



# Making a Difference From Home

## KS3 Activity Pack





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### Introduction

Strange times, huh?

These are stressful and uncertain times. No one really knows what's going to happen next or how long the pandemic will continue to affect us. It's understandable that you might feel anxious or a bit frustrated about not being able to control the situation. However, you can make a



Serti

### 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 friends and family 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.

### Activity A

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

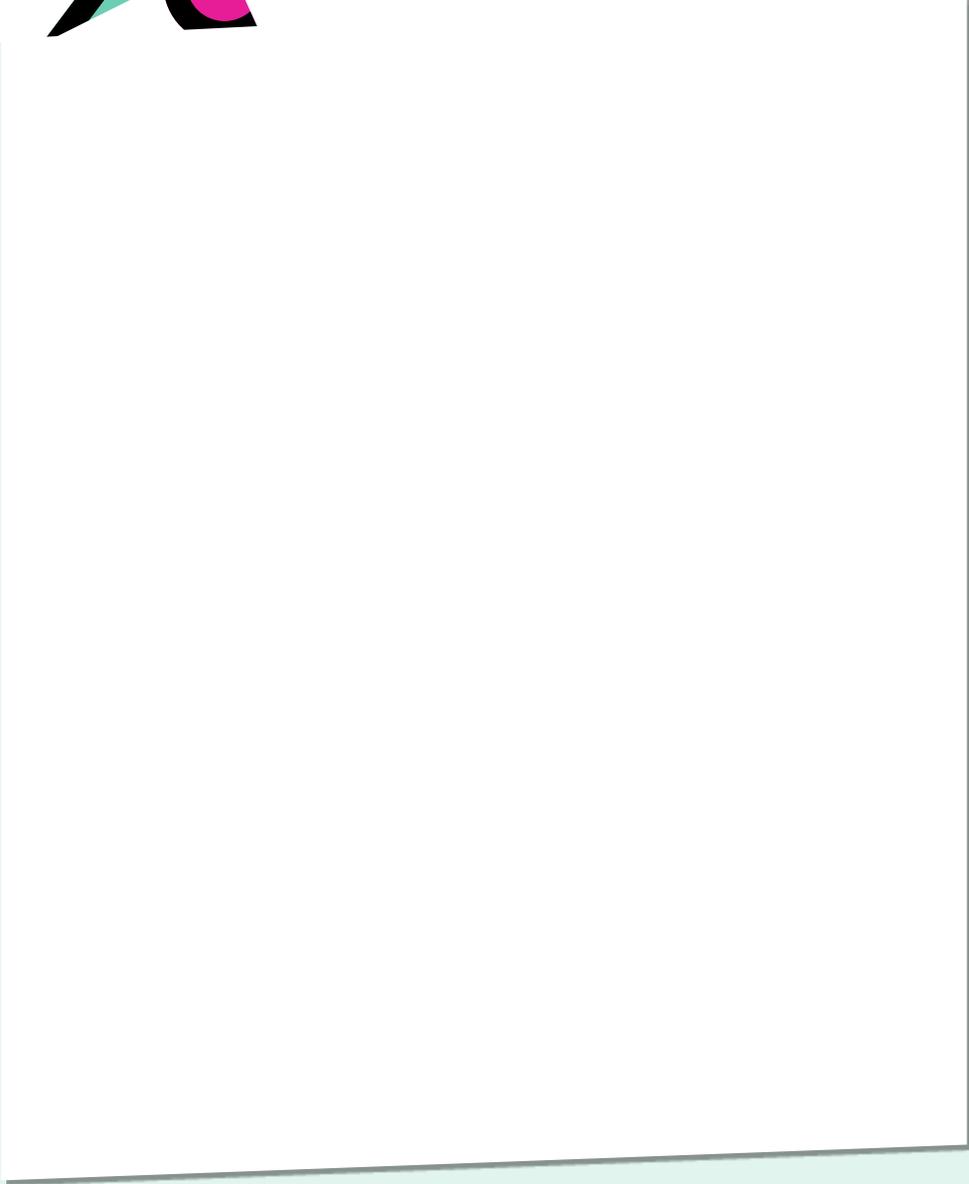
**Add the statements to the correct part of the diagram on the next page.**

- How unorganised my bedroom is.
- Whether it's going to rain today.



