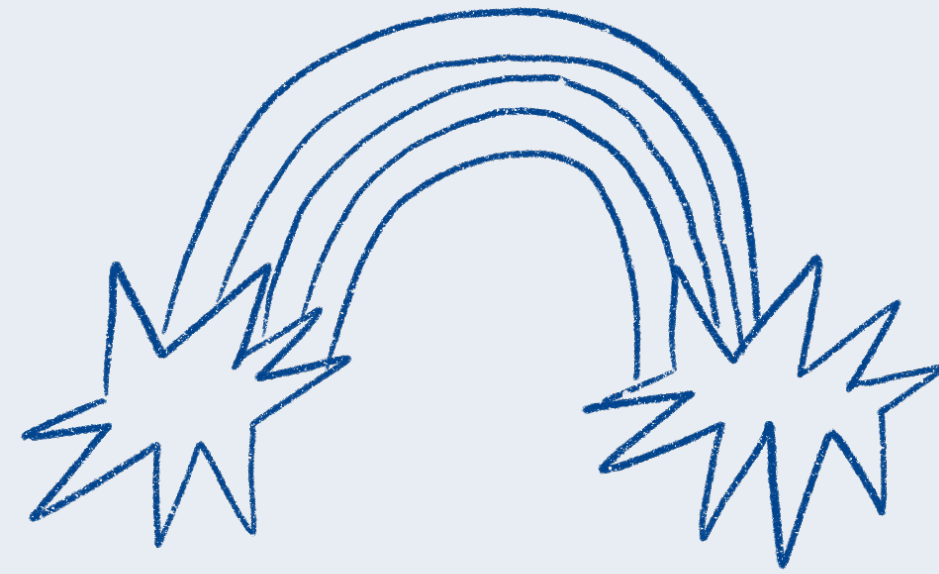




CHANGEMAKER ACTION JOURNAL

_____ is a changemaker
(name)

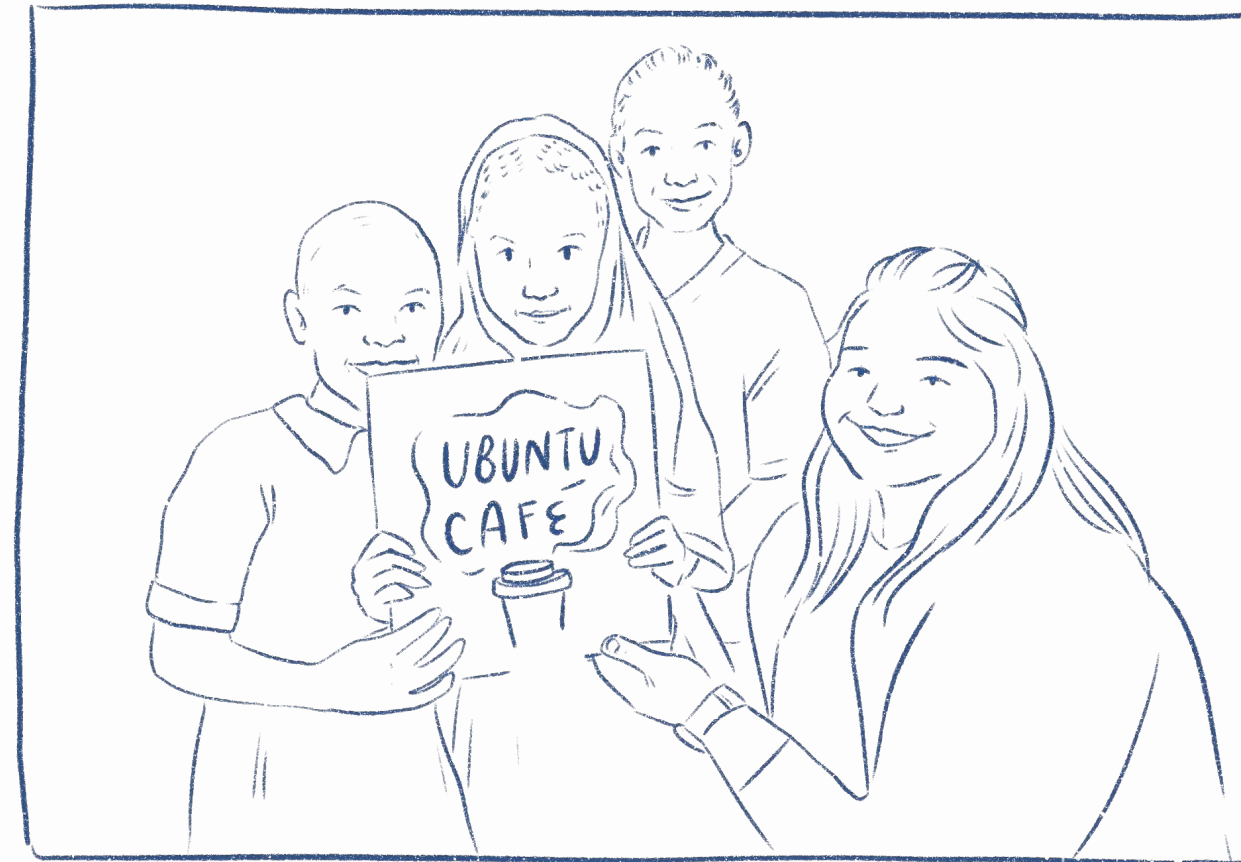
Do you imagine making your block friendlier?
Do you dream of building better parks and
hospitals? Does your heart go out to the new
kid in your class? Do you wonder why many
things are poorly designed when small tweaks
could make them so much better?



Sometimes when we spot a problem or
opportunity for change, we immediately think
“someone else will handle that, it’s their
job.” But actually it’s often up to you, to
us, to step up with a solution – and, turns
out, this is good news. It’s actually where
the fun starts!

WHAT IS A CHANGEMAKER ANYWAY?

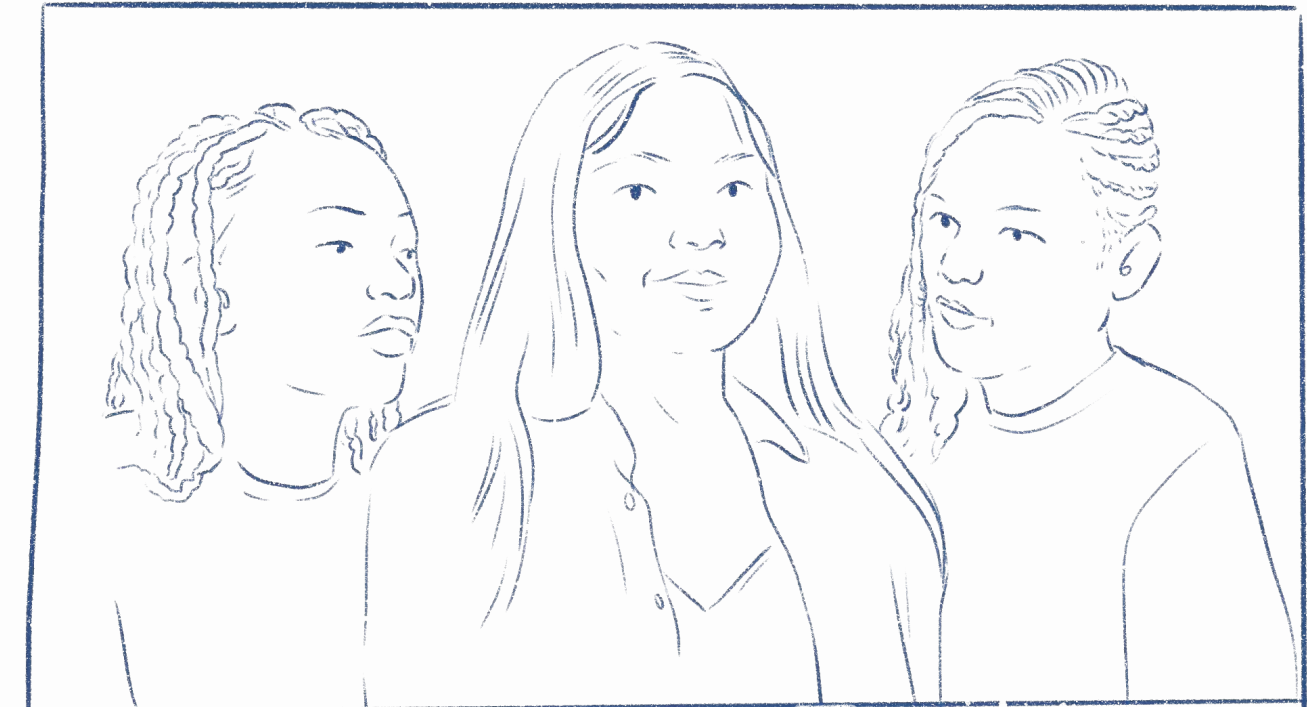
It's anyone – parent, student, teacher, neighbor – who steps up to solve a problem for the good of all.



