

My Hero is You

how kids can
fight COVID-19!



IASC
Inter-Agency Standing Committee

The making of “My Hero is You”

This book was a project developed by the Inter-Agency Standing Committee Reference Group on Mental Health and Psychosocial Support in Emergency Settings (IASC MHPSS RG). The project was supported by global, regional and country based experts from Member Agencies of the IASC MHPSS RG, in addition to parents, caregivers, teachers and children in 104 countries. A global survey was distributed in Arabic, English, Italian, French and Spanish to assess children’s mental health and psychosocial needs during the COVID-19 outbreak. A framework of topics to be addressed through the story was developed using the survey results. The book was shared through storytelling to children in several countries affected by COVID-19. Feedback from children, parents and caregivers was then used to review and update the story.

Over 1,700 children, parents, caregivers and teachers from around the world took the time to share with us how they were coping with the COVID-19 pandemic. A big thank you to these children, their parents, caregivers and teachers for completing our surveys and influencing this story. This is a story developed for and by children around the world.

This IASC MHPSS RG acknowledge Helen Patuck for writing the story script and illustrating this book.

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Introduction

“My Hero is You” is a book written for children around the world affected by the COVID-19 pandemic.

“My Hero is You” should be read by a parent, caregiver or teacher alongside a child or a small group of children. It is not encouraged for children to read this book independently without the support of a parent, caregiver or teacher. The supplementary guide called “Actions for Heroes” (to be published later) offers support for addressing topics related to COVID-19, helping children manage feelings and emotions, as well as supplementary activities for children to do based on the book.

Translations

The Reference Group itself will coordinate translation into Arabic, Chinese, French, Russian, and Spanish. Contact the IASC Reference Group for Mental Health and Psychosocial Support (MHPSS) (mhpss.refgroup@gmail.com) for coordination of translations in other languages. All completed translations will be posted on the IASC Reference Group website.

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Sara's mum is her hero because she is the best mum *and* the best scientist in the world. But even Sara's mum cannot find a cure for the coronavirus.

"What does COVID-19 look like?" Sara asked her mum.

"COVID-19, or the coronavirus, is so tiny we can't see it," said her mum. "But it spreads in the coughs and sneezes of people who are sick, and when they touch people or things around them. People who are sick get a fever and a cough and can have some trouble breathing."

"So we can't fight it because we can't see it?" Sara asked.

"We can fight it," said Sara's mum. "That's why I need you to be safe, Sara. The virus affects many kinds of people, and everyone can help us fight it. Children are special and they can help too. You need to stay safe for all of us. I need you to be my hero."



Sara laid in bed that night and did not feel like a hero at all. She felt upset. She wanted to go to school but her school was closed. She wanted to see her friends but it was not safe. Sara wanted the coronavirus to stop scaring her world.

“Heroes have super powers” she said to herself, closing her eyes to sleep. “What do I have?”

Suddenly a gentle voice whispered her name in the darkness.

“Who’s there?” Sara whispered back.

“What do you need to be a hero, Sara?” the voice asked her.

“I need a way to tell all the children in the world how to protect themselves so they can protect everyone else...” said Sara.

“So what do you need me to be?” the voice asked.

“I need something that can fly... something with a big voice... and something that can help!”

With a whoosh, something amazing stepped into the moonlight...





"What are you?" gasped Sara.

"I'm Ario," he said.

"I've never seen an Ario before," said Sara.

"Well, I've been here all along," said Ario.
"I come from your heart."

"If I have you... then I can tell all the children in the world about the coronavirus!" said Sara. "I can be a hero! But wait, Ario, is it safe to travel with the coronavirus around?"

"Only with me, Sara," said Ario. "Nothing can harm you when we are together."





So Sara jumped on Ario's back and together they soared out through her bedroom window, into the night sky. They flew towards the stars and said hello to the moon.

As the sun rose, they landed in a lovely desert by pyramids, where a small group of children were playing. The children cried out in joy and waved at Sara and her Ario.

"Welcome, I am Salem!" cried one of the boys. "What are you doing here? Sorry, we can't come closer, we have to stay at least one metre away!"

"That's why we're here!" Sara called back. "I'm Sara and this is Ario. Did you know that children can keep their neighbours, friends, parents and grandparents safe from the coronavirus? We all need to..."

