



Make a Difference Challenge

Making a Difference From Home Activity Pack



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Department for
Digital, Culture
Media & Sport



Pears
Foundation



Making a Difference From Home

Activity Pack

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Introduction

These are stressful and uncertain times. No one really knows what's going to happen next or how long the COVID-19 pandemic will last. It's understandable to feel anxious, a little bit lost, and very frustrated about not being able to control the situation. However, you can make a difference to how you cope with it, and you can make a difference to how other people are feeling too.

The Making a Difference from Home activity pack will help you do just that. In it, you'll be supported to choose and carry out a mini project to help other people at this time. These people may be your friends and family, or your local community, and what you do might just cause a ripple effect that makes bigger differences to our world in the fullness of time.

That's a pretty exciting thought, right?



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Taking care of me

Before you can start thinking about helping take care of others - what about taking care of yourself?

Of course this is something your parents or guardians are usually pretty good at – but you have a part to play in this too! It's very hard to properly support other people when you're not feeling positive yourself.

Look at the picture on the next page. Notice it is split into two – all of the descriptions on the outside of the circle are things that may make you feel angry or frustrated about this situation, but you really **cannot control**.

Now look inside the circle as these are things that you **can control**. So rather than waste your energy worrying about all the bits you can't do anything to change, why not focus on the things you can?

Activity A

Look at the list below. Which of these **can** you control, and which ones should you simply let go of and forget about?

Add the statements to the correct part of the picture on the next page.

1. How messy my bedroom is.
2. Whether it's going to rain today.
3. How often I fight with my sibling.
4. Getting on with my school work.
5. Not being allowed to go to the park.

Can you think of anything else you could add to the picture that you **can** or **cannot** control?

Activity B

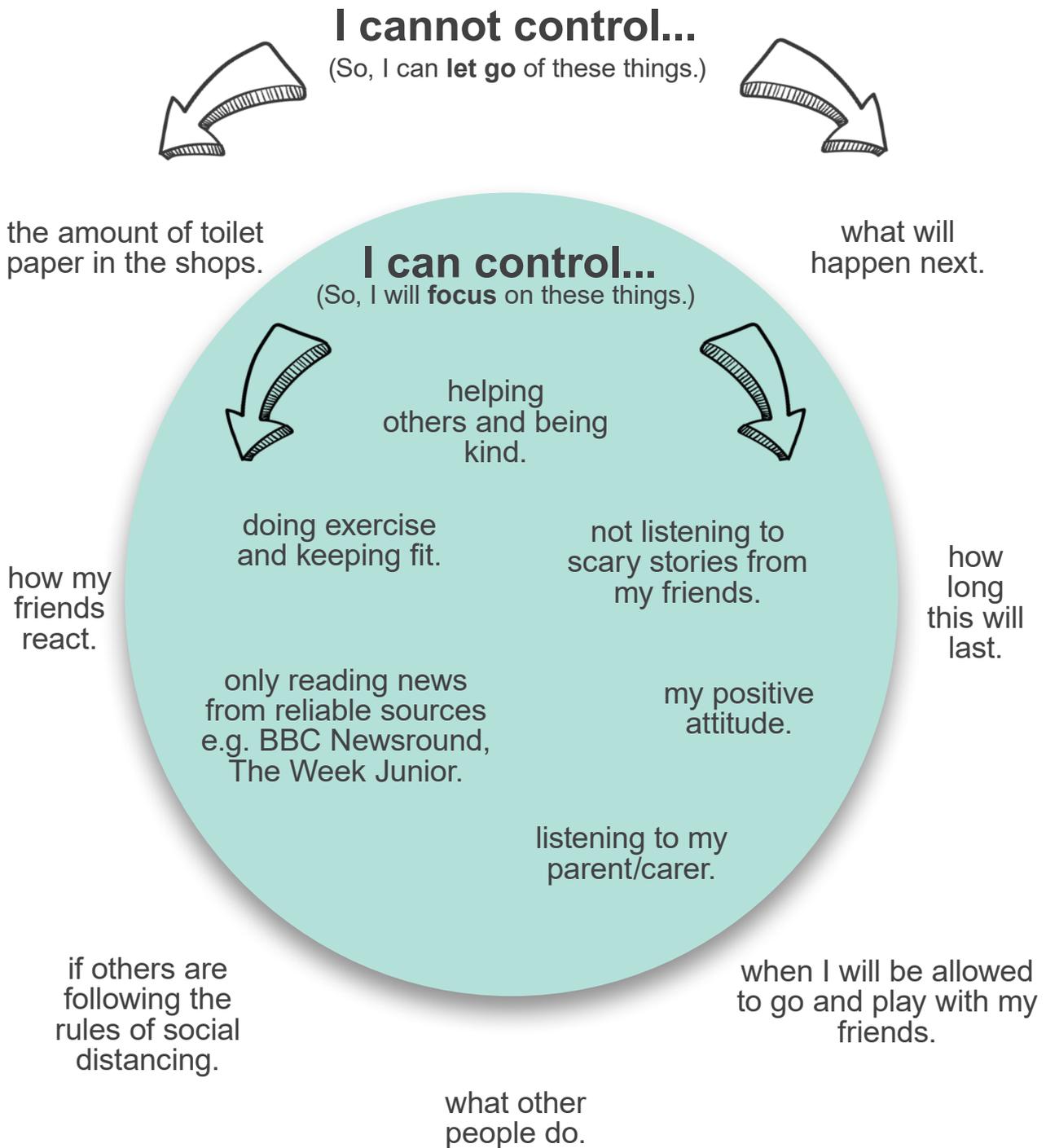
What one thing will you choose to do to help care for yourself during this tricky time?