UBUNTU CAFÉ

Ubuntu Café is a group of young changemakers running a coffee business, working together, and donating their profits to help a school in Kenya, showing how small actions can make a big difference!

<https://bit.ly/4jdLlOy>



GEAUX GIRLS

Geaux Girls empowers girls to explore science, technology, and math through fun, hands-on activities like slime-making, while breaking down barriers, building confidence, and showing them they can achieve anything they dream of!

<https://bit.ly/3DYD06g>

CHANGEMAKERS LIKE YOU

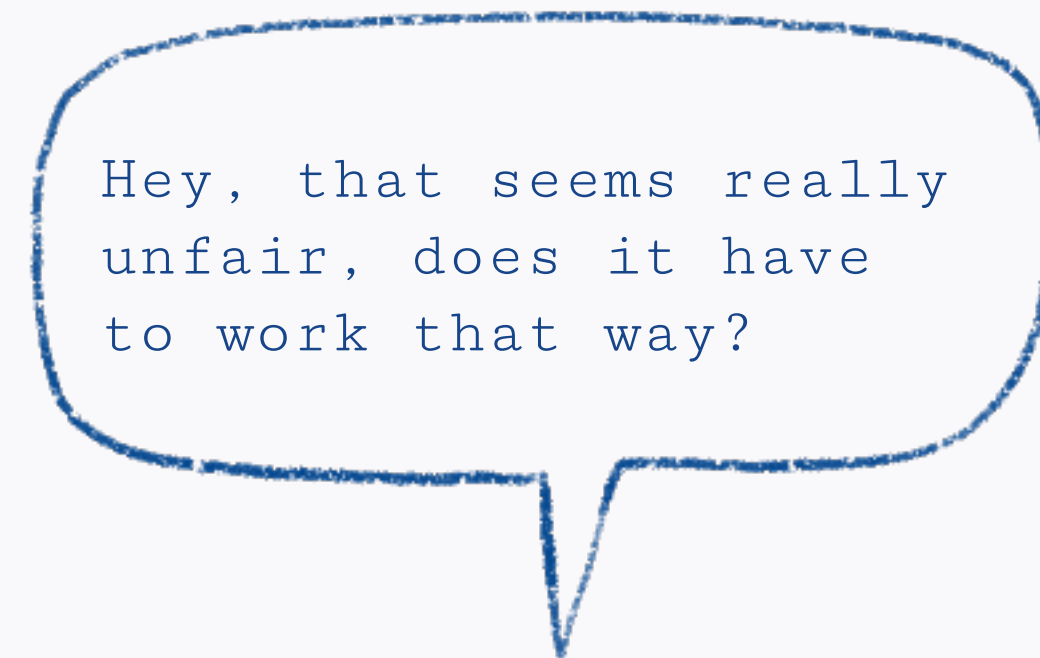
CHANGEMAKERS:

- 1 Spot problems, big and small
- 2 Imagine a new way forward that benefits everyone (not just a few)
- 3 Take action again and again
- 4 Inspire others to care and take action with them
- 5 Push through challenges

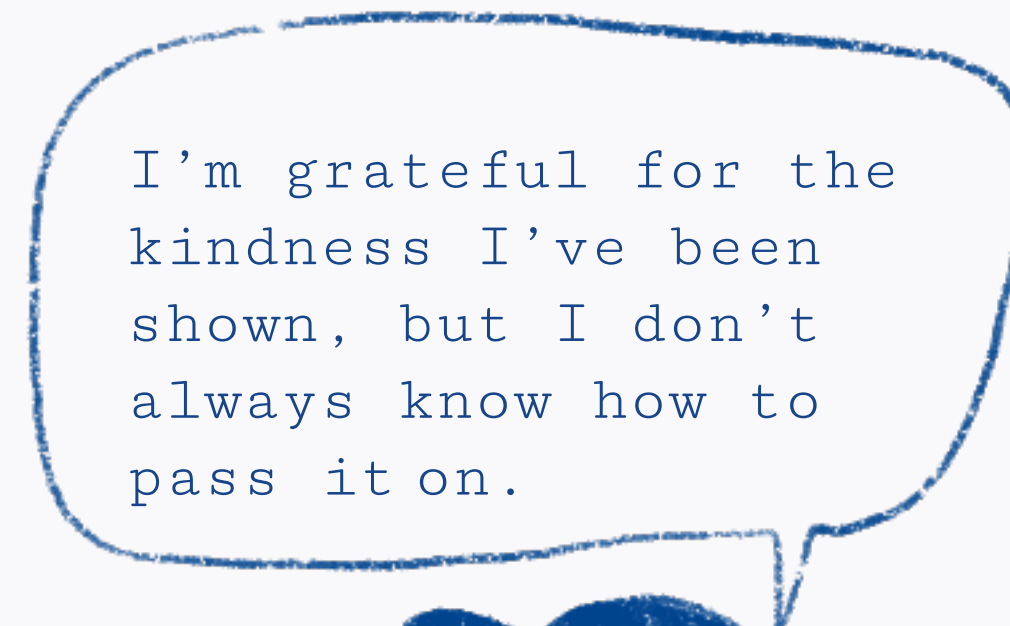


If these are skills you have or want, you're probably already on your changemaker path. This journal will give you tips, tricks, and new ways of looking at problems/solutions that will help you on your journey.