"Wash our hands with soap and water!" said Salem with a smile. "We know, Sara. We also cough into our elbows if we're sick - and we wave to people instead of shaking hands. We try to stay inside, but we live in a very crowded city... not everybody is staying home."

"Hmm, maybe I can help with that," said Ario. "They can't see the coronavirus, but... they can see me! Jump on, but please sit on both sides of my wings - they are at least one metre apart!"



Ario flew into the sky with Salem and Sara on both of his wings. He flew across the city and began to roar and sing! Salem cried out to the children in the streets:

“Go, tell your families, we are safer inside! We can take care of each other best by staying home!”

People were amazed by what they saw. They waved and agreed to go into their houses.





Ario soared high into the sky. Salem cried out in joy. Up there in the clouds a plane flew by, and the passengers looked out at them in awe.

"People will have to stop travelling soon, at least for now," said Salem. "They are closing the borders across the world, and we should all stay where we are and with people we love."

"So many things feel like they have changed," said Sara. "I get scared about it sometimes."

"It can feel scary and confusing when things are changing, Sara," said Ario. "When I feel scared, I breathe very slowly - and breathe out fire!"

Ario blew out a huge fireball!

"How do you relax when you feel scared?" Ario asked them.



"I like to think about someone who makes me feel safe," said Sara.

"Me too, I think of all the people who help me feel safe, like my grandparents," said Salem. "I miss them. I can't give them a hug because I could give them the coronavirus. We usually see them every weekend, but not now because we have to keep them safe."

"Can you call them?" Sara asked her friend.

"Oh yes!" said Salem. "They call me everyday and I tell them about all the things we are doing at home. It makes me feel better, and it makes them feel better too."

"It is normal to miss people we love that we can't see right now," said Ario. "It shows how much we care. Would it make you feel better to meet other heroes?"

"Yes please!" Sara and Salem cried back.

"Great, my friend Sasha has a very special superpower," said Ario. "Let's go!"





And so they soared down to earth and landed by a small village. A girl was outside her house picking flowers. When she saw Ario and the children sitting on his wings, she laughed.

"Ario!" she cried. "We have to stay at least one metre apart, so I will throw you a hug! What are you all doing here?"

"I felt your hug when you told me that, Sasha," said Ario. "I love how we can use words to show we care, and actions too. I wanted my friends to learn about your superpower."

"What is my superpower?" said Sasha.

"Since someone in your family got sick, you are staying at home to make sure you don't share the coronavirus with anyone else," said Ario.

"Yes, it's my Dad, and he's staying in his bedroom until he gets completely better," said Sasha.



"But it's not so bad! We play games, cook, spend time in our garden and have meals together. My brothers and I touch our toes and dance. We read books and I can keep learning because sometimes I miss school. Staying home felt weird at first, but now it feels normal."

"That's not always easy, Sasha," said Ario. "You are finding ways to have fun and get along with your loved ones at home. That makes you my hero!"

"Do you ever fight with your family?" asked Salem.

"We fight sometimes," said Sasha. "We have to be extra patient, and extra understanding, and even quicker to say I'm sorry. That is a real superpower, because it can make ourselves and others feel better. I also need a little time alone. I love dancing and singing on my own! And I can call my friends sometimes..."

"But, Ario, what about people who are far from home or don't have a house?" asked Sara.

"That's a great question, Sara," said Ario. "Let's go and find out."





And so they said goodbye to Sasha and set off once more. The air grew warmer as they landed on an island surrounded by the sea.



There they saw a camp full of people.

One girl saw them and waved from a distance.

"Hi Ario, I'm so happy to see you again!" she called out. "We are trying to stay at least one metre away, so I'll talk to you from here. But I'd love to meet your friends! My name is Leila."

"Hi Leila! I'm Sara, and this is Salem," Sara called back. "It sounds like you're trying to protect yourself from the coronavirus. What else are you doing?"

"We're washing our hands with soap and water!" Leila called back.

"Do you also cough into your elbow?" asked Salem.

"Can you show us how?" Leila called back. So Salem showed them.

"We are all trying to be brave, but I am worried about something," said Leila. "Can I talk about it with you? I heard someone got sick and died and it made me very afraid. Is it true people can die from coronavirus?"



Ario breathed a big sigh and sat down on his enormous bottom.

