



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Crawl, Walk, Run Project Guide

Crawl, Walk, Run Project Descriptions

“Crawl”, “Walk”, and “Run” are descriptions we give to service projects to describe the degree of difficulty and level of involvement required to complete them. Help your club plan appropriately paced projects to build upon successes and introduce challenges when the group is ready for them.

Find out what environmental issues your club members are interested in and use this guide to help pitch project ideas that are relevant to the group’s interests and appropriate for your club’s level of organization, involvement, and time commitment. After completing a crawl or walk project, a club may discover that they want to continue or expand their efforts and develop a more complicated, long-term project around the issue.

Crawl projects are quick, easy projects that show immediate results. They require a small amount of pre-planning and organization and can often be completed in a single day or club meeting. These are perfect for the beginning of a school year or a newly formed group.

Walk projects are more complex than crawl projects, but still have clear and visible outcomes. Walk projects require more involvement from the club as well as more leadership, planning and evaluation skills from club officers. These projects take a few days or club meetings to complete. Alternatively, the projects themselves may be completed in a day, but require more advance planning and coordination between school officials or outside organizations.

Run projects are the most difficult and involved projects for clubs to complete because they involve a great deal of organization, participation, and evaluation throughout the entire process. These projects take weeks to organize and require a long-term commitment from participants. In most cases the entire club will be involved in the project so that responsibilities are evenly spread and no one gets burned out. Given the large amount of energy, time and resources needed to complete these projects it’s vital to routinely evaluate progress and assess club members’ levels of commitment. If a club is struggling with a project they may need to take time to reflect on the process, schedule a club meeting with games and activities, or do a “crawl” project to provide members time to laugh and have fun.

Ideally a club will progress through the Crawl, Walk, Run cycle over the course of a school year. With that said, not every club is prepared for complicated, long-term projects and you should be prepared to complete a series of Crawl or Walk projects if those fit your club’s needs.

YESC has resources for many of the projects on this list! We can supply you with service project kits and many kinds of curriculum. Please contact YESC by calling 206.587.6116 or by emailing yesc@seattlemca.org if you have questions, need support, or want to use our resources!

Crawl Projects

1. These Come from Trees: Place "These Come from Trees" stickers on school paper-towel dispensers to reduce the amount of paper consumed. Each sticker saves roughly a tree's worth of paper each year. Consult custodial staff before placing items on school property.
2. Earth Friendly Food Share: Bring in local or organic treats to share with the group. Use the opportunity to talk about how buying local foods saves resources used for long distance transportation, or talk about how buying organic foods promotes less chemical intensive farming methods.
3. Seed Balls: Use local wildflower seeds, compost, clay and water to create seed bombs. Use the opportunity to discuss the biology of seeds or the concept of "Guerilla Gardening." Club members can then bring their seed bombs home to toss around empty lots in their communities.
4. Plant Starts or a Container Garden: Talk with the club about the advantages of growing food at home. Go over the anatomy of a seed, and have club members brainstorm ways to include more homegrown/local food in their diets. End the meeting by actually planting starts in egg cartons or containers for members to bring home.
5. Environmental Pledges: Spend a couple minutes during a club meeting discussing an environmental issue, and then have everyone pledge to take one action to contribute to a solution. Ex: Discuss water issues, and pledge to take shorter showers using a timer. Alternatively, make environmental pledges before winter or spring break and have each person pick one thing they are going to do over break to benefit the environment.
6. Environmental Organization Drive: Some environmental organizations need more than hands on volunteering. Organizations that promote gardening, restoration projects or help injured wildlife are in need of equipment or supplies at times. Organize a drive for these items at school or in your community.
7. Fact of the Day at Club Meetings: Spend a minute or less at the beginning of each club meeting giving an environmental update or fact. Rotate the responsibility between club members to give everyone a chance to show what they're interested in. Clubs may become interested in a certain environmental topic and choose to formulate an additional service project around it.
8. Carbon Footprints: Discuss how CO₂ affects the environment. Have everyone calculate their own carbon footprint and then discuss ways to reduce their impact. Create personal or club pledges to reduce their footprint as a way to hold each other accountable.
9. Storm Drain Stenciling: Discuss how storm water and the pollution it carries can affect a watershed. Use spray paint and stencils to label storm drains around a neighborhood, park,

or school with messages such as “No Dumping Waste – Drains to River” or “No Trash – All Drains Lead to the Puget Sound.”