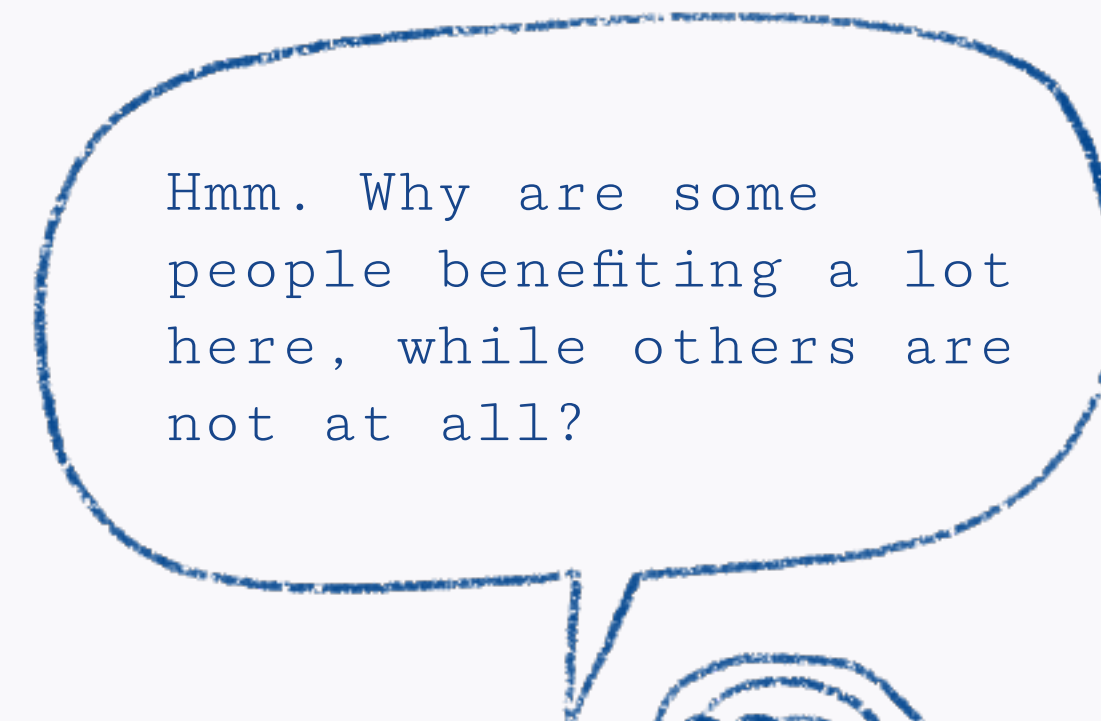
You've probably experienced the power of being a changemaker in some way already. As a starting point, think back to the moments when you said to yourself:



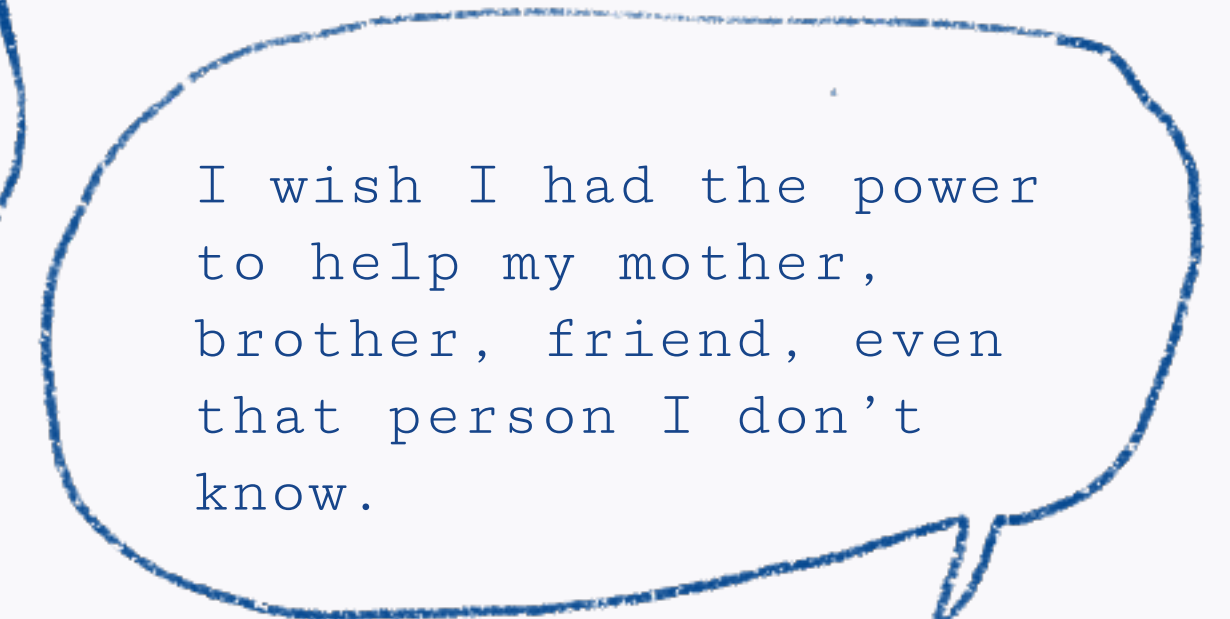
Hey, that seems really unfair, does it have to work that way?



I'm grateful for the kindness I've been shown, but I don't always know how to pass it on.



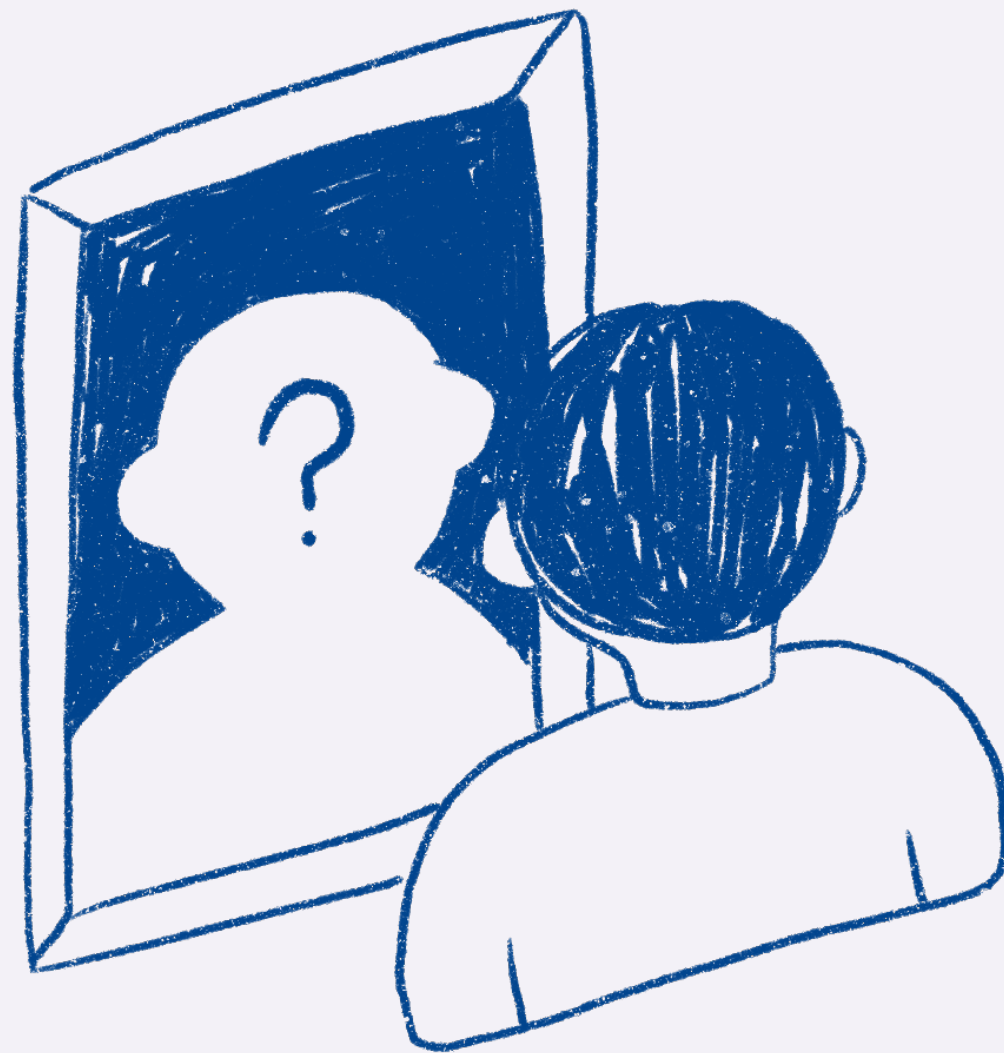
Hmm. Why are some people benefiting a lot here, while others are not at all?



I wish I had the power to help my mother, brother, friend, even that person I don't know.



SEE YOURSELF (AS A CHANGEMAKER)



How did you react when you felt these things? Did you take some kind of action? If you did, why and how did you act, and what happened as a result?