"Yes, little heroes, it's strange," said Ario. "Some people don't feel sick at all, but some people can be very sick and some might die. That's why we all have to be especially careful with older people, and those with other illnesses, because they tend to get more sick. Sometimes when we are feeling very afraid, or unsafe, it can help to imagine a safe place in our minds. Would you like to try this with me?"

They all said yes, and so Ario asked the children to close their eyes and imagine a place where they feel safe.

"Focus on a memory or a time when you felt safe," said Ario.

He then asked them what they could see, what they could feel, and what they could smell in their safe place. He asked if there was anyone special they would like to invite into their safe place and what they might talk about together.

"You can go to your safe place whenever you feel sad or afraid," said Ario. "This is your super power, and you can share it with your friends and family. And remember that I care about you, and many people do. That will help too."



Leila said, "We can all care for each other."

"That's right, Leila," said Ario. "We can care for each other, wherever we are. Would you like to come with us on our last journey?"

Leila decided to travel with Ario and her new friends. Sara was glad Leila joined them because she knew that sometimes we need to support each other. They flew quietly, without words, but Leila knew her new friends cared a lot about her.



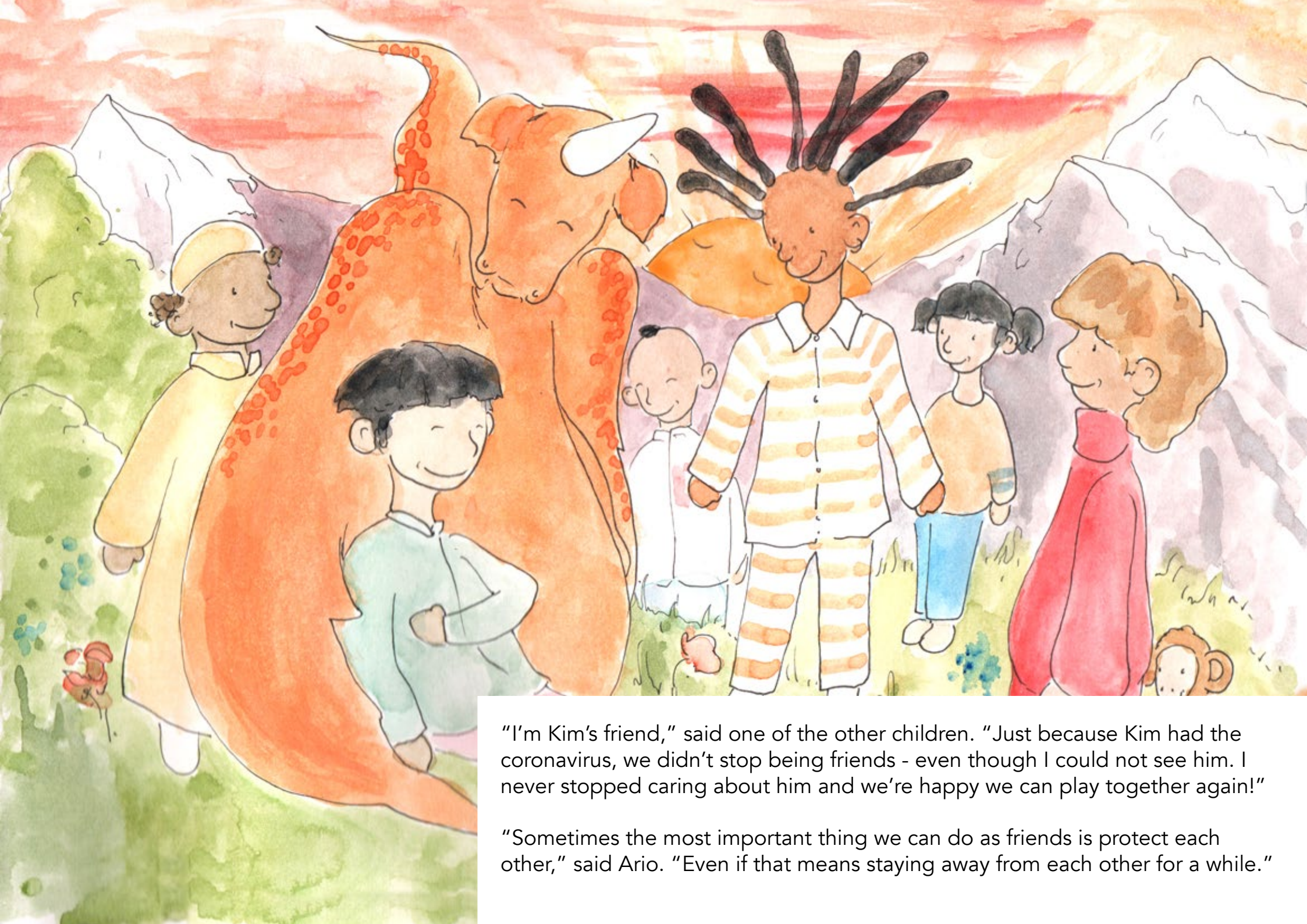
Snowy mountains slowly came into view, and Ario landed in a small town. A few children were playing by a stream.

