4-part workshop series
Lesson plans, handouts, publicity samples

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and the Iowa Department of Natural Resources Solid Waste Alternatives Program

ReclaimYourHolidays.org
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Introduction

This workshop curriculum was created to encourage trainers and leaders to help their constituents create meaningful and environmentally friendly holidays by providing practical and inspiring information, as well as opportunities for dialogue and idea-sharing.

As part of the University of Northern Iowa Center for Energy and Environmental Education’s Reclaim Your Holidays initiative, in 2010 UNI piloted a version of this workshop series as Lunch and Learns at the University of Iowa. The series started in early November and continued through the first week of January. The project was co-sponsored by the Iowa City Public Library, Iowa City Landfill & Recycling Center, Iowa State University Extension and the University of Iowa Office of Sustainability. It received funding support from the REAP Conservation Education Program and the Iowa Department of Natural Resources Solid Waste Alternatives Program.
Session I—Reclaim your holidays:
Minimize Stress—Maximize Meaning

Time: 50 minutes

Preparation: Update the handouts on pages 5-6 with the dates of your events and any other information you want to include. Photocopy and cut to size.

Supplies needed: Copies of handouts, masking tape, markers, pens, scratch paper, and 1x4 foot sheets of paper for all participants.

Learning objectives
Participants will:

- Be more aware of their priorities for the holidays
- Learn about the opportunity to be further engaged in this issue and learn more through the website/social networking
- Adopt at least one self-care practice for the holiday season

1) Welcome and Icebreaker—what do you love about the holidays? (8 min.)

Welcome participants, and briefly introduce yourself. Then ask participants to introduce themselves and share one thing they love about the holidays. If there are more than 18 participants, have the group break into teams of 4 or 5 to do this exercise, and then have several groups summarize some of what the teams shared.

2) Background (8 min.)

Explain your personal interest in the topic and/or how you have reclaimed your holiday sometime in the past; explain to the audience that you hope they will share their stories today and throughout the workshop series.

Explain the Reclaim Your Holidays project is part of a statewide initiative based at the University of Northern Iowa Center for Energy & Environmental Education. Many partners are now involved in the project, including Iowa State University Extension, University of Iowa’s Office of Sustainability, and your organization.

Acknowledge other partners and funders (Resource Enhancement and Protection Conservation Education Program and the Iowa Department of Natural Resources Solid Waste Alternatives Program).

The primary goals of Reclaim Your Holidays are to help Iowans create meaningful and environmentally friendly holidays. UNI and partners believe that some of the best ways to do this are to:

- provide mechanisms for the exchange of practical and inspiring information,
- help you identify and articulate your priorities,
- give you time to develop a plan of action, and
- once the holidays are over, access the plan and how you might alter it for the coming year.

3) Optional: Secure names and emails of those in attendance (1 min.)

This may be necessary if you want to communicate with the participants throughout the series and/or want them to complete an electronic survey after the workshop series is completed.

4) Explain Sessions I-IV—what to expect in this workshop series and ways to get more involved. (2-3 min.)

Distribute handout, referring to –Upcoming events! and –Other ways to get involved. I Session I focuses primarily on self-care during the holiday season. Session II—Practical tips for creating greener, more
meaningful holidays; Session III—Make a plan; Session IV (held after the holiday season)—Assessing your efforts: What worked, and what didn’t.

5) **Reflection time—ask participants to write their answers to the following questions.** (4 min.)
   Distribute paper and pens if needed.
   a. What are your favorite parts of the holiday?
   b. What are the most important traditions in your family?
   c. What are the things about the holiday season that make you crazy?
   d. What parts of your holiday routine deplete rather than restore?

6) **Reflection follow-up** (5 min.)
   Ask participants to discuss their answers in small groups (3-4/group), then reconvene and ask a few to summarize highlights.
   **Possible discussion points:** Plans can help to eliminate some of the parts of the holiday that make us crazy or deplete us, but we all still may have moments of stress or craziness. Therefore, making time for self-care could help.