Maybe you felt stuck or unready and didn't respond in the way you hoped you might. Perhaps you thought: "what can I actually do to make things better?" or "where do I start?" These feelings are completely normal. Understanding them will help you grow.

GIVE YOURSELF PERMISSION

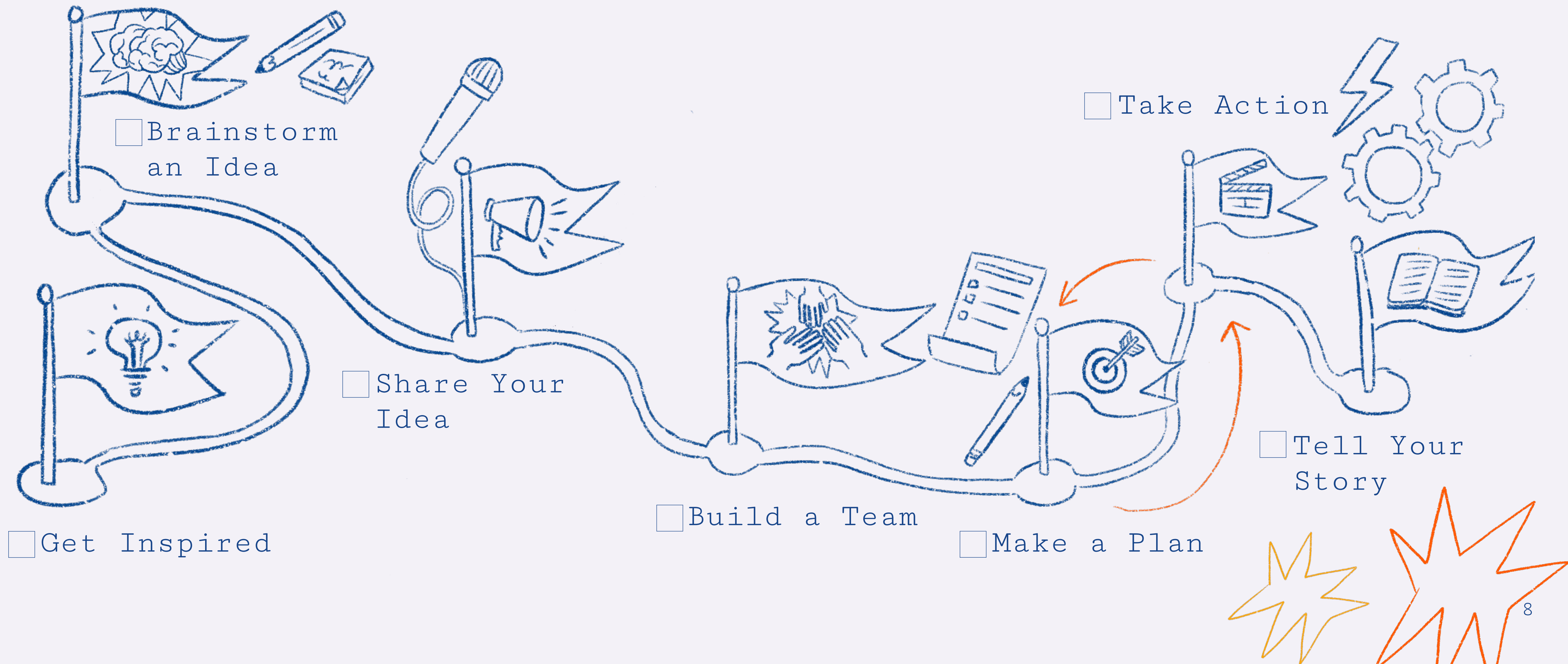


Getting unstuck is often a matter of taking one small step, then another, all the while practicing a new mindset of possibility, of “what if we do it this way?” The truth is that most of us wait for someone else to tell us what to do, to grant us permission to change things. You’ll discover that waiting for permission isn’t always helpful – for yourself or society. Instead try giving yourself permission.

We think changemakers can be viewed as a society’s white blood cells: they sense areas of trouble and infection and come to the rescue. We need everyone to be a changemaker!

YOUR CHANGEMAKER JOURNEY BEGINS HERE

Below are a few steps you can follow to help you get started. Check each flag off as you complete the step. Know that a changemaker's journey comes with many twists and turns. One of the special parts of being a changemaker is that you don't give up. You expect failure as well as success and keep trying until you make change.



GET
INSPIRED

GET INSPIRED! CHANGEMAKERS ARE EVERYWHERE!

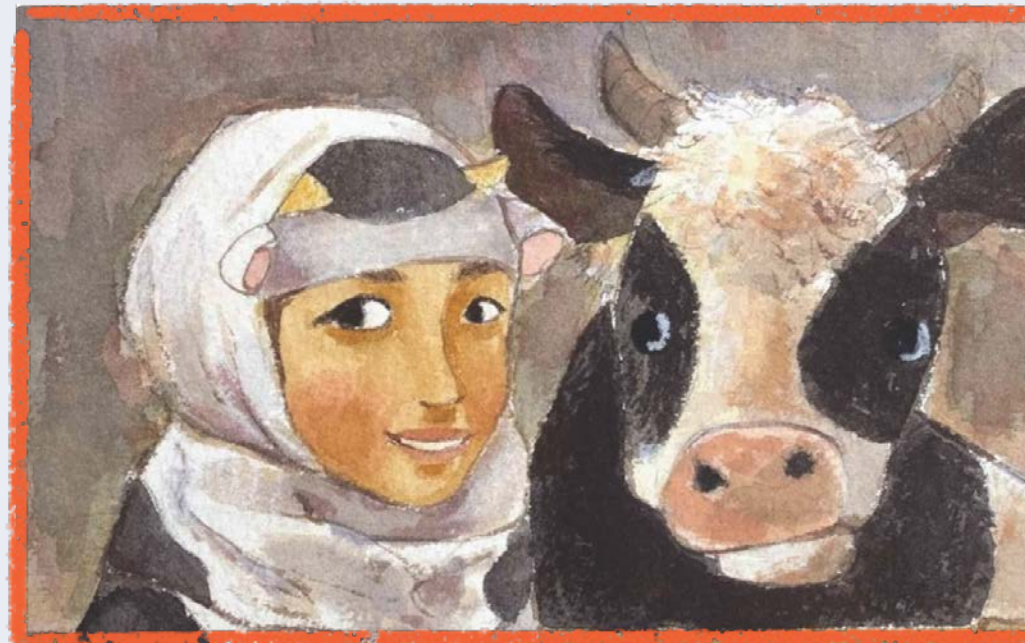
As a first step, it is always important to get inspired. Check out these examples of some ideas that young people around the world have come up with to create change.



THE MAASAI CHANGEMAKER

A generation of young Kenyans is stepping up to create positive change to address everyday challenges that are enflamed by the climate crisis.

<https://bit.ly/4OuQzy6>



PROJECT MOO

Ara's story shows how an early start at changemaking set her on a changemaking pathway for life in Central Java, Indonesia.

<https://bit.ly/3WfUVXi>



THE HAPPINESS PROJECT

Inspired by her sister's struggle with mental health, Apoorvi is on a mission to normalize student wellbeing in government schools across India.

<https://bit.ly/4fVtskF>



**CHECK OUT OTHER
INSPIRING STORIES HERE**



**BRAINSTORM
AN IDEA**

To help you come up with an idea to create change, this grid challenges you to combine something you love to do with a problem you are passionate about. See the example below and fill out the table for yourself!

INTERESTS AND PASSIONS	PROBLEMS	WHO NEEDS HELP	PROJECT IDEA
What are your interests? What are you passionate about? What do you do for fun with your friends, or in your free time? EXAMPLE • Skateboarding • Plays • Fashion • Dogs • Video games	What problems or issues do you see in: • Your community? • Your school? • Your neighborhood? EXAMPLE • Racism • Teen pregnancy • Bad cafeteria food • No art classes • Plastic waste	Look at your problems, for each one, list what people, animals, things, or communities, the problems affect. EXAMPLE • New immigrants • Young mothers • School workers • Students • Oceans	Now think creatively about ways to connect your problems and passions to form an idea. Come up with as many ideas as you can! EXAMPLE A theater group that works with new immigrants to write and produce plays about racism.