Choose a statement from inside the '**I can control**' circle and make a bright and colourful poster of it to stick on your bedroom wall to remind you every day of what **you can control**.



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*Adapted from The Counseling Teacher <https://thecounselingteacher.com/>



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Community Spirit

“Difficult times often bring out the best in people”

Have you heard this saying before?

With so many negative stories in the news at the moment it would be easy to feel that everything happening in the world is awful. But it's important to remember that dramatic news sells newspapers and makes people return to social media again and again – meaning that other (less shocking, even positive!) stories often get missed. Yes, this is a worrying spell for us all, but it also gives us the chance to demonstrate our incredible community spirit.

Read the hearts below to find out about how people are showing courage and kindness in these difficult times.

Hundreds of thousands of people across the UK paused to 'Clap for our Carers'. People stood on balconies, doorsteps, or leant out of their windows to show solidarity with one another and to say thanks to key workers in the NHS working hard to keep us safe.

<https://clapforourcarers.co.uk/>
<https://www.bbc.co.uk/newsround/52060436>



Residents in Seville, Spain, played bingo out on their balconies, aided by a loud hailer, to help tackle loneliness and feeling of isolation amongst residents.

<https://www.elle.com/uk/life-and-culture/g31163888/coronavirus-covid-19-good-news/>

In Birmingham, six year old Clarissa collected more than 150 Easter eggs to give to workers at her local hospital to say thank you for their hard work.

<https://www.bbc.co.uk/>



School and university Design Technology departments all over the UK started producing protective masks for NHS workers, such as Stamford Endowed Schools in the East Midlands who produced 200 masks a day using laser cutters.

<https://www.stamfordschools.org.uk/school-dt-department-manufacturing-200-masks-per-day-for-the-nhs/>

Famous footballers opened up their hotels free of charge to NHS workers who needed to self-isolate.

<https://www.bbc.co.uk/newsround/52037203>
<https://www.bbc.co.uk/sport/av/football/52004691>



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Celebrity body coach, Joe Wicks, became the 'nation's PE teacher' by live streaming exercise workouts from his living room for children and their families all over the world, and donating all the money he made in advertising on YouTube to the NHS.

<https://www.independent.co.uk/life-style/health-and-families/health-news/coronavirus-joe-wicks-body-coach-tv-offers-fitness-classes-free-a7436781.html>

A couple getting married in East Yorkshire donated all the food they and their 400 guests would have eaten at the wedding to two local hospitals for the NHS workers there to enjoy instead.

<https://www.independent.co.uk/life-style/coronavirus-wedding-cancelled-couple-nhs-food-donate->

In Leeds, Jon realised that the impending COVID-19 crisis was going to have a big impact on Food Banks, and so he started an online fundraiser aiming for £40 – more than £1,000 later he had distributed essential items to five different food banks in the area.

<https://metro.co.uk/2020/03/24/donating-food-banks-12448806/>

Children all over the world chose to paint or draw rainbows as a sign of hope for others to enjoy. Believed to have begun in Italy, the idea quickly spread across Europe and beyond until thousands of beautiful pictures covered windows, pavements and walls everywhere.