7) **Self-care list** (16 min.)
   Give everyone a marker and large sheet of newsprint (~one foot x four feet)
   Instruct participants to find a comfortable place in the building to brainstorm for 6 minutes what types of things they do or could do for self-care, especially during the holiday season. Ask them to write these on their newsprint. To prompt them, you might mention a few things you do for self-care, whether it is knitting, napping, laying down and putting a warm washcloth on your eyes, or drinking hot tea.
   While they are brainstorming, make a space in an area of the room for participants to place their large sheets for others to read. Ideally, make space so that participants can walk in a circle and read the sheets or walk around the room and read them on the wall. When people return to the room, ask them to place their sheets in the designated area, then walk around and read the ideas, garnering more self-care tips for their own lives. (4 min.)
   Ask participants to pick up their sheets after this exercise is completed, or before the class is over.
   Encourage participants to post this sheet inside a closet door or in a place where they are reminded of the numerous ways they can care for themselves, especially during the potentially stressful holiday season. (1 min.)
   Ask participants to refer to the back side of the handout distributed earlier. It’s called –One self-care action step to help you reclaim your holidays.‖ Ask participants to complete this, focusing on a self-care activity for the holiday season. It may help for you to review the example provided on the handout. (4 min.)
   Ask several participants to share their action step with the group. (2 min.)

8) **Conclusion** (6 min.)
   Thank participants for coming, remind them of the date, time, location, and topic of Part II (practical tips for creating meaningful and environmentally friendly holidays).

**See next two pages for Session I Handouts**

Copy the handout front to back and cut in thirds, giving each participant just a small handout/bookmark.
**One self-care action step to help you reclaim the holidays!**
Be sure to write what you want to do this holiday season, when you want to do it, how much you are going to do and how often you are going to do it. **Example:** I will go to yoga class (what) for an hour (how much) from 5:30-6:30 on Mondays, Wednesdays and Fridays (when) from now until December 19 (how often).

**What is your plan to help reclaim your holidays?**
This coming holiday season I will... ____________________________________________ (what)

__________________________________________ (how much)

__________________________________________ (when)

__________________________________________ (how often)

Check out www.reclaimyourholidays.org

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**What is your plan to help reclaim your holidays?**
This coming holiday season I will... ____________________________________________ (what)

__________________________________________ (how much)

__________________________________________ (when)

__________________________________________ (how often)

Check out www.reclaimyourholidays.org
PRACTICAL WAYS TO CREATE MEANING
Upcoming events:
Reclaim your holidays workshop series*
Session 2—Practical tips (DATE)
Session 3—Make a plan (DATE)
Session 4—Assessing your efforts—What worked, and what didn’t (DATE)

Other ways to get engaged:
ReclaimyourHolidays.org   Facebook: http://on.fb.me/aSjsf0

*Sponsored by the University of Northern Iowa Center for Energy & Environmental Education, the University of Iowa Office of Sustainability, the Iowa City Public Library, The Iowa City Landfill & Recycling Center and Iowa State University Extension. The sessions are funded in part by the REAP Conservation Education Program and the IDNR Solid Waste Alternatives Program.
Session II—Reclaim your holidays:
Practical Tips

Time: 50 minutes

Preparation: Photocopy and cut to size the handouts on pages 9-10. Also photocopy the handouts listed under Item #3 below.

Supplies needed: Copies of handouts, masking tape, flip chart paper, pens.

Learning objectives
Participants will:
Assess how their self-care practice for the holiday season (identified at the last session) is working, and receive additional motivation for self-care and stress reduction during the holidays
Be able to identify 3 actions/tips they can take in an effort to enhance their holidays and make them more environmentally friendly
Identify at least one activity they would like to do this coming holiday season

1) Welcome (Introductions and Background, if needed) (1 min.)

2) Talk with neighbor/Assess self-care efforts (4-5 min.)
Ask participants to share with their neighbor how their self-care effort, which they committed to at the last session, is going. Then, in the large group, ask several to discuss how things are going and discuss tools for making time for self-care, if needed.