SHARE YOUR
IDEA

*DON'T WORRY IF PEOPLE DON'T GET EXCITED ABOUT YOUR
IDEA RIGHT AWAY. WE HAVE FOUND THAT KIDS HEAR "NO" 9
TIMES BEFORE THEY HEAR A "YES." PERSEVERANCE IS KEY!*

TELL 3 PEOPLE ABOUT YOUR IDEA

1. Give them your pitch.
2. Ask them for advice.
3. Write their suggestions below.

WHAT DID THEY LIKE?

*WHAT SUGGESTIONS DID
THEY HAVE?*



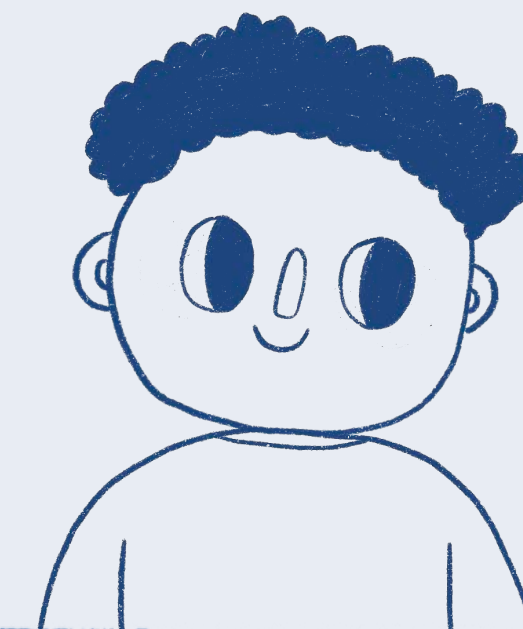
WHAT DID THEY LIKE?

*WHAT SUGGESTIONS DID
THEY HAVE?*



WHAT DID THEY LIKE?

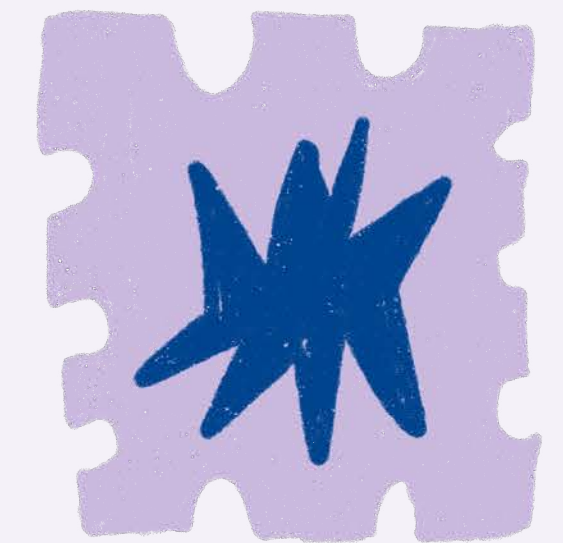
*WHAT SUGGESTIONS DID
THEY HAVE?*



***GREAT! YOU CAME UP WITH AN IDEA! WRITE IT
DOWN ON THE POSTCARD TO YOURSELF BELOW!***

The name of my project is...

The problem I will address is...



The logo for my project is...

My idea is...

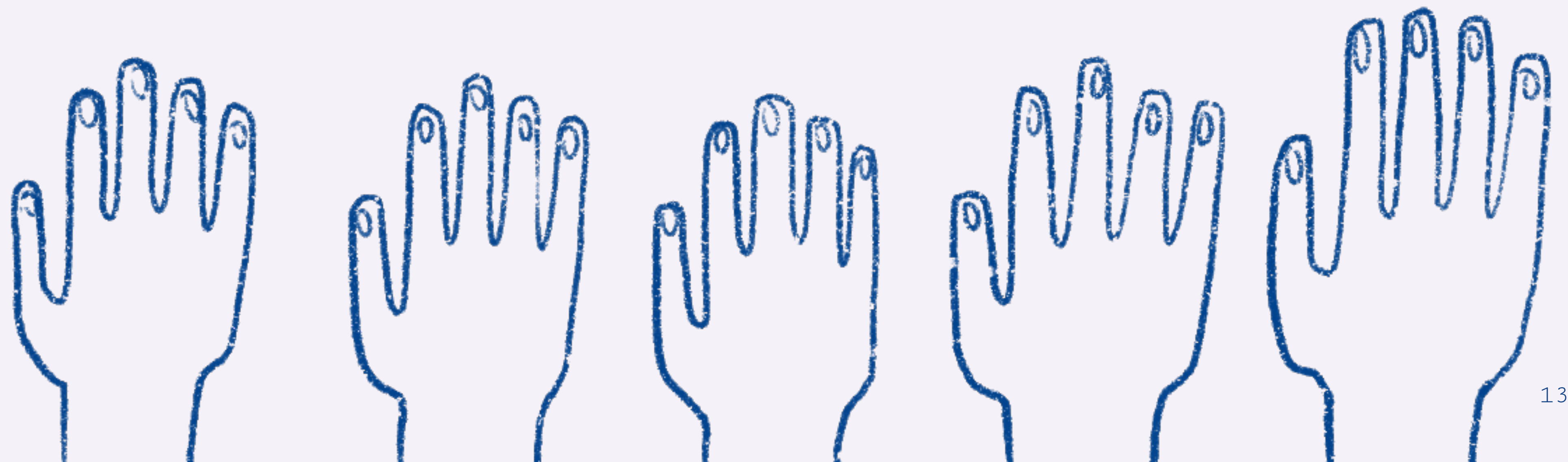
These are the good things I
hope will happen because of my
project...

FIND YOUR PEOPLE

Being a changemaker can feel lonely. Our advice: bring along friends and other passionate people from the beginning. Look for those who bring different perspectives and unique skills. Build big goals together and create something great.

WHO COULD BE PART OF YOUR TEAM?

Write the names of team members in each hand.



CREATE ROLES FOR OTHERS

Skillful changemakers invite others to help. Why? Because helping others see themselves as problem solvers is powerful – way more powerful than trying to do everything yourself. Finding out how to engage people involves time, mistakes, learning, and practice. The good news is that this is often the most fulfilling part of the changemaker journey.

THESE TIPS WILL HELP YOU BUILD A HAPPY TEAM:

PAINT A VISION

Help others see your solution and get excited by it.

LET EVERYONE LEAD

Help others participate by leading and taking action alongside you.

BUILD A STRONG TEAM

As you invite others to help, think about which skills and expertise will help your project grow.



THE MOMENT YOU TAKE ACTION IS THE MOMENT YOU BECOME A CHANGEMAKER



It's important to plan in both small and big ways. Through our planning process we will support you to do both. To start, we will begin with an idea that you can make happen tomorrow in 1 hour or less. Taking action is what makes you a changemaker. Can't wait to see what you do!