<https://www.bbc.co.uk/newsround/51953553>
<https://www.bbc.co.uk/news/uk-england-51988671>



Thousands of Italians across the country sang or played musical instruments from their balconies and doorsteps to raise morale and show members of their local communities they were not alone.

<https://www.theguardian.com/world/2020/mar/14/solidarity-balcony-singing-spreads-across-italy-during-lockdown>

Activity C

Choose one of the following research tasks:

1. Find out more about one of the news stories above.
2. Research some good news stories taking place in your local community right now.

Celebrate your activities online!

@YoungCitizensUK

#MakingaDifferenceFromHome





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How can children make a difference?

A big thing you can control is how you support other people through this time, and you will discover that this is also something that makes you feel great too – everybody wins!

There are lots of different ways that people try to help others and change things for the better. Sometimes they will give practical help – like planting wild flowers to encourage more bees to come into the area, or organising a litter pick to clean up the street – this is called **'volunteering'**. Other people might organise sponsored events or take on jobs like washing the car to raise money to give to a charity- this is called **'fundraising'**. Perhaps the biggest way people help to change things is by telling others about the problem and educating them about what they can do to help- this is called **'raising awareness'**.

All of these activities are what we call **'social action'** – doing something to tackle an issue or help someone else.



Do you think one person can make a difference?

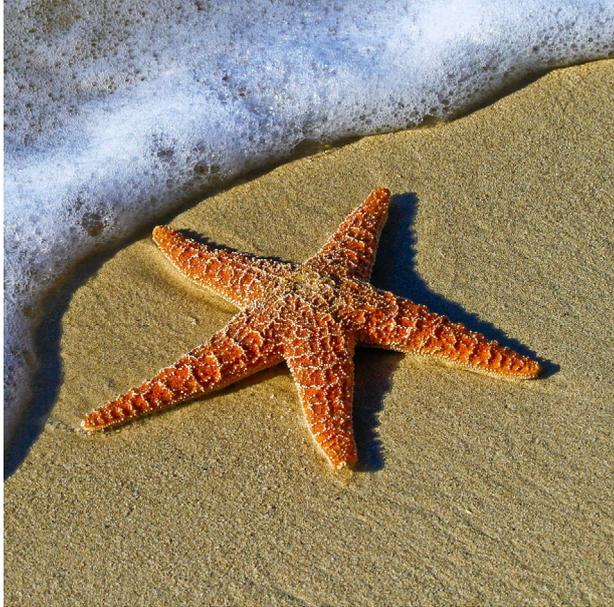
Of course they can! On the next page is a story that shows how even the smallest of actions can make a lasting difference.

You have most probably done things that have made someone else feel better! Maybe you have done something for an animal? Or for the environment? Have you ever picked up a piece of litter that's not yours and put it in the bin, made a gift for someone, or released a bee that's trapped in your house?



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The Starfish Story

If you think you can't make a difference all on your own – read The Starfish Story below.

A young boy was walking along a beach upon which thousands of starfish had been washed up during a terrible storm. When he came to each starfish, he would pick it up, and throw it back into the ocean. People watched him with amusement.

He had been doing this for some time when a man approached him and said, "Little boy, why are you doing this? Look at this beach! You can't save all these starfish. You can't begin to make a difference!"

The boy seemed crushed, suddenly deflated. But after a few moments, he bent down, picked up another starfish, and hurled it as far

as he could into the ocean. Then he looked up at the man and replied, "Well, I made a difference to that one!"

The old man looked at the boy inquisitively and thought about what he had done and said. Inspired, he joined the little boy in throwing starfish back into the sea. Soon others joined, and all the starfish were saved.

Here is a video version of the story: <https://www.youtube.com/watch?v=Q-R5LqE3nzY>

Activity D

Write an example in the box below of something positive you have done for someone or something else and how it made you feel:

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.....

.....

.....



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Choosing a cause

So, are you ready to start thinking about how you will make a difference?

Over the next few pages we will explore how you can help make a difference to people and things in your life, from home. We have split these into three categories:

1



Caring for my family
and friends

2



Caring for my
community

3



Caring for my
planet

Let's have a look at each of these in more detail now. There are some optional activities you can do along the way that will help you think about each area in more detail.



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Choosing a cause

Your **family and friends** include everyone you have relationships with in your life. These could be friendships or family relationships like siblings, parents, carers, grandparents, cousins, or aunts/uncles. Relationships are important as they make sure that everyone is looked after and no one is feeling lonely. This is especially important during these challenging times.

