I had to leave
I couldn’t stay
I had to leave
Now I look up and
see the birds
flying north
And I feel safe
I am not alone
What IS Migration?

First, let's explore animal migration...

Migration of ANIMALS

Animal migration has fascinated humans for thousands of years and some creatures can push their bodies to limits humans can hardly imagine. These amazing journeys are taken by fish, reptiles, insects, and mammals alike.

What is animal migration?

Animal migration is when a group of animals travel to another place for a certain period of time. Different animals migrate at different times of the year.

Why might animals need to migrate?

• To find food and water
• To have babies and raise their young
• To move away from harsh weather
• To get further away from predators

How do they find their way?

• By tracking the sun and stars
• Following different smells
• Remembering landmarks such as mountains, lakes, and rivers
• Using wind patterns and ocean currents
• Following signals from other animals
• Using a special sense that lets them detect the magnetic field of the Earth
Some Amazing Migrating Animal Facts

**Emperor Penguins**
Can walk across 125 miles of ice every year to find the best place to lay their eggs.

**Arctic Terns**
Are birds that will fly a distance equal to 60 times around the world during their lifetime.

**Chinook Salmon**
Swim 900 miles upriver and climb nearly 7000 feet to find the river where they were born. Scientists believe they do this because they know it will be a safe place to lay their eggs.

**Sea Turtles**
migrate back to the same beach where they were born to lay their eggs.

**Zebra and Wildebeest**
Are always migrating. They are always moving in a giant clockwise circle, following the seasons to find the best food.

**Canadian Geese**
Fly in a ‘V’ formation which helps them save energy and allows them to cover over 600 miles in a single day.
In the warm months, they travel to cold areas of water where there is more food for them to eat. Humpback whales eat krill (small crustaceans) and small fish to build up their fat (called blubber) to keep them going in the winter. On the East Coast of the United States, they are visible from Massachusetts and Cape Cod. Humpback whales have the longest migration of all mammals.

On the East Coast of the US they are visible during their migration, even from Massachusetts and Cape Cod.

Humpback whales can live up to 90 years and they can travel up to 5,000 miles, one of the longest animal migrations on Earth.

Humpback whales eat krill (small crustaceans) and small fish to build up their fat (called blubber) to keep them going in the winter.

On the East Coast of the United States, they are visible from Massachusetts/Cape Cod.

Humpback whales have the longest migration of all mammals.

The wildebeest is an animal from the antelope family that lives in Africa.
The wildebeest travel in large herds (around one and a half million) and migrate to find more food and water.
Other animals such as zebra and gazelle also join the large herd of wildebeest.
The different groups of animals eat different parts of the grass. Some will eat the top of the tallest grass and some will eat the medium-height grass. Once the grass is almost all gone the herds will leave.
This migration happens every year and the animals are almost always on the move.

Christmas Island Red Crab

- The Christmas Island Red Crab can only be found on Christmas Island, Australia.
- The red crabs live on their own in the forest and in the dry season they hide in their burrows to stay damp until wet season arrives.
- During the wet season the crabs come out of their burrows and head to the seaside to have their babies.
- Sometimes there are so many crabs moving across the island at the same time that roads have to be closed as cars cannot get past them.

Wildebeest

- They spend their time grazing (eating grass) constantly, day and night.
- Other animals such as zebra and gazelle also join the large herd of wildebeest.
- The different groups of animals eat different parts of the grass. Some will eat the top of the tallest grass and some will eat the medium-height grass. Once the grass is almost all gone the herds will leave.
- This migration happens every year and the animals are almost always on the move.
No more flowers on our trees,
Said a buzzing bunch of bees...
No green grass on which to feast,
Said a wild wildebeest...
It’s too cold to flit and fly,
Said a monarch butterfly...
What should we do?
How can we live?
When environments,
Cease to give...
Conditions change what’s on our plate,
It’s time to move, we must migrate!
Migration’s moving,
Swim, run, fly,
From a place too cold or dry,
To a place where food is found,
Migration’s moving to new ground!

by Mr. R.
Monarchs fly to Mexico.
Millions flee from the winter snow.
Wings wink quickly to and fro
as monarchs feel which way to go.
They listen to a voice inside
find a wave of wind to ride
stay together
work as one
flutter firmly toward the sun.
Tiny tigers trim tall trees
quiver in a Spanish breeze.
Confetti creatures strong and bright
sleep a season
rise in flight.
They know what they were born to do.
I’d like to be a monarch too.

by Amy Ludwig VanDerwater
A haiku is a type of short poem originally from Japan. It’s usually made from three lines that have a specific number of syllables each.