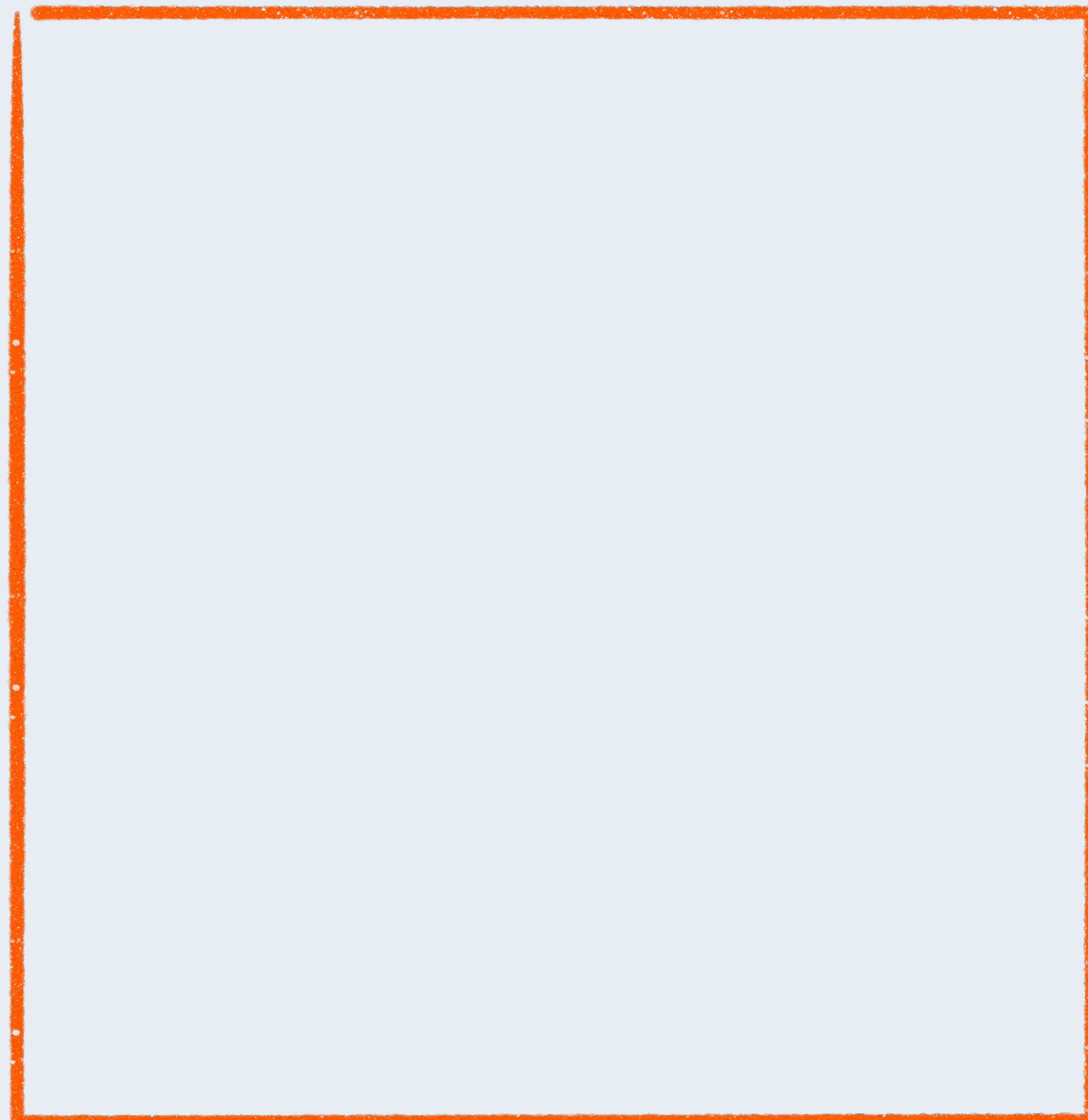


TURN THE PAGE TO START PLANNING!

WHAT "MINI PROJECT" COULD YOU DO TOMORROW TO LAUNCH YOUR IDEA?

YOUR IDEA

Example: If you want to protect the environment you might decide to organize a group of friends at recess to pick up trash on the playground.



WHAT ARE THE STEPS YOU NEED TO MAKE THIS IDEA HAPPEN IN ONE DAY?

1

Example: Bring trash bags to school.

2

Example: Talk to my friends to join me at recess.

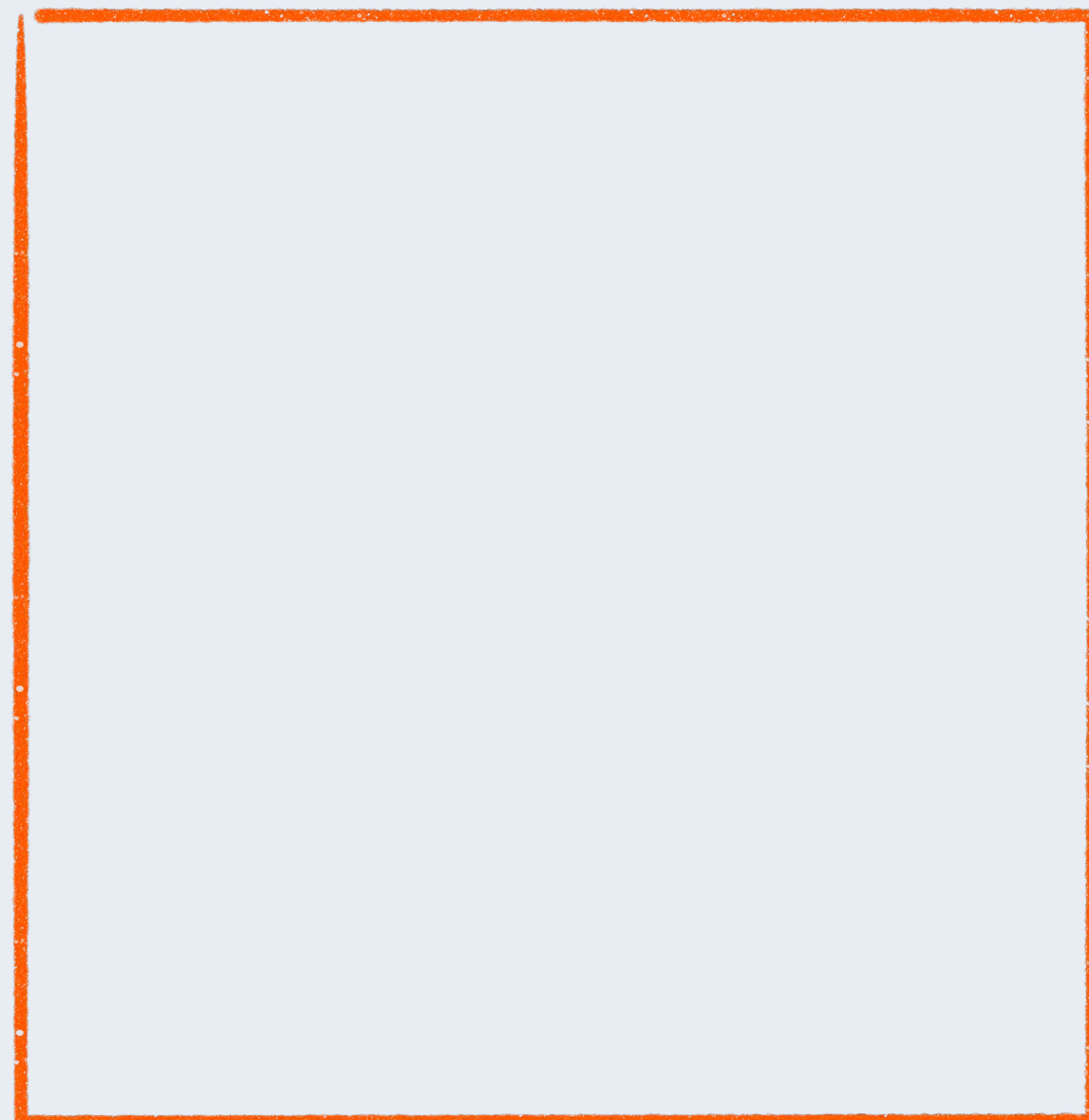
3

Example: Pick up trash and wash hands!

WHAT PART OF YOUR PROJECT COULD YOU DO IN ONE WEEK?