3) Practical tips—many of which might add meaning as well as “green” your holiday (37 min.)
Explain that you have printed off information from the reclaimyourholidays website according to various topic areas. Participants will break into small groups according to interest areas, review all or part of the handouts, and share other ideas that come to mind. Note to instructor: Participants may not get through all of their handouts; you may want to reassure them that that’s okay. They can take the handouts home and/or look at the website later.
The groups will also be asked to record on a flip chart favorite ideas, then post these ideas on the wall. Groups will have ~18 minutes to do all of this.
Finally, we’ll learn the best ideas from the other groups through a Round the room activity.
Emphasize to participants that, when they write ideas on the flip chart, the goal is to share the best from the handouts and the best ideas from the conversations.
Break into groups, depending on interest areas and size of group. (Note to instructor: You might want to give out fewer handouts if time is limited, or break them up differently. Ideally, four to five should be in each small group.) Distribute the handouts, flip chart paper, and markers. Give everyone in each group the handouts.
Breakout topics include:


Stories from Iowans’ holiday experiences (http://bit.ly/nrCYoK)
After about 18 minutes, ask the groups to post their ideas on the wall, then ask them to start at the chart immediately counterclockwise to the one they posted. They’ll have a chance to skim the notes from the other groups, and if they want, they can write another idea. Give groups about 3-4 minutes at several or, if time permits, all stations to review the ideas, jot down additional ideas and take notes for their own holiday plans. (17 min.)
Conclude by asking 2-6 people to share ideas they got from the activity, and then remind participants that the handouts are all on the website, reclaimyourholidays.org. (2 min.)

4) Actions—Distribute and explain handout (6 min.)
At Part I, you wrote down something you want to do differently this holiday. This time, let’s take that (or another action) a step further and determine what you can do between now and the next meeting to help you plan and accomplish your goal. Choose something you are confident you can accomplish.

EXAMPLE: I want to give my mom some type of tribute at the holiday season. To help accomplish that goal, within the next week, I will write something down about mom (things I appreciate, or things I’ve researched about the year she was born, etc.) (what) for about 15 minutes (how much) at breakfast—Monday, Wednesday and Friday (how many).

5) Conclusion (1 min.)
Remind participants of the date, time and location of Part III.
Share the quote: —Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.~ Lao Tzu

See next two pages for Session II Handouts
Copy the handout front to back and cut in thirds, giving each participant just a small handout/bookmark.
**One action step to help you reclaim the holidays!**
Be sure to write what you want to do this week, when you want to do it, how much you are going to do and how often you are going to do it. **Example:** I am creating photo collages for all of my nieces and nephews. To prepare for that, this coming week I will gather the photos I need (what) for at least three of those collages (how much) Saturday (when) from 9-12 noon (how often).

**What is your plan to help reclaim your holidays?**
This coming holiday season I will... ________________________________ (what)
______________________________________________________________ (how much)
______________________________________________________________ (when)
______________________________________________________________ (how often)

**One action step to help you reclaim the holidays!**
Be sure to write what you want to do this week, when you want to do it, how much you are going to do and how often you are going to do it. **Example:** I am creating photo collages for all of my nieces and nephews. To prepare for that, this coming week I will gather the photos I need (what) for at least three of those collages (how much) Saturday (when) from 9-12 noon (how often).

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**One action step to help you reclaim the holidays!**
Be sure to write what you want to do this week, when you want to do it, how much you are going to do and how often you are going to do it. **Example:** I am creating photo collages for all of my nieces and nephews. To prepare for that, this coming week I will gather the photos I need (what) for at least three of those collages (how much) Saturday (when) from 9-12 noon (how often).

**What is your plan to help reclaim your holidays?**
This coming holiday season I will... ________________________________ (what)
______________________________________________________________ (how much)
______________________________________________________________ (when)
______________________________________________________________ (how often)
Ideas for reclaiming your holidays

If you think your holidays would be better if you were more deliberate in planning for them, and if you were inspired by others, you might do one or more of the following in the coming week. Check which ones you want to do and are confident you can complete in the coming week.

__ Check out the [www.reclaimyourholidays.org](http://www.reclaimyourholidays.org) gift ideas page.
__ Check out the [www.reclaimyourholidays.org](http://www.reclaimyourholidays.org) green entertaining page.
__ Check out the [www.reclaimyourholidays.org](http://www.reclaimyourholidays.org) gift coupons (at the Free downloads/resources page).
__ Check out the [www.reclaimyourholidays.org](http://www.reclaimyourholidays.org) links to other great websites (at the Free downloads/resources page).
__ Read stories from other howans to inspire me at [www.reclaimyourholidays.org](http://www.reclaimyourholidays.org).
__ Inspire others to reclaim their holidays by sharing my stories at [http://on.fb.me/aSjsfO](http://on.fb.me/aSjsfO).
__ One of the following ideas I learned about:
Session III—Reclaim your holidays: Make a Plan

_Time:_ 50 minutes

_Preparation:_ Photocopy the Pick 5 handout on page 13 and cut in half. Photocopy handout on page 15. Enlarge facts from –What the Research Shows,‖ page 14, and tape to the walls around the workshop space.

