

# Help Change Your World

"Mommy, my teacher talked to us today about looking for ways to help change our world for the better," Deidra explained as they walked home from school. "But I'm not sure what I can do."

"Helping to make a positive change in your world is a wonderful undertaking," her mom said. "Did you know that changes can be small things you do around your community, but which help to make a difference? Taking care of our community, like the parks and general areas, is one way you can help."

"It's also being mindful of how you treat public property by not littering, not breaking things on purpose, and even avoiding walking on plants in flowerbeds. Helping out in the garden and removing your toys from the lawn and driveway helps to keep the neighborhood looking nice and is a way to make positive change."



Deidra thought for a while, then said, "Look, Mom, there is quite a bit of trash in the park. Could I go pick it up?"

"That would be a lovely idea," her mother agreed. "How about we go home and get some gloves to use and a basket to put the rubbish in?"

After getting the necessary supplies, Deidra and her mother began picking up bits of trash along the way. "Why do people make such messes?" Deidra asked.

"Well, sometimes people haven't been taught to care about things, and they don't understand how their lack of care hurts other people and nature. Sometimes, though, mess is just a part of life, and cleaning it up is something that has to be done.



"For example, maybe you're eating in the park and your napkin blows away, and you may not be able to catch it that day and it settles somewhere else as litter. Or an animal might get into the rubbish bin and get trash everywhere that has to be cleaned up."

"Oh no, Mommy, there's a broken bottle," Deidra said.

"Don't touch it, Deidra!" her mom exclaimed. "It's good that you want to help clean it up so no one gets hurt, but when you see a broken or sharp object on the ground, ask a grown-up to take care of it so that you don't cut yourself."

"Hi, Deidra," Jeffrey called out. "What are you doing?"

"I'm helping to change the world," Deidra announced. "By picking up trash, we're making the park look nice again."



"Oh, that's nice," Jeffrey said. "Thank you. I'd like to help too. Can I, Dad?"

"Of course, son," his dad replied. "But you'll need to get gloves and a bag or two first."

"I'll be back soon, Deidra," Jeffrey called as he ran back to his house.

Deidra smiled. She was glad that not only was she making the park look better with her efforts, but she could also encourage her friends to make a difference too.

Don't belittle what you can do to change the world. Little things and little people are important! Whatever you can do to help make a difference matters. Caring for the world, even in little ways, when they all add up, can make big change happen. And it can start with YOU!

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