YOUR IDEA

Example: If you want to protect the environment you might ask to show a video about preservation in your classroom or at a school assembly.



WHAT ARE THE STEPS YOU NEED TO
MAKE THIS IDEA HAPPEN IN ONE WEEK?

1

Example: Pick a documentary.

2

Example: Ask permission to show the documentary in my class.

3

Example: Hold my first team meeting.

WHAT PART OF YOUR PROJECT COULD YOU DO IN ONE MONTH?

YOUR IDEA

Example: If you want to protect the environment you might work with the principal to put on an eco-fashion show where you encourage students to come up with outfits made from recycled materials.



WHAT ARE THE STEPS YOU NEED TO MAKE THIS IDEA HAPPEN IN ONE MONTH?

1 Example: Talk to teachers and principal about idea and set a date.

2 Example: Make flyers and market the idea.

3 Example: Plan the event.

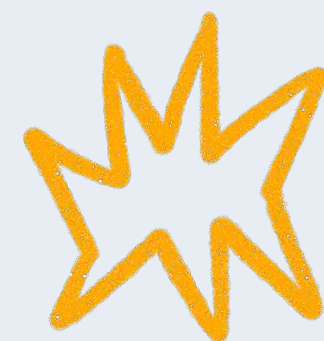
RESOURCES

Most projects need resources. Resources can be: money, people's time or expertise, equipment, space, etc. In the area to the right write what resources you already have and what you need to ask for to make your project successful.

REMEMBER you usually don't need money to start a project; you can get donations for equipment from businesses or people around you.

RESOURCES YOU HAVE

Example: A camera, a place to hold meetings, sports equipment...



RESOURCES YOU NEED

Example: art supplies, a place to store your sports equipment, or someone with special skills (like a web designer or a photographer)





TAKE
ACTION

TIMELINE

Use this calendar to plan your next month of activities. Go back to each of your steps on the mountain and put them on the calendar.

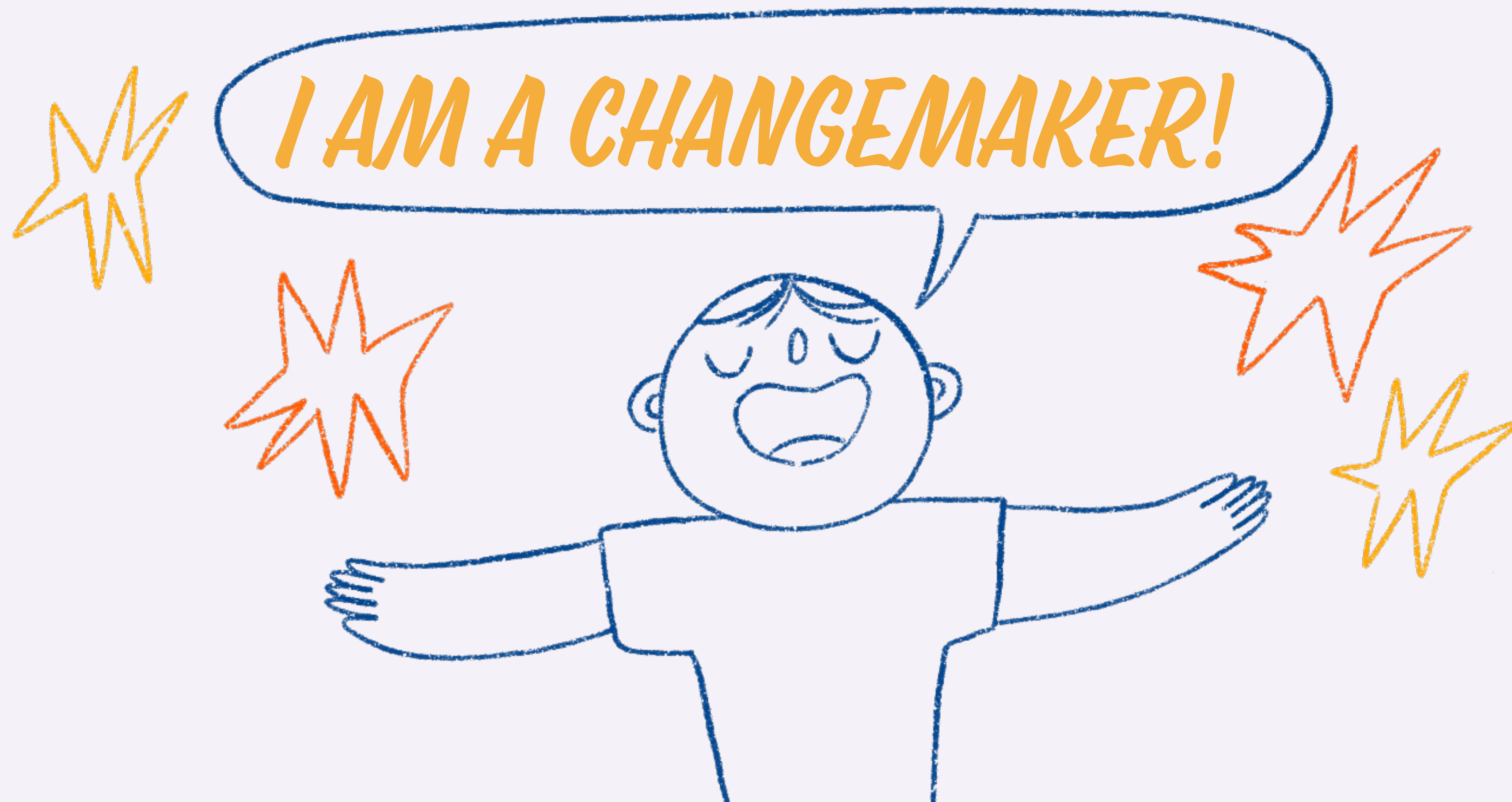
Don't forget to add the number/date in each box!

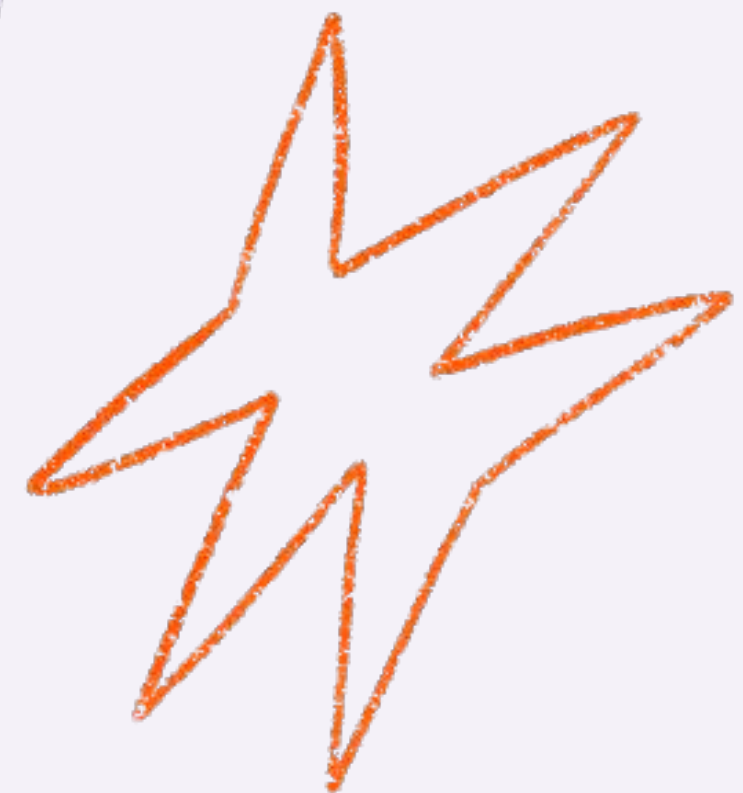
MONTH:

☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

CONGRATULATIONS!