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## Being grateful for what we have

The past year has been a difficult year for us all, and each and every one of us are experiencing the COVID-19 pandemic in a different way.

As you can see from completing the diagram, focusing on

**“It is under the greatest adversity that there exists the greatest potential for doing good, both for oneself and others.”**

– 14<sup>th</sup> Dalai Lama

**“We may not be able to stop evil in the world, but how we treat one another is entirely up to us.”**

– Barack Obama

## Activity B

Read each of the quotes and think about what they mean to you. Choose your favourite and think about why it stands out for you, recording your thoughts in the box below. If you don't like

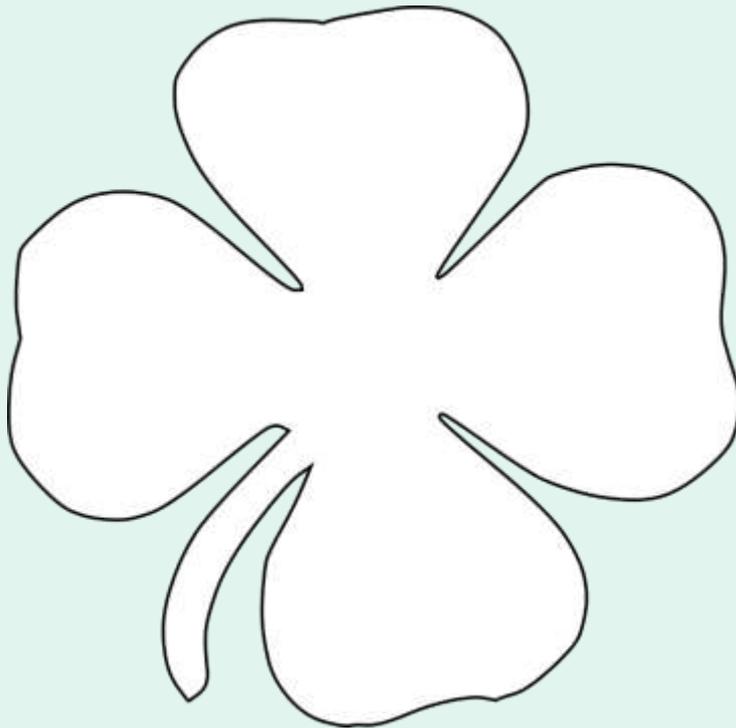
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### Activity C

Something else that many people have been doing during lockdown is keeping a 'gratitude journal'. A gratitude journal is when you record one thing you are grateful for every day.

Take a moment to reflect on your own life right now. What are you grateful for? It might be that you're grateful that you





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## A space in which to reflect

In 2020 more than at any other time, we found and enjoyed our community spaces. We walked, we explored, we noticed. We were grateful for a simple walk by the river. We missed our youth clubs and our libraries when they closed. We were excited by seeing wildlife we didn't expect to see. We were proud to have a local park but sad not to see our friends there too.

We rely on social contact with others for support, advice,



## Supporting biodiversity

Thanks to rewilding efforts, animal and plant species have been reintroduced into natural habitats across the UK. Projects to reintroduce bison, beavers, white-tailed eagles, red kites and the enormous [Dalmatian pelican](#) have been announced.