So, the first line of a haiku has **FIVE** syllables.

The second line has **SEVEN** syllables.

And the third line has **FIVE** syllables again.

Here’s an example:

My first line is five
With seven in the middle
And then five again

A haiku is usually about seasons in some way, which makes it perfect for talking about migration.

Try writing your own and see if you can make it about a type of animal migration. Maybe it’s about **whales moving to warmer waters** or **butterflies seeking out the summer**.

Share your creations on social media and tag @walkwithamal using #AmalWalksAcrossAmerica
CLIMATE

The sun and its heat on my face
The brown soil that I like to sink my feet into
The trees with all of their leaves
The crickets that won’t shut up
And that swallow way up in the sky
They are all part of me
I feel it when I stand very still
A thin line connecting me to them
A thin, thin line
It makes me happy and scared
Climate change refers to long-term shifts in temperatures and weather patterns. These can have natural causes like the sun’s activity or large volcanic eruptions. But since the 1800s, humans have been the main driver of climate change, primarily due to the burning of fossil fuels.

Many people think climate change mainly means warmer temperatures. But the temperature rise is only the beginning of the story. Changes in one area of Earth can influence changes in others.

How Can Climate Change Affect Us?
- Health
- Ability to grow food
- Housing
- Safety
- Work
- Politics

In the future, the number of “climate refugees” is expected to rise. The consequences of climate change now include:
- Intense droughts
- Water scarcity
- Severe fires
- Rising sea levels
- Flooding
- Melting polar ice
- Catastrophic storms

Over the next few pages, we’re going to learn a little more about the people who are affected the most by the climate and read about just how serious this can be.

But some of us are already at risk from the effects of climate change. For example, communities have already had to move because droughts are causing famine due to sea-level rise and saltwater intrusion.

But some of us are already at risk from the effects of climate change. For example, communities have already had to move because droughts are causing famine due to sea-level rise and saltwater intrusion.

By learning more about the climate and how it is changing people’s homes across the world, you are already helping to make things better for people in the future. You are also helping by bringing Little Amal’s journey to the attention of others so that they can understand how the world’s climate is changing too! The more people learn and understand how the climate affects people, the better chance we have to help them in the future.
Global Warming - How did it Start?

According to the United Nations, climate scientists have shown that humans are responsible for virtually all global heating over the last 200 years.

Human activities like the ones mentioned below are producing greenhouse gases that are warming the world faster than at any time in at least the last two thousand years.

What is Greenhouse Gas?

Burning fossil fuels generates greenhouse gas emissions that act like a blanket wrapped around the Earth, trapping the sun’s heat and raising temperatures.

Main greenhouse gases come from:

- Carbon dioxide and methane
- Gas from cars
- Coal for heating a building
- Clearing land and cutting down forests
- Agriculture, oil, and gas operations from factories

Energy, industry, transport, buildings, agriculture, and land use are among the main sectors causing greenhouse gases (United Nations)

What’s Happening Now?

According to the National Parks Service, the United States has become wetter over the 20th century. The timing and amount of rainfall are changing, which means less frequent and more severe storms. The last decade (2011-2020) was the warmest on record, and each of the last four decades has been warmer than any previous decade since 1850. In other words, the climate is becoming more extreme in response to global warming.
CLIMATE CHANGE AND REFUGEES

Look at this image.

It shows the 25 places around the world with the highest numbers of people who have been forced to move from their homes. Which color shows the people moving because of climate disasters? Which color shows the people moving because of conflict and violence? **BLUE** or **ORANGE**

A UN Human Rights Committee decided in January 2020 that people displaced across borders due to climate change have the right to not be returned to a country where they would face harm to their lives.
Let’s go on a little journey to a few places and see what we are facing on Planet Earth.

Philippines
Floods and Typhoons
85 percent of the population are suffering because of flooding and violent typhoons. A tropical storm in 2011 damaged over 50,000 homes and displaced 430,900 people. In 2019 over 4 million people had to leave their homes because of tropical storms and monsoon rains.

