

Win a trip to Washington!

Pick from 25 fun civics activities — each one you do is another chance to win the grand prize.

Open to K-8 students who want to learn about and improve their communities. The deadline is September 1, but enter often to qualify for drawings every Thursday on “Channel 3 This Morning.” Win prizes like a \$50 gift card to Phoenix Books! We’ll draw the winner for the grand prize trip to Washington, D.C. on September 4. Complete all 25 activities to be honored as a “Distinguished Citizen” at the Vermont Statehouse.



ENTER TO WIN AT: goodcitizenvt.com



BROUGHT TO YOU BY

SEVEN DAYS

kids VT

UNDERWRITTEN BY

Vermont Community Foundation

PARTNERS





Complete one or more of these activities to be eligible for prizes. Submit your evidence as you go at goodcitizenvt.com. Last chance to submit: 9/1/25.

readers might enjoy *Gather*, a novel by Ken Cadow that was the Vermont Reads 2024 book of the year. Tell us which book you picked and what you learned.

7. Visit the Fire Department

Contact your local fire department and ask if you can drop by to speak with a firefighter or rescue squad member. Ask them why they joined the department or rescue squad, how long they've been doing this work and how you can help them keep your community or family safe. Tell us what you learned. If you have it, share a photo of your visit.

8. Recruit a Blood Donor*

When someone is very sick or badly injured, sometimes they lose a lot of blood and need more to survive. This life-saving blood comes from people who have donated it to the American Red Cross. You can't donate until you're 16, but you can recruit someone over 16 to give blood. Donors can make an appointment by visiting redcrossblood.org or calling 1-800-RED-CROSS (1-800-733-2767). You will be entered into the grand prize drawing for every person over 16 who successfully donates at your request.

9. Visit the Clerk

Go to your city or town clerk's office. Search for a public record that's meaningful to you. It could be your birth certificate or a deed to a property. Tell us which one you chose and why. If you go as a group, call ahead.

10. Attend a Community Event*

There are lots of community events during the summer: festivals, parades, concerts, talks, games, fireworks shows. Go to a gathering near the area where you live. Tell us about your experience. Games and sporting events count!

11. Write a Thank-You Note*

Think about someone in your community who helps you out without asking for anything in return. This could be anyone — a janitor, a librarian, someone who organized or sponsored a community event you attended. Write that person or group a thank-you note letting them know that you see and appreciate them. Give them the note, and share a copy with us.

12. Go Plogging*

This activity is derived from the Swedish words for "pick up" and "jogging." For this activity, pick up litter while you jog or hike on a local trail or recreational path. Send a photo of the stuff you picked up and threw away after plogging. Be sure to wear gloves — and never pick up sharp objects such as rusty nails or needles. If you find one, tell an adult.

13. Raise Money for Charity

Gather donations for a local nonprofit or nonpartisan charity of your choice by encouraging friends, neighbors or family members to contribute. Tell us which charity you chose and why and how much you raised. Everyone who completes this activity will be entered in a raffle to win an additional \$500 toward their cause.

14. Recognize a Good Citizen*

Good Citizens rarely act alone. This is your chance to nominate a person (grown-up or big kid!) who makes your community a better place. Join (or ask your parents to join) Front Porch Forum and share your nomination. Tell us how this person helps others! All nominations will be entered into a Front Porch Forum raffle and the randomly selected nominee will receive a \$250 gift card to recognize them for their community-minded work.

15. Play or Sing a Woody Guthrie Song

"This Land Is Your Land" is one of many iconic tunes written by Woody Guthrie, an American folk singer born in Oklahoma in 1912. He wrote descriptive and memorable folk songs about the Great Depression, the Dust Bowl and American life in the 20th century. Find the lyrics to one of his songs at woodyguthrie.org and search for recordings online. Record yourself singing or playing the song on an instrument and send us the recording.

16. Visit a Historical Site or Museum*

Visit one of the area's historical sites or museums. There are many in Vermont, but visiting Fort Ticonderoga in New York counts, as well. We just passed the 250th anniversary of its capture by Ethan Allen and the Green Mountain Boys. Tell us about your visit. What did you learn? Check to see if you can get free museum passes at your local library.

17. Support a Local Business*

Pick a business in your community that you and your family buy from regularly and fill out a comment card or leave a positive review online to show your support — or post your appreciation on your neighborhood Front Porch Forum. Share your comments with us.

18. Work Together With Someone From a Different Background*

Do something positive for your community with someone from a background or perspective that's different from yours. For example, this could be someone from a rival school, someone who practices another religion, someone who grew up in another state or country, someone of another race or whose family looks different from yours. Share a photo of you with this person and describe your differences. Tell us about your joint activity — and encourage them to enter the Challenge if they're eligible!

19. Show What Vermont's Motto Means to You

Vermont's state motto, "Freedom and Unity," declares that both individual freedom and working together are important. Create something that shows what the motto means to you. It could be a drawing, song, poem, sculpture, video — whatever you like! Share it with us.

20. Read the News*

Keeping up with current events in your community, state and world is an important part of being a Good Citizen. Read an issue of your local community newspaper, in print or online. Don't have a copy? Check the library. If your town doesn't have its own news source, read at least five articles from a statewide news outlet such as *Seven Days* or *VTdigger*. Tell us what you found out.

21. Watch or Listen to the Local News*

Watch a local news broadcast — for example, WCAX Channel 3 airs local news from 4:30 to 7 a.m. and at noon, 4, 5, 6 and 11 p.m. You can also access these reports when it's convenient at wcax.com or on the WCAX app. Or find local news broadcasts on the radio — for example, through Vermont Public, also available at vermontpublic.org or on the Vermont Public app. Younger participants can choose to listen to an episode of "But Why: A Podcast for Curious Kids." Tell us which program you chose and what you learned.

22. Find the "Masthead"*

The part of a newspaper that describes who works there, who owns it and where it is printed is called the "masthead." Online, you can usually find that information on web pages called "About Us" or "Our Team" or "Contact Us." If you're reading a newspaper, listening to the radio, or watching something on TV or online, figure out who made it and where they are based. Share a photo of this information as proof. This activity can be repeated with different news outlets.

23. Talk to a Journalist*

Interview a reporter from your local newspaper, radio or TV station, or online news service. Why did they become a journalist? What are their favorite stories to cover? How do they decide what makes the news? Which one of their stories had the biggest impact? You can do this in person, over the phone, in a virtual meeting or by email. Tell us what you learned and share a photo if you have one.

24. Take a Quiz: Is This Real?

Powerful advances in technology are making it difficult to trust that what we see is real. Test your powers of observation by taking two tests from the News Literacy Project. Find links on the 2025 Challenge web page.

25. Take Control of Your Tech Use

Digital devices such as tablets and smartphones are designed to distract you and keep you looking at them. You can improve your ability to focus on what matters to you by taking control of your tech use. Do at least one of the suggested activities on the Take Control checklist from the Center for Humane Technology at humanetech.com/take-control and tell us about your experience.

*These activities can be completed and submitted more than once for additional entries in the prize drawing.