10. Outdoor Recreation Education: One reward for preserving the environment is that people get to enjoy outdoor spaces, but environmental preservation doesn't end when you step into the woods. Educate the club or school about Leave No Trace ethics or the 10 Essentials for outdoor trips. Use round robin style brainstorming or skits to educate the club members during meetings, or use other outreach means to educate peers and staff throughout the school. Take this project further by cleaning up a trail or camp site during a club hike.
11. Community Needs Assessment: Using a YESC Community Needs Assessment, spend time walking around the school and its grounds to see what aspects of the school could be more environmentally friendly, and review what's already been accomplished. Use this activity to spark future projects by creating an action plan with club members to decide what can be done to make the school more environmentally friendly.
12. Letter Writing to Public Officials: Have club members pick an issue that they are passionate about and write a letter to a relevant public official about a change they would like to see. Public officials can range from a school administrator, city councilmember, to a local senator. This project allows club members to voice their opinions on important environmental issues impacting their communities.
13. Recycled Materials Art: Use bottle caps or other “found” materials from the recycling to create meaningful art about an environmental issue. Have club members write or design an informational poster/display to further educate other students about the environmental issue.
14. 5 Minute Environmental Moments: Club members take turns presenting an environmental moment at the start of each club meeting, choosing a topic they are passionate about or sharing a personal story involving the environment and giving a five minute presentation.
15. Reusable Bag Making: Dig out some old t-shirts and make them into reusable shopping bags. All you need are scissors and a t-shirt!
16. Green/Natural Products: Make your own Green Products! Bring in a “conventional” product, such as a tube of toothpaste, as well as the ingredients for the homemade green product. Compare what goes into each, and the environmental impact of the ingredients then make the green/natural product for everyone to take home.
17. Birdhouses & Bat boxes: Build birdhouses or bat boxes to put up around your school or at home. These will help these animals thrive and survive. Make sure to research where to place these houses, and what time of year to put them up.
18. Bathroom Literature/Stall Talk: Club members can inform the school about an environmental issue or upcoming club events! Create a stall talk sheet and hang them in the bathroom stalls all around the school to spread the word. This can be done one time or turned into a series.
19. Club Speaker: Invite a representative from an environmental organization or a specific profession to attend a club meeting to speak about an environmental topic that the club is

passionate about. Examples include Seattle Tilth, the Cascade Harvest Coalition, Washington Bus, King County Waste Management, Seattle Audubon, Got Green, Cedar Grove, and Department of Ecology.

20. Media Outreach: Has your club completed a project that benefitted their school or community? Chances are, your local news would love to report on it! Submit an article to a local paper or to a school newsletter to gain some recognition for your actions and to further your environmental message! Include quotes and photos to make it more interesting.
21. Junk Mail Reduction: Junk mail is a huge producer of paper waste in our country. Most junk mail goes straight into a waste bin and most phone books are never even used.. Create outreach materials about how to unsubscribe to junk mail and phone book deliveries for parents, teachers and staff at your school. Many adults will be glad to learn about how to keep these items out of their mailboxes.
22. Decorate Paper Grocery Bags: Decorate paper bags from a local grocery store with environmental facts and drawings. Then return the bags to the grocery store to be handed out to customers on a scheduled date, like Earth Day.

Walk Projects

1. Educational Video: A common way for clubs to educate others about an environmental issue or to outreach about a project is by creating a video. Videos can be played during school announcements or in a homeroom class. Choose a topic and theme for the video, write a script, shoot, and edit. This is a great opportunity to see who in the club enjoys being creative or knows how to work a camera or editing program.
2. Energy Audit: Conduct an audit of the school's energy use by visiting classrooms, exploring the school's energy efficiency and learning about teacher's habits. Reflect on ways that the school could improve. Following an audit, present the results to staff or students in the form of a presentation, video, or fact sheet.
3. School Campus Trash Pick-Up: Plan and organize a campus clean up. Get permission from administration then perform outreach to the entire school to invite them to the event. Use the opportunity to raise awareness about how litter affects the environment.
4. Alternative Waste Drive: Organize a collection drive to reduce waste sent to the landfill. Collections can include electronics, Crayola markers, Cliff bar wrappers, printer cartridges, batteries, clothes, sneakers, plastic bags, etc. There are a variety of businesses that accept particular items if collected in large quantity.
5. Clothing Swap: Invite the student body to bring in old clothes that they no longer wear, but are still in good condition. Collect these clothes, and then organize a clothing swap event so the clothes can be taken and used by others! Donate any clothes not taken to a local non-profit.
6. Group Field Trips: Organize a group trip that connects to an environmental topic. Coordinate with representatives from the organization to see if they can provide a behind