Guatemala
Droughts
Farmers in the highlands of Guatemala are suffering extreme drought. Deforestation rates are rising which is causing floods, landslides and erosion of farmland. Families face an impossible choice: stay and risk starvation, or gamble everything on the dangerous migration north to the United States.

Mozambique
Cyclone
In 2019 Tropical Cyclone Idai struck the southeast coast of Mozambique. 1.85 million people needed assistance. Mozambique scrambled to house them in 155 temporary sites. The cyclone and flooding damaged 100,000 homes, destroyed 1 million acres of crops, and demolished $1 billion worth of infrastructure.

The Pacific Islands
Sea Level Rise
The sea level is rising at a rate of ½ inch per year in the western Pacific and has already submerged eight islands. Two more are on the brink of disappearing, prompting a wave of migration to larger countries. By 2100, it is estimated that 48 islands overall will be lost to the rising ocean.

USA
California Wildfires
Since 2015, drought, dry land, and rising temperatures have made California’s wildfires more deadly and destructive than ever. In November 2018, the “Camp Fire” burned over 18,000 structures, killed 85 people and burned over 153,000 acres. Over 4% of California’s land burnt in 2020, and today 330 million homes are considered at-risk for burning in fires.

Middle East & North Africa
Droughts & Desertification
Experts have warned that there could be a mass exodus of migrants from the Middle East and North Africa. Large areas of the desert regions will become uninhabitable by the end of the century. These changes in climate are more likely to force people to move from the regions rather than a war or a lack of work opportunities.
Sit in one big circle.

Imagine you are sitting around planet earth. Take a moment to imagine – the sea, the trees and earth. If you can, create a big sheet of paper and place it in the middle of the circle. Take it in turns to paint, draw or write an expression of how you feel about the world that is underneath you.

Once you have finished your challenge, stand up and look from above. What beautiful creation have you made?

Talk in your group about what you have created together.

What does your world look like in the future?

Once you have finished your challenge, stand up and look from above. What beautiful creation have you made? Talk in your group about what you have created together.

Share your creations on social media and tag @walkwithamal using #AmalWalksAcrossAmerica
the OCEANS are RISING and so are WE
Young Activists

You may be thinking, “What can I do to help?”

Well... lots.

There are young activists all over the world who are already making a difference. Here are just a few and how you can follow them.

Greta Thunberg

Protested in front of the Swedish parliament when she was 15 years old and inspired a global climate strike movement called Fridays for Future. She also made a speech at the United Nations Climate Action Summit.

https://www.instagram.com/gretathunberg/
https://www.facebook.com/gretathunbergsweden
https://thegretathunbergfoundation.org/

Kehkashan Basu

Created the Green Hope Foundation when she was 12 years old. The organisation runs events to plant trees and mangroves, recycle waste and clean up beaches in her home country, the United Arab Emirates and around the world. She also wrote a children’s book, Tree of Hope, to teach children about protecting the environment.

https://www.instagram.com/kehkashan5basu/?hl=en
https://www.facebook.com/kehkashan.basu/
https://www.greenhopefoundation.com/

Haven Coleman

Co-founded the US Youth Climate Strike at age 12: in March 2019, thousands of US youth joined approximately 1.4 million young people from 123 countries to strike against adult inaction on climate change. In 2020, Coleman created ARID, a creative agency that accelerates climate and social justice campaigns for nonprofits and brands.

https://www.instagram.com/climateactivist/?hl=en
https://www.facebook.com/climateactivist/
https://havencoledman.com/

Lesein Mutunkei

Started planting a tree for every goal he scored in a football game when he was 15 years old. His initiative, Trees for Goals, has encouraged other young people to celebrate their achievements by planting trees too. Over two years Lesein and his football team planted over 1,400 trees.

https://www.instagram.com/trees4goals/?hl=en
Policy and Technology Changes and HOW WE CAN ACT NOW

17 Goals to Transform Our World: The Sustainable Development Goals are a call for action by all countries – poor, rich, and middle-income – to promote prosperity while protecting the planet. They recognize that ending poverty must go hand-in-hand with strategies that build economic growth and address a range of social needs including education, health, social protection, and job opportunities while tackling climate change and environmental protection.

“We need to invest now in preparedness to mitigate future protection needs and prevent further climate caused displacement. Waiting for disaster to strike is not an option.”
- Filippo Grandi, the UN High Commissioner for Refugees

For example, Goal #6 (Clean Water and Sanitation) was met in 2017 in South Sudan. The UNHCR Uganda operation faced a challenge to make sure refugees had the right to water. So a group of UNHCR engineers developed a reliable and cost-effective monitoring system, which is now being used successfully in displacement camps in five different countries. The system allows them to address shortages before they happen and providing refugees with clean water.

