

SuperKind

Change-Makers Programme

Aim

- To learn about important causes around the world and discuss which ones we'd like to change
- To get inspired by stories of other young change-makers
- To find out where to access step-by-step toolkits on how to make a difference
- To plan which actions to take, and TAKE ACTION!
- To reflect on the impact that we have had and the skills we have learnt

Success Criteria

- To take action for important causes around the world
- To acquire essential skills including communication, critical thinking, and leadership





<https://www.youtube.com/watch?v=lrX3FUkl1SI>

Click to play video ^

WHAT & WHY?

WHAT

would you change in the world?

WHY

do you want to change it?



SUSTAINABLE DEVELOPMENT GOALS

17 GOALS TO TRANSFORM OUR WORLD

1 NO POVERTY

2 ZERO HUNGER

3 GOOD HEALTH AND WELL-BEING

4 QUALITY EDUCATION

5 GENDER EQUALITY

6 CLEAN WATER AND SANITATION

7 AFFORDABLE AND CLEAN ENERGY

8 DECENT WORK AND ECONOMIC GROWTH

9 INDUSTRY, INNOVATION AND INFRASTRUCTURE

10 REDUCED INEQUALITIES

11 SUSTAINABLE CITIES AND COMMUNITIES

12 RESPONSIBLE CONSUMPTION AND PRODUCTION

13 CLIMATE ACTION

14 LIFE BELOW WATER

15 LIFE ON LAND

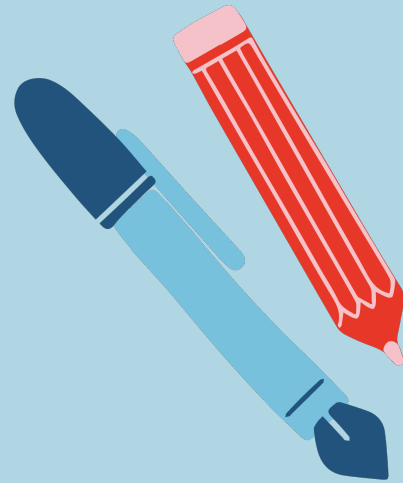
16 PEACE, JUSTICE AND STRONG INSTITUTIONS

17 PARTNERSHIPS FOR THE GOALS

SUSTAINABLE DEVELOPMENT GOALS

WHO?

**Who do you think has the power to
change the world?**



Jahkil Jackson

- Started age 5.
- Made bags full of toiletries and essential items to give to people in shelters and on the streets.
- His bags have reached 60,000 people across the world.



<https://youtu.be/MqN7t5gnI5w>

Click to play video ^

Henry Cleary

- Started age 7.
- Ran a marathon (26.2 miles) over 10 days to raise money for the homelessness charity Crisis.
- Raised £9,565.



<https://youtu.be/HpjHcSeCl80>

Click to play video ^

What kind of change-makers did you think of?



Name:
Date:

SuperKind Change-Makers' Worksheet

1. Who can change the world?

.....

2. What most inspired you about one of the change makers that we looked at together?

.....
.....

3. Browse the change-makers on SuperKind and choose another change-maker that you are inspired by.

a) What is their name?

.....

b) Why have they inspired you?

.....
.....

4. What do you think all the change-makers have in common?

.....
.....

5. Do you think children can change the world? Circle the relevant answer. Yes / No

6. What are the reasons they:

a. Can?

.....

b. Can't?

.....



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Discuss with the class

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A willingness to take action and get started!

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Anyone can be a change-maker if they are willing.

b. Can't?

The only reason someone can't is if they don't try!

So, who is going to change the world?

HOW?



Raise Money



Donate



Volunteer



Write a Letter



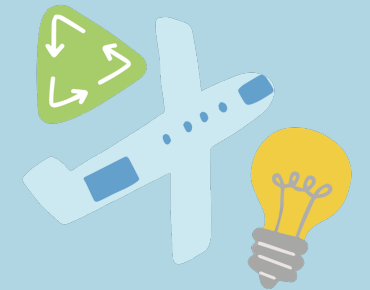
Speech



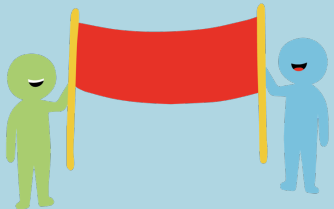
Poster



Organise an Event



Change Your Behaviour



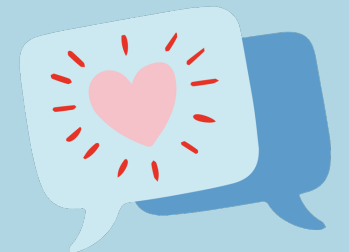
Change Your Behaviour



Petition



Protest



Share with Others

Writing letters

Who?

Local Member of Parliament (MP)

Headteacher

Local businesses

News/radio station

... or anyone else you can think of!

About?

To ask them to plant more trees in your local council

To ask them to adopt a gender-neutral uniform

To ask them to stop using single use plastics (like cups, straws, and bags)

To ask them to spread the word about an event you are organizing.