_Supplies needed:_ Copies of handouts, masking tape, flip chart paper, pens.

_Learning objectives_

Participants will:

- Continue to assess how their self-care practice (identified at the first session) is working; adapt plan as needed for greater success
- Assess how their action plan (identified at the second session) is working
- Make a plan to do one or more of the things they want to do during the holidays, with a plan to adapt/adjust

1) **Welcome/Icebreaker** (16 min.)

   Welcome participants, and ask them to complete the Pick 5 handout. (2 min.)
   Then ask participants to stand up every time you read one of the five factors they think are essential to a good quality of life. Take note of the factors that get few or no votes, and the factors that get the majority of votes. (3 min.)
   Summarize the results. It is likely that the results of the Pick 5 survey will reveal what research studies confirm: –Relationships with family, peers, colleagues, neighbors, and community members [are] the biggest determining factor in our happiness, once our basic needs are met.‖ (Richard Layard, _Happiness: Lessons from a New Science_; Penguin Press: London, 2005, p. 34-35.) In other words, material goods are not a high priority, once basic material needs are met. This is worth considering as we make efforts to create meaningful holidays. (3 min.)
   Instruct participants to walk around the room and read the facts on the walls. Identify the one that most surprises them and stand by it. It’s okay if everyone stands at different facts, or if everyone is at the same fact. (4 min.)
   When everyone is at a fact, ask one or two participants at each populated –fact station‖ to read the fact and explain why they chose it. (4 min.)

2) **Self-care and Action step check-in** (5 min.)

   Ask participants to share with their neighbor how their self-care effort, which they committed to at the first session, is going, and how the action step identified at the last session is going. Then, in the large group, ask several to discuss how things are going and, if needed, discuss tools for making time for these priorities.

3) **Expectations/Dreams/Wishes** (5 min.)

   Ask participants to take ~5 minutes to think and write down their expectations, dreams, and wishes for the holiday. Note to the instructor: You may want to create your own list and share as an example. Here’s one person’s ideas:

   _Expectations/Dreams/Wishes:_
   - Ritual/spirituality
   - Time with family, playing games, etc.
   - Ski one day
Carolining or something where I give to others in a way that’s meaningful to me—maybe with my friends then pizza at my home?? Or a bonfire at my home??
Yoga
Do my best, and try not to judge the results
Easy meals
Set aside some time to honor Mom—maybe a dinner with toasts in her honor
Celebrate with a group of my women friends – maybe before Thanksgiving or after the New Year

4) **Prioritize** (2 min.)
   Next, ask participants to prioritize this list, as they may not be able to accomplish everything on their lists.

5) **Make a plan for addressing one-four of these priorities.** (12 min.)
   Distribute the handout, Reclaim your holiday action plan strategy, and ask participants to complete this with as many details as possible. They’ll have ~10 minutes.

6) **Share plans** (8 min.)
   Ask participants to get with 1-2 of their neighbors. Each should take 2-3 minutes to share their plans.
   Bring large group together again and ask several to share their plans.

7) **Conclusion** (2 min.)
   Share one or both of the following quotes:
   
   - I do not read advertisements--[if I did] I would spend all my time wanting things.--The Archbishop of Canterbury
   - If you don't create your reality, your reality will create you.--Lizzie West

See next pages for the Session III Handouts
### In your opinion, which five of the following options are most essential to a good quality of life?