## Youth centre turned into a space to help feed the community

A London youth group opened up its doors as a food bank to support the local community, providing more than 150 food parcels and 1,400 meals every day during the height of



### Caring for forgotten places

After cleaning his friend's sister's gravestone, Ryan and his two children, started noticing other decaying tombstones on their daily walks in

### Raising awareness of important issues

Scottish artists came together to use closed arts venues and sites to create



### Creative ways of slowing speeding traffic

#### Activity D

1. Find out more about one of these news stories.
2. Research some good news stories taking place in

### Feeling inspired?

In the next section of this pack, you'll be supported to



### Sect

### Ideas for positive action

In 2021 we will enjoy our community spaces again. But while we wait for that moment, Young Citizens is inviting you to think about how you might make some of those spaces even better. We want you to think about one positive action you can take now, despite being at home, to improve a space near you so that other people can enjoy it more when the time comes.

Where you live, what your interests are, and what the

### Topic 1: Highlighting the problem of traffic in your area.

Map out your local area and highlight areas that have traffic problems/are dangerous for pedestrians. Then choose one or a selection of the following:

- Create an online survey on [Survey Monkey](#) for your community focusing on perceptions of air pollution,





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## Topic 2: Supporting biodiversity and helping stop the decline of wildlife locally

Research the problem and then choose one or a selection of the following:

- Make wildflower seed bombs (there are lots of recipes online)



## Topic 3: Fundraising or volunteering for a local environmental or community charity

Research local charities who work in the community and choose one or a selection of the following:

- Set up and complete a fundraiser for them by doing chores for parents, selling unwanted clothes to friends/online. or through a





### Topic 4: Tackling the problem of litter or dog waste on your streets/parks

Research the problem and then choose one or a selection of the following:

- Create a map of the local area showing where all the bins and/or litter hotspots are and share this with others.
- Write a letter to the council.



### Topic 5: Improving the feeling of belonging and community pride in your area

Research your local history/current issues facing your community. From this research think of ways to create a feeling of pride and belonging within your community. You could do this by doing one or some of the following:





### Topic 6: Investigating how accessible your local area is for people with mobility issues, or for young people and families to access safely



Map out your local area and highlight areas that are inaccessible or unsafe for local residents. Then choose one or a selection of the following:

- Survey your friends/family online (using a tool like [Survey](#))

### Ready to take action?

Once you have chosen a topic you feel passionate about (either from the examples you've just seen or another community space that means something to you) it's time to



### Planning my project

During the next two pages you will be going through five key

1)

**What issue am I hoping to tackle?**

.....  
.....

2)

**Why have I chosen this issue?**

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3)

**Top tip!** Depending on the issue/s you have chosen you may need to map out your local area/a specific

**What facts do I know about this problem in my area? If the answer is none then now is the time to research the problem in more detail.**

Fact 1:

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4)

**What actions will I take to improve this issue?**

**Depending on the action/s you may choose to do less or more than four.**

Action 1:

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5)

**How will my action/s help me tackle the issue facing my community space?**

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## Check point!

Discuss your ideas



### My action plan

*Map out my local park and highlight areas that are inaccessible for local residents.*

- 1. Look up my park on Google Maps. Copy and paste this image into Word/draw the area out on paper.*
- 2. Mark out where areas are that are inaccessible.*
- 3. Use my daily exercise to walk around the area to make sure I have not missed anywhere.*

Number of	Time it will take	Date of completion
	2 hours	10/03/2021





### **My project scrapbook**

Make sure to stick in anything you made for your project, any pictures or drawings, or anything else you would like to include on this page. You can always add extra pages if you need to.



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## How did it go?

Finally, take a few minutes to reflect on how your project went by answering the questions below.

**What are two things that went really well with my project?**

1. ....  
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2. ....  
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**What is one thing I would do differently next time?**

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**What difference did I make to the issue I wanted to help address?**

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**What was the most interesting thing I learnt during the project (about myself, my local community space, or about a local issue)?**

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## **Congratulations!**

Thank you for **Making a Difference From Home** during the COVID-19 pandemic by taking positive action to help improve a community space! You have now joined a growing community of young people around the country who are showing that you're never too young to make a difference.



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 your local community.

*Tom Franklin*

Tom Franklin, Chief Executive

[www.youngcitizens.org](http://www.youngcitizens.org)

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