Click here to Watch the Video
Net Zero
#ItsPossible
So, how can you use your individual skills and talents to make a Change?

Click here to download the App
A WORLD IN SUPPORT OF ACT NOW
and log what changes you are making now. Join challenges, track your impact, and create new habits!
So, how can you use your individual skills and talents to make a change?

What message do you want to share?

Maybe you want to encourage people to walk, run or bike to school or work, or eat a more plant-based diet, or use a compost bin, or avoid single-use items and fast fashion, or share some facts about climate displacement?

How can you share your message with the world? Or even just with your family and friends?

You could...

- Create a **POSTER** for your school or neighborhood
- Write, perform and record a **SONG**
- Create a thought provoking piece of **ART** or **PHOTOGRAPHY**
- Download the **ACTNOW** app and log what changes you are making now. Join challenges, track your impact, and create new habits!
- **WRITE** an informative post for social media
- Bring together a **CLIMATE CHANGE** group or club in your community
- Make a **VIDEO** for YouTube or social media
- Have regular **CONVERSATIONS** with your family and friends
The 15 Minute City

Now, let’s think about bigger changes to adapt how we live in response to climate change.

The 15-Minute City is the idea that everyone living in a city should have access to most of the places we need to go within a 15-minute walk or bike ride. Everyone can get to work or school, go shopping, or access entertainment, parks, and doctors close to their homes.

Draw With Your Group:

Let’s think of all of the places in your city that you need to live and enjoy yourself. Write them down.

Once you have your list, now let’s create a map for our city.

Things to think about: Where should each place go? What would the streets look like? Is there anything missing?

Once you have finished your challenge, stand up and look from above.

Talk in your group about what you have created together.

Is there anything you want to add? How would it be to live in this 15-minute city? How could living this way have an impact on climate change?

Share your creations on social media and tag @walkwithamal using #actsofwelcome #LittleAmal
OUR EARTH IS Extraordinary.
LET’S PROTECT IT.

Introducing the 2023 Students Rebuild Extraordinary Earth Project.

This year, Students Rebuild is inviting students from around the world to join us in learning about our environment and the things we can do to protect our local and global ecosystems. Although issues like climate change affect us all, different parts of the world are experiencing it in diverse ways. For example, famine, violent weather, water scarcity, and resulting regional conflicts are significant drivers of the global refugee crisis. Therefore, our goal is to encourage teachers and students to be thoughtful about how our actions affect both the planet and the ecosystems in their backyard.

This year’s Students Rebuild Challenge kicks off on August 15, 2023, and ends June 2024.


Protecting our Extraordinary Earth

Take three simple—but-powerful steps to help:

1. Learn how we can protect our extraordinary earth by tackling global environmental issues like climate change. Students Rebuild provides the lessons, content guides, and other website resources.

2. Create art out of recycled materials that help deepen connections with the following environmental themes: Repurposing Waste, Deforestation, Clean Air, and Ecosystems.

3. Share your artwork with us. For each one we receive, the Bezos Family Foundation will make a $5 donation to organizations tackling environmental issues responding to the climate crisis.

How the money will help.

The money students raise through their art will support the following organizations:

- Little Amal Fund supports young people who have been displaced from their homes by humanitarian crises like conflict and climate change.
- Choose Earth is a campaign standing with Indigenous Peoples fighting for the future of our planet.
- World Wildlife Federation sustains the natural world for the benefit of people and wildlife and collaborates with partners from local to global levels in nearly 100 countries.
- Eden Reforestation Projects is dedicated to reforestation and environmental conservation efforts around the world.
- The Solgaard Nyx Foundation works to restore the ecosystem in Indonesia and help disrupt plastics from ending up in rivers and oceans.

Share your work. Students Rebuild will celebrate your art by posting it across social media platforms and their website.

There’s much more to explore. Learn about Students Rebuild at studentsrebuild.org.
THANK YOU!

If you’ve enjoyed exploring these materials please share with friends and colleagues. We would be delighted to hear your feedback via email here: alice@littleamal.org And of course, follow Little Amal’s journey and share all of your creations with us  #AmalWalksAcrossAmerica

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