<table>
<thead>
<tr>
<th>Democratic government</th>
<th>Living in a clean and safe neighborhood</th>
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<tbody>
<tr>
<td>Good physical and mental health</td>
<td>Time for watching television</td>
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<tr>
<td>Healthy natural environment</td>
<td>Time for watching television</td>
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<tr>
<td>Spending time with family and friends</td>
<td>Time for watching television</td>
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<td>Monetary wealth Having a nice</td>
<td>Time for watching television</td>
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<tr>
<td>home Volunteering or helping</td>
<td>Time for watching television</td>
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<td>others</td>
<td>Time for watching television</td>
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<tr>
<td>Participating in local or national politics</td>
<td>Time for watching television</td>
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<tr>
<td>Spirituality/religion</td>
<td>Time for watching television</td>
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<tr>
<td>Being famous</td>
<td>Time for watching television</td>
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</tbody>
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**Pick 5**

In your opinion, which five of the following options are most essential to a good quality of life?

<table>
<thead>
<tr>
<th>Democratic government</th>
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<td>Being famous</td>
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</table>
What the research shows
Cut these quick facts apart and, prior to the beginning of the session, identify several participants to read these statistics, in sequential order, aloud to the group when asked.

1) Relationships with family, peers, colleagues, neighbors, and community members have proven over and over to be the biggest determining factor in our happiness, once our basic needs are met. (Richard Layard, Happiness: Lessons from a New Science; London: Penguin Press, 2005, p. 34-35.)

2) When our money is invested in experiences, the thrill stays with us longer than when our money is spent buying products. (Retrieved July 11, 2011 at http://www.physorg.com/news189277732.html in “Study Shows Experiences are Better than Possessions,” Cornell University.)

3) Between Thanksgiving and New Year’s Day, Americans generate 25% more waste per week than during the rest of the year. This creates an additional 1.2 million tons per week, or an extra 6 million tons, for the holiday season. (The ULS Report, 4th Quarter 2009: Volume IX, Number 4.)

4) Each additional five hours of television watched per week by consumers led to an additional thousand dollars of spending per year. (Juliet B. Schor, The Overspent American: Why We Want What We Don’t Need; New York: Harper Perennial; 1999, p.49-50.)

5) In the past 50 years, humans have consumed more resources than all previous history…and the US, with 5% of the world’s population, was responsible for about one-third of the world’s total consumption from 1975-1995.” (Retrieved 4/5/2011 at the Environmental Protection Agency website, http://www.epa.gov/osw/inforesources/pubs/vision2.pdf, p. ii.)

6) If everyone [in the world] consumed at U.S. rates, we would need three to five planets. (Annie Leonard, The Story of Stuff: How our obsession with stuff is trashing the planet, our communities, and our health—and a vision for change; 2010. New York, Free Press.)

7) Happiness in America peaked in the 1950s. (Retrieved May 17, 2011 at http://www.unesco.org/education/tlsf/TLSF/theme_b/mod09/uncom09t03s01.htm)
Reclaim your holiday action plan strategy
What do you want to do? (Be sure to identify a realistic activity, and consider the costs—financially and emotionally as well as the time commitment required—before pursuing your plan. Also, consider identifying a range of alternative activities, if you think they may be more realistic.)

What tasks or activities must you do to make this happen? Who or what can help support you during the holidays, especially with this goal (supportive friends, books, etc.)? And who do you need to consult with to get feedback and/or buy-in?

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<thead>
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<th>Tasks</th>
<th>Date</th>
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What are possible barriers/obstacles?

Other: Be sure to include self care as you plan your holiday activities. Also how will you adapt and adjust your plan if need be?
Session IV—Reclaim your holidays: Assessing Your Efforts—What Worked, What Didn’t

_Time:_ 50 minutes

_Preparation:_ Photocopy handouts and print out Concluding Quotes, and cut apart.

_Supplies needed:_ Copies of handouts, pens.

_Learning objectives_
Participants will:
- Be able to identify 1-3 lessons learned from the past holiday season
- Be able to identify 1-3 actions/tips they could try in the coming holiday season to enhance their holidays and make them more environmentally friendly

1) **Welcome and Introductions** (5 min.)
   Ask participants to go around the room and mention something they or someone they know tried this holiday season that worked. If there are too many in your audience to hear from everyone, ask 2-4 to share.

   Example #1: My friend, Peg, told me about a holiday tradition in their family. Each person or family brings one gift for the entire extended family while they are together. Several of the gifts she mentioned included: 1) The supplies to make large pretzels; 2) a chocolate fountain for a chocolate party; 3) knitting instructions; 4) luxurious hot chocolate fixings, popcorn and special seasonings.