Find more information on how to write a letter here:
<https://superkind.org/write-a-letter>

SuperKind Letter Writing Template

Writer's address

.... [Name]
.... [Street]
.... [Town]
.... [Postcode]

Recipient's address

.... [Name]
.... [Street]
.... [Town]
.... [Postcode]

Remember to be careful about who you share your address with. Talk to a grown-up about this to make sure it is safe to share. If it isn't, you could consider sharing your parents' email address instead.

Name or title

Dear [Mrs, Miss, Ms, Mr, Sir, Dr, Hon, Prof, Prince]

Make sure to check that you are using the right prefix before someone's name. If you do not know their name you could use 'Sir/Madam' or 'To whom it may concern'.

Introduction

My name is
I am years old.
I am from [Insert country/school/town Here].

What the problem is

I recently found out that [Insert information about the problem here]
OR
Did you know that [Insert information about the problem here]?

Why it matters to you (and others)

I recently found out that [Insert information about the problem here]
OR
Did you know that [Insert information about the problem here]?

Use facts if you have them, but make sure you check them!

Your 'call to action' and how they can help

You can help by: [Insert information about what they can do to help]
OR
I recommend that you: [Insert information about what you want them to do]

Be assertive.
If you have more than one plea it might be useful to give a numbered list.

Salutation

Yours sincerely,
OR
Yours faithfully,

Use:
- 'Yours sincerely' if you addressed the recipient by their name
- 'Yours faithfully' if you did not address the recipient by their name

Your name

.... [Insert your name here]



**CREATE AN
ACTION PLAN**

Acronym for goal setting

- **Specific** – Be clear with what want to achieve.
 - E.g. ‘Eating beef only once a week’ is better than ‘eating less meat’
- **Measurable** – Make sure you can see if you’ve met your goal.
 - E.g. By saying you’ll only eat beef once a week, you can easily measure whether or not you’ve met your goal.
- **Achievable** – Make sure your goal is something you can achieve.
 - E.g. Eating beef only once a week is more achievable than cutting all meat from your diet.
- **Relevant** – Make sure your goal helps you do what you set out to achieve.
 - E.g. Deciding to use showers instead of baths wouldn’t be much help in reducing the environmental impact of the foods you eat.
- **Time-bound** – Decide on a time limit for reaching your goal or when you might review it to see if you can set the bar even higher.
 - E.g. This year you would eat beef only once a week and on 31st December, you could decide whether to eat even less beef.

..... 'S
SuperKind Plan



The cause I want to make a difference to is:

.....

I care about this cause because:

.....

.....

I will make a difference by:

.....

.....

To do this I will:



1.

.....



2.

.....



3.

.....

..... 'S
SuperKind Plan



The cause I want to make a difference to is:

Climate change

I care about this cause because:

My house got flooded this winter and I want to stop this happening again

I will make a difference by:

Writing to my headteacher to ask her to only serve red meat (like lasagne) once a week

To do this I will:



1. Research facts about why red meat contributes to climate change

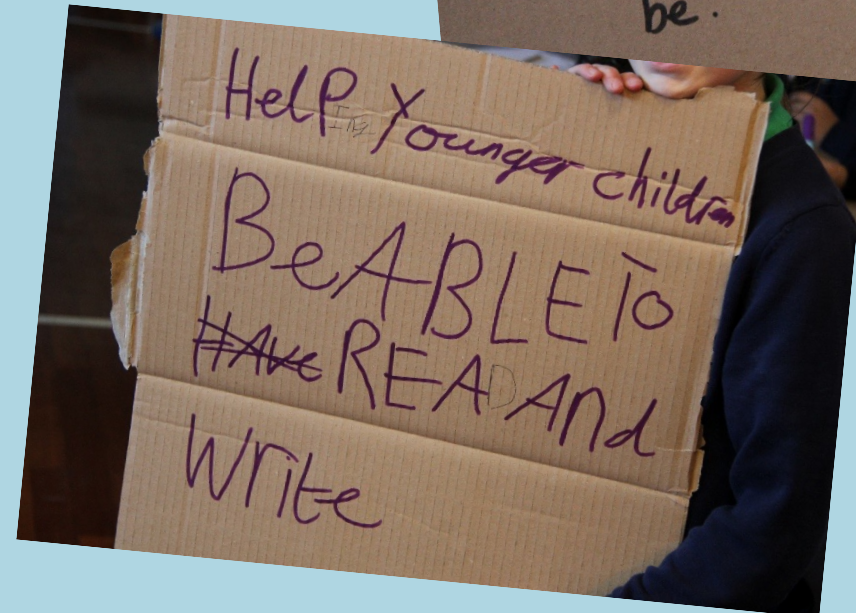
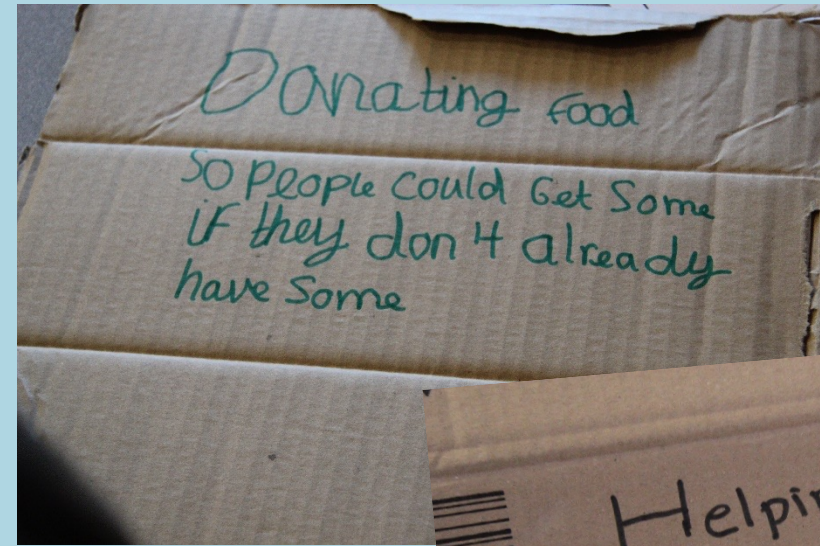
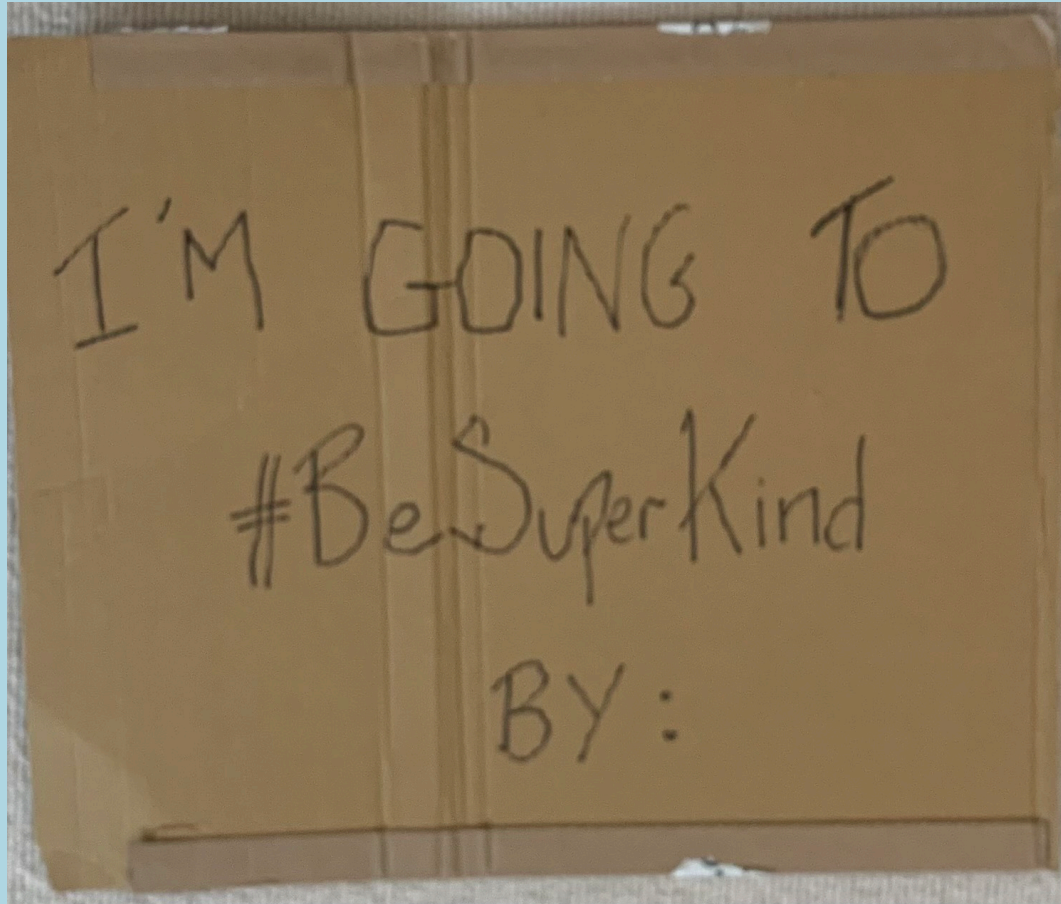


2. Use the SuperKind letter-writing template to help me write the letter



3. Hand deliver the letter to her

#BeSuperKind



**REFLECT ON
YOUR ACTION**

Talk to the person next to you...

Ask them:

- What they did and how
- What their impact was
- Whether they faced any challenges
- Whether they learnt any lessons
- Whether there's anything they are particularly proud of
- Whether they have any plans for the future

Present to the school community

Make a presentation (or video!) to share your experiences, impact, lessons, and plans for the future with the school community.

You might like to include:

- Photos of your work (and the process getting there too!)
- An overview of what you did and how
- Information on the impact that you had
- Any challenges you faced
- Any lessons that you learnt
- Anything that you are particularly proud of
- Any plans that you may have for the future

Find more information on how to make a speech here: <https://superkind.org/make-a-speech>

SuperKind Change-Makers' Course Certificate of Completion

Awarded to:



Well Done!



Signed:

Date:

