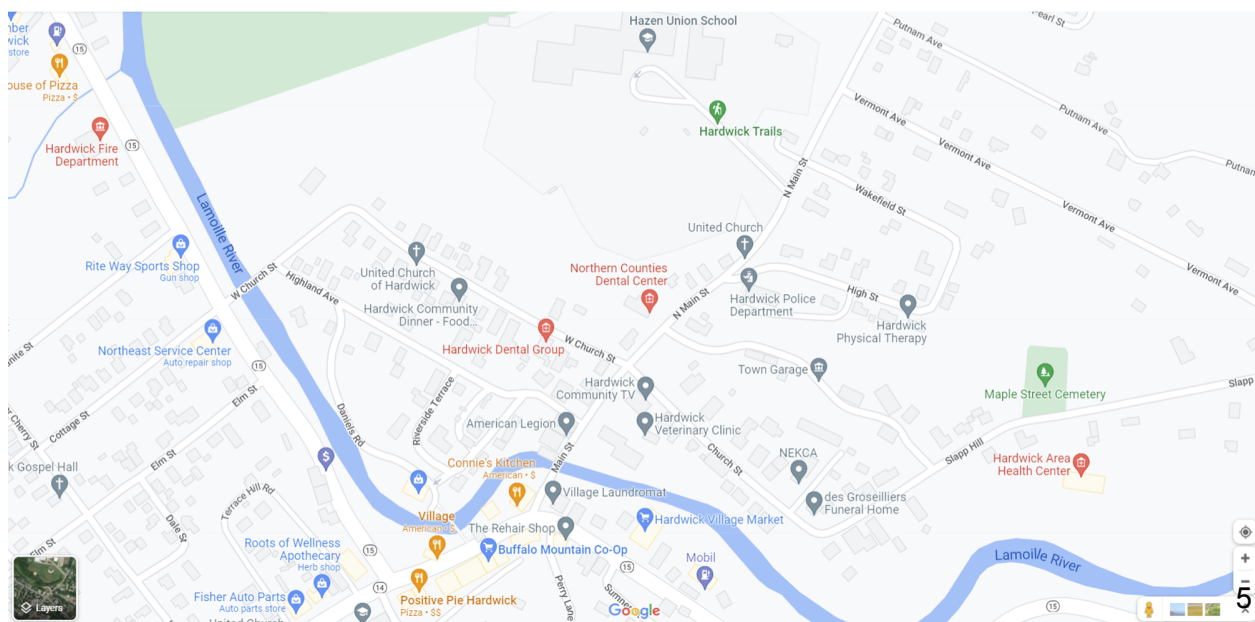
Activity 1: An Ideal Community

In small groups, brainstorm what things and resources they would like to include in an ideal community. For example, what would your ideal community have as resources to support your interests and needs in leisure and other aspects of life? Someone should record the ideas and report out. What kinds of things were easy to decide on.

Ask whether it was easy or hard to agree on what should be included in the community. Perhaps use this as a point of discussion that this is what happens in most communities, there are disagreements on how to run things, etc.

Activity 2: Map Local Community Resources

Find a Google map or similar of your location to display. Discuss what resources are in the community and in surrounding areas. Have students identify where they live on the map, if possible.



Sometimes if there are things you would like to have in your community that don't exist, you might have to take responsibility to organize or advocate for it to become a reality.

Ask and Discuss

In small groups or pairs, discuss the following (choose those questions that make most sense for your situation):

- What community resources have you used? Which are most important to you?
- What community resources would you like to see in your community that don't currently exist?
- What would you like to know more about in your community?
- Do you know where to find places and organizations that offer advice and help to young people?
- Identify places where you typically spend your free time
- When you are at those places, how do you feel? Happy, tired, anxious, bored, etc. Why do you feel that way?
- Who are you typically with?
- Is this a place where healthy activities take place?
- Are there places where risky behavior often takes place?
- If you had a choice, where would you like to spend your time? Why?
- Would you like to make any changes about where you spend your time? What would it be and how can you make it happen?
- How does the physical or natural environment influence you or influence your experience?
- Where are places where you can find adults who can help you or listen to you or provide activities that you would like to do?

Use Live Your Why Passport Edition to discuss various community opportunities.



Share Your Why: Passport Edition



Community Connections

Plan, Do, and Reflect on an activity
that includes one or more of the following:

- Attending a community event
- Meeting new people
- Finding something new to do in your community

Ideas & Activities at
healthylamoillevalley.org/passport



Plan Your Why.

A Community Connections activity that I can do with friends or family is:

When can I do the activity? Day: _____ Time: _____

What needs to happen before I am able to do this activity?



Do Your Why.

The activity I chose: _____



Reflect

What I liked about the activity I chose:

Something I might do differently next time:

One or more important resource in my community I would like to check out or learn more about: _____

Can we share this activity on our website using your first name, last initial and grade? **YES NO**

Name: _____ **Grade:** _____

Passport # _____

**PASSPORT MUST BE REGISTERED TO
BE ELIGIBLE FOR A RAFFLE**

Return this completed sheet to wherever you
picked it up or a location listed at
healthylamoillevalley.org/passport