"Ario!" one of them cried, waving to him.

"Hello, Kim," said Ario. "Everyone, I wanted you to meet some friends of mine who have had the coronavirus, and got better."

"What was it like?" Salem asked.

"I was coughing and felt too hot sometimes. I was also really tired and didn't want to play for a few days," said Kim. "But I slept a lot and my family took care of me. Some of our parents and grandparents had to go to hospital. The nurses and doctors were very kind to them, and people in our community helped us at home. After a few weeks, we were okay again."



"I'm Kim's friend," said one of the other children. "Just because Kim had the coronavirus, we didn't stop being friends - even though I could not see him. I never stopped caring about him and we're happy we can play together again!"

"Sometimes the most important thing we can do as friends is protect each other," said Ario. "Even if that means staying away from each other for a while."



“We can do these things for each other,” said Leila.

“And one day, we will all be able to play again and go back to school like we used to,” said Salem.

It was time to go home, and time for Sara to say goodbye to her new friends. They promised each other that they would never forget their adventure together.

Sara felt sad that they might not see each other for a while. But she felt better when she remembered what Kim’s friend had said. Just because you can’t see people, it doesn’t mean you stop loving them.



Ario dropped them all back to their homes, and waited for Sara to fall asleep before he left.

"Can we do the same tomorrow?" Sara asked him.

"No Sara, it's time for you to be with your family now," said Ario. "Remember our story. You can keep those you love safe by washing your hands and staying home. I am never far away. You can always be with me when you go to your safe place."

"You are my hero," she whispered.

"You are my hero too, Sara. You are a hero to all those who love you," he said.



Sara fell asleep and when she woke the next day, Ario was gone. So she went to her safe place to talk to him, then drew everything they had seen and learnt on their adventure. She ran to her mum with her drawing to tell her the news.

“We can all help people be safe, Mum,” she said. “I met so many heroes on my adventure!”

“Oh Sara, you are right!” said her mum. “There are many heroes keeping people safe from the coronavirus, like wonderful doctors and nurses. But you remind me that we can all be heroes, every day, and my biggest hero is you.”





Make a Difference Challenge

Making a Difference From Home Activity Pack



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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?