1 Caring for my family and friends



My Family

On a piece of paper draw your family. Who are they? Where do they live? How often do you see/speak to them? Underneath each person write what you really like about them.

What are the different issues facing my family and friends at the moment?

Is anyone in your family lonely or sad? Is there anything that makes you feel sad? List any issues you can think of...

- My grandma is living alone
- We cannot leave the house
-
-
-
-
-
-

My Friend

My friend's name:

.....

How long have we been friends?

.....

What is my favourite thing about this person?

.....

.....

Why are friends so important?

.....

.....

What does the word 'family' mean to me?

.....

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.....



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How could I help my family and friends?

There are lots of different ways you can help your family and friends during this time. Tick the actions you might like to do to help and add any others you can think of.

- Phone my grandparent or read to them over Skype
- Help with the cooking, or offer to set the table every day
- Set up regular contact with my friends through email or my parents' social media
- Say hello to my neighbour over the fence or on the balcony and stop for a chat
- Create an online competition to play with my friends like a joke, riddle, or a photo caption competition
- Write a card or letter to a family member telling them I am thinking of them
- Paint or draw something for a family member and send it in the post
- Make a homemade gift for a family member
- Record a video message for an older relative and send it to them
- Play online scrabble or another game with someone self-isolating
- Organise a treasure hunt for my siblings around the house
- Arrange to watch a film or TV show at the same time as a friend and call them while it's on to talk to them about it
- Organise a family 'bird watch' by inviting relatives to log what they see from their window over a weekend and put together the results
-
-
-
-

1 Caring for my family and friends



Celebrate your activities online!

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Your **local community** includes your neighbours, teachers, shopkeepers and anyone who lives or works near you. Communities are important as they make sure people look after each other and support one another. Human beings are social creatures – we like to live near other people and feel part of a group, to feel we belong. Therefore, we need to find new ways to stay in contact with each other during this time.

2 Caring for my community



Community Map

On a piece of paper draw a map of your local area. Remember to include important places in your community like your school, home, neighbours' homes, a religious centre/ community centre/library, hospital/doctors' surgery, and shops!

What are the different issues facing my community?

Who is feeling lonely in your community? Who might need help during this time? Add any issues you can think of:

- People who live on their own might feel lonely
- People might be struggling to buy food
- People might be feeling very frightened
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-
-

Write different words to describe your community using each letter of the word:

- C aring
- O
- M
- M
- U
- N
- I
- T
- Y

Why is looking after my community important?

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How could I help my community?

There are lots of different ways you can help your community from home. Tick the actions you might like to do to help and add any others you can think of.

- Write a letter or create a postcard to send to a neighbour or residents in a local care home
- Paint rocks with a supportive message like 'I'm thinking of you' and drop the rocks into a stream for people to see on their local walks
- Create a poster about happiness to stick on my window or on a lamppost for my neighbours to see
- Say thank you to the postal worker/delivery driver with a rainbow on my front door or chalked on the pavement
- Write a thank you letter or record a video for my local doctor, nurse or hospital workers
- Give food to a local foodbank
- Put teddy bears in a window of my house for children passing by to count
- Fundraise for a local charity by doing chores and jobs for my parents/carers
- Record myself reading my favourite stories to send to a care home
- Clap for the NHS
- Complete a 'week of thanks' plan - listing how and who I'll say a special thank you to each day of the week eg: my grandparents, my teacher, the postal worker, my parent/carer
-
-
-
-

2 Caring for my community



Celebrate your activities online!

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The **planet and the environment** are something we are all very familiar with. It's everything around us - the air we breathe, the sea and rivers, the plants and animals, and much more.

We need to care for our planet – it affects us all! In recent years, scientists have realised humans are causing air pollution, deforestation, acid rain, and other problems that are dangerous to both the earth and to ourselves. Now in 'COVID-19 times', there's already been some quite amazing environmental improvements seen as a result of fewer cars and planes moving around. Some say this is our chance to make permanent changes to all of our lives which will help stem the climate crisis for good.

Together we can help fix this!

3 Caring for my planet



Want to feel inspired?

There are some pretty amazing children who are already on the case with saving our planet. We've all heard about Greta Thunberg, but, closer to home, what about Ella & Amy Meek? These sisters set up the charity **Kids Against Plastic**. Why not have a look at their website (www.kidsagainstoplastic.co.uk)? In particular you could find out more about one of their campaigns like Plastic Clever Schools, Pick n Map, Plastic Clever Businesses, or #Packetin. Which campaign do you like most?

