



Jane Goodall's  
roots&shoots



# MAKE A ROOTS & SHOOTS GIFT BOX

In this activity your students will be making gift boxes to give to less fortunate children – for example children in hospital over Eid Al Fitr, or children of refugees. The gift box will be in the spirit of Roots & Shoots’ aims of helping people, animals and the environment by consisting of reused, recycled, fairtrade, organic and/or local goods where possible.

## IN THIS ACTIVITY YOU AND YOUR STUDENTS WILL:

- ▶ Create ‘Roots & Shoots’ gift boxes that embody the key tenets of Roots & Shoots to help people, animals and the environment.
- ▶ Distribute the gift boxes to children in a less fortunate position to themselves.

## OBJECTIVES

Carrying out this activity will help students learn about children that are less fortunate than themselves. The key output from this activity will be Roots & Shoots gift boxes which can be distributed to children e.g. in hospital over a major holiday such as Eid Al Fitr.

## WHAT DO I NEED TO MAKE IT WORK?

You will need access to craft supplies to help decorate your gift boxes and create items to go into them. The gift boxes can contain more or less anything so long as it fits with the key tenets of Roots & Shoots to help people, animals and the environment. Some examples are given in the activity below.

## WHAT THINGS WILL MY STUDENTS CREATE?

- ▶ Roots & Shoots gift boxes to distribute to children.

## BEFORE YOU START...

Before you start working with your students on this activity the first thing to do is for you to decide who will receive the gift boxes once they have been created and if they will be for a specific occasion such as Eid Al Fitr. This will influence the contents of the gift box. Some suggestions are:

- ▶ Children in your local hospital
- ▶ Children in refugee camps
- ▶ Children in need in less developed countries

Whichever group you decide to support, please make sure that you create links with any relevant hospital or charity to discuss your plan before you start work! This is important to ensure that any distribution of gift boxes is well co-ordinated and that the gift boxes themselves are appropriate – for example hospitals may not want you to include any edible products for some children as this could interfere with special medical diets.

You can find lists of charities working with children in Abu Dhabi and abroad that may be helpful for this task here: [goo.gl/8nDuMn](https://goo.gl/8nDuMn) and here: [goo.gl/EBGgk7](https://goo.gl/EBGgk7). A list of hospitals in the UAE can be found here: <https://goo.gl/dTqcol>.

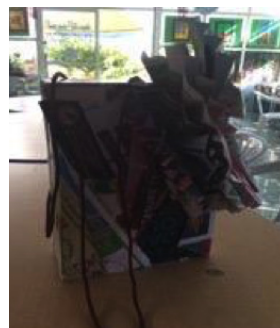
*Important note: these lists are not comprehensive and inclusion on these lists in no way represents an endorsement by Jane Goodall's Roots & Shoots.*

## WHAT MAKES A GIFT BOX A ROOTS & SHOOTS GIFT BOX?

The mission of Jane Goodall's Roots & Shoots is to foster respect and compassion for all living things, to promote understanding of all cultures and beliefs and to inspire each individual to take action to make the world a better place for people, animals and the environment. The gift boxes need to reflect this mission – this means there are a few rules as to how they are made and what should go in them:

- ▶ The box itself should be either a reused existing box (a shoe box is a great example) or you can make boxes out of recycled materials (for example a large cardboard packing crate or similar can be cut up and remade into smaller boxes – you can find various different ways to do this here: [goo.gl/7enG2V](https://goo.gl/7enG2V), here: [goo.gl/bXhKay](https://goo.gl/bXhKay) and here: [goo.gl/LzWPFE](https://goo.gl/LzWPFE)).
- ▶ The box should convey a suitable message. For example, a great way to do this is to decorate it with a design and/or text that encourages the recipient to reuse or recycle the box itself, and include information inside about the importance of recycling (some great facts here: [goo.gl/NyzGE5](https://goo.gl/NyzGE5)). Alternatively you could decorate the box with pictures of UAE wildlife (you can find lots of pictures here: [goo.gl/XWX5OZ](https://goo.gl/XWX5OZ)) and include information about them in the box (check out the animal card game idea in our 'Mountains of the UAE' activity for an idea of something to include: [goo.gl/krt3va](https://goo.gl/krt3va)).
- ▶ Most or all of the contents of the box should be recycled or upcycled.
  - ▶ For the **recycle** aspect, see below for some great ideas on how to turn old plastic PET bottles into great new gifts. You can find lots more recycled gift ideas online – here is a selection of toys you can make from trash: [goo.gl/DqTn3q](https://goo.gl/DqTn3q), and if you have something specific in mind then check out [instructables.com](https://www.instructables.com) which has instructions on how to make pretty much anything from anything!
  - ▶ Why not **upcycle** some old items of clothing into something new and exciting as discussed in our 'Trashion Show' activity [goo.gl/eSiGTO](https://goo.gl/eSiGTO).

- Any newly bought or homemade items that you include should continue the Roots & Shoots ethos. For example, you could include a stylish reusable bag as designed for our 'Breaking the Bag Habit' activity. You can view and download that activity here: [goo.gl/o9WMGz](http://goo.gl/o9WMGz) and see some great pictures of bags designed by our members here: [goo.gl/j5Xr3g](http://goo.gl/j5Xr3g)



- If you are including edible items (such as sweets for Eid Al Fitr) then try and make them vegetarian, organic and fairtrade.
  - If the boxes are going to be delivered to their recipients quickly after production then why not make your own sweet things out of suitable ingredients? We've included a recipe for walnut baklava below, and you can find plenty more sweet recipes for Eid Al Fitr on the web – here are a few to get you started: [goo.gl/jFdyJh](http://goo.gl/jFdyJh)
- Make sure you include a homemade card to tell the recipient of the gift box all about Roots & Shoots UAE and why you have chosen the gifts that you have put in the box. We've included some of our 'Mr H' pictures and some pictures of Dr Jane at the end of this activity that you can print out and use on your cards, or why not draw your own?

