MAKING CHANGES
ACTIVITY GUIDE
AGES 11-14
OVERVIEW

This activity guide introduces the topic of making changes and the activities allow you to explore the importance of ‘Act Local, Think Global’ with your students. Within this guide is an activity which demonstrates how to make a sustainability impact.

- **Lesson Objective:** to emphasise how our day-to-day actions impact the environment, and how we can make be more sustainable.
- **Curriculum links:** Geography/Science/Literacy

LEARNING TIPS

Set dates to check up on how your class is managing to implement their changes into their day to day lives. Encourage them to follow their promotion plan!

This ‘making changes’ guide can be used with Project Seagrass activities in the ‘Habit breaker’ guide. It also goes well with ‘Resource rampage’, ‘Climate change’ intro and the ‘Microplastics’ and ‘Litter’ activities.

KEY WORDS

- **Sustainability** – meeting our current needs whilst not negatively impacting future generations
- **Audit** – Looking at how well an organisation is doing
- **Climate change** – A change in the average weather conditions, such as temperature and rainfall, over a long time
- **Upcycle** – to make something new out of something old

FUN FACT!

Saving just one hectare of seagrass would help support 80,000 fish & 100 million invertebrates!
INTRODUCTION

‘Act local, think global’

A simple but powerful idea when it comes to changing the world. If everyone made a small change to their day to day lives, then it quickly has a massive effect. If a thousand, a million or even a billion people also make that small change - if all those people say no to one plastic bottle, then it has a much larger effect. It’s not just one plastic bottle saved, it’s a billion.

Wherever we live and whatever we do, we have an impact on nature. Our actions alter the land and sea that nourishes us. With this in mind, it’s time to make some positive changes. From the whackiest inventions to the smallest lifestyle changes, let’s impact our earth in a good way. Time to make some waves in your local community!
ACTIVITY:

1) Split the students into small groups (around 4-6).

2) Allow the students to identify an area that their group wants to make more sustainable. For example, their home life, their school, an area in their local community such as a local park, town centre or local shopping experience.

3) Once the area has been identified, work through the sustainability audit to identify areas that could be more environmentally friendly. The audit can be followed exactly or used as a guideline to create a mind-map of positive and negative practices. There may be other sustainability issues that are relevant to the area but not covered by the audit - adding these is encouraged!

4) After the group has had around 15 minutes to go through the audit, get them to traffic light each area as to how well their site is already doing.

5) Use the audit and traffic lights to decide which issue is the most important for the group. Some examples of broader topics are: Plastic pollution/Water quality/Biodiversity crisis/Food waste/Carbon footprint/Light, noise or other types of pollution.

**YOU WILL NEED:**
- Pen and paper
- Sustainability audit
- Persuasive writing tips
- Optional resources: Junk building materials
- Video recording device
- Computer
- Arts and crafts materials
6) Each group needs to come up with a change, initiative, campaign or invention to combat their chosen issue. They need to develop an action plan on how to implement it and ensure that it has a lasting impact.

7) The action plan should include:
   a. A catchy name.
   b. The issue it is combating and why.
   c. What the change is and easy instructions on how to do it.
   d. Who will be affected by it?
   e. A plan to promote the change.
   f. Future development for the change.

8) The action plans will be presented to the rest of the class and can be in any format the students chose, from posters and social media campaigns through to Attenborough style documentaries. However, it must be:
   a. Engaging and eye catching.
   b. Have a clear message.
   c. Be inspiring.

9) Use our persuasive writing and speaking guide for tips

10) Encourage students to implement this work once back in school. Ask them to set key dates as to when they’ll have tasks done by. Once at school check they’ve been promoting it or at least doing it in their own lives! If the students are willing, then they could enter their idea or invention to the Big Bang Science Fair and potentially win some great prizes!
Another idea might be to target fast fashion and try putting on a catwalk of clothes made from junk or that have been upcycled! Or maybe the group could invent a machine that keeps litter from being washed down drains and out to sea.

Example project:

**Name of project:** The pollinator project

**Why?** We’re facing a biodiversity crisis and entering the sixth mass extinction. Small actions such as encouraging pollinators into our school will help promote biodiversity in the area. Bees are struggling!

**What?** Encouraging everyone in our school to make and put up an insect home and to plant some bee friendly flowers.

**How?** We’re going to make a video on how to build an insect home, following the Eden Project’s instructions. We’re also going to make a guide of the best flowers to plant for bees and how best to collect and plant the seeds or clippings.

**Promotion plans?** We’ve made posters to explain the importance of pollinators and how people can help them with bee friendly gardens. We’re also going to do a whole school assembly and ask each class to make an insect home.

**Future development?** The pollinator project will write to our council asking for public space to be left to grow wild so there are more flowers for bees and insects.

Inspiration:

- [https://efficiencytips.tumblr.com/tagged/at-school](https://efficiencytips.tumblr.com/tagged/at-school) Lots of small tips to use less energy.
- [https://www.getwaterfit.co.uk/](https://www.getwaterfit.co.uk/) Assess your water use and tips on how to change it.
- [https://www.thebigbangfair.co.uk/](https://www.thebigbangfair.co.uk/) Big bang science fair - an awesome UK wide competition with some great prizes.