the scenes tour for the group. Ex. Educate the club about buying local produce and then take a trip to a farmer's market together. Other trip locations include a wastewater treatment facility, salmon hatchery, windfarm, dam, environmental education center or recycling facility.

7. Waste Audit: Conduct an audit of the school's waste sorting practices, dividing and weighing the compost, recycling and landfill from a garbage bag at lunch. Reflect on ways that the school could improve. Following an audit, present the results to staff or students in the form of a presentation, video, or fact sheet.
8. Movie Screening: This can be a great recruitment and educational tool. Securing a venue, a copy of the movie (via library, Netflix, etc.), and developing an advertising plan is crucial to a satisfactory turn-out. The club can give out prizes that relate to the topic or ask science teachers to give extra credit to those who attend. Examples of movies include Food Inc., Story of Stuff, Blue Planet, Return of the River, Wall-E, and Gaslands.
9. Water Audit: Conduct an audit of the school's water use and efficiency, interviewing staff and looking for ways to conserve water. Reflect on ways that the school could improve. Following an audit, present the results to staff or students in the form of a presentation, video, or fact sheet.
10. Compost Trial Week: Introduce students and staff to the concept of composting with a compost trial week, where everyone will practice sorting their compostable waste at lunch time, with the help of student volunteers. This is a great first step towards starting a permanent composting system at your school.
11. Cafeteria Audit: Club members can set up a meeting with the head of the kitchen staff to determine what type of food they are serving and what products they are using. Brainstorm simple ways to decrease the cafeteria's environmental impact such as choosing compostable trays to divert waste from the landfill or setting up a share table to encourage students to redistribute unopened lunchroom food.
12. Alternative Transportation Challenge: Set club goals for alternative transportation use, such as walking, biking or public transit. Create rewards for club and individual progress over time. Educate the club about renewable resources and fossil fuels. Take this project to the run level by challenging the entire school to make changes in the way they travel!
13. Tree Plantings: Organize club members to plant trees at school, in a park, or in a green space. Ask for plant donations from nurseries, and get permission from the School District, School Principal, and coordinate with the groundskeeper and/or custodial staff.
14. Staff Meeting Presentation: This is a great opportunity to tell staff members about projects the club is working on and would like support for. The club can present about composting trial weeks, alternative waste drives or energy audits. Club members can ask staff to share information to their classes or help recruit volunteers for the project itself.
15. Scavenger Hunt or Orienteering: Organize a scavenger hunt or orienteering course on campus or in a local park. Learn compass skills and work together as a team. Discuss the purpose of orienteering and navigating in the city or wilderness. Use this as a prep day for a club hike.

16. Club Hike or Bike Ride: Organize a club hike or bike ride at a local park, forest or green space. Coordinate dates, times, transportation and number of participants. Make sure the space will accommodate a group your size and that the activity level is accessible for the entire group. Group outings can help with team building as well as foster a respect and appreciation for the outdoors.
17. Group Volunteering: Gather a group of club members to volunteer with a local, environmental non-profit organization. Ask members what kinds of volunteer events they would be interested in participating in. You will need to contact different organizations to see if they have any events in the works and can accommodate your group. Example organizations include Washington Trails Association, Nature Consortium, Washington BUS Project, Puget SoundKeeper Alliance, the Seattle Aquarium, and more!
18. Draft a Petition: Pick an environmental issue that the club is passionate about and create a petition, gathering signatures from students and community members to show support for a change. If the club is passionate about the overuse of plastic, they can draft a petition to ban plastic bottles from campus. Have each club member take the petition around for one to two weeks to collect signatures, and then submit the petition to an applicable politician, school board member, or community leader.
19. Partnering with Another School Club: Partnering with another club for a service project or event can help spread environmental knowledge to others who are not normally associated with your club. Creating partnerships is also great PR for the club itself and creates a community of students that support each other even though their goals do not usually overlap. Communication and compromise are vital for making sure both parties have their needs met. The project should be relevant to both causes. Past examples of partnerships include working with a Fashion Club to hold a clothing drive as an alternative waste project or working with a Leadership or Key Club to promote a campus clean up.
20. Environmental Forum: Plan an event for youth and professionals to join together to learn about environmental issues and solutions. Invite guest speakers or set up the event to be facilitated through round table discussions. Perform outreach to get other students in the school involved. Connect with community partners that would like to outreach to youth or that may want to offer internships. Alternatively, partner with another club to show that environmental issues can correlate with other social issues.
21. Community Garden/Pea Patch: Locate a community garden or P-Patch close to a school to see if there are any open plots. The club can plant a garden and help maintain the community space, empowering members to make a difference in a neighborhood greenspace and learn how to grow their own food. Contact the garden manager to coordinate dates, times, and tasks.
22. Worm Bin – Create a worm bin, indoor or outdoor, to produce rich soil amendments to add to a school garden or landscaping. They demonstrate the natural decomposition of soil, recycling of nutrients, as well as the function of worms and other macroinvertebrates in the soil!

23. Compost Push Week: Organize a week to increase awareness about good recycling and composting practices. Make posters, create announcements, and have a raffle with prizes for composting well.
24. Bring Your Own Plate to School: Organize a bring your own plate to school week to reduce the amount of paper or Styrofoam trays being used at school and to raise awareness about waste reduction. The club will need to get permission from the school administration, perform outreach, and come up with fun reasons or incentives for others to participate.
25. Restoration Projects: Partner with YESC to host a regional service project! Club members collaborate to lead a group icebreaker and reflection, as well as help with project set up, lunch, and clean up.
26. HOV Parking: Carpooling is a great option for students who do not have access to public transportation or who live too far away from school to bike or walk. Offer special HOV parking for those who carpool to school. HOV parking spaces are a no-cost incentive that can be placed in the most sought after locations in student parking lots. These spaces may be closest to the school or given to students at a reduced price if they are in a place where they must pay for parking.
27. Coffee Cups: Some schools have coffee available on campus or at a nearby coffee shop. If coffee cups are something you often see in the trash or recycling, consider starting a program to offer reusable coffee mugs for students to use. Students can borrow a mug, enjoy their coffee, and return the mug to be cleaned!

Run Projects

1. Dirt to Dinner Work Party: Use a school garden to plant crops that can be harvested at the same time. When it's time to harvest, lead a work party in the garden to clean and tend to all the beds. Lead a few volunteers in harvesting and cooking food that uses the gardens crops. Examples include garlic bread, sautéed collard green and carrots, or strawberry kale smoothies. After working, speak with the group about the impact of eating local and organic foods, and relate working in a garden to how easily you can have delicious and healthy food on your table. Serve the food to everyone and celebrate the hard work!
2. School Recycling Program: School classrooms produce an incredible amount of paper and plastic bottle waste! Starting a school recycling program is completely possible for a dedicated club. Club leaders and advisors will need to meet with the school's administration and custodial staff to determine if recycling is a possibility for their school. After getting approval, club members need to perform education and outreach to teach peers, teachers and staff how to properly recycle. Introducing a composting program in conjunction with a recycling program is often much more successful than introducing them independently.
3. Start a Composting Program at School: Food waste makes up more than a quarter of a school's total waste. Starting a school composting program will divert a few tons of waste from the landfill each year. Club members and leadership will need to meet with the school's administration, kitchen staff, and custodial staff to determine if composting can

begin at their school. When permission is given, members will need to create materials, decide on locations for compost stations, conduct outreach to educate students/teachers/staff, and recruit volunteers to monitor composting stations during school lunches. Once composting has started, the club should continue outreach and volunteer recruitment to ensure the long term success of the program.

4. Monitor a Local Watershed: Watershed health is essential to ecosystems! Monitor the health of a local stream, creek or body of water over time to determine ways to improve it! Select parameters that you wish to study such as pH, nitrates, phosphates, or dissolved oxygen. Use data to figure out ways to improve this space such as removing invasive plants or reaching out to surrounding land owners about fertilizer use.
5. Green Schools: Enroll or work toward a new level in a Washington Green Schools or King County Green Schools. Following the program's protocol, collect and record data about an environmental issue at your school and create a lasting change project to become certified.
6. School Garden: Meet with school administrators and supportive teachers to determine if there is a location to build a garden. Contact the school district to see if there is support for building a garden at school. Plan several work parties and host a donation drive for garden bed materials, compost, and seeds.
7. School-Wide Alternative Transportation Challenge Day/Week: Challenge your entire school to find alternative transportation to school for one day or a full week to show that there are many environmentally responsible ways to travel. Create outreach that educates and sets goals for the entire school. Challenge students and teachers alike, and offer prizes or incentives for using certain kinds of transport such as walking, biking, or bussing. Track how the participants changed their behavior during this week, and use this data to estimate the carbon emission impacts of these small changes!
8. Create a Rain Garden: Collaborate with your school administration to create a rain garden at your school. Rain gardens and bioswales redirect rainwater into areas where it decreases runoff, naturally filters into the soil and minimizes the impact of development.
9. Create Certified Wildlife Habitat at School: Install plants that are native to Western Washington to encourage animal habitats on campus. Create a "pollinator pathway" for butterflies and other insects by planting flowering plants, supporting these important animals' survival.
10. Community Trash Pick-Up: Organize a trash pickup at a local beach or park. Club members can advertise their trash pickup project, invite peers and community members, and make posters. Lead trash pickup with an icebreaker and perform a reflection about how this can have big impacts on the overall health of the Puget Sound. Turn it into a scavenger hunt with specific kinds of trash or into a competition between teams to make it more fun!
11. Ecofriendly Cafeteria Projects: Using the results of a cafeteria audit, club members can ask the school to switch to more local and organic options as well as compostable plates, cups, and bowls. Switching lunchroom products to local/organic foods and compostable/reusable containers will require background research and cost-benefit calculations to prove the cost

effectiveness for the school in the long run. Following research, get in contact with administration and create a petition to collect signatures!

12. Environmental Education for Elementary Students: Research and develop environmental education curriculum for students in elementary school. Contact teachers or an after school program to volunteer your time and teach young people about the environment.
13. Farmer's Market Campaign: Educate the public about an issue your club is passionate about by informing visitors at your local farmer's market. Collect or create educational materials and activities for your booth. Coordinate with market managers to reserve a free booth. Practice activities and short speeches with your group, and then start signing club members up for shifts!
14. Green Week: Organize a school-wide Green Week to promote environmental awareness and action at your school. Choose an environmental topic for the entire week, or present different challenges and themes each day. Make announcements, posters, or a video detailing the events for the week. Incorporate games, raffles, prizes, or other fun methods to get everyone in the school involved! This week could incorporate a number of school wide projects on this list. An example week could include: *Meatless Monday* to encourage a more plant based diet, *Alternative Transportation Tuesday* to encourage public transportation or walking/biking, *Food-Waste Free Wednesday* to encourage folks to eat all of their lunch or to compost correctly, *Trash Pick-Up Thursday* in which a work party cleans up litter around the school or playground, and *Forest Friday* where you could celebrate the week by planting trees and other native plants.
15. Installing Water Bottle Refilling Stations at Schools: Meet with administrators to talk about the advantages of a refilling station at school. Be sure to include the costs of the stations and benefits to the school and the environment. Contact the school district to find out which water fountain refilling stations can be installed at school, and what steps the school needs to take. Find out if there are any funds for facilities improvements or small grants available that could be used toward this project.
16. Solar Panels: Some schools are ahead of the game and already have solar panels installed while others schools have barely given thought to the option. Club members can help reduce their school's energy consumption by petitioning to install or expand their school's solar panel use. Club members will have to perform cost-benefit research for the panels and then have a conversation with the school administration. Club members can also outreach and educate their peers about the issue and create a petition to gain school support for the project.