You are arriving at the end of your Changemaker Action Journal. There's a long path ahead, but now you are ready to take your first step: you have an idea, a team, and a plan!





TELL YOUR STORY!



Telling your changemaker story can help your idea grow and inspire others to change their community. Your identity as a changemaker allows you to frame your story. So, embrace it! Talk about what moved you to get started, what challenges you faced, and how you overcame them.

The next page will help you map out your story. Don't be afraid to be vulnerable and share your authentic self; that's how people will connect to you.



SHARE YOUR CHANGEMAKING STORY!

Here is a quick three step process to structure your story:

MY DREAM

Hint: Be personal

What was wrong in your community?

How did this problem affect you?

What solution did you come up with?

MY TEAM

Hint: Be descriptive

Who did you work with to make this happen?

What special skills / talent did they bring?

How was the solution implemented?

MY CHANGED WORLD

Hint: Use stories :)

How and what started to change after you took action?

How were people impacted?

What did you learn?

LEARN

how to turn your story
into a Ted Talk

<https://bit.ly/4aTN2fr>



WANT MORE
TIPS ON
STORYTELLING?
HAVE TED-ED
HELP YOU.

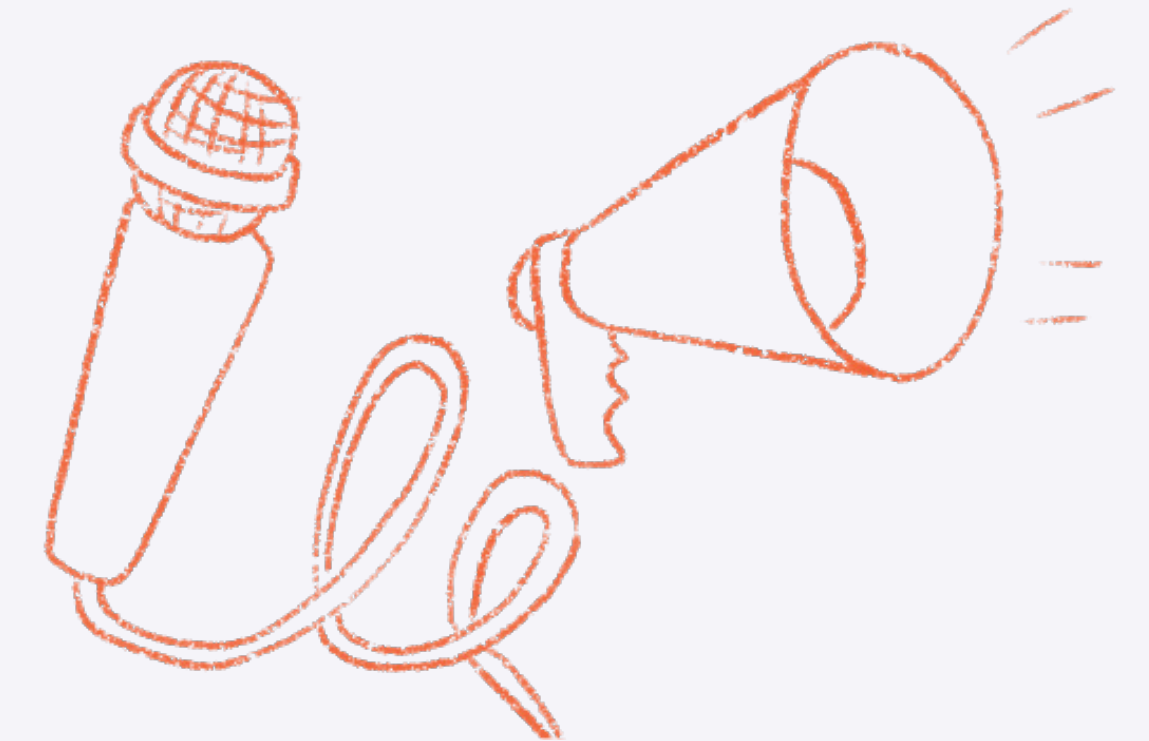


TEDEd

WATCH

how other changemakers have
turned their stories into TED-
Ed Student Talks on the TED-Ed
platform.

<https://bit.ly/students-ted-stage>

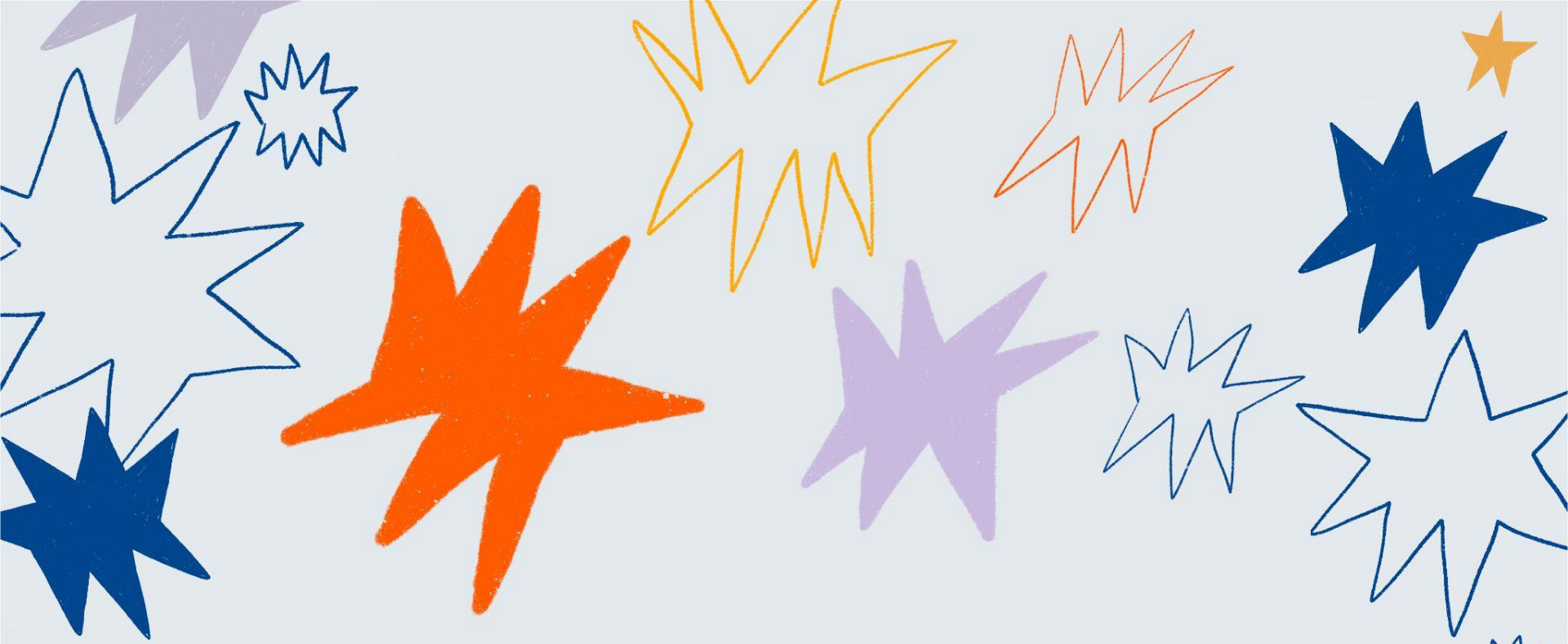


ENCOURAGE

your school to register to
use TED-Ed's free materials
to help changemakers like you
create TED-style talks to
share your ideas more widely.

<https://bit.ly/4aTN2fr>





TIME FOR CHANGE:
DREAM. ACT. CHANGE OUR WORLD.

FIRST BOOK
Eliminating Barriers. Inspiring Young Minds.



AUDEMARS PIGUET
Le Brassat