Making a Difference From Home

Activity Pack

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

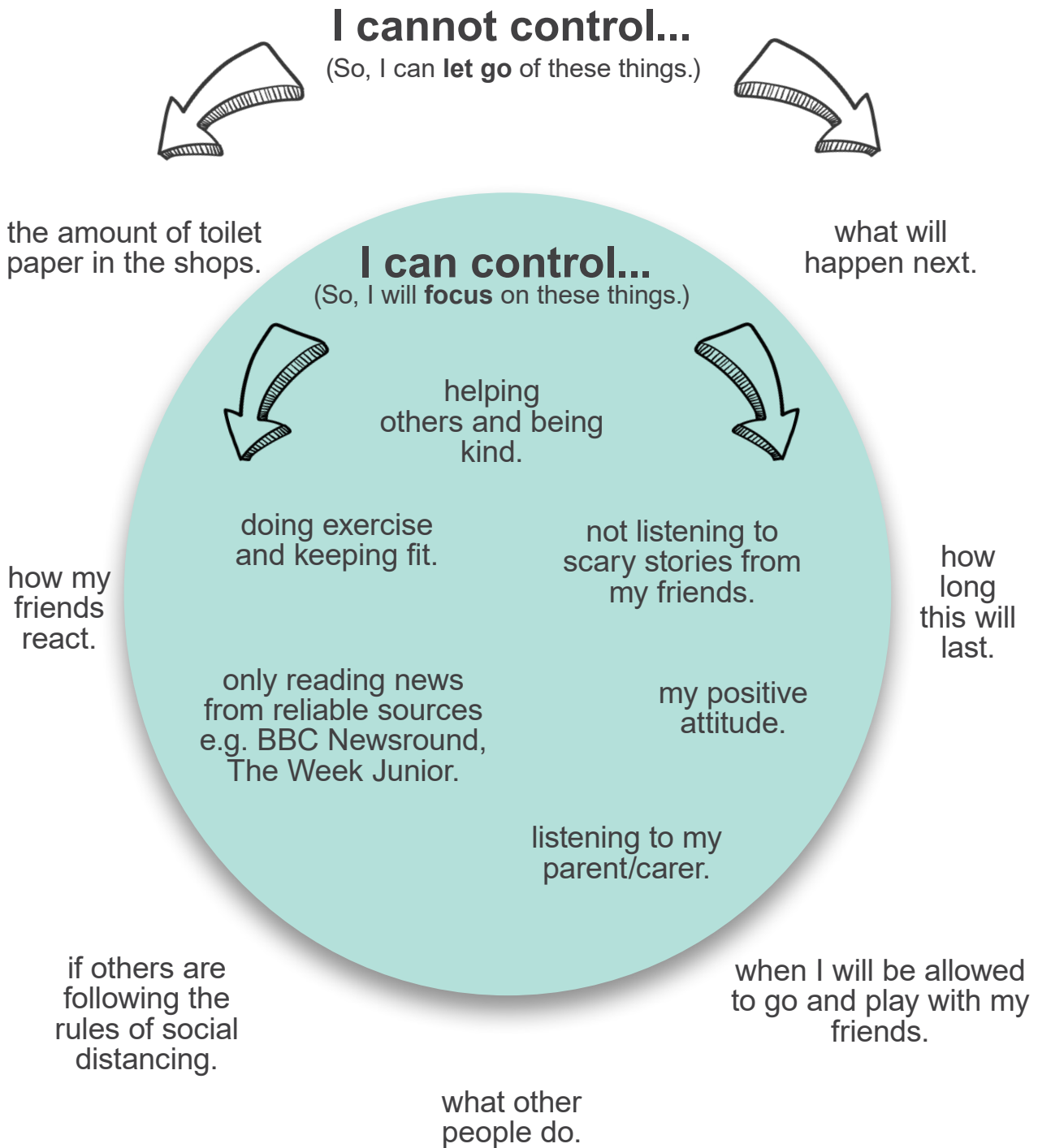
What one thing will you choose to do to help care for yourself during this tricky time?

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**.



Making a Difference From Home

Activity Pack



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



Making a Difference From Home

Activity Pack

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>



Making a Difference From Home

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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





Making a Difference From Home

Activity Pack

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?



Making a Difference From Home

Activity Pack



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:

.....

.....

.....

.....



Making a Difference From Home

Activity Pack

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.



Making a Difference From Home

Activity Pack

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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Making a Difference From Home

Activity Pack

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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#MakingADifferenceFromHome





Making a Difference From Home

Activity Pack

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
-
-
-

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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Making a Difference From Home

Activity Pack

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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Activity Pack

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?

.....
.....
.....
.....

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



Making a Difference From Home

Activity Pack

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





Making a Difference From Home

Activity Pack

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.....

.....
.....
.....
.....
.....
.....
.....



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.....
.....
.....

2.....
.....
.....

3.....
.....
.....



4) How will these things help this issue?

.....
.....
.....
.....
.....
.....
.....
.....
.....



Making a Difference From Home

Activity Pack

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.			



Making a Difference From Home

Activity Pack

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:

.....

.....

.....

.....

.....

Activity 2

Date:

.....

.....

.....

.....

.....

Activity 3

Date:

.....

.....

.....

.....

.....



Making a Difference From Home

Activity Pack

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!

@YoungCitizensUK

#MakingADifferenceFromHome





Making a Difference From Home

Activity Pack

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



Making a Difference From Home

Activity Pack

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):

.....
.....
.....
.....

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

.....
.....
.....
.....

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 with a blue pen. The paper has some colorful drawings and handwritten text in pink and blue ink. The background is a wooden surface.

Tom Franklin

Tom Franklin, Chief Executive
www.youngcitizens.org

Date:

Supported by:

