Thank you for joining us for this year’s SHERO Virtual Walk! As you begin your SHERO journey, we hope this toolkit helps you take a step towards a more equitable DC with ways you can get active for N Street Village, learn more about homelessness, poverty, and related issues, and advocate for your neighbors in need.

**GET ACTIVE.**

We all know that keeping our bodies moving is important for both our mental and physical health. We encourage our SHEROs to set an activity goal for the weeks leading up to the walk and invite friends and family to support you on your journey with a fundraising campaign. Find fun and easy ways to stay active while meeting your SHERO fundraising goals on page two.

**GET CREATIVE.**

Over the next few weeks, we ask our SHERO’s to take time to think about What Home Means to You and create something that can be shared with family, friends, or classmates. You can find suggestions and prompts on page two, and we’ve created a few extra materials for those who want to explore deeper.

**GET TALKING.**

Talking about homelessness isn’t easy, but we all know that sometimes the hardest conversations are the most important. Check out page two for simple tools to to start the conversation and advocate in your own way!

All individuals who raise $45 or more will receive a limited edition SHERO mask before Walk Day.

On Saturday, October 17 at 9:30 a.m., we’ll gather virtually to celebrate the many ways our Village family has activated - from your fundraising success, to your advocacy, to your miles walked - we will hear stories from Village clients and supporters, and enjoy a team stretch!

Have questions? Email Makenzie at mdelmotte@nstreetvillage.org to help you reach your SHERO goals.
WAYS TO GET ACTIVE:

Think about ways you can get active everyday and set a fundraising goal that will keep you moving. With the help of a parent or teacher, you can create your own fundraising page at www.nstreetvillage.org/walk and invite friends and family to support you on your SHERO journey by helping you reach your goal.

Three ways you can get active:
- Take a 15 minute walk every day with your parents, siblings, friends, or your dog!
- Help with daily chores like washing dishes, helping a neighbor, or cleaning your room.
- Spend at least 30 minutes playing a favorite sport - from soccer to swimming to tennis there are plenty of fun ways to meet your fundraising goal.

WAYS TO GET CREATIVE:

Using our prompt What Does Home Mean to You?, explore creative ways you can bring that important question to life and share it with others. Write a poem, build a lego house, paint a picture, the options are endless! We can’t wait to see what you create.

Creative prompts for different age groups:
Check out the links below (click on the underlined section) for prompts and activities to get started.

- For SHEROs of all ages: A place for families with different ages, abilities, and interests!
- For young SHEROs: Read as a family and create something beautiful for a woman in your community.
- For elementary and middle school SHEROs: Demonstrate what home means to you.
- For high school and college SHEROs: Research and express elements of 'Home' and how it plays out in current policy and events

WAYS TO GET TALKING:

Not sure where to start when talking about homelessness? Meet Lily, the first friend on Sesame Street whose family struggles with food and housing insecurity. We all learn best when we can relate to someone and Lily is a great character to open conversations on homelessness.

PBS has built out a series of videos, activities, and discussion guides that help open the door to conversations rooted in empathy and patience.

Make it a family activity by committing to one video and/or activity a week! Visit www.sesamestreetincommunities.org/topics/family-homelessness to get started.