   Example #2: My sister and her daughter made scarves for the 18 family members and guests at our celebration. Because they were made of fleece, they didn’t require any sewing or seams. They made these in all types of colors, and even included a few with sports team logos and psychedelic colors. They wrapped each scarf, and gave one to every person. We unwrapped them together. Then, starting with the youngest member of the family, we got to exchange our scarf with anyone else, or keep the one originally given to us. The grandparents were last to get to choose their favorite scarves. Everyone got a small gift, and it was a fun, inexpensive family activity.

2) **How did it go?** (34 min.)
   Distribute and ask participants to complete the ‘How did your holidays go?’ handout. (10 min.)

   Ask participants to take a minute to think about two-three things they would like to share with the group. Encourage them to consider things in which they need ideas about for next year’s holidays, as well as ideas that worked which others might be interested in knowing about. (2 min.)

   Share. (If a large group, break into smaller groups of 5-6/group.) (22 min.)

   Summarize activity by acknowledging several positive changes, and then acknowledge the disappointments and/or things that didn’t go so well. (2 min.)

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1 They were each ~8-1/4″ wide x 60″ long (~4 scarves/yard of fabric), and each had a fringe on the ends which were made by cutting up the fabric about 4-1/4″and doing this every ¾”. The fringes were then knotted at the top of the cut. Each scarf had 10-11 fringes at each end.
3) **Tips for managing setbacks and disappointments** (5 min.)
   Share tips for management: 1) Accept reality 2) Do not dwell on negative things 3) Create realistic expectations 4) Learn from your experience 5) Try to stay positive—it takes a lot more effort than negativity, but we beat negativity when we keep trying.
   If time allows, ask for examples and/or successes with some of these strategies, and/or share some of your own.

4) **Complete Feedback Form** (4 min.)

5) **Conclusion.** (2 min.)
   Ask several participants to read one to three of the following quotes:
   You aren't wealthy until you have something money can't buy.—Garth Brooks
   Be the change you want to see in the world.—Mahatma Gandhi
   He who knows he has enough is rich.—From the Tao Te Ching

6) **Thank you for participating!**
**How did your holidays go?**

<table>
<thead>
<tr>
<th>What worked</th>
<th>What didn’t work</th>
<th>What I would try differently another year or another holiday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Example:</strong> Party for friends was good; Menu was fine, simple, doable</td>
<td>We didn’t sing, and time got away from me</td>
<td>Keep track of time more, so the evening doesn’t escape me (or ask a friend to do this)</td>
</tr>
</tbody>
</table>
Reclaim Your Holidays Feedback Form

1. How many of the workshops in this series did you attend? _1-2 _3 _4

2. As a result of the workshop series, did you feel... (Check all that apply.)
   _Empowered to create a more meaningful holiday?
   _Empowered to reduce your environmental impact during the holiday?
   _Less concerned about others’ expectations or perceived expectations of you during the holidays?
   _I don’t know or N/A

3. As a direct result of the Reclaim Your Holidays project, did you change your holidays in any of the following ways, either by taking one of the following actions for the first time or doing more of this action than you have in the past? Check all that apply.
   _Talked to family and/or friends about holiday expectations
   _Gave gifts I felt were more meaningful than in the past
   _Gave experiential gift(s) rather than physical gifts
   _Gave intangible gift(s) (such as a note, a tribute, a phone call)
   _Donated to charity rather than giving a physical gift
   _Gave gift(s) of food
   _Avoided gadget gift-giving
   _Avoided or reduced giving gifts motivated by guilt (i.e., (s)he gave me a gift; I need to give a gift in return)
   _Gave a –green‖ gift
   _Used natural decorations
   _Reduced energy usage with LED lights and/or in other way(s)
   _Limited menu items to reduce waste
   _I did not make any changes
   _Other, please specify: ____________________________________________

4. Besides presentation(s), which, if any, of the following resources did you use to get information and/or inspiration about reclaiming or greening your holiday? (Check all that apply.)
   _Website(s) _Facebook _Conversation(s)
   _Other, please specify:

5. Are you: Male Female

6. Are you: Age 22 or less? 23-29? 30-50? 51-69? 70 or more?

7. Prior to participating in this workshop series, how much did you know about creating environmentally friendly holidays?
   _I knew nothing _I knew little _I had moderate knowledge _I knew a great deal

8. After participating in this workshop series, how much do you know about creating environmentally friendly holidays?
   _I know nothing _I know little _I have moderate knowledge _I know a great deal

--OVER--
9. How helpful were the following aspects of the workshops:

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Not helpful</th>
<th>Moderately helpful</th>
<th>Very helpful</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opportunities for dialogue and idea-sharing with others</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Self-care tips</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Practical tips for meaningful holidays</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Practical tips for environmentally friendly holidays</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Goal setting/making plans for creating the holiday I want</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Multiple workshops, rather than just one</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other, please describe:</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

10. What would you change about the workshop series?

11. Have you ever financially supported an environmental organization?

_____ Yes  _____ No  _____ I don’t recall

Thank you for your input! It will help us give funders information they need, and will help us create better workshops in the future.
Concluding quotes

You aren't wealthy until you have something money can't buy.--Garth Brooks

Be the change you want to see in the world.—Mahatma Gandhi

He who knows he has enough is rich.--From the Tao Te Ching
Sample publicity

News release:

**FOR IMMEDIATE RELEASE**

Contact:

*Reclaim your Holidays*
Explore ways to create richer, more meaningful winter holidays at a series of free sessions held on Thursdays, **DATES** at the **LOCATION** from **TIME**. You’ll reflect on the holidays to more clearly understand your priorities; you’ll receive practical tips for creating a meaningful holiday while reducing energy use and waste; and—at the January session—you will assess what worked and what didn’t during the holidays. Sponsored by __________________________. The sessions are funded in part by __________________________. For more details, contact __________________________ at __________________________.

- END -

Calendar of events

**DATE AND TIME**
Reclaim your Holidays program 1: Minimize stress, maximize meaning
Presented by **YOUR NAME AND ORGANIZATION**

Explore ways to create richer, more meaningful winter holidays. Devote time reflecting on the holidays, with a goal to more clearly understand your priorities this season.

Reclaiming your Holidays is a 4-part series and is free and open to the public. Participants will examine ways to create richer, more meaningful winter holidays, and the programs build on each other throughout the series. Other dates in this series: **DATES**. For more details, contact **YOUR NAME**, **PHONE** and **EMAIL**.

This project is made possible thanks to funding support from the REAP Conservation Education Program and the Iowa Department of Natural Resources Solid Waste Alternatives Program, and is cosponsored by **LIST PARTNERS**.
DATE AND TIME
Reclaim your Holidays program 2: Practical tips
Presented by YOUR NAME AND ORGANIZATION

This program will focus on practical tips for creating meaningful holidays while reducing energy use and waste. Free and open to the public.

Reclaiming your Holidays is a 4-part series and is free and open to the public. Participants will examine ways to create richer, more meaningful winter holidays, and the programs build on each other throughout the series. Even if you didn’t attend the first session, you are welcome to join in this conversation. Other dates in this series: DATES. For more details, contact YOUR NAME, PHONE and EMAIL.

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DATE AND TIME
Reclaim your Holidays program 3: Make a plan
Presented by YOUR NAME AND ORGANIZATION

This program will help you identify your expectations for the holidays, and make a plan to address one or more of your priorities. It will conclude with a discussion of several plans, obstacles that may present themselves and how to address them. Free and open to the public.

Reclaiming your Holidays is a 4-part series and is free and open to the public. Participants will examine ways to create richer, more meaningful winter holidays, and the programs build on each other throughout the series. Other dates in this series: DATES. For more details, contact YOUR NAME, PHONE and EMAIL.

Even if you did not attend the other sessions, you are welcome to join this conversation.

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DATE AND TIME
Reclaim your Holidays program 4: Assessing your efforts—What worked, and what didn’t
Presented by YOUR NAME AND ORGANIZATION

In this last in a series of four sessions, you will look back at your holidays. How did they go? How did your plan work? What obstacles and barriers did you face, and how did you address them? We’ll discuss strategies for addressing these barriers, and learn ways to manage setbacks and disappointments. We’ll also discuss and celebrate what worked. Free and open to the public.

Even if you did not attend the other sessions, you are welcome to join this conversation. For more details, contact YOUR NAME, PHONE and EMAIL.

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