

Young people make change

We all care about different causes, and the brilliant thing is, there are loads of ways to lend a hand and make a difference.

The Big Lunch and The Big Help Out both give you an invitation to do something positive. You could bring people together to build community and reduce loneliness by sharing food and having fun. Or, you could look for opportunities to help out in your community with activities like litter picks, food bank collections and care home visits. Think about the power you already have: your time, your money, and your skills. Each one can create real change.

You might...

- ✦ Give your time to organise a Big Lunch to bring your community together
- ✦ Give your money by fundraising or donating what you can
- ✦ Give your skills by using your talents – like writing something for the school newsletter to raise awareness

“My actions can have a meaningful impact on others”

Write down one action that you can take to positively affect someone else and circle whether you'd be giving time 🕒, money 💰, or your skills 🙋.

...in school



...at home



...in the community



What can I do?

Everyone has something to give, so let's plan a quick activity for something that you can do to make a difference.

Our class social issue is...

Who is most affected by this issue?

Where do we see it locally?

What makes it difficult to solve?

How could I give my time to help?

What skills do I have to make a difference?

What might any money raised help to fund?

Changemaker Challenge!

Choose one small action to complete.

You only need to choose one, but you could do more if you'd like to.

Time

Help someone younger
with their homework

Pick up litter in
your local area

Write a thank you note to
someone who helps others

Check in on someone who
might feel left out

Research one local charity
connected to your class
social issue

Offer to help at home
without being asked

Skills

Design a poster to
raise awareness for
your chosen issue

Create a short video or
social media message
about the issue

Write a letter to your local
MP to raise awareness

Money

Put aside loose change
for a cause you care about

Plan a simple fundraising
idea (no need to do it yet)

Sell or give away something
you no longer use

Reflection

Circle the challenge you completed above.

The impact it had was...

Something you noticed was...

It made you feel...