

Activating lifetimes of positive community engagement

GetReal motivates and prepares kids to make community involvement a regular part of their lives.

This is achieved by building empathy, by seeing the world through those who are different from us.

By providing fun and engaging opportunities to develop empathy, as well as awareness, self-esteem, gratitude and curiosity, kids will discover what's "really important" and the joy, meaning and sense of purpose that come from doing things for others and for their communities.

Finding personal paths to a better *shared* future

"We live in a culture that discourages empathy. A culture that too often tells us our principal goal in life is to be rich, thin, young, famous, safe, and entertained."

– Barack Obama

"If we each live properly, we will collectively flourish."

– Dr. Jordan Peterson,
author of *12 Rules for Life*

In October 2018, we participated in the very first **GetReal Holiday Programme**, offered by GetReal and Selwyn Community Education in Kohimarama, Auckland. It was a smashing success. Below is a recap of that programme...

Monday, October 8

Sewing ponchos for donation

In the morning, we met Monica Moe, a student at Selwyn College in year 13. Monica is refugee from Burma. She told us about her experiences fleeing Burma as a young child, living several years with her family in a refugee camp in Thailand, and finally coming to live in New Zealand when she was 12. Monica now helps other refugees who have arrived in New Zealand.



Meeting Monica from Burma

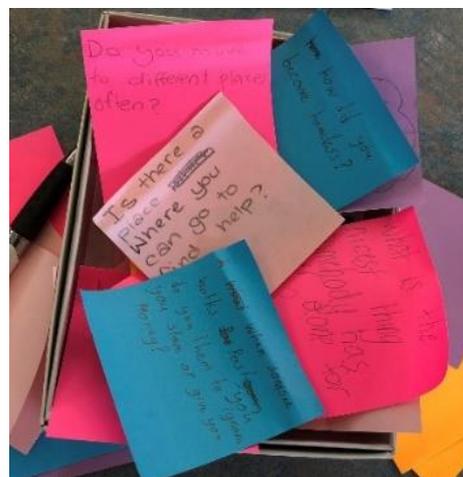
After morning tea, we moved into one of Selwyn's well-equipped textile tech rooms to sew ponchos and tote bags out of donated blankets for members of the homeless community.

We were joined at lunch by Katz, a homeless advocate with *Lifewise*, and former homeless person. She candidly answered our questions about her experiences and what it's like to be homeless. We came to understand that Katz genuinely loved her "street family", and how much they looked out for one another.

Katz was really impressed with the ponchos and totes and very grateful for them.



Pinning the hoods to the ponchos for sewing



Thoughtful questions for our guest about what it's like to be homeless

At the end of the day the completed ponchos and tote bags were delivered for distribution to those in need.



Poncho and tote-bag makers proudly pose with their results

What kids said...

I love how you gave us a chance to hear other people's experience. I enjoyed the holiday program and can't wait to come back on Thursday.

My favourite part of today was sewing the bag

Tuesday, October 9

Garden habitats

Levi Brendison-Hall from *For The Love Of Bees* and Nicky Elmore from *Enviroschools* were on hand for a full day of ecological activities to teach us how to improve suburban habitats for people and wildlife.



Feedback on the day's activities in the form of a reflection exercise



Preparing soil and planting cuttings for our home gardens

We made reusable lunch wraps with beeswax, made seedballs to attract birdlife, transplanted plant cuttings, and planted sunflowers.

We also learned about worms and what makes soil healthy and went on a nature walk where we identified plants and birds.

Engaged kids share their opinions...

More time to make plants and more plants

Not making us go through the bush because it could make us itchy

Good day today! I learnt lots. The intro was a bit boring.

Thanks for letting us know! We'll work on it!

Weds, October 10

Crafty
inventions

Today we did an innovation crafting workshop.



Climate Change Innovation Whiteboard

With a broad range of interesting materials available, we were given an opportunity to think up and then model an invention that would help the world!



Building our clever inventions

Also, that morning before the workshop, two very interesting presentations were given.

First, Amanda Chapman shared her story of how she was inspired to come up with the idea for Auckland's first "Community Fridge". She explained how she set it up, who it serves and how it is supported by the community.

Then Amanda talked about and showed us pictures of her next project, a self-contained "tiny house" that she is building herself!



Many great minds, many creative solutions!



*Innovative self-starter
Amanda tells us about
the Community Fridge
she established*

Following Amanda, Luke Pollock from the *Peace Foundation of Aotearoa* talked to us about the importance of alternative energy sources.

Kid Experience – "KX"...

I think you guys should have given us more time

I loved the cool ideas about inventing and I think we all got enough help and that makes it fair

I enjoyed making my invention. It was really cool seeing it all come together.

More Photos!

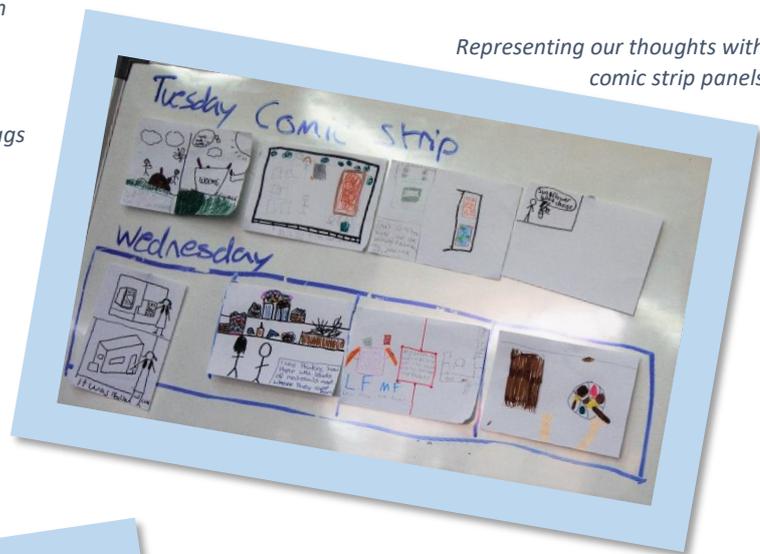


A leg-stretch and game at afternoon tea

With our seedballs and plantings to take home to our gardens



Director of Selwyn Community Education Anne Cave shows Katz one of the tote bags we made



Representing our thoughts with comic strip panels

Posing with the products of a busy day at work in the kitchen, with the Salvation Army volunteer there to collect it



Softening butter for buttercream icing. (Yum!)



Thursday, October 11

Cooking for people in need

The morning was led off by Imogen Bunting, a student activist from *Fossil Free-University of Auckland*. Imogen explained their activism to stop investment in fossil fuel companies.

Then, after morning tea, our group proceeded to one of Selwyn College's industrial teaching kitchens for a day of cooking for people in need.

We prepared dozens of full meals from scratch, featuring meatloaf, fish cakes, cupcakes, mashed potatoes, mini-pies, and more! At the end of the day, Ian, a *Salvation Army* volunteer, came and collected all the food for distribution.



Making fish pies

It was very satisfying to know that many people would eat well that evening because of our work!

Friday, October 12

Bringing things together

On Friday morning we were presented some original photojournalistic photography taken by Simona Turin.

Each image portrayed children in other countries engaged in very different daily lives. To build empathy, we talked about who they were and speculated about their circumstances, experiences and feelings.

At the end of the hour, we each chose one of three creative exercises to do based on our favourite picture.

As an empathy exercise, we speculated about what it would be like to be this young Ecuadorian girl who is responsible for looking after her family's cows



After morning tea, we spent the remainder of the day with Philip Kapeleris, International Director of *Cause Corp*, who came over from Melbourne to participate in GetReal. Philip took us through several activities that reinforced ideas and themes from the week.



Reflection activities with Philip



Reflections on what we learned and enjoyed

Special Thanks

For everyone's efforts!

Thanks to Natasha, Char, Nicky, Levi, Nichole, Philip, Evelyann, Anne, all the presenters, helpers and organisers, AND all the participants for sharing your wonderful knowledge, passion, abilities and efforts to make this a success.