## MAKE PET JEWELRY

Across the world, hundreds of millions of plastic bottles are used every day. The majority of these are made from a substance known as PET, short for polyethylene terephthalate. A great example are the clear plastic bottles used to sell mineral water. Plastic PET bottles disposed of in landfill or simply discarded can take over 400 years to break down. As they break down they can leach chemicals into the surrounding eco-system which can be dangerous to plants and animals ([goo.gl/QDyjhH](http://goo.gl/QDyjhH)). Plastic discarded near the seaside or rivers can get carried out to sea and over time large islands of plastic waste form in the oceans. Many sea creatures and birds can get caught in these 'islands' or swallow parts of them, causing illness or death. ([goo.gl/c2MUIH](http://goo.gl/c2MUIH)). So, instead of throwing those bottles away why not collect them up and give them a whole new lease of life in your gift boxes?

- Bracelets from PET bottles: This video shows you how! [goo.gl/UjQT5S](http://goo.gl/UjQT5S)
- Flowers for brooches, necklaces and more: [goo.gl/KHcU35](http://goo.gl/KHcU35)
- Beads for bracelets and necklaces: [goo.gl/kCUKtb](http://goo.gl/kCUKtb)

# RECIPE FOR WALNUT BAKLAVA

Baklava is a great sweet treat for Eid Al Fitr. If you are thinking of including this, make sure that you check that it will be delivered while the baklava is still fresh and include a label with all the ingredients!

Recipe adapted from the Recipes wikia under the Creative Commons licence CC BY-SA 3.0 (<http://creativecommons.org/licenses/by-sa/3.0>) – direct link: [goo.gl/yoXJZR](http://goo.gl/yoXJZR)

## FOR THE PASTRY COMPONENT

- ▶ 4 cups finely chopped walnuts
- ▶ 2 cups butter or ghee
- ▶ 1 cup sugar
- ▶ 18 sheets of phyllo pastry (filo or fylo)

## FOR THE SUGAR SYRUP

- ▶ 2½ cups sugar
- ▶ 1½ cups water
- ▶ 1 tablespoon lemon juice



Photo by Eylem Başak Ekinci (Flickr) [CC BY-SA 2.0 (<http://creativecommons.org/licenses/by-sa/2.0>)], via Wikimedia Commons

## MAKING THE SUGAR SYRUP

1. In a pan, put the water and sugar and heat until boiling.
2. Once it starts boiling add the lemon, reduce heat to a gentle simmer and leave in for another 15 minutes until the syrup starts thickening. CAUTION! VERY HOT!
3. Set aside to cool.

## MAKING THE PASTRY COMPONENT

1. Preheat oven to 160°C (325°F).
2. Brush the surface of the baking tray (square or rectangular shape 24 x 40 cm) with oil.
3. Melt 1¾ cups of butter or the ghee.
4. Put a layer of phyllo pastry in the baking tray and brush it with the melted ghee. Repeat 6 times.
5. Mix the walnuts with the sugar and the pistachios, and spread the walnut mix equally on top of the dough.
6. Spread ¼ cup of the ghee on top of the walnuts.
7. Put another phyllo pastry on top of the walnut and brush it with ghee. Repeat 12 times.
8. Wet your fingers with water and gently wipe the last phyllo pastry layer.
9. Brush the last phyllo pastry layer with ghee generously.
10. Cut the layered pastry into small squares or diamonds.
11. Bake in the oven at 160°C (325°F) for about half an hour then on 225°C (450°F) for the last 5–10 minutes until it turns golden and crunchy.
12. Take out of the oven and immediately pour the cooled sugar syrup on it.
13. Serve at room temperature.

You can find plenty more sweet recipes for Eid Al Fitr on the web – here are a few to get you started: [goo.gl/jFdyJh](http://goo.gl/jFdyJh)



## PICTURES FOR CARDS AND DECORATING

You can print out and use these pictures for your homemade cards or to help decorate your boxes.





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## TELL US HOW YOU GOT ON!

When your gift boxes are finished, we'd love to see photos of them! If you already have an account you can upload a story with images to Roots & Shoots UAE ([www.rootsnshoots.ae](http://www.rootsnshoots.ae)) and create an online gallery on the website. If you don't already have an account then just send us an email to [MrH@rootsnshoots.ae](mailto:MrH@rootsnshoots.ae) and we can set you up.

## KEEP UP TO DATE WITH JANE GOODALL'S ROOTS & SHOOTS UAE

As well as the website at [www.rootsnshoots.ae](http://www.rootsnshoots.ae) you can also find us on Facebook at <https://www.facebook.com/RootsnShoots.ae> or on Twitter as [@JaneGoodallUAE](https://twitter.com/JaneGoodallUAE)

## WANT TO HELP IMPROVE THIS ACTIVITY?

This activity is a living document! Please help us by editing this activity to make it as good as possible. You can edit it by using this short link (just type it into your web browser's address bar): [goo.gl/uUh0CJ](https://goo.gl/uUh0CJ) – full instructions are provided. Any edits that can make this resource easier to use in the classroom or more applicable to life in the United Arab Emirates are very welcome, so please follow the link and make your contribution!