Why is it important to look after the environment/our planet?

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.....

What issues about the planet are most important to you?

Number the issues below from 1 to 8 with 1 being the most important.

- Deforestation
- Air pollution
- Recycling
- Plastic pollution
- Wildlife
- Sea life/ocean habitats
- Global warming
- Litter



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How could I help my planet?

There are lots of different ways you can help the planet. Tick the actions you might like to do to help and add any more you can think of.

- Rather than throw old clothes in the bin, research and make something out of them e.g. a cloth bag from an old t-shirt
- Plant wildflowers, a tree or vegetable seeds
- Adopt an endangered animal online using my birthday money
- Make a poster to share on social media to raise awareness about how much air pollution has decreased or about how the quality of water in our seas and rivers has improved as a result of using less boats, cars and planes during the coronavirus pandemic
- Make a piece of art using single use plastic and share/tweet a picture of it to raise awareness about the problem
- Make a bird feeder/nesting box
- Check my council's rules on recycling online (or look at [recyclenow.com](https://www.recyclenow.com)) and check we are recycling everything we can as a family
- Commit to turning off the lights in the house that are not being used
- Fundraise online for an environmental charity by completing chores for my parents/carers
- Create a bug hotel or mini beasts habitat in the garden
- Make a vlog about an environmental issue I feel passionate about
- Collect crisp packets and send them back to the companies who make them (using their FREEPOST address) asking them to think about using less plastic
- Write a letter to my local MP about an environmental issue I feel passionate about
- Make a poster to share with my friends online asking them to make 'just one change' to their plastic habit
-
-

3 Caring for my planet





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1) Circle the area you want to help most

Helping my family and friends

Helping my community

Helping my planet



2) Re-read the issues facing this area and pick one you want to help make a difference to.

My chosen issue is.....

.....
.....

I chose this issue because.....

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3) What will I do to help this issue?

Choose up to 3 activities from the 'How I can help?' section for your chosen area and list them below.

1.....
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2.....
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3.....
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4) How will these things help this issue?

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5) Check point!

- Have I talked to my parent/carer about what is possible and if they are willing to help if needed?
- Can I do these things safely from home? Do my activities meet current government safety guidelines?



6) Parent/Carer check

Signature:

Date:



7) My activity plan

My activities	What do I need?	Who will do it?	Time
<i>Example: planting flowers in the garden</i>	<i>A plant, gloves, a spade</i>	<i>Me and mum</i>	<i>30 mins</i>
<i>Example: phoning my grandma</i>	<i>The house phone</i>	<i>Me</i>	<i>15 mins</i>
1.			
2.			
3.			



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My activity diary

Carry out your planned activities, and record what you did in the boxes below. Make sure to include a picture or drawing and description of what you did.

Activity 1

Date:

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Activity 2

Date:

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Activity 3

Date:

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My activity scrapbook

Make sure to stick in anything you made for your project, any additional pictures, any drawings, or anything else you would like to include on this page.

Celebrate your activities online!

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Congratulations! Now it is time to think about how it went...

Activity E

Draw your own faces like these ones (or print this page) and answer each of the following questions by writing it next to the most appropriate face.

- Did I manage to keep to my plans?
- Was I good at managing my time?
- Did my actions help make a difference to the issue?
- Do I feel more confident in myself after taking part?
- Did helping others make me feel happy?
- Do I want to do more social action and help others?



Happy = Yes



Unsure = Maybe



Sad = No

Please make sure to give this page to your teacher or email to:
makeadifferencechallenge@youngcitizens.org



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One thing I would do differently if I did the project again (and why)

.....

.....

.....

.....

My favourite thing I did as part of the project (and why):

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Do I want to take part in more social action projects like this? (and why)

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.....

.....

.....

Don't forget - if you want to do another social action project you can... Just draw up another action plan and away you go!

Please make sure to give this page to your teacher or email to:
makeadifferencechallenge@youngcitizens.org



This is to certify that

.....

took part in the home learning project

Making a Difference From Home

Congratulations on being an active citizen and making a positive difference to others

A photograph showing a person's hands writing on a piece of paper. The paper has some colorful drawings and handwritten text in pink and blue ink. The text is partially obscured by a large pink geometric shape.

Tom Franklin

Tom Franklin, Chief Executive
www.youngcitizens.org

Date:

Supported by:

