



## Violet 2021 - story encourages healthy habits for food scraps

### Goals for the year

Violet created a children's book to raise awareness and inform young children about food scraps and compost. She loved this project because she got to unlock her imagination, and really enjoyed writing and creating the story.

The main character of the book, Indigo, always has leftover food scraps that she puts in the general rubbish bin. When taking out the rubbish bin, Indigo meets a worm who informs her about the dangers and harmful effects of putting food in the rubbish bin such as the release of harmful chemicals when they are buried in landfill. Indigo learns the healthy habit and practice of using a compost bin.

### Advice

To any other kids thinking of trying this project, Violet highly recommends it. She said it was so much fun creating a story that will influence kids and help the environment. It unlocks your imagination and creativity, and the experience is so rewarding.

### Challenges

One of the many challenges Violet faced was her time management. She had trouble starting the project and finding a sense of urgency to get it done. In the end she did overcome this problem, but struggled to find a healthy amount of stress to finish it. Fortunately she did learn to set deadlines and manage her time better.

### Future plans

Violet has almost finished the book, and then plans to share it with younger kids in her school or community. Her hope is to turn this book into a series of different environmental habits that Indigo discovers. She is aiming the series at 5-7 year olds because she feels younger people don't have a good idea of climate change, its harmful effects and global warming. She believes this is a good age to start learning about these concepts in a subtle way.